



# Sacred Heart Church

A Roman Catholic Community

324 Ridge Road, Lyndhurst, NJ 07071  
Phone: 201-438-1147 Fax: 201-507-5861  
[www.sacredheartlynd.org](http://www.sacredheartlynd.org)

### SERVED BY:

Rev. Theemas Pankiraj  
Pastor

Rev. Cesar Chen  
Parochial Vicar

### PARISH OFFICE 615 NEW JERSEY AVE

Charles Sofio  
Parish Manager  
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### RELIGIOUS EDUCATION

Ryan Tobiason  
Parish Catechetical Leader  
201-935-3094

### SACRED HEART SCHOOL

Linda Durocher  
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201-939-4277  
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### SMALL BLESSINGS DAY CARE 201-935-0506

### ARCHDIOCESE OF NEWARK 973-497-4000



## THE HOLY FAMILY

He went down with them and came to Nazareth, and was obedient to them; and his mother kept all these things in her heart. And Jesus advanced in wisdom and age and favor before God and man. - Lk 2:51-52

### SACRAMENT OF THE EUCHARIST - MASS SCHEDULE

Sunday: 7:30am, 9:00am, 10:30am, 12:00pm, 1:30pm(Spanish)  
Monday - Friday: 12:00pm in the church  
Saturday: 9:00am in the church,  
5:00pm in church (Anticipated Mass of Sunday)  
Holy Days & Holidays: As announced in Bulletin

### SACRAMENT OF RECONCILIATION

Saturday: 4:00pm - 4:45pm  
Daily: Upon request following the 12:00pm Mass

### SACRAMENT OF BAPTISM

Parents should contact the parish office to schedule an interview and register for the required baptismal preparation session.

**Preparation:** in the church at 7:00pm

**Sacrament:** in the church at 3:00pm  
Jan. 9, Feb. 13, Apr. 16 (8:30pm), May 15, Jun. 12

### SACRAMENT OF MARRIAGE

The Common Policy for Marriage in all Catholic parishes of New Jersey requires couples to begin preparation at least one year prior to the planned wedding date. It is advisable to contact the parish office before any other arrangements are made.

### SACRAMENT OF ANOINTING OF THE SICK

The Anointing of the Sick is available for all seriously ill members of our parish family. Please call the parish office.

### R.C.I.A.

The Rite of Christian Initiation of Adults is the Church's process to prepare to receive the sacraments of Baptism, Confirmation and Eucharist. If you or someone you know is interested in learning more, please call the parish office.

### PARISH REGISTRATION / OFFICE HOURS

We invite all new members of our parish family to register at the Parish Office during regular office hours: 9:00am to 5:00pm Monday - Friday; Saturdays and Sundays Closed.

## FEAST OF THE HOLY FAMILY OF JESUS, MARY & JOSEPH

The calendar year comes to an end and we gather to celebrate two special feasts in our Church: The Holy Family and that of Mary, the Mother of God. We celebrate the end of another year of pilgrimage in faith, and the beginning of a new year of our lives.

The feast of the Holy Family is a celebration of all families: not perfect families, not constantly serene families - but families just like ours. If we picture the family of Joseph of Nazareth as we have seen them depicted in works of art or statuary, it becomes very difficult to model our family lives around theirs.

They were, in fact, ordinary working people, called to an extraordinary mission. And they were subject to the ordinary failures of miscommunication, disappointments, worries, and disagreements of every family. However, they put their entire future, their entire trust, in the Spirit of God, who not only led them through their lives, but traveled alongside with them on their journey. Theirs was a family of love, respect and honesty, and not without turmoil.

Mary, as the Mother of our God, becomes our mother. It is she in whose arms the Babe nestled at birth, and in whose arms the crucified Son lay at the foot of the Cross. "Mary, the Mother of God" is perhaps the most significant of her titles - an ordinary girl called to bring forth the Word of Salvation - to care for Him, to nurture Him, to feed Him with the fruits of this life, so that He could feed others with the gift of Eternal Life.

This is traditionally the time of year for reflection - a time to look back at another year of life-experience and how we dealt with it; a time to measure our progress; and a time of resolve. In the life of the Church it is also a time of "new beginnings." The Season of Advent ushered in the new liturgical year; Christmastide reflects our affirmation of God made flesh, and we now begin the cycle anew.

It is very fitting that, as we move from the old year into the new, we recognize how intimately our lives are bound up with family. We are born into a family and reared in its environment; we move out and usually begin our own families. So many of the significant and Sacramental events of our lives are related to family members... baptisms, First Eucharist, Confirmation, Marriage, anniversaries, and deaths.

It is in the family that we first come to understand and experience community. In the loving, supportive environment of parents, brothers and sisters, grandparents, aunts and uncles, we come to appreciate our heritage and traditions. We are schooled in fundamental values. And usually, our initiation into the Christian faith is a very basic part of that early experience. It is our faith which will shape our outlook of the coming new year.

As the new year begins, we are setting out once again on a difficult and seemingly unmapped journey. We have no way of knowing where it will lead. There may be all sorts of surprises ahead, unsuspected discoveries and unwanted setbacks. We cannot know what events of this coming year will shape our lives. We wonder about our health, our wealth, our children, our parents, our schools, our jobs - and we cannot escape concern about the global family, about poverty, famine, war, oppression and disease.

We have a choice: we can be either optimistic or pessimistic. We can be hope-filled or despairing. We can trust in the abiding presence of our God or feel helplessly lost and alone. Our choice will, of course, fashion the spirit in which we spend each day of the coming year. It will also have an impact on those around us, and, ultimately, on the quality of life in our world.

For us who believe in God's gift of His Son Jesus, there is only one choice. We walk in the Light of His love and His truth. That is what guides us day by day. We never feel abandoned, or helpless, or lost. We cannot allow those around us to walk in that kind of darkness, either. Our journey through a new year, then, is not really unmapped. We know "The Way". So we move calmly and deliberately through each day. We are ready for whatever the turn in the road may bring. We are sure of the Lord's help to meet the unexpected failure or loss with courage. We know that there will be reasons for joy and gratefulness every day, if we just look with the eyes of faith.

As we reflect upon the past year, we all realize not only how truly precious life is, but also how very fragile it can be, and how quickly all things change. We need to remind ourselves that all changes take place in the present moment. Everything else is either prelude or postlude to change.

Paul's letter to the Colossians is a wonderful expression of the ideals that we all work towards and pray for **to make our own families "holy" families**: "Put on, as God's chosen ones, holy and beloved, heartfelt compassion, kindness, humility, gentleness, and patience, bearing with one another and forgiving one another, if one has a grievance against another; as the Lord has forgiven you, so must you also do. And over all these put on love, that is, the bond of perfection. (3:12-14)"



*Christmas  
News So Good. . .  
It Takes A Whole Season  
To Celebrate It!*

*December 24th - January 9th*

Christmas is one of the most important days of the Church year, second only to Easter itself. It is the feast of the incarnation, the feast of God becoming flesh (the Latin "in carne" means "enfleshment"). It is a uniquely Christian teaching, the Divine choosing to become one of us. Because of this belief, God is not only Transcendent, but also wholly Immanent, Emmanuel (God-with-us). While remaining Transcendent (meaning we must rise above our present condition to reach Him), He is at the same time Immanent (meaning He is with us as we rise toward Him). Every Eucharist is like Christmas where the bread and wine are transformed into His flesh, His Body and Blood, and, in a sense, He is born anew on the altar. *The liturgical season of Christmas begins with the vigil Masses on Christmas Eve and concludes on the Feast of the Baptism of the Lord (in 2022, January 9th).* During this season, we celebrate the birth of Christ into our world and into our hearts, and reflect on the gift of salvation that is born with him...including the fact that he was born to die for us. The Christmas tree and the Nativity scene are popular symbols of the season and a tradition in many Christian homes. It is also traditional to exchange Christmas gifts with family and friends as a way to honor God the Father's gift of his only son to the world. Having received the gift of Christ, we naturally want to pass that gift along to our loved ones.

-<http://www.usccb.org/prayer-and-worship/liturgical-resources/christmas/>

**A PRAYER FOR THE NEW YEAR**

O God of new beginnings and wonderful surprises,  
thank you for the gift of a new year.

May it be a time of grace for me, a time to grow in  
faith and love, a time to renew my commitment to  
following Your Son, Jesus.

May it be a year of blessing for me, a time to cherish  
my family and friends, a time to renew my efforts at  
work,

a time to embrace my faith more fully.

Walk with me, please, in every day and every hour  
of this new year, that the light of Christ might shine  
through me, in spite of my weaknesses and failings.  
Above all, may I remember this year that I am a pil-  
grim on the sacred path to You.

Amen.

*At Christmas our thoughts naturally turn  
to those friends and members of our fam-  
ily who shared their faith with us and helped  
to make each Christmas so special. If you  
would like to remember your deceased rela-  
tives or friends by donating Christmas  
Flowers and Decorations used to decorate the  
Church of the Sacred Heart throughout the  
Christmas Season, just fill in the form below  
and put it in a plain envelope marked  
"CHRISTMAS FLOWERS" and drop it in  
the collection or return it to the parish office  
at your convenience.*

*Christmas Memorial Flowers*

Your Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

**In Memory of:**

_____	Other:\$_____
_____	\$50
_____	\$35
_____	\$25
_____	\$20
_____	\$15
_____	\$10



**ANNUAL TRICKY TRAY**

Sacred Heart Home-School Association presents their  
Annual **In Person** Tricky Tray on **Friday, Jan. 14th**, 2022  
at Sacred Heart School. Tickets are \$15 per person-no  
one under 18 will be admitted. **MASKS MUST BE  
WORN.** Doors open at 6pm. Ticket include one sheet for  
1st level prizes, coffee/tea and dessert. For tickets call the  
school office at 201-939-4277 or Patty at 201-803-9580.  
**Ticket deadline is Jan. 4th.** No tickets available at the  
door.

## PLEASE PRAY FOR OUR PARISH FAMILY

**SICK:** Betty Tynan, Baby Ryan Joseph Lomuscio, Sal Russo, Charles Klimkowsky, Nancy Namoviez, Giovanna Muscara, Al & Joan Viscuso, Lea Pappas, Anita Barcia, Denise Swanteck, Maureen F. Coughlin, John Smith, Julius Single, Dave Tzrepla, Frank Bucu, Sr., John Stemkowski, Christopher N. Coughlin, Vladimir Pudoff, Isabella Lugo, Tess, Francesco Giacchi, Mario Alongi, Sr., Grace Dacchille, John Scivetti, Joseph Caramanico, Ken Stone, Rosie Perez, Timothy Yushak, Simplicia Ramirez, Corazon Santos, Jaxson Rivera, Marilyn Loughran, Dorothy Mayerchak, Beth Branigan, Luca Ataide, Donald Tetreault, Mario Diaz, Jeanne Dziencio, Norma Altreche, Joseph M. Diaz, Patrick H. Diaz, Kim Stefani, Linda Vasquez, Joelle Montillo

**DECEASED:** Gerd Meyer, Kenneth Reilly

### CHURCH BELLS CELEBRATE & COMMEMORATE

The Sacred Heart Church bell rings:

#### SUNDAY, DECEMBER 26TH

**In Honor of:** The Intentions of the Cavalcante Family

**Donated by:** Jim & Isabel Cavalcante

#### WEDNESDAY, DECEMBER 29TH

**In Honor of:** The Intentions of Skye Marie Whittington

**Donated by:** Jim & Isabel Cavalcante

### MEMORIAL DONATIONS

During the week of December 26th, the following items used for worship in our sanctuary were donated in the memory of a relative or friend or a special intention.

#### SANCTUARY LAMP:



**In Honor of:** Carol Petrillo-Lintz  
Happy Birthday in Heaven

**Donated by:** Her Loving Family

#### BREAD & WINE:



**In Honor of:** Carol Petrillo-Lintz  
Happy Birthday in Heaven

**Donated by:** Her Loving Family

#### MASS CANDLES:



**In Honor of:** Carol Petrillo-Lintz  
Happy Birthday in Heaven

**Donated by:** Her Loving Family

### NEW YEAR'S OBSERVANCE

In observance of the New Year's holiday, the parish office will close on Thursday, December 30th at 2:00pm and reopen on Tuesday, January 3rd at 9:00am.

The priests and staff wish our parish family a holy and joy-filled New Year!

## DECEMBER 26, 2021

THE HOLY FAMILY OF JESUS,  
MARY AND JOSEPH



#### SUNDAY - THE HOLY FAMILY OF JESUS, MARY AND JOSEPH

7:30am People Of Sacred Heart  
9:00am Madeline & Gennaro Ferrara  
10:30 am Lorenza & Julian Duran  
12:00pm Carol Petrillo-Lintz  
1:30 pm Souls in Purgatory

#### MONDAY - St. John, Apostle and Evangelist

12:00pm Special Intention

#### TUESDAY - The Holy Innocents, Martyrs

12:00pm Marianna Wilk

#### WEDNESDAY - Fifth Day within the Octave of the Nativity of the Lord

12:00pm Fernandez-Mendez Family

#### THURSDAY - Sixth Day within the Octave of the Nativity of the Lord

12:00pm Michael & Loretta La Pollo

#### FRIDAY - Seventh Day within the Octave of the Nativity of the Lord

12:00pm Special Intention

#### SOLEMNITY OF MARY MOTHER OF GOD NEW YEAR'S DAY

#### FRIDAY - VIGIL OF SOLEMNITY OF MARY, MOTHER OF GOD

5:00 pm David Giangeruso

#### SATURDAY - THE OCTAVE DAY OF THE NATIVITY OF THE LORD, SOLEMNITY OF MARY, MOTHER OF GOD

9:00 am Scardino & Pereira Families

#### Anticipated Mass for EPIPHANY OF THE LORD

5:00 pm Peter & Carmela Sofio

#### SUNDAY - EPIPHANY OF THE LORD

7:30am People Of Sacred Heart  
9:00am Amelia T. Reyes (Tita Mel)  
10:30 am Jesus F. David  
12:00pm Fred Biancone  
1:30 pm Maria Da Silva



## CHOOSE LIFE

Today the Church celebrates the Holy Family of Jesus, Mary and Joseph, and will celebrate on Saturday, the Solemnity of Mary, the Holy Mother of God. Each of these celebrations help to underscore the sacred and beautiful gift that life is. Let's keep in our prayers, especially this week, woman, who are so deceived and trapped by our culture of death, that they are contemplating ending the life of the baby growing in their womb.

### *The Choice*

*A slip of a girl from a very small town,  
Where gossip was quick to drag the best down;  
A girl that was single was having a baby,  
It was certainly a sin; no if, but, or maybe.*

*No way to explain an illegitimate child;  
The rumors were swift, they began to run wild.  
She led a good life, she tried not to sin;  
But her neighbors now thought how terrible she'd been.*

*The man she would marry, now what would he say?  
How would she tell him? It would sure ruin his day.  
No DNA test; there was no need to bother.  
She knew her betrothed could not be the father.*

*She was such a young girl; this time in her life,  
A baby could bring her nothing but strife.  
A marriage was planned, and a trip far away;  
Her love was a carpenter with very poor pay.*

*So if he would have her no matter her plight,  
How would they survive with a budget so tight?  
He was such a good person; a very nice man,  
But when he found out would he understand?*

*Her friends were so quick to give her advice;  
No man would want her no matter how nice.  
"Before he finds out," they said, "there's no doubt,  
We tell you as friends take the easy way out!"*

*"After all, it's just tissue; it's not yet a life.  
Why should it cause you inconvenience and strife?"  
She knew what they called just fetal demise  
Was the death of a child in God's Holy eyes.*

*And she knew a great sin it surely would be,  
Not just against God but humanity.  
What a terrible world of hate and distortion,  
If Mary of Nazareth had had an abortion.*

Ps 139:13

*"For you created my inmost being;  
you knit me together in my mother's womb."*



**O, Star of Wonder, Star of Night,  
Star With Royal Beauty Bright!**

*The Three Kings are on their journey to meet  
Baby Jesus....*

*And they are stopping off at our parish to greet us!*

*Place: Sacred Heart Church*

*Date: Sunday, January 2nd  
Solemnity of the Epiphany  
of the Lord*

*Time: 3:00 PM*

*Children are invited to bring letters for King  
Melchior, King Gaspar and King Balthasar.  
They will have an opportunity to meet the  
kings and receive a special gift.*



## *Food Pantry Update*

**We are stocking up our parish family food pantry to help our brothers and sisters in need during the cold winter months. Can you help us make winter a little warmer for those living with food insecurity?**

If you can donate any of these items, it would be greatly appreciated: Vegetables, Fruit, Spaghetti, Potatoes (small packages or canned), Peanut Butter, Jelly, Macaroni and Cheese, and Tea. *Note that great vegetable and fruit prices can be found at Lidl's and Aldi's.* Thank you for all of the generous donations. It's only with your help that we are able to keep our food pantry stocked. *As a reminder, we are unable to package out-of-date food products for distribution to our families.*