



# 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  
[sacredheartchurch@comcast.net](mailto:sacredheartchurch@comcast.net)

## RELIGIOUS EDUCATION

Ryan Tobiason  
Parish Catechetical Leader  
201-935-3094

## SACRED HEART SCHOOL

Linda Durocher  
Principal  
201-939-4277  
[ldurocher@sacredheartlynd.org](mailto:ldurocher@sacredheartlynd.org)

## SMALL BLESSINGS DAY CARE 201-935-0506

## ARCHDIOCESE OF NEWARK 973-497-4000



## 3<sup>RD</sup> SUNDAY OF LENT

Jesus said to them in reply, "Do you think that because these Galileans suffered in this way they were greater sinners than all other Galileans? By no means! But I tell you, if you do not repent, you will all perish as they did!" - Lk 13:2-3

### 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  
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.

### Third Sunday Of Lent

An easy and ready comparison can be made between the Biblical concept of repentance and the vernacular word: hard-headed. We have all experienced those people in our lives who stubbornly cling to mistaken or flawed thinking that catastrophically led to disagreeable outcomes. Perhaps you have said similar sentiments (or heard them lovingly delivered)? "Do I have to tell you again not to run with scissors?" "We're obviously lost, could you please, please pull over at the next gas station and ask for directions?" "How many times will we have to replace the lawnmower until you understand the importance of changing and checking the oil regularly?" At the foundation of these inquiries is a sincere desire, on the part of the questioner, to implore a change in the person questioned. In short, "Repent!"

The Book of Exodus recounts for us the encounter of Moses with the living God. As part of His plan of salvation, God called forth a leader and mediator for his people—Moses—who carried God's message to the Israelites and led his people out of their enslavement in Egypt. Moses' encounter with God at the burning bush was a pivotal moment in salvation history. Although resistant at first, Moses embraced the will of God and his role in leading his people out of Egypt. This is a God who seeks us out, a God who reveals Himself, a God who asks us to live for Him and a God who is always faithful in His relationship with us, even when He asks difficult things of us. Sometimes we do not want to change our lives, to repent, and invariably we need reminders.

In every age, Jesus continues to invite people to have faith in Him as Son of God and Savior. His mission is always the same - to reveal the Father's love to the world. His method is always the same: to give us clear signs, leading us to believe in Him and to serve one another.

Something in our human nature leads us to think of "signs" in terms of the miraculous and the extraordinary. Yet during His public life, Jesus revealed His divinity in ordinary ways.

He preached and lived by the simple law of the love of God and the love of neighbor. He taught us how to pray; He showed us the kingdom of God in wine and wheat, in the vineyard and the fisherman's net. He reached out to the sick, the sinner, the widow and the orphan, treating ordinary people with exquisite compassion. But it wasn't enough. His contemporaries demanded signs and wonders, miracles and marvels. Yet, even when they witnessed Him restoring sight to the blind, wholeness to lepers, and life to the dead, they did not believe. They looked for further "proof."

Mankind has always challenged God for proof. In our first reading, Moses was given the extraordinary sign of a burning bush. And yet he hesitated. He questioned. He hid his face and made excuses. He was happy where he was - he was safe - he had no intention of returning to Egypt to lead the Israelites out of bondage.

In his letter to the Corinthians, Paul deliberately warns us to move away from this kind of complacent faith of habit and false security. Lent is a good time to hear this message. We need to attend to Paul's call to conversion-of-heart. Once we reflect on the lukewarm nature of our faith, we might realize we are standing on insecure ground and then turn again to the more secure footing that is our faith in Jesus and a life that better conforms to His. Down through the centuries the voice of God still thunders from Mt. Sinai - and the warning from Paul is just as forceful.

Bushes don't just blaze for Moses. They blaze for us as well. And when a bush blazes, we must respond, we must turn from our complacency and discover what awaits us. Perhaps it is some terrible burden that makes us investigate the blazing bush in hope of a better life. Perhaps it is some sense of wonder that leads us there, our desire for the eternal. In any case, we must turn aside and draw near if we are to hear the bush call out to us and set us on our way. God is not interested in our abilities or in our disabilities. He is interested only in our availability.

A bush blazes when some person or place or moment reaches out to us, calling us insistently by name. A bush blazes when our pain and sorrow, our joy and laughter and our suffering and grief together speak with heaven's voice. A bush blazes when something demands that us put aside our masks, and live from the center deep within us. A bush blazes when we take what action we can for others and find in this risk our abundant freedom. Such bushes blaze forth every day, in every life. We must dare to listen to them!

**ABSTAINENCE ON THE  
ANNUNCIATION  
OF THE LORD**

The obligation to abstain from eating meat is not observed on Friday, March 25, 2022 because it is the Solemnity of the Annunciation of the Lord.

Fasting on all weekdays of Lent is strongly encouraged and the United States Conference of Catholic Bishops recommends abstinence from meat on all Fridays of the year. *Abstinence from meat is obligatory on all the Fridays of Lent. However, the Code of Canon Law provides an exception, stating that abstinence from eating meat on Fridays of Lent is to be observed "unless Friday occurs on a day listed as a solemnity" (Canon 1251).*



**THE LIGHT OF CHRIST.  
THANKS BE TO GOD.**

The Paschal Candle, a symbol of the light and the hope that the risen Christ brings to the world, is the focus of the Lucernarium, the Service of Light, that begins the Easter Vigil celebration. It burns brightly in our sanctuary during all the liturgies celebrated in the Easter Season. After Pentecost, it is positioned at the Baptismal Font where it brings the light of Christ to our Baptismal and Funeral Liturgies, underscoring our belief that in baptism we die with Christ so that we may rise with Him into eternal life. If you would like to donate this year's Paschal Candle in memory of a deceased loved one, please contact the parish office at 201-438-1147.



**EASTER FLOWER MEMORIAL**

Your Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 In Memory of: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

	\$50	
	\$35	
	\$25	
	\$20	
	\$15	
	\$10	

Checks payable to: Sacred Heart Church

**10 MILES WITH JESUS**

10 Miles with Jesus. If you are tired of giving up sweets and coffee for Lent and are ready to embark on a different Lenten practice, leave your comfort zone for a day and challenge yourself physically, spiritually and personally. We invite you to join us on a 10-mile pilgrimage of prayer through meditating upon the Stations of the Cross of our Lord's sufferings and death.



Join us! Take up your cross and walk with Jesus!  
TEN MILES WITH JESUS!

The walking Pilgrimage will begin on **Sunday, April 3, 2022 at 10:00 am at the Archdiocesan Shrine of St. John Paul II (St. Theresa of the Child Jesus Parish) 131 E. Edgar Rd., Linden, NJ and will conclude at the Most Sacred Heart of Jesus Cathedral 89 Ridge St., Newark, NJ at around 5 pm with the Holy Eucharist.**

**FREE ADMISSION**, however all participants must register.

To register and for additional information visit:  
[www.10mileswithJesus.org](http://www.10mileswithJesus.org),  
 email: [info@10mileswithJesus.org](mailto:info@10mileswithJesus.org) or call:  
 201.220.1949

**SECOND COLLECTIONS**

**March 19 & 20**

**Black & Indian Missions/Catholic Relief Services**

Your generosity in this collection will assist Black & Indian Missions, The Campaign for Human Development and Catholic Relief Services.

**March 26 & 27**

**Annual Appeal - Special Collection**

Your generous support in this collection will help our parish achieve our Annual Appeal goal. The Annual Appeal is a great way to give alms during Lent as it supports many ministries for our brothers and sisters in need across the Archdiocese. If we exceed our goal the Appeal also becomes a fundraiser for our parish and reduces our assessment expense. Envelopes are available in the pews.

**GIRL SCOUT  
COOKIE SALE**

The Girl Scouts will be selling cookies after the Masses next weekend. The boxes are \$5-\$6 each.



## 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, Franceso Giacchi, Mario Alongi, Sr., Grace Dacchille, John Scivetti, Joseph Caramanico, Ken Stone, Timothy Yushak, Corazon Santos, Jaxson Rivera, Marilyn Loughran, Luca Ataide, Donald Tetreault, Mario Diaz, Jeanne Dziencio, Norma Altreche, Joseph M. Diaz, Patrick H. Diaz, Kim Stefani, Linda Vasquez, Joelle Montillo, Colleen Branigan, Vincent Russo, Nenita A. Jacildone, Anthony Score

**DECEASED:** Louise Faranna

### CHURCH BELLS

#### CELEBRATE & COMMEMORATE



The Sacred Heart Church bell rings:

#### MINDAY, MARCH 21ST

**In Honor of:** The Memory of James Cavalcante, Sr.  
**Donated by:** Jim & Isabel Cavalcante

## STATIONS OF THE CROSS



As early as the 4th century, Christian pilgrims to the Holy Land would walk the route that Our Lord walked as He made His way to Golgotha for our salvation. When Muslims captured Jerusalem and it became too dangerous to make this pilgrimage, Christians replicated the sites back home and there developed the "Stations of the Cross" devotion (also known as "Way of the Cross," "Via Dolorosa," or "Via Crucis"). The devotion consists of meditating on 14 events -- that number being fixed in 1731 by Pope Clement XII -- which took place during Christ's Passion, from His being condemned to His burial. Here at Sacred Heart, we will pray the Stations of the Cross as a community during the Fridays of Lent (**Mar.: 25, Apr.: 1, 8**) following the **12 Noon Mass in the church.**

## NO-CONTACT TAKEOUT CHICKEN DINNER

PREPARED BY KNIGHT OF COLUMBUS  
LYNDHURST COUNCIL #2396

**SATURDAY, APRIL 2ND PICKUP TIMES: 3:00 PM - 6:00 PM**  
**AT OUR LADY OF MT. CARMEL PARISH CENTER**  
**146 COPELAND AVE, LYNDHURST**

Each dinner box will contain 1/2 rotisserie chicken, potatoes, vegetable, salad and dessert for \$15. Orders must be placed online at <https://bit.ly/Council2396Dinner>

**Order Deadline March 30th.**

**MARCH 20, 2022**

THIRD SUNDAY OF LENT



#### Anticipated Mass for Sunday

5:00 pm Ann & Daniel Henckel

#### SUNDAY - THIRD SUNDAY OF LENT

7:30am People Of Sacred Heart  
9:00am Howard Tiffner  
10:30 am James M. Cavalcante  
12:00pm Eleanor Cappadona  
1:30 pm Jose Lopez

#### MONDAY - Lenten Weekday

12:00pm Czeslaw & Wiktoria

#### TUESDAY - Lenten Weekday

12:00pm Florence E. Turner

#### WEDNESDAY - Lenten Weekday/St. Turibius of Mogrovejo, Bishop

12:00pm Joanne Owens, Rita Owens, &  
James Owens

#### THURSDAY - Lenten Weekday/St. Oscar Romero, Bishop and Martyr

12:00pm Franklin Militello

#### FRIDAY - THE ANNUNCIATION OF THE LORD

12:00pm Franklin Militello

#### SATURDAY - Lenten Weekday

9:00 am Camille Ferrara

#### Anticipated Mass for Sunday

5:00 pm Howard Wartel

#### SUNDAY - FOURTH SUNDAY OF LENT

7:30am People Of Sacred Heart  
9:00am Howard Tiffner  
10:30 am Connie A. Ficacci  
12:00pm Denise Ann Marrone  
1:30 pm Lorenza & Julian Duran

## STEWARDSHIP

Sunday Collection - \$5,520  
Add'l Assessment Coll - \$516  
Early Easter - \$50  
Add'l Fuel - \$17  
Add'l Solemnity of Mary - \$10  
Add'l Ash Wednesday - \$5

Reminder: We need \$6,300 in the Sunday Collection to cover our budgeted expenses. Thank you for your continued generosity!

**ARCHDIOCESE OF NEWARK**  
**2022 LENTEN REGULATIONS**

1. The **days of both Fast and Abstinence** during Lent are **Ash Wednesday and Good Friday**. *If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the “paschal fast” to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection. The other Fridays of Lent are days of Abstinence.*

**On a day of Fast**, only one (1) full meal is permitted and two (2) smaller meals, which added together, would not exceed the main meal in quantity.

Those between the ages of 18 and 59 are obliged to fast.

**On a day of Abstinence**, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.

2. The obligation to observe the laws of Fast and Abstinence “substantially”, or as a whole, is a serious obligation.
3. The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.
4. The time for fulfilling the Paschal Precept (Easter Duty\*) extends from the **First Sunday of Lent, March 6, 2022 to the Solemnity of the Holy Trinity, June 12, 2022.**

\*Canon 920, §1. *All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.*

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**ARCHDIOCESE OF NEWARK - ANNUAL APPEAL 2022**

The Archdiocese’s 2022 Annual Appeal is currently underway. You may have already received at home a letter from Cardinal Tobin explaining the important role the Annual Appeal plays for our Archdiocese. Gifts to the Annual Appeal play a critical role in the delivery of programs and ministries provided by the Archdiocese that are at the heart of the mission of our local Church.

Your gift will assist passing on the faith, ministries that proclaim the Gospel, care for the Poor and Vulnerable, forming future priests and supporting retired clergy.

**To Date, 103 families from our parish family have generously supported the Appeal:**

**Our Parish’s Goal - \$34,000 -- Paid To Date - \$16,280 (47.88% of Goal)**

*Your generosity not only supports all the ministries listed above but can also be a direct support for our parish as well. **If we exceed our parish goal in paid pledges by June 30th, like we did last year thanks to your generosity, we will receive a rebate from the Archdiocese of all the excess funds and a 2% reduction in our parish assessment expense for the fiscal year. This 2% reduction saved the parish more than \$6,900 in assessment expense last year. The Archdiocese also rebated back to the parish \$9,848.70 in excess funds received from our parish! It’s a great way for our parish family to “fund raise” and help others at the same time. Thank you so much to all who have supported the Annual Appeal by giving a gift!!***

**\*\*Reminder, we must collect our Parish’s Goal in paid gifts by June 30th. If we don’t accomplish this, the shortfall will be added as an expense to our budget and must be paid to the Archdiocese and we will not receive the 2% reduction in our assessment expense.\*\***

If you haven’t already done so, please prayerfully consider your gift to the 2022 Annual Appeal. Envelopes for the Appeal are available in the pews. You can also make your gift online at [www.rcan.org/sharing](http://www.rcan.org/sharing). Please be sure to select Sacred Heart Church, Lyndhurst so the parish receives credit.