



# 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



## 17<sup>th</sup> Sunday

I N O R D I N A R Y T I M E

"And I tell you, ask and you will receive; seek and you will find; knock and the door will be opened to you." - Lk 11:9

### 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  
Aug. 14, Sep. 11, Oct. 9, Nov. 13, Dec. 11

### 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.

## Seventeenth Sunday In Ordinary Time

Prayer is a theme that runs all throughout the Gospel of Luke. It is something that keeps Jesus on course through his journey. It is what focuses his vision. As we observe Jesus at prayer we observe that for him, prayer acknowledges our dependence on our "Abba" (a special term of endearment Jesus uses to name our Father-God) in the present and for our future. Words and language are important only insofar as they lead us to understand the Reality. Jesus' answer to His followers about prayer is very simple: He has told us about His Father. We praise His name, we ask, we seek, and we knock at the door in full confidence knowing He will answer our needs. And we love one another and forgive one another as He has already loved and forgiven us. This is an awful lot to unpack from such a short prayer.

The Lord's Prayer offers us a glimpse of Jesus' understanding of the Father - His awe and reverence for God, His childlike, simple-yet-strong faith in His Father, and His strength to go bravely through life no matter what comes. It sums up his entire teaching.

The Lord's Prayer is one of the most revered in the New Testament. We learned to mouth the words in our infancy, and continue to pray them throughout our adult lives. It appears everywhere in the church's life: in its liturgy and sacraments, in public and private prayer. It is a prayer that every Christian treasures and the first thing we notice is that it is communal in nature. It is a "we" prayer. "Give us," "forgive us" and "subject us not to the trial." It is a prayer of the community, for the community.

This becomes most evident in the request, "Give us each day our daily bread." This is a plea of the poor for the poor. The poor are important throughout Luke's gospel. The poor, who respond to the Lord in their daily lives, depend on God for each day's sustenance. But this request is also an awakening moment for a community that is called to share all things in common. We're invited to consider what nourishment or help we actually need, and what we're doing to provide for the needs of others. Our national response to the poor who cry out for daily bread is not good. We hear the poor and the vulnerable crying out to God for the help that we as a nation and as a Christian community should be doing something about. Our faith tradition as Christians calls us to put the needs of the poor and the vulnerable before all else.

Today's Gospel is rich in images and meaning. Much can be lost if we simply focus on our own needs and requests. It is far too easy for us, confined by human sensibilities and ideas to misjudge, misstep and misunderstand. But by praying as Jesus actually taught, we acknowledge our enduring need of God's protection and solicit His help in making life-affirming choices and decisions.

When we pray the prayer that Jesus taught, we ask that God will do the seemingly impossible – make the ordinary holy, make the reign of divine justice and peace a reality, lift up the voices of the oppressed, provide whatever is needed in the moment, forgive those who need to be forgiven (including ourselves), and save us all from the time of trial and temptation.

Jesus never prays to a remote God or to a God "out there." He prays to a loving "Abba", and he encourages us to do the same. It takes courage to pray the Lord's Prayer, to truly believe these familiar and yet radical words.

And we need to be bold enough to believe that God is the father who accompanies us, forgives us, gives us bread, and is attentive to everything we ask. What Jesus is teaching is a Way of Life. We can have the same relationship Jesus has with the Father, the intimate communion the disciples witnessed when they came upon Him prayer. Jesus is teaching us all much more than one form of prayer, he is revealing to his friends and followers the relationship which is itself the very heart of prayer.

In His continual communion with the Father, He opens the Way to the Father. His entire time with the disciples is an instruction in Prayer. He shows them the pattern of living in such a continual communion with the Father. He then invites them - and he invites us - into that communion of love which He has with the Father, in the Holy Spirit. This is prayer.

# amazon smile

## You shop. Amazon gives.

AmazonSmile is a simple and automatic way for you to give a little support to our parish every time you shop, at **NO COST TO YOU**. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a half of one percent of the purchase price to our parish.

### Just follow these simple steps:

- 1.) Visit smile.amazon.com. It's just like shopping on amazon.com.
- 2.) Sign in. Simply use your existing Amazon credentials. If you don't have an account, you can create a new one.
- 3.) Start shopping! In the box that says Pick Your Own Charitable Organization type in 324 Ridge Rd. This is the address for the church. There are many, many Sacred Heart Churches on AmazonSmile, by using the address it will bring you directly to our parish. Click the yellow select button.
- 4.) If you are already an AmazonSmile user and want to switch your selected charity to be our parish, on the top of the screen you will see your current charity listed. Click the down arrow next to the charity name and follow the directions in step 3.
- 5.) Please remember to shop our smile.amazon.com link every time. Purchases made on the main Amazon.com site do not support our parish.

**\*\*If you have friends or family members who are Amazon shoppers, why not ask them if they would help our parish too?!\*\***

### HOW TO REPORT ABUSE

The Archdiocese of Newark takes very seriously any and all complaints of sexual misconduct by members of the clergy, Religious and lay staff of the Archdiocese. We encourage anyone with knowledge of an act of sexual misconduct to inform the Archdiocese immediately so that we may take appropriate action to protect others and provide support to victims of sexual abuse. Individuals who report an allegation of sexual misconduct may do so by calling the Victim's Assistance Coordinator of the Archdiocesan Office of Child and Youth Protection at (201)407-3256. The phone numbers for the County Prosecutors within the Archdiocese are:

Bergen - (201) 646-2300  
Essex - (973) 621-4700  
Hudson - (201) 795-6400  
Union - (908) 527-4500

## Friday Eucharistic Adoration Fridays, 12:30 - 3:00 pm



*"In a world where there is so much noise, so much bewilderment, there is a need for silent adoration of Jesus concealed in the Host. Be assiduous in the prayer of adoration and teach it to the faithful. It is a source of comfort and light, particularly to those who are suffering."*

- Pope Benedict XVI

During Eucharistic Adoration, the faithful pray to Jesus Christ, who is present in the Eucharist. The

Eucharist, also referred to as the Blessed Sacrament, is typically kept in the tabernacle in our church. While it is true that you can pray to God anywhere and that He is always within you, it is especially powerful to adore Jesus in the Eucharist. In the presence of the Eucharist, we pray to the power and sacrifice that it represents — the body of Jesus, who gave His life so that we may live. It is His Body, Blood, Soul and Divinity that is really, truly, and substantially present in the Eucharist.

### ST. ANN'S ITALIAN FESTIVAL, HOBOKEN JULY 22ND - JULY 26TH

The St. Ann's Italian Festival will be held on Friday, July 22nd through Tuesday, July 26th at 704 Jefferson Street. Visitors can expect to see the festival's famous Zeppoles, cheesesteaks, rice balls, wood-fired pizza, fried calamari, seafood salad, and more. There will also be a beer garden and live music for everyone to enjoy.

The festival will be running at the following times:

Friday, July 22nd: 6PM-11PM

Saturday, July 23rd: 2PM – 11PM

Sunday, July 24th: 2PM – 11PM

Monday, July 25th: 6PM – 11PM

Tuesday, July 26th – St Ann Feast Day: 1PM – 11PM

### ONLINE GIVING AT SACRED HEART

Did you know you can give online to our parish with Zelle, or with a debit or credit card? Online Giving at Sacred Heart has never been easier and is just a couple of clicks away.

1. You can give to the parish through the Zelle online payment system offered through most major banks. When you create the Zelle payee for the parish, please use the parish email address: sacredheartchurch@comcast.net.

**Please be careful when you type in the email address because once you "Zelle" the money from your account it can not be corrected.**

2. You can visit [www.sacredheartlynd.org](http://www.sacredheartlynd.org), our parish website and click the Online Giving Options link. If you want to make a direct donation to the parish with your debit or credit card, you can click the direct donation link.



## 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., Christopher N. Coughlin, Vladimir Pudoff, Isabella Lugo, Tess, Franceso Giacchi, Mario Alongi, Sr., Grace Dacchille, John Scivetti, Ken Stone, Timothy Yushak, Jaxson Rivera, Marilyn Loughran, Luca Ataide, Donald Tetreault, Jeanne Dziencio, Norma Altreche, Kim Stefani, Linda Vasquez, Joelle Montillo, Vincent Russo, Nenita A. Jacildone, Anthony Scorre, Fely Czeslowski, Ely Ongoco, Camen Yangoco, Lea Aspile, Perpetua Aspile, Anne Montillo, Christopher Di Giovanna

**DECEASED:** Marie Horan, Miguel Moriano Gomez

## THANK YOU!

Dear Fr. Theemas,  
How privileged we were to spend Corpus Christi at Sacred Heart Parish. Your people were very receptive to our plea where we collected over \$2,600 at the first count. We have received an additional \$489 from the envelopes we passed out to date bringing our total to \$3,089.

Two splendid homilies nourished our souls with reminders of the unfathomable love of God in instituting the Eucharist, source and summit of the Christian life. Along with the imperative to respond to such a grace with purity of heart and loving attention we were made aware one more time that we become "Christs" united in an ineffable bond to one another as one family, members of the Body of Christ.

Thanking you for your hospitality, we promise to hold you and your parish family in our grateful prayers.

Little Sisters of the Poor

## A FRIENDLY REMINDER ABOUT APPROPRIATE SUMMER ATTIRE AT MASS

Dressing for Mass is simply a matter of showing proper respect, not only for God, but for others around us and ourselves. We should keep in mind the dignity of what we celebrate when we come together for the Mass, which is nothing less than the wedding feast of the Lord, as well as the dignity of the people assembled, who are no one less than the children of God. Remember the days when we wore our "Sunday best," our finest outfits, to Mass? Dress codes at Mass have certainly relaxed over the years. With the warm weather upon us, it is particularly important that we dress appropriately and modestly for Mass, so here are some rules to follow for modest and proper Mass attire during the summer months:

\*Hemlines on dresses and skirts fall at or just slightly above the knee

\*No muscle tee-shirts

\*Hemlines on shorts fall near the knee (no short-shorts)

\*No exposed undergarments.

\*Shoulders and midribs are covered

\*Necklines are modest - not low-cut

\*No beachwear - no swimsuits with cover-ups for females, no swim trunks for males

**JULY 24, 2022**

Seventeenth Sunday In Ordinary Time



### Anticipated Mass for Sunday

5:00pm James & Margaret Carchio

### SUNDAY - Seventeenth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Dolores & Robert Mc Adam

10:30 am James M. Cavalcante

12:00pm Jerry Di Preta

1:30 pm Amador Castelo Rodriguez

### MONDAY - St. James, Apostle

12:00pm Gabriel Vivas

### TUESDAY - Sts. Joachim and Anne, Parents of the Blessed Virgin Mary

12:00pm Florence & John Pavlica

### WEDNESDAY - Weekday

12:00pm In Thanksgiving to Jesus, Mother Mary & St. Joseph for William

### THURSDAY - Weekday

12:00pm Connie A. Ficacci

### FRIDAY - St. Martha

12:00pm Marcos Cruz

### SATURDAY - Weekday/St. Peter Chrysologus, Bishop and Doctor of the Church/Blessed Virgin Mary

9:00am Julio Lopez

### Anticipated Mass for Sunday

5:00pm Lisa Lovell

### SUNDAY - Eighteenth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am John B. Descalzi

10:30 am Eleanor Cappadona

12:00pm Catherina Guida

1:30 pm Alberto Centenaro

## STEWARDSHIP

Sunday - \$5,031

Add'l Retired Priest - \$224

Add'l Assessment - \$100

Reminder: We need \$6,600 in the Sunday Collection to cover our budgeted expenses. Thanks for your continued generosity!

Come Join us Celebrate our 100th Year of Service to our Community



## Saturday September 10th

Mass Celebration 4:30 pm at  
Our Lady of Mt. Carmel Church, Lyndhurst  
Cocktails 6:00 pm / Dinner & Dance at 7:00 pm  
Fiesta, 255 Rt. 17 South, Wood-Ridge  
Pre-order your seats online  
\$75 per person , \$700 for tables of 10



Have Questions? Feel free to contact us at (551) 587-8402 for more information.

## RELIGIOUS EDUCATION CLASSES 2022 - 2023 SCHOOL YEAR

**There is no greater gift that you can give to a child than to share your faith in Jesus Christ.** Our Religious Education program is always in need of teachers, aides, substitute teachers, hall monitors, and office helpers. Are you willing to help our children learn more about the love that Jesus Christ has them in the 2022-2023 school year? No special religious education training is required.



If you are interested in volunteering, call our parish Catechetical Leader, Ryan Tobiason at 201-935-3094.

### Religious Education Enrollment

Now is the time to register your child for the 2022 - 2023 school year. The religious education registration form is available on our parish webpage at [www.sacredheartlynd.org](http://www.sacredheartlynd.org). Click on the church link. Scroll down to the Sacred Heart Community section and click on the Religious Education CCD link. Print out the form and fill it in. Completed forms with payment can be dropped off at the parish office at 615 New Jersey Ave. Any questions call Ryan Tobiason 201-935-3094

## Food Pantry Update

Do you have a few hours to spare each month? Our parish food pantry can use some assistance checking dates, bagging groceries, and interacting with families. This is a great opportunity for those who can speak Spanish and for students seeking service hours. Please contact Micki Prokop (201-788-0911) or Beverly Dalzell (201-988-5171) if you would like to help or have any questions.

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. Thanks to your continuous and generous support we were able to help our brothers and sisters in need throughout the pandemic.

*As a reminder, we are unable to package out-of-date food products for distribution to our families.*

With the pandemic issue still being felt by many, the Sacred Heart Food Pantry is letting those in need know there is food also available at St. Micheal's Rectory, 624 Page Ave, Lyndhurst, every Wednesday 10:00AM to noon, The only information needed is name, address, phone number and I.D.