



# 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



## 19<sup>th</sup> Sunday

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

"Blessed are those servants whom the master finds vigilant on his arrival. Amen, I say to you, he will gird himself, have them recline at table, and proceed to wait on them." - Lk 12:37

## 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.

## Nineteenth Sunday In Ordinary Time

Today's Gospel passage is a continuation of Luke's Gospel, which outlines the Lord's idea of discipleship. It comes at the close the 12th Chapter, which begins with the mission of the disciples, and takes us through his description of the Transfiguration, the Parable of the Good Samaritan, the story of Martha and Mary, the Lord's teaching on Prayer (the Lord's Prayer) - right up to this week's reading where Jesus tells us to be prepared, for we "do not know the hour when the Son of Man will come."

The men and women who comprised the earliest Christian communities lived in an age of persecution and fear, and with a very vivid sense of expecting the second coming of Jesus at any moment. So being prepared, being ready for His appearance was a very powerful motivation for them to be faithful in living out the Gospel every day and in every circumstance. It made their lives heroic; it made their witnessing in faith very courageous and consistent.

As time passed, and Jesus did not in fact return, the sense of urgency passed. It was easier to become complacent, to grow comfortable with compromise, and to put off real conversion. All of the Gospel messages about being prepared had to be reinterpreted... and, very often, the motivation for authentic Christian living became the inevitability and the unpredictability of death: Christians must live good and holy lives every single day in order to be ready to meet the Lord at the moment of death.

Generally, it is not normal for people to live with the thought of imminent death unless they happen to be terminally ill, or very old, or caught in some life threatening circumstance. So for most of us, being prepared has to take on a different meaning. It has to imply a profound sense of commitment and fidelity to the Gospel and to Christian values. It means that this attitude of mind and heart becomes second nature to us - is always present... and directs and affects all of our choices.

One doesn't need to be a theologian or "professional religious" person in order to be a disciple. Jesus never once formulated a doctrinal or theological proposition. He spent his life and his ministry among people - living with them, touching them, talking with them, embracing and healing them, breathing His Spirit into their hearts. The first disciples became aware - begrudgingly, at first - that the Spirit they had seen in Jesus was present and active in their lives as well. Eventually, they came to believe that this Spirit could be as courageously expressed in their lives as Jesus had allowed it to be in his. And so should we.

We don't always succeed; but we need to be prepared, always. We do have to live each day trying to imitate the life of Jesus as perfectly as we can. His ministry flowed from his belief that living in love was living in God. He believed that His intimate understanding of God would be "good news" to all people - that it would bring freedom to those held captive, bring sight to the blind and set all of us free.

Jesus has indeed set us free. But this is a freedom that is far different from what we might expect. By his life we are set free from images, ideas and practices that bind us into the enslavement of thinking and acting as if we had all of the answers; we are set free from the fear and abandonment of a distant, impersonal God; we are set free from divisions that divide us and set us against one another. This is a freedom that challenges us to break down barriers and to take personal responsibility for the emergence of the God's reign in this world.

Being prepared means being ready for a spot check on our Christianity at any time. We have to think and speak and act consistently in a way that will identify us always as belonging to God's people, living out Jesus' vision. He preached and lived in the Spirit, and his preaching and his living challenge us all to do the same.

Today's readings sound like those we expect to hear at Advent - all this talk of perseverance in trials, faithfulness in waiting, hope in Jesus' return. But being prepared isn't a part-time virtue, a one-season practice. We are always on the watch for the Lord in our daily lives, trying to discern how to respond to him in prayer and service to others.

We are the people of the promise, the people of God's choice - we are the "evidence of things not seen." At the most unexpected times and in the most surprising ways, the Lord knocks on the door of our lives and asks to be let in. We have been entrusted with much, and still more is demanded of us. How well are we prepared?

# 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?!\*\***

## MERCY HOUSE VOLUNTEERS NEEDED

Mercy House is an extension of the Respect Life Office of the Archdiocese of Newark. It is a resource and referral center that serves the needs of women, children, men and families living in our communities and beyond. Mercy House helps provide for immediate and essential needs such as clothing, non-perishable food, baby items, furniture, and other necessities and services as needed. We are located in Newark at 620 Clinton Avenue.

We are dependent on and in great need of volunteers to help operate Mercy House. All are welcome and encouraged to help in some way. If you would like to learn more about Mercy House contact the director, Cheryl Riley, at cheryl.riley@rcan.org or call 973-497-4350.

## 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.

## THANK YOU!

Thank you to parish family members Dolores Petrillo and Arceli Vargas for donating the beautiful new carpet in our sanctuary behind the altar!

## FREE CANCER SCREENINGS

Free Cancer Screenings are provided to Bergen County residents. For women screenings for Breast, Cervical & Colorectal. For men screenings for Prostate & Colorectal. Services provided at Englewood Health, Valley Hospital and Bergen Imaging Center. Call 201-634-2660 for details.

## 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, Francesco 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 Yangco, Lea Aspile, Perpetua Aspile, Anne Montillo, Christopher Di Giovanna

**DECEASED:** Patrick E. Roberts

## VENERATION OF ST. PIO RELICS

On June 16, 2022, the world of faithful and millions of devotees of Saint Pio of Pietrelcina will have an important occasion to celebrate. It will be 20 years since Pope John Paul II declared Padre Pio a Saint. To celebrate this remarkable occasion, the Saint Pio Foundation has established the religious traveling art exhibition "I Embrace You". The Saint Pio Foundation invites all to attend the veneration of Saint Pio's relics at the **Cathedral Basilica of the Sacred Heart in Newark on September 12 and September 13**. A life-size statue of Saint Pio, titled "I Embrace You," WILL BE ON VIEW during the veneration. This impressive sculpture, created by the renowned artist Timothy Schmalz, is a replica of the original, which was conceptualized and sponsored by the Saint Pio Foundation. This statue depicts Padre Pio kneeling at the foot of the cross while receiving the blood pouring from Jesus' hands into the stigmata for which Saint Pio was known. and which were emblematic of the suffering that he endured throughout his life.

## 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

**AUGUST 7, 2022**

Nineteenth Sunday In Ordinary Time



### Anticipated Mass for Sunday

5:00pm Y. Hoefsloot, M. Ryan & R. Kearns

### SUNDAY - Nineteenth Sunday In Ordinary Time

7:30am People Of Sacred Heart  
9:00am James M. Cavalcante  
10:30 am Sal Russo  
12:00pm Deanna M. Guiliano  
1:30 pm Jose Lopes

### MONDAY - St. Dominic, Priest

12:00pm Deanna Giuliano

### TUESDAY - Weekday/St. Teresa Benedicta of the Cross, Virgin and Martyr

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

### WEDNESDAY - St. Lawrence, Deacon and Martyr

12:00pm James M. Cavalcante

### THURSDAY - St. Clare, Virgin

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

### FRIDAY - Weekday/St. Jane Frances de Chantal, Religious

12:00pm Lorenza & Julian Duran

### SATURDAY - Weekday/Sts. Pontian, Pope and Hippolytus, Priest, Martyrs/Blessed Virgin Mary

9:00am Marco Battista

### Anticipated Mass for Sunday

5:00pm Kenneth Nash

### SUNDAY - Twentieth Sunday In Ordinary Time

7:30am People Of Sacred Heart  
9:00am Patrick R. Ferrara  
10:30 am James M. Cavalcante  
12:00pm Florence Moderelli  
1:30 pm Norma Azuero

## STEWARDSHIP

Sunday - \$4,680  
Add'l Assessment Coll - \$35  
Reminder: We need \$6,600 in the Sunday Collection to cover our budgeted expenses. Thank you!

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 at 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.