



Sacred Heart Church

A Roman Catholic Community

324 Ridge Road, Lyndhurst, NJ 07071

Phone: 201-438-1147 Fax: 201-507-5861

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

RELIGIOUS EDUCATION

Ryan Tobiason
Parish Catechetical Leader
201-935-3094

SACRED HEART SCHOOL

Linda Durocher
Principal
201-939-4277
ldurocher@sacredheartlynd.org

SMALL BLESSINGS DAY CARE
201-935-0506

ARCHDIOCESE OF NEWARK
973-497-4000



4TH SUNDAY IN ORDINARY TIME

“Blessed are they who are persecuted for the sake of righteousness,
for theirs is the kingdom of heaven.

Blessed are you when they insult you and persecute you and utter
every kind of evil against you falsely because of me. Rejoice and be
glad, for your reward will be great in heaven.” - Mt 5:10-12a

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
Feb. 12, Apr. 8 - 8:30 PM, May 14, June 18

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.

Fourth Sunday In Ordinary Time

The Gospel passages chosen for the next few Sundays comprise the substance of what we traditionally know as "the Sermon on the Mount." These words of Jesus as recounted by Matthew make up the heart of the Gospel, the substance of the "Good News." The evangelist spends a lot of time - one hundred and eleven verses - making sure that this message would be remembered down through the ages. The Sermon on the Mount represents the New Sinai, the new Covenant, the NEW Commandment. It is the summary of all that it means to be Christian - all that it means to be fully human.

The quality or value of any sermon is only measured by the effect it has on the lives of those who hear it and on the community of the human family. Keeping the commandments of God and living according to the Gospel of Jesus is not just a matter of personal holiness. If the gift of faith enables us to hear the Word of God and live by it, then we are expected to share that gift with others. If we are redeemed and sanctified by the life, death and resurrection of Jesus, then we, too, are sent by Him to redeem and sanctify our world in His name.

The Beatitudes are for living not just listening. These are not just words to be memorized. We don't just keep them handy in a notebook that we can occasionally refer to. We don't just preach them to our children and to our neighbors. Jesus expects much more than that and warns that the salt can go flat and tasteless, the light can be hidden and useless and that we can easily blind ourselves to the truth.

Christian living requires work, lots of sacrifice, discipline and love. It takes heroic love to en flesh the Beatitudes in our relationships. It's not really easy to be poor, to be merciful, to be meek, to be peacemakers, to hunger and thirst for justice. It takes courage to be persecuted and ridiculed and mocked for being authentic Christians, for being Christ-like. It takes faith and trust in God to admit our own weaknesses and dependence upon one another rather than looking at each other's faults.

At the heart of the Gospel is the insistence of Jesus that our love be "all-inclusive," with no exception. And that is probably the most difficult thing about being an authentic Christian. Almost instinctively our love tends to be exclusive. We are comfortable with people who are like us, in color, religion, and economic status. We find it easy to be good to those who like us, those who are attentive to us, those who understand us.

We cannot exclude anyone - not the beggar, the borrower, the adulteress, the leper, the widow, the poor, the orphan, the enemy. Each of us can make our own list of the "most unwanted", those whom we find most difficult to forgive, to feel sympathy for, to offer compassion to.

Living the Beatitudes is indeed a constant challenge. It is a challenge that makes us reexamine our mental attitudes, our actions, our speech, and many of the prejudices we grew up with. This challenge leads to authentic Christianity through which we can become more sensitive to the ways that we exclude certain people from the embrace of our love. It can lead us to strip away the deep-rooted suspicions we nurture against persons who, in some way, are "different" from us.

The Beatitudes certainly give us an upside down way to look at our lives and the world in which we live. They really don't tell us how we ought to behave or live our lives. They are not Jesus' own Ten Commandments. They are not commandments at all, not a code of ethics for the Christian community, not directives that will better help us follow the model behavior of Christ. Rather, Jesus is saying that we who live the Beatitudes are already blessed. We are enabled to live as he did in a world that does not always accept him.

And because of this we are able to proclaim by our words and actions the presence of God in the world.

THIS FEBRUARY GO RED FOR HEART HEALTH!

When I had a Heart Attack at age 40 I was shocked, scared, confused, and had all kinds of emotions running through my mind. How could this happen to me? A mom of 3 children, happily married, healthy, and had no pre existing medical conditions. This Heart Attack was called SCAD (Spontaneous Coronary Artery Dissection) that is rare but not so rare and strikes healthy young women the average age being 42. It is caused when a sudden tear occurs within the layers of one or more of the arteries to the heart. This tear blocks blood flow causing a heart attack. It can often strike new moms, pregnant women and even men.

On 04/16/23 it will be 7 years since that event which changed my life forever and I realize after the journey I have been through healing is possible with trust, patience and acceptance of God's timing. I know He was with me every step of the way and through this experience my Faith was strengthened and I have a different outlook on life and how God truly makes a way to persevere. This traumatic event has helped me to grow both spiritually, emotionally and brought such wonderful people into my life.

Count your blessings daily, pick up your Cross everyday and give thanks because Life is truly a gift! Continue to lean on Him through good and bad and know that He is in control of our destiny. God knows the Plan He has for our lives. Always remain hopeful on the weakest of days and keep moving forward with prayer and gratitude.

Please help spread awareness of SCAD and support GO RED during the month of February by wearing Red. Donations can be made to SCAD Alliance and or the American Heart Association at SCADAlliance.org or donatenow.heart.org

Please pray for all survivors, non survivors and families affected by SCAD, Heart Disease and Stroke.

Thank you and God Bless you all
Denise Mayer cd2545@msn.com

WOMEN'S RETREAT AT SAN ALFONSO RETREAT HOUSE LONG BRANCH, N.J.

MARCH 10-12, 2023 ---- RESERVE YOUR SPOT!!!

Enjoy some quiet time with Our Lord in the company of friends. This retreat invites us to a renewed grounding in Word and Sacrament, where in faith we encounter God and find our own story. Embracing the Word and graced by the Sacraments, we are called and formed to be the Body of Christ. For questions or further information please contact Margaret Dacchille 201-456-2399.

MUSIC FOR MS FUNDRAISER SAT., APRIL 1ST, REDD'S IN CARLSTADT

Rock to the sound of No Politics band performing classic rock favorites from Eagles, Doors, Grateful Dead, Allman Brothers, Tom Petty, Rolling stones. Tickets are \$20. Call Rosemary at 201-893-7620 for tickets and more details. Proceeds donated to MS Society Walk MS 2023, Team NJ MOM

ARCHDIOCESE OF NEWARK ANNUAL APPEAL 2023

The Archdiocese's 2023 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 through the Office of Youth and Young Adult Ministry, the Catechetical Office, Campus Ministry at affiliated Colleges and Universities, and Catholic Schools. The Annual Appeal also supports ministries that proclaim the Gospel through Ministry to Multi-Ethnic Communities, the Office of Evangelization, the Office of Family Life, International Missions, and Pastoral Ministry with the Deaf. Your generosity to the Appeal also supports care for the Poor and Vulnerable through Catholic Charities, Hospital and Prison Chaplaincy, the Ministry with Persons with Disabilities, and the Respect Life Office. The Appeal also assists forming future priests and supporting retired clergy through Continuing Formation for priests, Seminarian Education, and Priest Health Care.

Our parish goal for this year's Annual Appeal is \$34,700. Like last year, if we exceed our goal IN PAID PLEDGES by June 30, 2023, the parish will receive a rebate from the Archdiocese of 50% excess funds RECEIVED BY JUNE 30, 2023 and in addition the parish will receive a 2% reduction of our parish assessment for fiscal year 2023. This 2% reduction saved the parish more than \$7,500 in assessment expense last year. With your generous support again this year, we can do it again! However, the Archdiocese has stated 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 there will be no reduction of our parish assessment.

If you haven't already done so, please prayerfully consider your gift to the 2023 Annual Appeal.

DOO-WOP DINNER DANCE FUNDRAISER

The Italian-American Club, The Girls' Association, and The Municipal Alliance is sponsoring Doo-Wop Dinner Dance Fundraiser on Sat., Feb 11th featuring The Forever Young Doo-Wop Golden Oldies Band to benefit the Libby Lindsay Lyndhurst Girl Scout House and Lyndhurst anti-substance abuse programs. Tickets are \$40. For more info call Donna at 201-906-3010.

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, Norma Altreche, 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, Jamie Canal, Laney Darmiento, Margot O'Hara, Maureen Branigan, Patricia Coughlin, Andrea Globis, Laura MacDonald

DECEASED: Stephen Dudsak

CHURCH BELLS CELEBRATE & COMMEMORATE



The Sacred Heart Church bell rings:

SUNDAY, JANUARY 29TH

In Honor of: The Intentions of the Cavalcante Family

Donated by: Jim & Isabel Cavalcante

SATURDAY, FEBRUARY 4TH

In Honor of: Rosemarie Messano

Donated by: Brian & Carol O'keeffe

YOUR HELP REQUESTED

In conjunction with a major fund raising event on March 11, the parish is requesting gift baskets that will be auctioned off that night. If you are interested in donating a \$25, \$50, or \$75 basket, please drop it off at the parish center. Maybe you received items for the Christmas that you can't use, you can also drop off NEW ITEMS ONLY at the parish center to make up a basket. If you have any questions, feel free to call Sabina at 862-249-1186. Thank you for your generosity which will contribute to the success of this fund raising event which will benefit Sacred Heart Church.

FOOD PANTRY UPDATE

We are stocking up our Parish Family Food Pantry for the cold winter months. Can you help us make winter a little warmer for our brothers and sisters struggling with food insecurity?

Items needed most, at this time, are: Fruit, Pasta Sauce, Pasta (including Spaghetti), Potatoes (small packages or canned), Vegetables, Coffee (regular and instant), Peanut Butter, Jelly, Cereal, and beans.

Thanks to all for the donations which help keep our food pantry stocked! **We would not be able to help local families without your generosity.** As a reminder, we are unable to package out-of-date food products for distribution to our families.

YOUR COINS FOR CHRIST COUNT!

The "Coins for Christ" program, through your generosity, has received more than \$1,700 in donations for our parish family. **This ongoing activity** invites our parish family to take a Coins for Christ collection jar home and keep it in the area where you empty your pockets in the evening. **Collection jars are available at the entrances to the church.** Any spare change you have you can put in the jar. Every couple of weeks, simply empty the contents of the jar into a plastic bag and put the bag into the collection basket. Your spare change counts for our parish! Thanks for your continued generosity!!

JANUARY 29, 2023

MASS INTENTIONS

Fourth Sunday In Ordinary Time

Anticipated Mass for Sunday

5:00pm Denise Ann Morrone

SUNDAY - Fourth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Anthony Silver

10:30 am Darcy Kordosky

12:00pm James M. Cavalcante

1:30 pm Souls In Purgatory

MONDAY - Weekday

12:00pm Joanna & Adam Kwapniewski

TUESDAY - St. John Bosco, Priest

12:00pm Tom Hansen

WEDNESDAY - Weekday

12:00pm Special Intention

THURSDAY - The Presentation of the Lord

12:00pm Jerry Agresti, Sr.

FIRST FRIDAY - Weekday/St. Blaise, Bishop and Martyr/St. Ansgar, Bishop

12:00pm Jennifer Zamora

FIRST SATURDAY - Weekday/Blessed Virgin Mary

9:00am Purgatorial Society

Anticipated Mass for Sunday

5:00pm Louise Paolazzi

SUNDAY - Fifth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Eleanor Rita Descalzi

10:30 am Adelaide Mikolajczak

12:00pm James M. Cavalcante

1:30 pm

STEWARDSHIP

Sunday - January 15th - \$5,784

Add'l Solemnity of Mary - \$560

Sunday - January 22nd - \$6,119

Communicating God's Word - \$1,529

Christmas To Dtae - \$29,958

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

COME AND LISTEN

“COME TO ME ALL WHO ARE TIRED
AND BURDENED AND I WILL GIVE
YOUR REST” Matthew 11:28



ARE
CARES & WORRIES
WEIGHING YOU DOWN?

COME & LISTEN
ONE WORD COULD CHANGE
YOUR LIFE.

**Mondays & Thursdays
8:00pm in Parish Center
(former Convent)**

Enter through the
parking lot entrance

**CATECHESIS FOR ADULTS
AND YOUTH (ages 13 & older)**

Free babysitting will be available

ST. PATRICK'S DAY FUNDRAISER



Saturday, March 11, 2020,
following the 5:00 PM Mass
Sacred Heart School Cafeteria
Corned Beef Dinner - Irish Music - BYOB
50/50 Raffle - Drawing at 8:00 p.m.
Gift Baskets Auction

Tickets for the dinner \$25 for Adults

\$10 for kids 12 and under and will go on sale shortly.

In conjunction with this major fund raising event, the parish is requesting donations for gift baskets that will be auctioned off that night. If you're interested in donating a \$25, \$50, or \$75 basket, please drop it off at the Parish Center. If you'd like to contribute new items to make up a gift basket, you can also drop them off at the Parish Center. If you have any questions, feel free to call Sabina at 862-249-1186. Thank you for your generosity which will contribute to the success of this fund raising which will benefit Sacred Heart Parish.