



# 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



## 5<sup>TH</sup> SUNDAY IN ORDINARY TIME

“You are the light of the world. A city set on a mountain cannot be hidden.” - Mt 5:14

### 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.

## Fifth Sunday In Ordinary Time

Discipleship requires work, lots of sacrifice, discipline and love. It takes heroic love to make the teaching of Jesus concrete and real in our relationships. Today our scriptures again begin with the prophet Isaiah - and we listen as he reminds us of an important aspect of our call to conversion of heart: the presence of God in this world will be evidently seen when we "...share bread with the hungry, shelter the oppressed and the homeless, clothe the naked when we them and do not turn our back on our own." The prophet goes on to say that to those who do these things, "light shall rise for you in the darkness and the gloom shall become for you like midday."

This image of light connects us to the "deeds" spoken of in today's gospel. Matthew tells us that the effectiveness of our discipleship will be gauged on how we respond to the hungry, thirsty, stranger, naked, sick and imprisoned. We have indeed been called "blessed" by the Lord. But we don't do our good works just to please God, or to gain esteem in the eyes of others. We do them because God has already done something within us and we are His reflectors; we conduct God's light to others. People will see by this light; and what they will see will be God Himself.

We have been given a new life and this gives us new ways of seeing. We observe what others ignore; we readily go where others stand off; we speak out when others remain silent; we keep on, when others would drop away. Living the Gospel is a constant challenge - one that makes us reexamine our mental attitudes, our actions, our speech, and many of the prejudices we grow up with.

If we listen carefully to the words of Jesus, it is very clear that he wants us to exclude no one from our love. Every single person is entitled to a fundamental respect and concern. There is none who is "unwanted." Everyone is called to salvation and holiness. Likewise, everyone should find in us the same compassionate, all-inclusive love that they would find in Jesus.

Hopefully, we can grow into becoming more fully authentic disciples. And as we do, Jesus tells us, we are noticed, like salt in food; like light in the dark. With his life in us, we don't have to "become" salt and light, we "already are" salt and light. We can't deny it or hide it; or at least we shouldn't. When being a Christian gets difficult, when we face criticism for our positions, concerns and action for the needy, we are reminded that we are not trying to become someone we are not. Instead, we are drawing on the inner reality of who we really are. Salt and light is who we are right now and that is how we act.

The world has too many areas of darkness that need our light - even though we may sometimes feel like our batteries are running out. There is so much emptiness and tastelessness in this world that needs our salt - even when we believe the shaker is empty.

For Jesus, the presence of God's Spirit is evident in human interactions of mercy, compassion, forgiveness, sharing, working for justice and peace, respect and joy. When you see these things, you know God's Spirit is here. When you do these things, you know God's Spirit is here in you. The "good news" is that in everyday, decent human interaction all people encounter the sacred, the Spirit of God at work.

This is what the reign of God is all about. This is where we are to know, experience and build up the kingdom of God. We have been called by Him whose life permeates all things to be the salt that seasons the lives of others; we have been called by the Light to be the light which dispels the continuing darkness.





NEIGHBORS  
HELPING  
NEIGHBORS

## 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.

## 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](mailto: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.

## 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 Buco, 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, Ava Romano

**DECEASED:** Jorge Arenas Luna

### CHURCH BELLS CELEBRATE & COMMEMORATE

The Sacred Heart Church bell rings:



#### SUNDAY, FEBRAURY 5TH

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

**Donated by:** Jim & Isabel Cavalcante

#### MONDAY, FEBRUARY 6TH

**In Honor of:** The Intentions of James J. Cavalcante

**Donated by:** Jim & Isabel Cavalcante

#### THURSDAY, FEBRUARY 9TH

**In Honor of:** Joseph John Pavlica, Jr.

**Donated by:** Patty & Joe Pavlica

### 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.

### 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!!



FEBRUARY 5, 2023

## MASS INTENTIONS

Fifth Sunday In Ordinary Time

### 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 For The Unborn

### MONDAY - St. Paul Miki and Companions, Martyrs

12:00pm Edward Granito, Sr.

### TUESDAY - Weekday

12:00pm Juan Cantos, Sr., Demetrio

Cantos, & Petronilo Rivera

### WEDNESDAY - Weekday/St. Jerome Emiliani/ St. Josephine Bakhita, Virgin

12:00pm Lorenza & Julian Duran

### THURSDAY - Weekday

12:00pm Joseph John Pavlica, Jr.

### FRIDAY - St. Scholastica, Virgin

12:00pm Joseph Petrillo

### SATURDAY - Weekday/Our Lady of Lourdes/Blessed Virgin Mary

9:00am Linda Gomes

### Anticipated Mass for Sunday

5:00pm Sabino Joseph Salerno

### SUNDAY - Sixth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Joseph John Pavlica, Jr.

10:30 am Catherine Henckel

12:00pm Frank DeSerio

1:30 pm Juan Manuel DeVega

## STEWARDSHIP

Sunday - January 29th

Sunday Collection - \$6,173

Add'l Communicating God's Word - \$85

Add'l Assessment Collection - \$60

Add'l Solemnity of Mary - \$5

Reminder: We need \$6,600 in the Sunday Collection to cover our budgeted expenses. Thank you for your 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**

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## 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.