



# 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



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

“I say to you, love your enemies and pray for those who persecute you.” - Mt 5:44

### 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. 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.

## Seventh Sunday In Ordinary Time

The quality or value of a sermon is not only measured by the effect it has on the lives of those who hear it, but also in the example of the life of the one delivering it. The Gospel passages chosen for these Sundays before Lent are all from the 5th, 6th and 7th Chapters of Matthew, one hundred and eleven verses, comprising the substance of what is universally called "the sermon on the mount." This is the heart of the Gospel, the Good News of Jesus. This is Jesus the Teacher. This is the New Sinai, the NEW Commandment. This is the summary of all that Jesus imagined for us.

We have heard Jesus speak of the special attitudes of mind and heart that should identify His followers, what we call the "Beatitudes." We have listened as Jesus spells out our mission in the world: "You are the salt of the earth ...you are the light of the world!" We who follow Christ Jesus are called to add a special flavor to the quality of human life. We are to keep the lives and the loves of men and women from becoming stale, flat, tasteless. We are also called to bring the brightness of holiness and goodness to the world. We are called to overcome darkness, to drive out gloom and sadness and despair.

The Book of Leviticus puts it simply : "Be holy, for I the Lord am holy. You shall love your neighbor as yourself. I am the Lord." Jesus dramatizes that challenge even more forcefully: "Love your enemy, do good to those who hurt you." He asks us to be so totally immersed in the love of God as to love ourselves and others just as God loves us.

The ministry of Jesus flowed from his belief that living in love was living in God. He spent his life trying to share this belief with others and to allow that belief to transform their lives. Those who sat listening to his sermon heard his words. But more importantly, they saw him live those words to the fullest.

Every Christian community since then has sought to act as He acted, wanting to make the same Spirit that moved Jesus visible in society. Seeing, hearing, touching the hearts of others and speaking as he did are characteristics of all disciples.

It's as new as it is old: "Love God and love your neighbor." As it was all throughout Jesus' life, God identifies Himself with our neighbor. You can't have one without the other. How utterly simple. And yet how profoundly complex.

Loving God and loving neighbor requires the ability to be with people in their experiences of being vulnerable, broken, joyful, needy, searching and questioning. Being with people. Jesus was skilled at this and those around recognized his compassion, His ability to understand their situation, to identify with them. They recognized the presence of God within Him.

These experiences are common to all disciples and they should be the means by which we can help others articulate more clearly and more meaningfully the reality of God's Spirit at work in their lives. But it is no easy task. We live in love. We live in God. We are the potter's vessel, easily broken and yet we are temples of the Spirit. We are called to be bread. We are blessed, broken and we are given. And we believe that in these lived experiences there is a sacred presence that gives it all meaning.

We can be satisfied with nothing less than the holiness of God. The Lord expects us to offer to one another the same kind of unconditional love that we continuously receive from God. He wants us to see both the image of God and our own image in every other person. That must include those who hurt me, those who slap me, those who insult me, those who are ungrateful, those who are thoughtless, and on and on.

We believe that everything and everyone is charged with God's presence. We are called to witness to this by our words and our actions. And this belief is at the heart of our faith, just as it was at the heart of Jesus' preaching, teaching and the way He lived His life.

## ARCHDIOCESE OF NEWARK 2023 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, February 26, 2023 to the Solemnity of the Holy Trinity, June 4, 2023.**

\*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.*

### STATIONS OF THE CROSS

Joins us as we reflect on the passion and death of the Lord as a community during the Fridays of Lent. The Stations of the Cross will follow the 12:00 Mass on Friday: Feb. 24, Mar. 3, 10, 17, 24, 31

### ANNIVERSARY LITURGIES

Preparations are underway for the annual tradition of honoring those couples in our Archdiocese who will be celebrating 5, 25, and 50 year anniversaries of Christian marriages. The Masses will be celebrated at the Cathedral Basilica in Newark. The Mass for 50 Years will be celebrated on April 16 by Cardinal Tobin and the Mass for 25 and 5 Years will be celebrated May 7 by Bishop Studerus. If you are celebrating one of these milestone anniversaries this year and would like to participate, please call the parish office.

## 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 is \$34,700.**

**So far, 35 families have made a pledge.**

**Amount Pledged To Date: \$7,720 - 22.25% of Goal**

**Paid Pledges To Date: \$4,900 - 14.12% of Goal**

**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.**

### SCOUTS PANCAKE BREAKFAST

Cub Pack/Scout Troop/Venture Crew 86 will hold a Pancake Breakfast on **Sunday, Feb. 26th** at the **Lyndhurst Senior Center**, 250 Cleveland Ave, between **8AM and 1PM**. **Tickets are \$8 and you can pay at the door.** Your support is appreciated.



### PRESIDENT'S DAY HOLIDAY



Monday, February 20th is the President's Day holiday. In observance of the holiday the parish office will be closed. The Mass will be celebrated at its regular time of 12:00 PM in the church.



## 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, Ava Romano

**DECEASED:** All those from our parish family the Lord has called home

### CHURCH BELLS CELEBRATE & COMMEMORATE

The Sacred Heart Church bell rings:



#### SUNDAY, FEBRUARY 19TH

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

**Donated by:** Jim & Isabel Cavalcante

#### THURSDAY, FEBRUARY 23RD

**In Honor of:** The Intentions of Robert J. Kimball

**Donated by:** Jim & Isabel Cavalcante



## ASH WEDNESDAY FEBRUARY 22, 2023

Begin your Lenten Journey towards Easter with your parish family. Ashes will be imposed this year on Ash Wednesday, February 22, by the minister using a Q-Tip. A fresh Q-Tip will be used for each person. This will minimize any cross contact between members of our parish family. **Blessed Ashes will be imposed at Mass only.**

### MASS SCHEDULE

**7:00 AM** in English, **9:00 AM** in English  
**12:00 PM** in English, **5:30 PM** in Spanish  
**7:00 PM** in English

### YOUR HELP REQUESTED

Planning for our St. Patrick's Day fundraiser is well underway. We need your help to make it a fun and successful event. If you would like to volunteer to help with this effort, or would like to donate some desserts, please give Sabina a call at 862-249-1186.

## FEBRUARY 19, 2023

# MASS INTENTIONS

Seventh Sunday In Ordinary Time

### Anticipated Mass for Sunday

5:00pm Dr. James Markey, III

### SUNDAY - Seventh Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Irene & Joseph Pravetz

10:30 am Marge Petrocelli

12:00pm James M. Cavalcante

1:30 pm Manuel Noya Gudelia

### MONDAY - Weekday

12:00pm Richard McGill

### TUESDAY - Weekday/St. Peter Damian, Bishop and Doctor of the Church

12:00pm Kinga & Greg Skora (Living)

### WEDNESDAY - ASH WEDNESDAY

7:00am Peter & Carmela Sofio

9:00am Albano Graca

12:00pm Rosemary Dondero

5:30 pm USA

7:00 pm Armando Danave

### THURSDAY - Thursday after Ash Wednesday

12:00pm Jose Lartiga (Living)

### FRIDAY - Friday after Ash Wednesday

12:00pm Victor O. Rivadeneira

### SATURDAY - Saturday after Ash Wednesday

9:00am Nagle Family (Living)

### Anticipated Mass for Sunday

5:00pm Josephine Chiarella

### SUNDAY - FIRST SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Michael R. Conzo

10:30 am Sun Young Kim &  
Employment for Jae Yo Lee

12:00pm Armando O. Pereira

1:30 pm Alejandrina Ruiz (Living)

## STEWARDSHIP

Sunday - February 12th  
Sunday Collection - \$5,134  
Fuel Collection - \$1,652  
Add'l Assessment Collection - 376

## 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.