



# 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



## 1<sup>ST</sup> SUNDAY OF LENT

Then the devil took Jesus up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." - Mt 4:8-9

### 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 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.

## FIRST SUNDAY OF LENT

We stand poised at the beginning of the Season of Lent, and once again we are given the opportunity to reflect upon the Paschal Mystery and the impact it has in our lives. As we begin our journey through another season of Lent, the Liturgical Readings present us with themes that bring this into focus: On the First Sunday of Lent, we hear the story of the Temptation of Jesus in the desert; the Second speaks of the Transfiguration; the Third recalls the encounter with the woman at the well. The Fourth Sunday tells of the man born blind and the importance of the light of Christ in our lives; and finally, the story of Lazarus - the symbol of hope for all of us who come to new life in Christ.

We all know the story of Jesus' temptations very well. The Lord ventures out into the wilderness for 40 days - a time He needs to spend alone in the presence of His Father. We imagine that He needed this time - to fast, to reflect, to pray and to prepare for the ministry that He came to Live.

All three of the Synoptic Gospels place this episode immediately following Jesus' baptism by John in the Jordan. Prior to this, John the Baptist was the dominant figure of the story. His preaching began with "Repent! The Kingdom of God is at hand." His was a call to repentance - a warning - a call to change our ways because something big and wonderful was soon coming.

The Temptation Story now switches the focus of the story to Jesus and His message: "Rejoice! The Kingdom of God is already here!" His was an invitation - a call to experience the presence of the Father in our every moment, our every breath, our every encounter. It is an invitation to enter into the Paschal Mystery of suffering, death and resurrection as deeply and as completely as He was about to.

Jesus didn't just "venture out" into the desert/wilderness. It was the Spirit who led Him there. And it is this same Spirit who continues to lead Him, every time He "goes apart" to pray.

He will remember the desert stones as He watches His disciples bicker, and trip themselves up vying for "top honors" in the New Kingdom. He would see the broken promises of earthly kingdoms in the eyes and hearts of almost everyone around Him - including the chosen disciple turned betrayer. And He would think of how easy it would be to throw Himself down and just give up when it seemed that no one understood what He was trying to say.

He begins his ministry with little fanfare - alone with the Spirit, in the desert, in prayer. And when He emerges, He throws Himself totally into the humanity around Him. He chooses simple men and women to be His spokespersons: fishermen, a tax collector, sinners, prostitutes, a persecutor and a traitor. All of them perfectly frail in their human-ness, and weak in their commitment. He watches them come together, grow together, laugh and cry with one another, argue and dissent with one another, and learn to love another. They become the nucleus of His ministry. And from their weaknesses and failures, He gave them strength, nourishment and victory.

**The temptations of Christ in the desert are our temptations as well.**

**We are all tempted to seek more than we need;** "Man does not live by bread alone," he tells us. We easily forget that the Father provides enough to sustain us as a community.

**"All these kingdoms will be yours, if..."** We are all called to be righteous and use whatever power we have for the good of others. Yet it's easy for us to become self-righteousness, content with our own answers and solutions.

**There are days when we feel like giving up - when we ask ourselves why we even bother...** throwing ourselves down, throwing in the towel becomes an easy way out. But Jesus tells us by example not to give up, to keep going - even in the midst of uncertainty.

**So, let this Lent become for us a spirit-led experience.** Take the chance, venture out into the darkness. Take some time to pray, to "reach out in the darkness," to reflect - to let the Father speak. (That means we have to listen!) **Let this season become the point which will buoy us when times seem at their lowest,** when we feel our loneliest and when we recognize our weaknesses most acutely. **Let the Spirit of God lead us to experience the fragrance of our God in our lives,** to feel it all over our skin and in our hearts and our souls. Let it lead us to spread that fragrance among each other.

## 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: 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, 39 families have made a pledge.**

**Amount Pledged To Date: \$8,510 - 24.52% of Goal**

**Paid Pledges To Date: \$5,690 - 16.39% 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.



### 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

## 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, Fr. Anthony Di Stefano

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

### CHURCH BELLS CELEBRATE & COMMEMORATE



The Sacred Heart Church bell rings:

#### SUNDAY, FEBRAURY 26TH

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

**Donated by:** Jim & Isabel Cavalcante

#### TUESDAY, FEBRUARY 28TH

**In Honor of:** Betty Sottovia - Happy Anniversary In Heaven

**Donated by:** Jean Redner

## ANNUAL SPRING TRICKY TRAY AUCTION

sponsored by

### Sacred Heart Home School Association Friday, March 24, 2023

Sacred Heart School, 620 Valley Brook Ave - Doors open 6:00 PM

Raffles scheduled to begin Approximately 8:00 PM

Tickets \$15 per person and includes 1 sheet 1st level prizes and Coffee/tea/dessert. No tickets sold at door. No one under 18 admitted. No alcoholic beverages. Seating will be in the school auditorium with prizes located in the cafeteria. There is an elevator for those who have difficulties with stairs. Deadline for tickets March 10th.

**For tickets call Patty 201-803-9580**

### 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.

## 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 26, 2023**

## MASS INTENTIONS FIRST SUNDAY OF LENT

### 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)

### MONDAY - Lenten Weekday/St. Gregory of Narek, Abbot and Doctor of the Church

12:00pm Lorenza & Julian Duran

### TUESDAY - Lenten Weekday

12:00pm Laura Manning

### WEDNESDAY - Lenten Weekday

12:00pm Agata & Rafal Turek (Living)

### THURSDAY - Lenten Weekday

12:00pm Christopher Meister (Living)

### FIRST FRIDAY - Lenten Weekday/St. Katherine Drexel, Virgin

12:00pm Rudy & Ador Vargas

### FIRST SATURDAY - Lenten Weekday/ St. Casimir

9:00am Purgatorial Society

### Anticipated Mass for Sunday

5:00pm Kristine Violante

### SUNDAY - SECOND SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Thomas & Anna Boice

10:30 am Carmela Ferrara

12:00pm James M. Cavalcante

1:30 pm Manuel Noya Gudelia

## PRAY FOR HIM

**Fr. Anthony Di Stefano**, pastor of our neighboring parish, Queen of Peace in North Arlington, is battling lung, liver and bone cancer. Please keep him in your prayers.

## STEWARDSHIP

Collection Totals Not Available  
At Time of Publication

## 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.