



# 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



## 3<sup>RD</sup> SUNDAY OF LENT

Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." - Jn 4:10

### 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.

### THIRD SUNDAY OF LENT

We continue to travel through the season of Lent on our way to celebrate the Easter Vigil - the sacred, ancient ritual that enshrines the essential mystery of our faith - passion, death and resurrection of our Lord and Savior, Jesus Christ. In a very brief time, we will have walked the road of salvation history, listening to the words and stories, watching signs and symbols, seeing unfold before us God's plan and promise for human life. It is a road that we have traveled personally and privately, together within the parish community and again as witnesses to catechumens throughout the Church as they prepare to become fully initiated members of the Church at the Easter Vigil. To the unbeliever this road leads to an empty tomb, which seems - at first glance - to be a strange and disappointing climax to the story of God's love for us. But the Gospel message is strong and clear: we must not look for the presence and the power of the risen Christ among the dead...we will not find him in a culture that idolizes wealth and power and comfort - we will not find him in the dark and empty tomb of our own sinful selfishness.

The struggle to live as Christians can feel at times like a journey through a barren desert. In daily life there is often little around us that refreshes or supports our faith. Where shall we find the faith-renewing water we need? To whom shall we go? Questions of faith don't get any more basic than that. It is the question the disgruntled Israelites asked in the desert. It is a question that a sarcastic Samaritan might imply and at times it is our question too. Today's readings might give us an insight for our own faith journey - especially if we are in the midst of our own desert.

The first reading from Exodus is one of a series of stories where we find the people of Israel mumbling and grumbling. (It seems grumbling was the Israelites' way of life.) The whole episode happens in a place which will eventually be called "Massah and Meribah" - Massah, meaning "testing" and Meribah, meaning "dissatisfaction." The story gets right to the point — the people are tired and thirsty, and God gives them the water they need. To their question, "Is the Lord in our midst or not?" the answer is straight forward and immediate. God becomes present in front of them and flowing water is provided. God will not let His people die in the desert.

The point of the story is not simply to emphasize the distrust of the people, but to stress God's prevailing care for them.

God's continuing care for His people is displayed once again as we hear Jesus' dialogue with the woman at the well. Jesus first asks for a cup of water, but then - almost immediately - offers to her the spring of life everlasting. A first read of her response gives the impression that she immediately recognized that this man might indeed have something she needed. But it might be a little different. Her response is a bit sarcastic: "Sure, you're going to give me life-giving water? OK, give this water to me. I'll take it. I won't ever be thirsty again. And I definitely won't have to come back here anymore!" I can imagine Jesus quietly smiling at her. Notice that he doesn't really address her answer. Instead he tells her to go and return with "her husband." And this triggers within her the realization of how deep her thirst really was.

Hers was a thirst that the water she went to draw from the well could not satisfy. Ultimately, she found someone who touched her heart like never before. We listen in on the conversation and even before she goes back to tell her townsfolk what she has learned, we learn something about Jesus. The woman is helping us discover who he is. Can we admit our thirst? Shall we too engage Jesus in a conversation of the heart? It will require the honesty the woman portrays. She shows us that we need to listen to what he has to say. And like her, we must be willing to have a change of heart.

The woman at the well has set a good example for us. She was willing to break the pattern of her routine, ask important questions, listen to the answers and make the adjustments necessary in her life. What is true for her is true for us.

In small ways, we test our willingness to die, to obey, to give up something precious, to pay the price of discipleship. During Lent we try to reflect, to reach out and freely embrace the Cross. But we can only do this if we have first experienced the desert - when life presses down on us from many sides and we find it too much to handle. Like the Israelites in the desert we learn to trust God. Like the Samaritan woman we can reach deep within ourselves and get a glimpse at the truth that leads to living water.

These are not things that we can learn all at once. Instead, as God provides for us each day we are reminded again and again of our dependence on Him and His gracious generosity towards us. This can lead us from sarcasm to prayer: "Sir, give me this water." It's a prayer often said and learned through experience, one day at a time.

## 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. 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.

## PURGATORIAL SOCIETY

*The following deceased have been enrolled in the Sacred Heart Purgatorial Society :*

GEORGE JAMES BENEDICT-req.by-Michael & Cindy Valvano  
DIANN MARIA BULFONE-req.by-Rebka Yli Agelli  
AUGUST (OGUIE) D'AGOSTINO-req.by-Danny Cappiello & Family  
ARMANDO DANAVE-req.by-John & (Cali) Clarisse Madera  
JUAN MANUEL DEVEGA-req.by-gerbert DeVega  
JOSEPH DI LASCIO-req.by-Mary Orlando  
PEDRO DOMINGUEZ-req.by-Adriana & Claudia & Families  
DOMINICK FINA-req.by-Roe Falotico  
HENRY "HANK" GRAZIANO, JR.-req.by-Melissa & MaryAnn Brown  
VIKKI KAMINSKI-req.by-Alfred Carrier  
HAROLD LUKACHYK-req.by-Janet LaRosa  
JORGE A LUNA-req.by-The Luna Family, Annie Jusi  
RICHARD MCGINN-req.by-The Albinski Family  
EDWIN RAMIREZ -req.by-Vincent Cumia  
ANN MARIE RIZZO-req.by-Mary Orlando  
ROBERT M. SILVA-req.by-Joanna Amador  
ANTHONY SILVER-req.by-The Torraca Family  
ANIELA WACH-req.by-Catherine Plesiarske, Waldemar Gozdek

### QUEEN OF PEACE GRAMMAR SCHOOL

#### 2ND GRADE TEACHER NEEDED

Queen of Peace Grammar School in North Arlington, NJ is seeking a Second Grade Teacher to begin immediately. Please contact Dr. Linda Jacewich, Principal - ljacewich@qpgs.org

### ST. PATRICK'S DAY DISPENSATION

Cardinal Tobin has dispensed from the obligation to abstain from eating meat those celebrating the Feast of St. Patrick on Friday, March 17, 2023. A substitution should be made in the form of fasting, prayer and/or almsgiving.





## 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, Margot O'Hara, Maureen Branigan, Patricia Coughlin, Andrea Globis, Laura MacDonald, Ava Romano, Fr. Anthony Di Stefano, Hector Cruz

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

### CHURCH BELLS CELEBRATE & COMMEMORATE



The Sacred Heart Church bell rings:

#### SUNDAY, MARCH 12TH

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

**Donated by:** Jim & Isabel Cavalcante

#### FRIDAY, MARCH 17TH

**In Honor of:** Michele Church

**Donated by:** Brian & Carol O'keeffe

## FOOD PANTRY UPDATE

*"Whatever you did for one of the least of these brothers and sisters of mine, you did for me" Matthew 25:40*



NEIGHBORS  
HELPING  
NEIGHBORS

**We are stocking up our Parish Family Food Pantry for Easter and the Spring Season. Can you help us assist 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.

## THIRD ANNUAL 10 MILES WITH JESUS

10 Miles with Jesus. If you are tired of giving up sweets and coffee for Lent and are ready to embark on a different Lenten practice, we invite you to join us on a 10-mile pilgrimage of prayer through meditating upon the Stations of the Cross of our Lord's sufferings and death.

The walking Pilgrimage will begin on **Sunday, March 26, 2023 at 11:00 am at the Archdiocesan Shrine of St. John Paul II (St. Theresa of the Child Jesus Parish) 131 E. Edgar Rd., Linden, NJ and will conclude at the Cathedral Basilica of the Sacred Heart, 89 Ridge St., Newark, NJ at around 5 pm with the Holy Eucharist.**

**FREE ADMISSION**, however all participants must register. To register and for additional information visit: [www.10mileswithJesus.org](http://www.10mileswithJesus.org),

**MARCH 12, 2023**

## MASS INTENTIONS

THIRD SUNDAY OF LENT

### Anticipated Mass for Sunday

5:00pm Carmela M. Ferrara

### SUNDAY - THIRD SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Anthony Silver

10:30 am Mary Ann Borrone

12:00pm Joseph & Evelyn Famularo

1:30 pm Juan Manuel De Vega

### MONDAY - Lenten Weekday

12:00pm Amalia Vivas (Living)

### TUESDAY - Lenten Weekday

12:00pm Louis Coviello, Jr.

### WEDNESDAY - Lenten Weekday

12:00pm Mike, Rose, Vinnie & Mickey Carini

### THURSDAY - Lenten Weekday

12:00pm Howard Wartel

### FRIDAY - Lenten Weekday/St. Patrick, Bishop

12:00pm Sally Monaco

### SATURDAY - Lenten Weekday/St. Cyril of Jerusalem, Bishop and Doctor of the Church

9:00am Melba Coughlin

### Anticipated Mass for Sunday

5:00pm Howard Wartel

### SUNDAY - FOURTH SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Lucy Liberti Di Lascio

10:30 am Joseph John Pavlica, Jr.

12:00pm Ann & Daniel Henckel

1:30 pm Special Intention

## STEWARDSHIP

### Sunday - March 5th

Sunday Collection - \$6,533

Assessment Collection- \$3,123

Add'l Fuel - \$30

Add'l Central & Eastern Europe - \$25

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

## 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, ministries that proclaim the Gospel, care for the Poor and Vulnerable, forming future priests and supporting retired clergy.

**To Date, 68 families from our parish family have generously supported the Appeal:  
Our Parish's Goal - \$34,700 -- Paid To Date - \$10,086 (29.06% of Goal)**

*Your generosity not only supports all the ministries listed above but can also be a direct support for our parish as well. If we exceed our parish goal in paid pledges by June 30th, like we did last year thanks to your generosity, we will receive a rebate from the Archdiocese of all the excess funds and a 2% reduction in our parish assessment expense for the fiscal year. This 2% reduction saved the parish more than \$7,500 in assessment expense last year. The Archdiocese will also rebate back to the parish 50% of the funds received from our parish that exceeds our goal! It's a great way for our parish family to "fund raise" and help others at the same time. Thank you so much to all who have supported the Annual Appeal by giving a gift!!*

**\*\*Reminder, we must collect our Parish's Goal in paid gifts by June 30th. 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 we will not receive the 2% reduction in our assessment expense.\*\***

If you haven't already done so, please prayerfully consider your gift to the 2023 Annual Appeal. Envelopes for the Appeal are available in the pews. You can also make your gift online at [www.rcan.org/sharing](http://www.rcan.org/sharing). Please be sure to select Sacred Heart Church, Lyndhurst so the parish receives credit.

**Knights of Columbus**  
COUNCIL #2396  
Presents  
**ARRAY OF HOPE**  
AWAKENING HEARTS

*An Evening of Faith,  
Hope and Love*  
A Musical Multimedia Experience

**Date:**  
Saturday, May 13th 2023, 7:00pm

**Location:**  
Lyndhurst Middle School  
619 Page Avenue  
Lyndhurst, NJ 07071

**Ticket price**  
VIP Tickets - \$50  
(Includes VIP seat and one (1) donated general admission seat for a local youth organization in the area.)  
General Admission - \$20 each

**"It's a multi-generational musical journey of the faith"**  
-EWTN "Life on the Rock"

**"They present the Gospel in technicolor"**  
-Relevant Radio, "Morning Air"

**Ticket link:**  
[Bit.ly/council2396AOH](http://bit.ly/council2396AOH)

**Have Questions?  
Contact Us:**  
Council2396@gmail.com  
(551) 587-8402

[www.arrayofhope.org](https://www.arrayofhope.org)