



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 OF LENT

When Jesus heard that they had thrown him out,
he found him and said, "Do you believe in the
Son of Man?" - Jn 9:35

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.

FOURTH SUNDAY OF LENT

Lent is a time of peace. We know it as a "penitential season" - a time of self-denial, self-sacrifice, a time of preparation for the celebration of Easter. Yet all throughout this season, the Church constantly reminds of us of the Peace of God. We are reminded of the all-encompassing peace felt by the disciples as they witnessed Christ's Transfigured glory; we shared in the peace felt by the Samaritan woman at the well as she realized that she was in the presence of God. And this week - a man born blind is made to see and to feel the comfort and peace of the Light of the World.

We all seem to fail, at times, to understand that Lent is the extended celebration of God's mercy and compassion. Over and over again, our Father welcomes us home, reaches out his hand, healing us and offering us His peace with outstretched arms. And we come to the Table of the Lord week after week precisely because we are sinners and pilgrims, because we are sometimes blind to His love or blind to the needs of others - not because we are perfect.

When will we finally and fully accept the incredible gift of forgiveness and unconditional love that our Father offers us so liberally? Through the Church, God our Father prepares a banquet for us Sunday after Sunday, and calls out to all: "Let us eat and celebrate..." Each time we gather around the Table, we come fully conscious of our sinfulness, of our need for forgiveness and mercy, of our hunger for the Bread of Life. And every time, we should be aware of those who do not come, because they are afraid, in turmoil or feel unworthy.

We want to clutter up our lives and carry a lot of extra baggage - just in case - because we are always tempted to think that we can succeed because of our efforts, our resources. It is hard for us to let go - really hard for us to trust God totally. Often we think that our faithfulness, and our effectiveness as disciples is the result of our own prayers, our sacrifices, and good works. We begin to grow proud and independent. That's when we get into trouble; then come the dark moments of failure and weakness, of doubt and fear. We have to bottom out, and recognize our powerlessness before we allow the Lord to take over.

To be consistently persons of faith who take seriously God's promise of peace, we must be constantly nourished by Word and Sacrament. That's why the celebration of the Eucharist is so central and so indispensable us. We come to the Table always conscious of our frailty, our infidelity, our selfishness and pride. We come as pilgrims and sinners. We come as those blind to the warmth and light of His goodness.

But we also come as persons aware that we have been sealed with the Spirit, persons redeemed and forgiven by the blood of Christ. We come because we believe that the Lord sends us forth week after week to be his prophets, his healers, his peacemakers. Despite all of our protests of unworthiness and ineptitude - and despite our blindness and lack of vision - the Lord reassures us.

"As long as I am in the world, I am the Light of the World." Jesus' words ring just as true now as they did when He spoke them to the man born blind. He wants to open our eyes and to bring us the only peace capable of satisfying the deep hunger within us all - the only peace capable of breaking through the darkness and blindness of this world.

The mystery of God-With-Us is the final, fullest proof of God's desire to become close to us - to become a part of our very being. In Jesus, the Word becomes our flesh. Every facet of His human journey speaks to us of the nearness of God. He walked with His Father, not only in the Temple, but in the carpenter shop, at the family table, in the desert and on the mountain top. He recognized the image of the Father in the members of His family, in the townspeople of Nazareth, in the poor, the lepers, the crippled, the deaf and the blind who flocked to Him. He enfleshed the compassion of God in His reaching out to the tax collector, the prostitute, the Samaritan woman at the well, the man born blind, the thief on the cross.

The Season of Lent is a constant reminder that He continues to reach out to each and every one of us - not as a vengeful, demanding God but as Light, Hope, Comfort and Peace. We can be no less for one another.

**ARCHDIOCESE OF NEWARK
2023 LENTEN REGULATIONS**

- 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.
- The obligation to observe the laws of Fast and Abstinence "substantially", or as a whole, is a serious obligation.
- 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.
- 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. 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.

**THE LIGHT OF CHRIST.
THANKS BE TO GOD.**

The Paschal Candle, a symbol of the light and the hope that the risen Christ brings to the world, is the focus of the Lucernarium, the Service of Light, that begins the Easter Vigil celebration. It burns brightly in our sanctuary during all the liturgies celebrated in the Easter Season. After Pentecost, it is positioned at the Baptismal Font where it brings the light of Christ to our Baptismal and Funeral Liturgies, underscoring our belief that in baptism we die with Christ so that we may rise with Him into eternal life. If you would like to donate this year's Paschal Candle in memory of a deceased loved one, please contact the parish office at 201-438-1147.



EASTER FLOWER MEMORIAL

Your Name _____
Address _____
City/State/Zip _____
Phone _____
In Memory of: _____



\$50
 \$35
 \$25
 \$20
 \$15
 \$10



Checks payable to: Sacred Heart Church

**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

**SOLEMNITY OF SAINT JOSEPH
WHY IS IT MARCH 20TH THIS YEAR?**

The Solemnity of St. Joseph is usually celebrated on March 19, but has been transferred to March 20th this year since the liturgy of the Lenten Sundays take precedence.



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, 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:

TUESDAY, MARCH 21ST

In Honor of: The Memory of James Cavalcante, Sr.

Donated by: Jim & Isabel Cavalcante

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.

ST. PATRICK'S THANK YOU

Many members of our parish family had a great evening of fun and fellowship at our St. Patrick's Day Dinner. What a great opportunity for our community to connect or reconnect with people that maybe we haven't seen for a while. The FANTASTIC HOMEMADE FOOD and the Irish entertainment including the Irish Step Dancers were the hallmarks of the evening. **Kudos to the Giordano and to the Coyne families who not only generously donated the corned beef but also prepared it.** So many of our parish family made this gathering a huge success - the set up crews, the servers, the folks who handled tickets sales, those who worked on the baskets, those who donated salads and desserts, and the late crew who knocked down the tables and chairs so Religious Ed who use the room Sunday morning. Many thanks! **The total raised for our parish family through the St. Patrick's Dinner, 50/50 Raffle and Basket Auction is \$8,006.50.**

ST. PATRICK'S 50/50 WINNER

Congratulations to Joe Di Vincent Jr, the winner of our St. Patrick's 50/50 Raffle. Joe received \$2,777.50 for winning ticket# 0640! Thanks to all who supported our parish by buying tickets for the raffle. Your help is greatly appreciated!

MARCH 19, 2023

MASS INTENTIONS

FOURTH SUNDAY OF LENT

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

MONDAY - ST. JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY

12:00pm Renee & Daniel Turek (Living)

TUESDAY - Lenten Weekday

12:00pm Aleotta Giovanna

WEDNESDAY - Lenten Weekday

12:00pm Special Intention

THURSDAY - Lenten Weekday/St. Turibius of Mogrovejo, Bishop

12:00pm Joanne Owens & Rose Bevacqua

FRIDAY - Lenten Weekday

12:00pm Aleotta Giovanna

SATURDAY - THE ANNUNCIATION OF THE LORD

9:00am Howard Wartel

Anticipated Mass for Sunday

5:00pm Walter & Mary Marlowe

SUNDAY - FIFTH SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Joe Orlando

10:30 am Roberta Johnson

12:00pm Phyllis Taraska

1:30 pm Manuel Noya Gude

STEWARDSHIP

Sunday - March 12th

Sunday Collection - \$5,338

Add'l Assessment - \$261

Add'l Catholic Campaign Human - \$40

Add'l Central & Eastern Europe - \$20

Add'l Ash Wed - \$20

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 - \$13,088 (37.72% 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. 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

QR code:

Social media icons: Facebook, Twitter, YouTube, Instagram, Email