



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



December 17, 2023

3RD SUNDAY OF ADVENT

A man named John was sent from God. He came for testimony, to testify to the light, so that all might believe through him. - Jn 1:6-7

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
Jan. 7, Feb. 11, Mar. 30 (8:30PM), Apr. 14, May 5, Jun. 9

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 ADVENT

How would we answer someone who asked us, "Who are you?" Would we identify ourselves as being anointed by the Lord to bring glad tidings to the poor and to heal the brokenhearted? Are we a joyful people, rejoicing always? Would we describe ourselves as the voices in the desert crying out, "Make straight the way of the Lord?" The crowds who followed John the Baptist asked an important question: "What should we do?" These two questions ("Who are you?" and "What shall we do?") are intimately connected. **Who we are is what we do.**

Like people in every age, they were beset with fear, anxiety, and discouragement. We have as many reasons as they to be afraid, to be filled with concern about health, economics and social evils. Every day we face a barrage of images that show us - quite explicitly - how broken our world has become. Every day we are confronted with aggression, competition, greed and the lust for property and power, and the growing disregard for the poor, the homeless and the displaced. There seems to be far too much for us to handle anymore.

And yet today we hear the prophet Isaiah and the apostle Paul tell us to "Rejoice!" And if what John the Baptist says is true, that "there is one among you whom you do not recognize," then we must reflect on how we greet and treat strangers and whether our behavior gives witness to Christ to all who know or observe us. We become the persons we are by living and doing the work of the Lord. We do this by our living generously and imitating his meekness and his self-giving, proclaiming good news to the poor, liberty to captives and announcing the favor of the Lord.

Precisely because things look so bad, we are more apt to turn to the Lord for answers and remedies. It is our very helplessness that leads us to rely more fully on the Lord. And so we too will always cry out: "What should we do?"

Isaiah promises one will be sent by God to heal our broken heart and to give us liberty and the experience of joy in relationship to God. John the Baptist primes the people and calls them to prepare themselves to see God's promise fulfilled in "one who is coming." Jesus' arrival into our lives is always freeing and renewing. Just as the prophet Isaiah promised. That's also what John announced. And, as a result of Christ's arrival Paul directs us to do what should come naturally for believers, "Rejoice always!" The Lord is in our midst and this is indeed "Good News!" It is the one reality that can answer all our needs and dispel all our fears as we wait and hope.

So, what should we do?

We hear John's call to "make straight the way of the Lord" and so we pray this Advent for renewed fervor of faith, trusting in what Jesus has shown us. It is the face of Jesus we see when we look at the poor, the sick and the homeless. It is the face of Jesus we see when confronted with troubles, suffering and failure. We sense His crucified presence when touched by pain and sorrow. We are energized by the power of His resurrected presence when we are buried by weakness, defeat, or death in any form.

We must do deeds that reflect what we have received and what we believe. Our presence in the world must proclaim to all that the Lord indeed is in our midst. Our lives must mirror His life. We must become the same miracles of love, healing and reconciliation to all of our brothers and sisters. Our goodness and compassion must touch those who are blind and deaf to the Lord. Our mercy and acts of service must free those who are crippled by pride and hate.

But most of all we must banish fear and be the source of strength and courage to those around us who are really destroyed by the evil of our day.

In answer to our Advent prayer: "What should we do?" the answer is abundantly clear: **"Rejoice! The Lord is in your midst! God's own peace will stand guard over your hearts."**

**AN ANCIENT ADVENT TRADITION
THE "O ANTIPHONS"**

During the final days of Advent, the anticipation increases as the birth of the Savior draws nearer and nearer. In the final eight days (octave) before Christmas, this anticipation is marked by something special that happens in the prayers of the Liturgy of the Hours.

The antiphons of the Evening Prayers (Vespers) during the week before Christmas all welcome the birth of the Savior by heralding one of His resplendent Biblical titles along with a special petition in light of that title. It is a liturgical tradition started in the earliest centuries of the Church and continues in monasteries and convents today, and even in homes of the Catholic faithful who make the Liturgy of the Hours a part of their daily prayers.

The O Antiphons are special because each one emphasizes a different prophetic title of the soon-to-be-born King of Kings as foreshadowed in the Old Testament by the prophet Isaiah: Wisdom, Lord of Israel, Root of Jesse, Key of David, Radiant Dawn, King of All Nations, and Emmanuel. Additionally, the ancient monks who first assembled the O Antiphons were very creative with the order in which they are prayed. If one takes the first letter of each antiphon (in the Latin) starting from the last to the first, the word ERO CRAS is formed which translates, "Tomorrow I will come." The last antiphon is prayed on the final day before the Christmas Eve Vigil.

December 17

O Wisdom, O holy Word of God, you govern all creation with your strong tender care. Come and show your people the way to salvation.

December 18

O sacred Lord of ancient Israel, who showed yourself to Moses in the burning bush, who gave him the holy law on Sinai mountain: come, stretch out your mighty hand to set us free.

December 19

O Flower of Jesse's stem, you have been raised up as a sign for all peoples; kings stand silent in your presence; the nations bow down in worship before you. Come, let nothing keep you from coming to our aid.

December 20

O Key of David, O royal Power of Israel controlling at your will the gate of heaven: come, break down the prison walls of death; and lead your captive people into freedom.

December 21

O Radiant Dawn, splendor of eternal light, sun of justice: come, shine on those who dwell in darkness and the shadow of death.

December 22

O King of all the nations, the only joy of every human heart; O Keystone of the mighty arch of man, come and save the creature you fashioned from the dust.

December 23

O Emmanuel, king and lawgiver, desire of the nations, Savior of all people, come and set us free, Lord our God.

**THE PERFECT GIFT FOR THE
PERSON WHO HAS EVERYTHING**

Make a donation to the Sacred Heart Food Pantry as a gift or remembrance to a favorite loved one. You can obtain a gift any time of the year, for any occasion, and help the needy families of the Sacred Heart Community. Please visit the Parish Office, Monday thru Friday, 9:30 AM – 4:00 PM.

At Christmas our thoughts naturally turn to those friends and members of our family who shared their faith with us and helped to make each Christmas so special. If you would like to remember your deceased relatives or friends by donating Christmas Flowers and Decorations used to decorate the Church of the Sacred Heart throughout the Christmas Season, just fill in the form below and put it in a plain envelope marked "CHRISTMAS FLOWERS" and drop it in the collection or return it to the parish office at your convenience.

Christmas Memorial Flowers

Your Name _____

Address _____

City/State/Zip _____

Phone _____

In Memory of: _____ Other: \$ _____

_____ \$50

_____ \$35

_____ \$25

_____ \$20

_____ \$15

_____ \$10



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, Perpetua Aspille, Anne Montillo, Margot O'Hara, Patricia Coughlin, Andrea Globis, Laura MacDonald, Ava Romano, Fr. Anthony Di Stefano, Hector Cruz, John Du Bois, Ruben Arevalo Gacildone, Helen Dowling, P. Darmiento, Elyse & Lauren Branigan, Dr. Leticia Luna, Jeanette Knowlton, Colleen Branigan, Martina O'Connell, Michele Gilmore, Raymond Santelli, Sr., Milena Giacchi, Freddy Berrios, Maryann Sheridan, Joann Di Giovanna

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

CHURCH BELLS CELEBRATE & COMMEMORATE



The Sacred Heart Church bell rings:

SUNDAY, DECEMBER 17TH

In Honor of: The Intentions of the Cavalcante Family

Donated by: Jim & Isabel Cavalcante

WEDNESDAY, DECEMBER 20TH

In Honor of: The Coyne & Ambrose Families

Donated by: Mike & Joan Coyne

THURSDAY, DECEMBER 21ST

In Honor of: Jaime Canal

Donated by: The Paleologos Family

FRIDAY, DECEMBER 22ND

In Honor of: The Ambrose Family

Donated by: Mike & Joan Coyne

SATURDAY, DECEMBER 23RD

In Honor of: The Coyne Family

Donated by: Mike & Joan Coyne

SACRED HEART HOME SCHOOL ANNUAL TRICKY TRAY - FRIDAY, Jan. 12, 2024

Sacred Heart School, 620 Valley Brook Avenue

Doors Open 5:30 pm - No Tickets at Door.

Raffles scheduled to begin Approximately 8:00-8:15 pm

No one under 18 will be Admitted, NO ALCOHOLIC Beverages Allowed

Kitchen Will Be Open, \$15 per person (nonrefundable)

Deadline January 4th,

Ticket includes: 1 sheet for 1st level prizes, coffee/tea/dessert

For tickets or more information call Patty 201-803-9580

DECEMBER 17, 2023

MASS INTENTIONS

THIRD SUNDAY OF ADVENT

Anticipated Sunday Mass

5:00pm Gloria Roche

SUNDAY - THIRD SUNDAY OF ADVENT

7:30am People Of Sacred Heart

9:00am Rosemary Groszman

10:30 am Charles A. Muldoon

12:00pm Wendy Khin

1:30 pm Horacia Jimenez

MONDAY - Late Advent Weekday

12:00pm Meagan Valente

TUESDAY - Late Advent Weekday

12:00pm James & Rita Owens

WEDNESDAY - Late Advent Weekday

12:00pm Special Intention

THURSDAY -Late Advent Weekday/St. Peter Canisius, Priest and Doctor of the Church

12:00pm John Valente & Albert Alberti

FRIDAY - Late Advent Weekday

12:00pm Anthony Silver

SATURDAY - Late Advent Weekday/St. John of Kanty, Priest

9:00am Michael & Baylee (Living)

Anticipated Sunday Mass

5:00pm Thomas Perwin

SUNDAY - FOURTH SUNDAY OF ADVENT

7:30am People Of Sacred Heart

9:00am Anna Marie Faller &
Anthony Michael Silver

10:30 am Edward Downey

12:00pm Carol Petrillo Lintz

1:30 pm Pablo Rodriguez

STEWARDSHIP

December 3rd

Sunday - \$5,590

Assessment - \$2,281

Add'l All Saints - \$15

Reminder: We need \$7,900 in the
Sunday Collection to cover
our budgeted expenses.



COME AND LISTEN

CARES & WORRIES WEIGHING YOU DOWN?

COME & LISTEN

ONE WORD COULD CHANGE YOUR LIFE.

Mondays & Thursdays

Starting Monday, January 8th

**8:00pm in the Sacred Heart Parish Center
(former Convent - 615 New Jersey Ave)**

Enter through the
parking lot entrance

CATECHESIS FOR ADULTS

AND YOUTH (ages 13 & older)

Free babysitting will be available



Christmas Mass Schedule

Sunday, December 24th

5:00 PM - Vigil Mass

12:00 AM - Midnight Mass

(Masses during day on Sunday are NOT
Christmas Masses and DO NOT fulfill the
obligation to attend Mass on Christmas)

Monday, December 25th

7:30 AM, 9:00 AM

10:30 AM, 12:00 PM, 1:30 PM (Spanish)

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*

**We are stocking up the pantry for the cold winter
season. Can you help us assist our brothers and
sisters struggling with food insecurity?**

Items needed most, at this time, are: Cereal, Fruit,
Pasta Sauce, Pasta (including Spaghetti), Potatoes
(small packages or canned), Vegetables, Coffee (regu-
lar and instant), Peanut Butter, and Jelly. Food items
can be left near the shrine of the Sacred Heart in the
back of the church.

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 dis-
tribution to our families.



In observance of the Christmas holidays, the
parish office will close on Friday, December
22nd at 2:00pm and reopen on Wednesday,
December 27th at 9:00am.

In observance of the New Year's holiday, the
parish office will close on Friday, December
29th at 2:00pm and reopen on Wednesday,
January 3rd at 9:00am.

The priests and staff wish our parish family a
holy and joy-filled Christmas & New Year!

Merry Christmas & Happy New Year!!!