



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



August 4, 2024

18TH SUNDAY IN ORDINARY TIME

Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." - Jn 6:32-33

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
Aug. 11, Sep. 8, Oct. 6, Nov. 10, Dec. 8

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.

E i g h t e e n t h S u n d a y I n O r d i n a r y T i m e

In the scriptures, the struggles of the desert wilderness reveal who we are as we make our way on the journey of faith. We are often weak, wavering, grumbling and in need of a faithful God who takes the initiative towards us. The episode today from Exodus is a perfect example of the desert/wilderness journey. Its symbolism is rich. We see a faith community's arduous journey over a long period of time through harsh terrain. We can feel a sense of hope because God sees the hunger of the Hebrew community and sends them food. But it is not the food to which they have been accustomed, nor is it the kind of food they might have chosen for themselves.

The Gospel reading this weekend is a continuation of the story of the feeding of the multitude - the sign that Jesus gave, nourishing the people not only with his words, but with something very substantial, something they could touch, taste and assimilate. He satisfied their bodily hunger, but they missed his more important gift - that of satisfying their spiritual hunger. Both readings encourage us to believe that God is feeding us during our journey of faith. Jesus gives bodily nourishment in the same way that God gave the Hebrews manna from heaven.

The crowds we see today seem to mistake the sign for the substance. The Hebrews grumble: "What is this?" The crowds following Jesus seek a sign so that they can believe. Even though they have just witnessed the impressive feeding of thousands, they complain that what they got was "just bread," that is, just earthly bread as opposed to the "heavenly" bread (manna) from Moses. Both groups get caught up in a too-literal understanding of "bread."

In today's world, the people don't need anything to remind them that they are hungry, but they are nevertheless involved in a similar "misreading" of a sign. Dissatisfaction of spirit is often made manifest in different ways. Some people have an uneasy restlessness that seeks satisfaction for spiritual hunger in the pursuit of one thing after another. This spiritual hunger often drives people to pursue life as they would the latest electronic toy, the latest philosophy, or the latest experience. Like a universal remote control they are haphazardly flipping through the options of life but never able to settle on anything that fully satisfies their inner hunger.

Even as we cannot live without food, so the spirit of man cannot survive and thrive without the spiritual nourishment which is Jesus himself. Over the next three weeks the Gospel readings will explore John 6 and Jesus' discourse on the Bread of Life. We will read of the promise that by partaking of him we will receive real life. Jesus is the source of that life and he comes to make a difference in lives.

To make room for the bread that Jesus offers, we must starve judging and feed on kindness, starve indifference and feed on compassion, starve isolation and feed on community, starve selfishness and feed on generosity. One difference we can expect to see is that our hunger of spirit will be satisfied. The old self must go hungry and the life of Jesus must feed and expand our spirits.

It can sometimes feel like we are journeying through the desert with no end in sight. And we can feel real hunger. But this is a different kind of hunger, the kind that affects all of us. This hunger is spiritual, the kind that no physical food can satisfy. Only He can begin to satisfy it, whatever its origins, whatever its symptoms or signs. But it's often in the desert that we learn the most about God, ourselves, and what we are grateful for in the present.

REMEMBER OUR PARISH

Whenever we contribute to the parish we are mindful and respectful of our Catholic teaching to support the Church. Our parish is blessed by so many who support us. A meaningful way to continue this support is by considering a gift to the parish in your will or trust. Even a small percentage of your residual estate would go a long way in the maintenance of our church. Please remember Sacred Heart in your will or trust. This will help future generations to experience the love of Jesus Christ in our community. If you have any questions about this planning please contact the parish office.

OUR LADY OF KNOCK AUGUST 21ST

The apparition in County Mayo in Ireland of Our Lady of Knock is reported to have occurred on the evening of August 21, 1879, the vigil of the octave of the feast of the Assumption. Those who witnessed the miracle ranged in age from five years old to seventy-five.

The apparition was described as follows: "Our Lady was wearing a large, brilliant crown and clothed in white garments. On her right was Saint Joseph, his head inclined toward her and on her left Saint John the Evangelist. To the left of Saint John was an altar on which stood a cross and a lamb."

Since then thousands of people have gone to Knock to pray to Our Lady. No sign of commercialism detracts from the purely religious atmosphere of that hallowed spot.

In honor of our Lady of Knock, Neil Horgan from our parish family will sing the Our Lady of Knock hymn on Sunday, August 18th at 9:00, 10:30, & 12:00 Masses.

Food Pantry Update

We are stocking up our parish family food pantry for the spring and summer months. Can you help us show the love and hope of Jesus Christ to those living with food insecurity?

If you can donate any of these items, it would be greatly appreciated: Cereal, Fruit, Pasta Sauce, Pasta (including Spaghetti), Potatoes (small packages or canned), Vegetables, Coffee (regular and instant), Peanut Butter, and Jelly, Tuna, Macaroni & Cheese, Beans. Food items can be left near the shrine of the Sacred Heart in the back of the church.

Thank you for all of the generous donations. It's only with your help that we are able to keep our food pantry stocked.

As a reminder, we are unable to package out-of-date food products for distribution to our families.

Friday Eucharistic Adoration

Fridays, 12:30 - 3:00 pm



"In a world where there is so much noise, so much bewilderment, there is a need for silent adoration of Jesus concealed in the Host. Be assiduous in the prayer of adoration and teach it to the faithful. It is a source of comfort and light, particularly to those who are suffering."

- Pope Benedict XVI

During Eucharistic Adoration, the faithful pray to Jesus Christ, who is present in the Eucharist. The Eucharist, also referred to as the Blessed Sacrament, is typically kept in the tabernacle in our church.

While it is true that you can pray to God anywhere and that He is always within you, it is especially powerful to adore Jesus in the Eucharist. In the presence of the Eucharist, we pray to the power and sacrifice that it represents — the body of Jesus, who gave His life so that we may live. It is His Body, Blood, Soul and Divinity that is really, truly, and substantially present in the Eucharist.

Faith. Academics. Service.

Catholic Schools

**SACRED HEART SCHOOL
ENROLLMENT FOR THE
2024-2025 SCHOOL YEAR**

Do you have a child or grandchild starting or changing school in September? Why not consider Sacred Heart School? We offer a safe and nurturing environment for children Pre-K3 through 8th Grade. Call the school at 201-939-4277 for more details.

Community Blood Drive You Can Save A Life!



Under the direction of Public Affairs Commissioner Karen Haggerty & Health Coordinator Janine Barone The Lyndhurst Health Department will be holding a Blood Drive run by the American Red Cross.

The Blood Drive will take place on Tuesday August 20th and Thursday October 17th from 9 a.m.-2 p.m., located at the Community Center 255 Riverside Ave.

For any questions please feel free to contact the Lyndhurst Health Department at 201-804-2500.

PLEASE PRAY FOR OUR PARISH FAMILY

SICK: 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, Francesco Giacchi, Mario Alongi, Sr., 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, Ruben Arevalo Gacildone, Helen Dowling, Dr. Leticia Luna, Jeanette Knowlton, Martina O'Connell, Michele Gilmore, Milena Giacchi, Freddy Berrios, Maryann Sheridan, Naham, Rudy Rivas, Tania, Jaime Diaz, Romile Diaz, Brian Oppici, Art Elwell, Robert Schaefer, Eric Dietz, Marion Dietz, Jamie Brown, John Santelli, Julius Single, Jr., Tina Gentile, John Llewellyn

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

CHURCH BELLS CELEBRATE & COMMEMORATE



The Sacred Heart Church bell rings:

THURSDAY, AUGUST 1ST

In Honor of: Ann "Terry" Mc Hugh

Donated by: Brian & Carol O'Keeffe

HOW TO REPORT ABUSE

The Archdiocese of Newark takes very seriously any and all complaints of sexual misconduct by members of the clergy, Religious and lay staff of the Archdiocese. We encourage anyone with knowledge of an act of sexual misconduct to inform the Archdiocese immediately so that we may take appropriate action to protect others and provide support to victims of sexual abuse. Individuals who report an allegation of sexual misconduct may do so by calling the Victim's Assistance Coordinator of the Archdiocesan Office of Child and Youth Protection at (201)407-3256.

The phone numbers for the County Prosecutors within the Archdiocese are:

Bergen - (201) 646-2300 Essex - (973) 621-4700
Hudson - (201) 795-6400 Union - (908) 527-4500

**THE SHEEN CENTER
FOR THOUGHT & CULTURE**

Located in Manhattan, The Sheen Center for Thought & Culture is a forum to highlight the true, the good, and the beautiful as they have been expressed throughout the ages. Cognizant of our creation in the image and likeness of God, the Sheen Center aspires to present the heights and depths of human expression in thought and culture, featuring humankind as fully alive. At the Sheen Center, we proclaim that life is worth living, especially when we seek to deepen, explore, challenge, and stimulate ourselves, Catholic and non-Catholic alike, intellectually, artistically, and spiritually. The Sheen Center complex encompasses 2 theaters, 4 rehearsal studios and an art Gallery. The art gallery is located at 309 Elizabeth St., and the Black Box Theater and Loreto Theater are located at 18 Bleeker St. To learn more about the Sheen Center visit www.sheencenter.org or call 212-925-2812

AUGUST 4, 2024



Eighteenth Sunday In Ordinary Time

Anticipated Sunday Mass

5:00pm Rachel Ann Kearns

SUNDAY - Eighteenth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Francis Wynne

10:30 am Eleanore & Harold Bender

12:00pm James M. Cavalcante

1:30 pm Karen Habluzelt (Living)

MONDAY - Weekday/The Dedication of the Basilica of St. Mary Major

12:00pm Lorenza & Julian Duran

TUESDAY - The Transfiguration of the Lord

12:00pm Philip Coiro

WEDNESDAY - Weekday/St. Sixtus II, Pope, and Companions, Martyrs/ St. Cajetan, Priest

12:00pm Sal Russo, Sr.

THURSDAY - St. Dominic, Priest

12:00pm Deanna Giuliano

FRIDAY - Weekday/St. Teresa Benedicta of the Cross, Virgin & Martyr

12:00pm Joanne Bevacqua Owens

SATURDAY - St. Lawrence, Deacon & Martyr

9:00am Emanuele Capozzi

Anticipated Sunday Mass

5:00pm Lorenza & Julian Duran

SUNDAY - Nineteenth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Carmen Mediran

10:30 am Grace Dacchille

12:00pm James M. Cavalcante

1:30 pm Jorge Lozada Salazar

STEWARDSHIP

Sunday - July 28th

Sunday - \$4,586

Add'l Retired Priest - \$162

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

**RCIA - A JOURNEY IN FAITH
JOIN THE RCIA TEAM &
BE A PARTNER ON THE JOURNEY**

The Church extends an invitation to all who wish to become members of the Catholic faith. Those who go through the RCIA process fall under one of the following categories:

- Someone who is of another faith and wishes to convert to Catholicism.
- Someone who was baptized in another Christian denomination and wishes to become a member of the Catholic faith.
- Someone who was baptized in the Catholic Church, but never received the sacraments of First Holy Communion and Confirmation.

There is a team from our parish that accompanies and supports all the individuals that go through RCIA process. If you are interested in sharing your faith by joining the RCIA team, please contact Sabina Prendergast at 862-249-1186.



**ARE YOU WILLING TO SHARE
OUR FAITH WITH THE YOUTH
OF OUR PARISH FAMILY?**

There is no greater gift that you can give to a child than to share your faith in Jesus Christ.

Our Religious Education program is always in need of teachers, aides, substitute teachers, hall monitors, and office helpers.

Are you willing to help our children learn more about the love that Jesus Christ has for them in the 2024-2025 school year?

No special religious education training is required. If you are interested in volunteering, call our parish Catechetical Leader, Ryan Tobiason at 201-935-3094.

**THE PERFECT GIFT FOR THE PERSON WHO HAS EVERYTHING
GIVE A GIFT FROM THE HEART THAT NOURISHES OUR NEIGHBORS!**

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



**ONLINE GIVING AT SACRED HEART
* EASY * FAST * SECURE ***

Did you know you can give online to our parish with Zelle, or with a debit or credit card? Online Giving at Sacred Heart has never been easier and is just a couple of clicks away.

1. You can give to the parish through the Zelle online payment system offered through most major banks. When you create the Zelle payee for the parish, please use the parish email address: sacredheartchurch@comcast.net.

Please be careful when you type in the email address because once you "Zelle" the money from your account it can not be corrected.

2. You can visit www.sacredheartlynd.org, our parish website and click the Online Giving Options link. If you want to make a direct donation to the parish with your debit or credit card, you can click the direct donation link.