



# 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 ADVENT

John answered them all, saying, "I am baptizing you with water, but one mightier than I is coming. I am not worthy to loosen the thongs of his sandals. He will baptize you with the Holy Spirit and fire." - Lk 3:16

### 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  
Dec.19

### 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 Gaudete Sunday

This day, the Church celebrates the Gaudete Sunday or the Sunday of Joy. One of the candles surrounding the Advent wreath is rose colored, for Gaudete, the beginning of the third week in Advent. The day takes its common name from the Latin word Gaudete ("Rejoice"), the first word of the introit of this day's Mass: Gaudete in Domino semper... This may be translated as: "Rejoice in the Lord always..." Having come thus far in our journey, the Church says to us as the prophet Nehemiah said to the Israelites: "Go and enjoy... Do not grieve, for the joy of the LORD is your strength" (Neh 8, 10). However, after today, we must continue our journey with a new zeal and expectation.

The crowds asked John an Advent question: "What should 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.

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 cry out: "What should we do?"

Today's Scripture readings give us a clear, precise and practical answer: "Shout for joy . . . exult with all your heart! Have no fear... be not discouraged!" (Zephaniah 3)

Paul tells us: "Rejoice in the Lord always! Dismiss all anxiety from your minds. Then God's own peace will stand guard over your hearts and minds." (Phil.: 4)

John the Baptist answers very specifically in a different vein: "Give to him who has nothing; exact nothing unjustly; do not bully anyone; be content with your pay." (Luke: 3)

The Lord is in our midst. This is not "fake news" but rather it is "Good News!" It is the one reality that can answer all our needs and dispel all our fears. But first we have to believe! We have to make ourselves aware of God's presence all the time. If we can do this then everything can change - for the better. We will then see and feel His presence in all of the ordinary events and circumstances of every day. We will then experience His pain and sorrow in the suffering of our brothers sisters.

It is the face of Jesus we see when we look at the poor, the sick and the homeless. It is 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.

So, what should we do?

Our presence in the world must proclaim to all that the Lord indeed is in our midst. Our lives must mirror His life. Our lives 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.

*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

### BABY BOTTLE THANK YOU!

On behalf of the Knights of Columbus Council 2396 of Lyndhurst and Good Counsel Homes we would like to thank the parishioners of Our Lady of Mt. Carmel, St. Michael the Archangel and Sacred Heart Church for their generous donations to the Baby Bottle Drive. With your help \$5,015.61 was donated to Good Counsel Homes.

### ANNUAL TRICKY TRAY

Sacred Heart Home-School Association presents their Annual **In Person** Tricky Tray on **Friday, Jan. 14th, 2022** at Sacred Heart School. Tickets are \$15 per person-no one under 18 will be admitted. **MASKS MUST BE WORN.** Doors open at 6pm. Ticket include one sheet for 1st level prizes, coffee/tea and dessert. For tickets call the school office at 201-939-4277 or Patty at 201-803-9580. **Ticket deadline is Jan. 4th.** No tickets available at the door.

## 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., John Stemkowski, Christopher N. Coughlin, Vladimir Pudoff, Isabella Lugo, Tess, Franceso Giacchi, Mario Alongi, Sr., Grace Dacchille, John Scivetti, Ellie Cappadona, Joseph Caramanico, Ken Stone, Rosie Perez, Timothy Yushak, Simplicia Ramirez, Corazon Santos, Jaxson Rivera, Marilyn Loughran, Dorothy Mayerchak, Beth Branigan, Luca Ataide, Donald Tetreault, Mario Diaz, Jeanne Dziencio, Norma Altreche, Joseph M. Diaz, Patrick H. Diaz, Kim Stefani, Linda Vasquez

**DECEASED:** Amador Castelo, Anne S. Rice, Robert Moses Silva

### CHURCH BELLS CELEBRATE & COMMEMORATE

The Sacred Heart Church bell rings:



#### MONDAY, DECEMBER 6TH

**In Honor of:** Robert Moses Silva  
**Donated by:** Mom, Jada, Robert, Jaiece, & Robert III

#### SUNDAY, DECEMBER 12TH

**In Honor of:** The Intentions of the Cavalcante Family  
**Donated by:** Jim & Isabel Cavalcante

#### TUESDAY, DECEMBER 14TH

**In Honor of:** The Intentions of Nicole Breedlove  
**Donated by:** Jim & Isabel Cavalcante

#### SATURDAY, DECEMBER 18TH

**In Honor of:** Anthony Paolazzi  
**Donated by:** Rosemary & Andrew Paleologos

### MEMORIAL DONATIONS

During the week of December 12th, the following items used for worship in our sanctuary were donated in the memory of a relative or friend or a special intention.

#### BREAD & WINE:

 **In Honor of:** Scholastica Sullivan  
At Rest With The Lord  
**Donated by:** Arceli Vargas

### CHRISTMAS MEGA 50/50 DRAWING WINNER DECEMBER 3RD, 7:00PM

Congratulations to Tomas Li, the \$5,000 Jackpot Winner of our parish's Christmas Mega 50/50 Raffle!! The winning ticket# 049. Thanks to all who participated! Your support and generosity to our parish is greatly appreciated!!



## DECEMBER 12, 2021

THIRD SUNDAY OF ADVENT



#### Anticipated Sunday Mass

5:00 pm Gerardo Conte

#### SUNDAY - THIRD SUNDAY OF ADVENT

7:30am People Of Sacred Heart  
9:00am Anthony L. Paolazzi  
10:30 am Angela Maria Malzone  
12:00pm Charles A. Muldoon  
1:30 pm Andres Goris

#### MONDAY - St. Lucy, Virgin and Martyr

12:00pm Theresa Stone

#### TUESDAY - St. John of the Cross, Priest and Doctor of the Church

12:00pm James English

#### WEDNESDAY - Advent Weekday

12:00pm Victor Perez

#### THURSDAY - Advent Weekday

12:00pm Julian Duran

#### FRIDAY - Late Advent Weekday

12:00pm Angel Pagan (Living) & Perry Cerf (Living)

#### SATURDAY - Late Advent Weekday

9:00am Anthony L. Paolazzi

#### Anticipated Sunday Mass

5:00 pm Frank & Anna Navatta

#### SUNDAY - FOURTH SUNDAY OF ADVENT

7:30am People Of Sacred Heart  
9:00am Anthony Di Lascio  
10:30 am Frank & Pauline Engrassia  
12:00pm Anthony Zarcone  
1:30 pm Pablo Rodriguez

### GIVING TREE REMINDER

All gifts need to be returned under the tree by no later than **Sunday, December 12th** so they can be delivered on time. Thank you again

### STEWARDSHIP

Sunday Collection 12/05 - \$7,164  
Add'l Assessment - \$2,449



## Christmas Mass Schedule

Friday, December 24th

5:00 PM - Vigil Mass

12:00 AM - Midnight Mass

Saturday, December 25th

7:30 AM, 9:00 AM

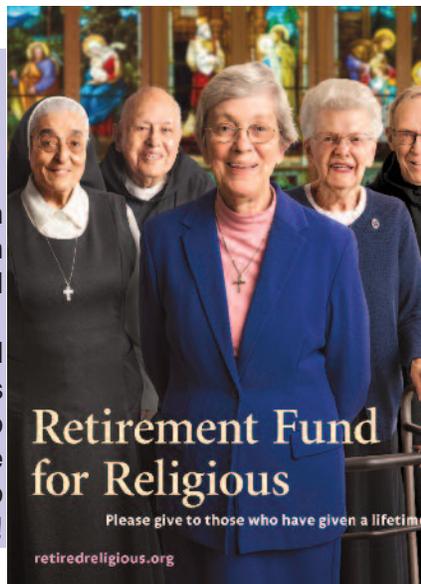
10:30 AM, 12:00 PM, 1:30 PM (Spanish)

PLEASE NOTE that since Christmas Day is a Saturday this year, there will be NO Anticipated Mass at 5:00 PM on Christmas Day. The obligation to attend Mass on the Feast of the Holy Family, Sunday, December 26th is NOT fulfilled by attending Mass on Christmas Day.

### SECOND COLLECTION THIS WEEKEND

Your generosity in the second collection this weekend will assist:

The Retirement Fund for Religious. This is our opportunity to give back to those men and women who have given a lifetime!



amazon smile



AmazonSmile is a simple and automatic way for you to give a little support to our parish every time you shop, at **NO COST TO YOU**. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a half of one percent of the purchase price to our parish.

#### Just follow these simple steps:

- 1.) Visit smile.amazon.com. It's just like shopping on amazon.com.
- 2.) Sign in. Simply use your existing Amazon credentials. If you don't have an account, you can create a new one.
- 3.) Start shopping! In the box that says Pick Your Own Charitable Organization type in 324 Ridge Rd. This the address for the church. There are many, many Sacred Heart Churches on AmazonSmile, by using the address it will bring you directly to our parish. Click the yellow select button.
- 4.) If you are already an AmazonSmile user and want to switch your selected charity to be our parish, on the top of the screen you will see your current charity listed. Click the down arrow next to the charity name and follow the directions in step 3.
- 5.) Please remember to shop our smile.amazon.com link every time. Purchases made on the main Amazon.com site do not support our parish.



## Food Pantry Update

Our next food pantry open date is Dec. 18th

**We are preparing for our Christmas food distribution. Can you help us make Christmas a little more merrier for our neighbors in need?**

If you can donate any of these items, it would be greatly appreciated: Vegetables, Fruit, Spaghetti, Potatoes (small packages or canned), Peanut Butter, Jelly, Macaroni and Cheese, and Tea. *Note that great vegetable and fruit prices can be found at Lidl's and Aldi's.* 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.*