



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
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RELIGIOUS EDUCATION

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201-935-3094

SACRED HEART SCHOOL

Linda Durocher
Principal
201-939-4277
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SMALL BLESSINGS DAY CARE 201-935-0506

ARCHDIOCESE OF NEWARK 973-497-4000



1ST SUNDAY OF LENT

The devil said to him, "All this will be yours, if you worship me."
Jesus said to him in reply, "It is written:
You shall worship the Lord, your God,
and him alone shall you serve."
- Lk 4:6a, 7-8

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. 16 (8:30pm), May 15, Jun.12

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.

First Sunday Of Lent

Traditionally, the Season of Lent begins with the Gospel Reading of Jesus' temptations in the desert. We all know the story very well. The Lord ventured out into the wilderness for 40 days - a time He needed to spend alone in the presence of His Father. We imagine that He needed this time - to reflect, to pray, to prepare for the ministry that He came to Live.

During this short period of time, Tradition and Scripture tell us that He was baptized in the Jordan ("Here is my beloved Son"), and that He faced - and overcame - three temptations. Strengthened by His relationship with His Father, he returned to world, called together a rag-tag group of followers and, for the next three years, preached a message that would change the world.

No one really knows what happened in the desert wilderness those forty days so long ago - and the Gospel of Mark does very little to paint a complete picture; but this story reveals the humanity of Jesus in a way that no other passage does. All of us would rather be strong and satisfied than hungry and weak. We would rather be in the constant company of friends and family, than alone and afraid in an unfriendly and unknown atmosphere.

Very few of us would never even think of venturing out into the desert alone to begin with. But Jesus does. And He does knowing full well what's ahead of Him. And He also knows that this short period of time is absolutely necessary for Him to continue on with His ministry.

It is this experience that He will return to every time He "goes apart" to pray; He will remember the desert stones, as He watches His disciples bicker, and trip themselves up vying for "top honors" in the New Kingdom. He would see the broken promises of earthly kingdoms in the eyes and hearts of almost everyone around Him - including the chosen disciple turned betrayer. And He would think of how easy it would be to throw Himself down and just give up when it seemed that no one understood what He was trying to say.

Instead, He begins to preach the Gospel, with little fanfare - alone in the desert in prayer. And when He emerges, He throws Himself totally into the humanity around Him. He chooses simple men to be His spokespersons: fishermen, a tax collector, sinners, a persecutor and a traitor. All of them perfectly frail in their human-ness, and weak in their commitment. He watches them come together, grow together, laugh and cry with one another, argue and dissent with one another, and learn to love another. They become the nucleus of His ministry. And from their weaknesses and failures, He gave them strength, nourishment and victory.

The temptations of Christ in the desert are our temptations as well.

** We are all tempted to seek more than we need; "Man does not live by bread alone!" The Lord tells us. The Word and The Eucharist are sufficient to sustain us as a community.

** "All these kingdoms will be yours, if..." We are all called to be righteous and use whatever power we have for the good of others. Yet it's easy for us to become self-righteousness, content with our own answers and solutions.

** There are days when we feel like giving up - when we ask ourselves why we even bother... throwing ourselves down, throwing in the towel becomes an easy way out. But Jesus tells us by example not to give up, to keep going - even in the midst of uncertainty.

Let this Lent become for you a desert experience. Take the chance, venture out into the darkness. Take some time to pray, to "reach out in the darkness," to reflect - to let the Father speak. (That means we have to listen!)

Let this season become the point which will buoy you when times seem at their lowest, when you feel your loneliest or when you recognize your weakness most acutely.

Let us all learn from the example of Jesus: pray, reflect, prepare for the Easter victory, and return from our personal desert experience prepared - perhaps just a little better - to face the daily reality of our lives.

BE MERCIFUL

A SIX SESSION REFLECTION

Be Merciful is a 6 session reflection on the spiritual and corporate works of mercy, starting Tuesday, March 8 and running weekly thru April 12 at 7:00 - 8:00 PM in the Parish Center. **If you would like to attend, please call the parish office (201-438-1147) before March 12.** Registration is limited to 12 participants.

ANNUAL SPRING TRICKY TRAY AUCTION

sponsored by

**Sacred Heart Home School Association
Friday, March 18, 2022**

Sacred Heart School, 620 Valley Brook Ave
MASKS MUST BE WORN

Doors open 5:30 PM Raffles scheduled to begin Approximately 8-8:15 PM

Tickets \$15 per person and includes 1 sheet 1st level prizes and Coffee/tea/dessert. No tickets sold at door. No one under 18 admitted. No alcoholic beverages. Deadline for tickets March 9th.

For tickets call Patty 201-803-9580

ATTENTION AMAZON SHOPPERS!! YOUR PURCHASES CAN HELP OUR PARISH AT NO COST TO YOU!!

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.



DAYLIGHT SAVINGS TIME BEGINS

Daylight Savings Time begins **next Sunday, March 13th at 2:00 AM.** Please remember to **set your clocks FOWARD one hour next Saturday evening, March 12th** before going to bed.

St. Joseph's, East Rutherford Pilgrimage

Spain and Portugal with Fr. Joe Astarita

JUNE 12-19, 2022 - \$2,489 Double Occupancy

Round trip airfare from Newark to Portugal including sights in Lisbon, miracle of bleeding heart in Santarem, chapel of the apparitions in Fatima, tombs & home town of Jacinta, Francisco & Sr. Lucia, candlelight procession & rosary. Santiago de Compostela, walking tour of this medieval city of St. James, El Camino de Santiago, tour Cathedral with relics of this apostle, and tour port city of Porto in northern Portugal. For more information, itinerary and package details call 201-939-0457.

THANK YOU BULLETIN AD SPONSORS! HELP STILL NEEDED!

Jim Marcinkiewicz from Liturgical Publications, our bulletin publisher, was with us this past week securing advertisers for our Bulletin. We would like to thank all of the advertisers who have generously committed to the Bulletin for this year! We still have space available and humbly ask that you consider advertising your business or remembering a loved one in our weekly bulletin. Our parish bulletin is one of our main communication tools to our parish members. It provides inspirational words, Mass intentions, news, and events for the week ahead. We are thankful that this crucial communication piece is provided to our parish at no cost thanks to the generous advertising support of our parishioners and community-minded businesses.

Please let us know if you can help. Sponsors of our bulletin recognize the tremendous value of connecting with our church family, who in turn respond by supporting our sponsors! If you would like to advertise in the weekly bulletin, please contact Jim Marcinkiewicz at (973) 525-7674 or via e-mail tojmarcinkiewicz@4lpi.com. Thanks!

Our Lady of Mt. Carmel, Lyndhurst A Celebration of St. Joseph & St. Patrick

Food * Music * Irish Dancers

Sat., March 19, 5:30 PM

Mt. Carmel Parish Center, 146 Copeland Ave

\$25 per person, Children Under 10 Free

Call Mt. Carmel Rectory 201-935-1177 for tickets.

NO Tickets will be sold 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 Bucco, Sr., John Stemkowski, Christopher N. Coughlin, Vladimir Pudoff, Isabella Lugo, Tess, Franceso Giacchi, Mario Alongi, Sr., Grace Dacchille, John Scivetti, Joseph Caramanico, Ken Stone, Timothy Yushak, Corazon Santos, Jaxson Rivera, Marilyn Loughran, Luca Ataide, Donald Tetreault, Mario Diaz, Jeanne Dziencio, Norma Altreche, Joseph M. Diaz, Patrick H. Diaz, Kim Stefani, Linda Vasquez, Joelle Montillo, Colleen Branigan, Vincent Russo, Nenita A. Jacildone, Grace Ryan

DECEASED: Robin S. Delpome, John Ruggier, Richard P. Vigna, Mary L. Goodwin

CHURCH BELLS

CELEBRATE & COMMEMORATE

The Sacred Heart Church bell rings:



SUNDAY, MARCH 6TH

In Honor of: Stella Colomubo
Donated by: Rosemary & Andrew Paleologos

THURSDAY, MARCH 10TH

In Honor of: James Leary
Donated by: Don & Barbara Wynne

ARCHDIOCESE OF NEWARK 2022 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, March 6, 2022 to the Solemnity of the Holy Trinity, June 12, 2022.**

*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.*

MARCH 6, 2022

FIRST SUNDAY OF LENT



Anticipated Mass for Sunday

5:00 pm Diane Mitre

SUNDAY - FIRST SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Carmela Ferrara

10:30 am Michael Fiore

12:00pm Alberto Mazzarella

1:30 pm Amador Castelo Rodriguez

MONDAY - Lenten Weekday/Sts. Perpetua and Felicity, Martyrs

12:00pm Brian St. Leger

TUESDAY - Lenten Weekday/St. John of God, Religious

12:00pm Manuel Noya Gude

WEDNESDAY - Lenten Weekday/St. Frances of Rome, Religious

12:00pm Anna Marie Faller

THURSDAY - Lenten Weekday

12:00pm Robert Mc Grath

FRIDAY - Lenten Weekday

12:00pm Juana Lema Gonzalez

SATURDAY - Lenten Weekday

9:00 am Amalia Vivas (Living)

Anticipated Mass for Sunday

5:00 pm John McGarry

SUNDAY - SECOND SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Carmela Ferrara

10:30 am Nicholas Prioli

12:00pm James M. Cavalcante

1:30 pm Emilio Santander

STEWARDSHIP

Sunday, Feb. 22 - \$4,974

Central & Eastern Europe - \$1,388

Add'l Comm. God's Word - \$262.50

Add'l Solemnity of Mary - \$133

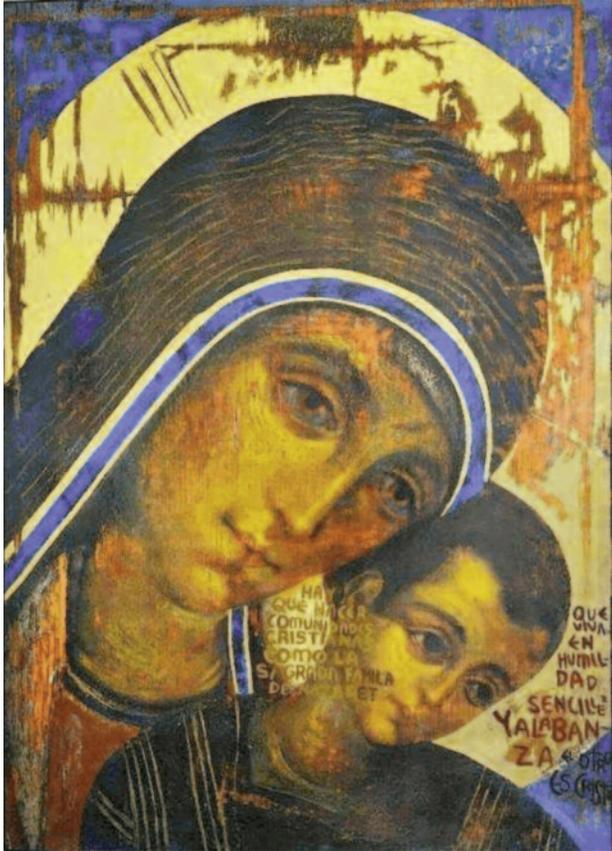
Add'l Immaculate Concept - \$10.00

Sunday, Feb. 27 - \$5,732

Annual Appeal - \$1,273

Add'l Assessment - \$179

Add'l Cent & East Europe - \$94



COME AND LISTEN

“FOR MY YOKE IS EASY,
AND MY BURDEN LIGHT”
Matthew 11:30

ARE
CARES & WORRIES
WEIGHING YOU DOWN?

COME & LISTEN
ONE WORD COULD CHANGE
YOUR LIFE.

Mondays & Thursdays
8:00pm in Parish Center
(former Convent)

Enter through the
parking lot entrance

CATECHESIS FOR ADULTS
AND YOUTH (ages 13 & older)

Free babysitting will be available

ARCHDIOCESE OF NEWARK - ANNUAL APPEAL 2022

The Archdiocese's 2022 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, 78 families from our parish family have generously supported the Appeal:

Our Parish's Goal - \$34,000 -- Paid To Date - \$13,325 (39.19% 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 \$6,900 in assessment expense last year. The Archdiocese also rebated back to the parish \$9,848.70 in excess funds received from our parish! 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 2022 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.