



# 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

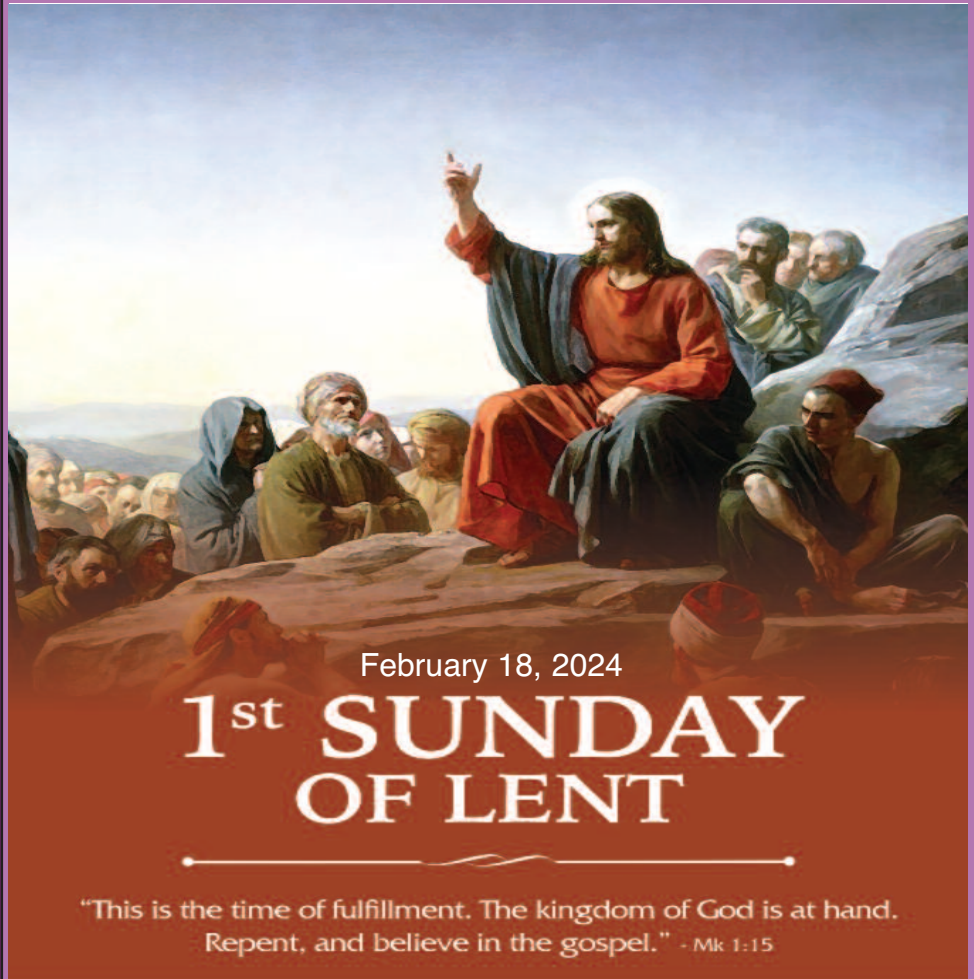
Linda Durocher  
Principal  
201-939-4277  
[ldurocher@sacredheartlynd.org](mailto:ldurocher@sacredheartlynd.org)

## SMALL BLESSINGS DAY CARE

201-935-0506

## ARCHDIOCESE OF NEWARK

973-497-4000



February 18, 2024

# 1<sup>st</sup> SUNDAY OF LENT

"This is the time of fulfillment. The kingdom of God is at hand.  
Repent, and believe in the gospel." - Mk 1:15

## 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  
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.

## FIRST SUNDAY OF LENT

Life-changing transformations don't happen easily. They require interior fortitude and determination, courage, persistence and more - an interior change of heart and mind. In the Scriptures this is called "Metanoia."

So we again enter into the invitation and the challenge of Lent well aware that we have been asked to commit our lives fully to the coming reign of God. "Metanoia" and "Repentance" are not to be simple cosmetic or superficial changes. Repentance isn't just for a part of the year. It is a full-time, on-going commitment to change. Metanoia pushes us to turn away from whatever distracts us from God and to turn to the embrace of the One who is infinite love.

Unlike other Gospel accounts for the first Sunday in Lent, Mark is very short on the details of Jesus' temptation in the desert. Still all the vital elements are there - the duration, the temptation, the threat of violence, and the sustaining care God provides. But the point of this narrative is not really the temptation scene. It's what happens next that is most important.

When John was arrested and put into prison, it was Jesus who continued to preach the Good News. But there was a big difference between the two.

John's preaching began with "Repent! The Kingdom of God is at hand." His was a call to repentance - a warning - a call to change our ways because something big and wonderful was soon coming.

The message of Jesus was "Rejoice! The Kingdom of God is here!" His was an invitation - a call to experience the presence of the Father in our every moment, our every breath, in the "now" of our every encounter by repentance and metanoia.

If this then is the goal, Mark has already indicated how we can make the changes we must. The Gospel for Ash Wednesday gives us the blueprint. Here, Mark gives us the threefold method of achieving Metanoia: Prayer, Fasting and Giving Alms.

Lent is the graced time when we will receive the help we need to respond and to make a turn in our lives towards God. This doesn't mean big changes are easy or accomplished in a short period of time. Metanoia means we will have to dedicate our lives to transformation. In truth it will never be a completed process but if we listen to Jesus today we need to begin. And then begin again and again, becoming followers of Christ. The time is now - every now!

Lent reminds us of our own temptations. It reminds us of our weakness, our sins, and our failures. It reminds of everything that tarnishes or warps Christ's image, whether in the individual or in the community.

More importantly, however, it reminds that God really doesn't care about these things. He only cares about us, and He loves us in spite of ourselves. Our journey of faith is not without suffering nor death. And within our lived experiences there is a sacred Presence and Love which constantly sustains us.

The time is now for us to keep our priorities in focus, to look clearly at our lives and the choices we make and to explore what they reveal about who we are and where we are going. It is time to reclaim our true self, renew our sense of purpose, turn away from the path of least resistance and stop postponing our own growth towards maturity. Now is the time to "repent," to change our hearts and to remember that, "We do not live on bread alone but on every word that comes forth from the mouth of God."

**SACRED HEART HOME SCHOOL  
SPRING AUCTION - FRIDAY, MARCH 22**

Sacred Heart Home-School Association presents their Annual Spring Auction on Friday, March 22, 2024 at Sacred Heart School, 620 Valley Brook Ave. Tickets are \$15 per person - no one under 18 will be admitted. Doors open at 6:00 PM. Tickets includes one sheet for 1st level prizes, Coffee/Tea and dessert. If you are interested, please call the school office at 201-939-4277 or Patty at 201-803-9580. **Ticket deadline is March 11th.** No tickets available at the door.

**FEBRUARY 25th, 1:00-3:00 PM**

*You're invited!*

*Please, join us!*

**OPEN HOUSE**

**SACRED HEART SCHOOL**

620 Valley Brook Avenue, Lyndhurst, NJ 07071  
201-939-4277 • www.sacredheartlynd.org

**SAVE THE DATE**

**SUNDAY, MARCH 17, 2024 10:30 AM**

**IV ANNUAL**

**STATIONS OF THE CROSS**

YOU MUST RETURN TO YOUR GOD  
MAINTAIN LOYALTY AND JUSTICE  
AND ALWAYS HOPE IN YOUR GOD  
HOSEA 12:7

**10 MILES WITH JESUS**  
www.10mileswithJesus.org

**ARCHDIOCESE OF NEWARK  
ANNUAL APPEAL 2024**

The Archdiocese's 2024 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.

Our Goal for 2024 \$34,720

If you haven't already done so, please prayerfully consider your gift to the 2024 Annual Appeal.

**LENTEN BIBLE STUDY**

Fr. Theesmas invites you to join him for a Lenten Bible Study during the Mondays of Lenten beginning on February 26th and ending on March 18th at 7:00PM in the Parish Center (former Convent) dining room. To register, please fill out the form and below and drop it in the collection basket or call the parish office at 201-438-1147

Lenten Bible Study, Mondays Feb. 26th - Mar. 18th  
7:00PM Parish Center Dining Room

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Join a study on Pope Francis' Encyclical  
Laudato Si : "Care for our Common Home"**

Pope Francis writes to all of us "I urgently appeal for a new dialogue about how we are shaping the future of our planet".

Our Earth is sounding a cry for help. Last summer we have seen unprecedented wildfires, droughts, heat waves, and floods. Understanding Pope Francis' encyclical (letter) is a place to start.

**We will meet once a week via Zoom for six Tuesday evening from 7:00 to 8:00 pm starting Feb. 20 and ending Mar. 26.**

If interested please contact Joe Lavin, certified as a Laudato Si animator by Vatican-based Laudato Si Movement, at jjlavin0120@gmail.com . Open to all from 14 to 114.

**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: Feb. 23, Mar. 1, 8, 15, 22. **\*\*PLEASE NOTE THAT STATIONS OF THE CROSS WILL REPLACE ADORATION DURING THE FRIDAYS OF LENT\*\***



## 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 Buco, Sr., Christopher N. Coughlin, Vladimir Pudoff, Isabella Lugo, Tess, Franceso 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, Colleen Branigan, Martina O'Connell, Michele Gilmore, Raymond Santelli, Sr., Milena Giacchi, Freddy Berrios, Maryann Sheridan, Barbara Bagnuolo, Maria Frances Naham, Rudy Rivas, Tania

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

### CHURCH BELLS CELEBRATE & COMMEMORATE

The Sacred Heart Church bell rings:

#### SUNDAY, FEBRUARY 18TH

**In Honor of:** The Intentions of the Cavalcante Family

**Donated by:** Jim & Isabel Cavalcante

#### FRIDAY, FEBRUARY 23RD

**In Honor of:** The Intentions of Robert J. Kimball

**Donated by:** Jim & Isabel Cavalcante

### MEMORIAL DONATIONS

During the week of February 18th, the following items used for worship in our sanctuary were donated in the memory of a relative or friend or a special intention.

#### SANCTUARY LAMP:

**In Honor of:** James M. Cavalcante

**Donated by:** Jim & Isabel Cavalcante

#### BREAD & WINE:

**In Honor of:** James M. Cavalcante

**Donated by:** Jim & Isabel Cavalcante

#### MASS CANDLES:

**In Honor of:** James M. Cavalcante

**Donated by:** Jim & Isabel Cavalcante

### YOUR HELP REQUESTED

Planning for our St. Patrick's Day fundraiser is well underway. We need your help to make it a fun and successful event. If you would like to volunteer to help with this effort, or would like to donate some desserts, please give Sabina a call at 862-249-1186.

FEBRUARY 18, 2024

## MASS INTENTIONS

FIRST SUNDAY OF LENT

#### Anticipated Sunday Mass

5:00pm Charles Tighe

#### SUNDAY - FIRST SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am June Conzo

10:30 am Antonio Jose Simones

12:00pm James M. Cavalcante

1:30 pm Alejandrina & Carlos Ruiz

#### MONDAY - Lenten Weekday/ (President's Day)

12:00pm Milagros Dionisio

#### TUESDAY - Lenten Weekday

12:00pm Jessie Zank

#### WEDNESDAY - Lenten Weekday/St. Peter Damian, Bishop and Doctor of the Church

12:00pm Carmela R., Rocco R., Joseph G.

#### THURSDAY - The Chair of St. Peter the Apostle

12:00pm Susan G. Pawlak

#### FRIDAY - Lenten Weekday/St. Polycarp, Bishop and Martyr

12:00pm Jaime Canal

#### SATURDAY - Lenten Weekday

9:00am Fernando O. Teixeira

#### Anticipated Sunday Mass

5:00pm Armando O. Pereira

#### SUNDAY - SECOND SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Sabino Iovino

10:30 am Giovanni Antico

12:00pm Wendy Khin

1:30 pm Elcira Sanchez

### STEWARDSHIP

SUNDAY, FEBRUARY 4TH

SUNDAY - \$5,560

ASSESSMENT COLL - \$2,743

SUNDAY, JANUARY 11TH

SUNDAY - \$5,178

HEATING FUEL - \$2,051

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

# ST. PATRICK'S DAY FUNDRAISER

Saturday, March 9, 2024, 6:00 PM

Sacred Heart School Cafeteria

Corned Beef Dinner - Irish Music - BYOB

50/50 Raffle - Drawing at 8:00 p.m.

Gift Baskets Auction -- Tickets for the dinner

\$30 for Adults \$10 for kids 12 and under

and are on sale now.



In conjunction with this major fund raising event, the parish is requesting donations for gift baskets that will be auctioned off that night. If you're interested in donating a \$25, \$50, or \$75 basket, please drop it off at the Parish Center. If you'd like to contribute new items to make up a gift basket, you can also drop them off at the Parish Center. If you have any questions, feel free to call Sabina at 862-249-1186. Thank you for your generosity which will contribute to the success of this fund raising which will benefit Sacred Heart Parish.



Knights of  
Columbus

## JOIN US!

### WHAT IT MEANS TO BE A KNIGHT

*We are Catholic men who*  
**LEAD, SERVE**  
**PROTECT AND DEFEND**

*We share a desire to be better*  
**HUSBANDS, FATHERS, SONS**  
**NEIGHBORS AND ROLE MODELS**  
*And to put charity and community first*

**Knights of Columbus**  
**Lyndhurst Council #2396**

*Link Below For More Info*

[Linktr.ee/council2396](https://linktr.ee/council2396)

SCAN ME



*Supporting*

**Sacred Heart Church**  
**Mount Carmel Church**  
**Saint Michael Church**

## ARCHDIOCESE OF NEWARK 2024 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, February 18, 2024 to the Solemnity of the Holy Trinity, May 26, 2024.**

\*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.*