



# 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



March 10, 2024

## 4TH SUNDAY OF LENT

For everyone who does wicked things hates the light  
and does not come toward the light, so that his works  
might not be exposed. - Jn 3:20

## 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.

## FOURTH SUNDAY OF LENT

Intr.  
5.



Aetá- re • Jerúsa-lem : et convén-tum fá- ci-

The fourth Sunday in Lent is traditionally known as “Laetare” (Rejoice) Sunday. In the midst of Lent, the liturgy today reminds us of what we are about during this holy season. We rejoice because through Jesus we have received healing for our broken spirits. And we believe that if we live by the kind of love Jesus shows us from the cross, we too can be life-giving for a broken and suffering world. We are called to mirror what we see in Jesus' life, death and resurrection. And we hope that those who are just as broken can look to us to find help and healing.

In the Gospel of John, "eternal life" isn't something that starts when we die. It begins here and now for us. It means having a meaningful life, a life rich in God's presence, a life that draws from a deep source within our very beings. The Gospel life is a life of resolve and power to forgive others, a life of seeing by a light that is not of our own achievement but one that has been given to us. Eternal life is all this and so much more and it has been given to all of us who look on the Son of Man, the one "lifted up."

This week's text is not the whole story of the conversation between Jesus and Nicodemus. It is actually the climax of what John wants to say and he assumes that we have been there listening to these two all along. Nicodemus is presented as a leading member of the religious hierarchy in Jerusalem who has come to Jesus in the middle of the night to seek answers to questions about Jesus' ministry that have challenged him. But it is pretty fair to say that Nicodemus was a man who wanted to keep himself in the shadows when it came to Jesus. Just out of harm's way. Safe not seen.

The story of Jesus and Nicodemus is not that of a private conversation about theology. It's about Christ's radical protest that was and is against the evil we do to one another in the name of religion. It's about the need to drag such evil out into the light and expose it for what it is. It is not enough for us to be a Nicodemus - orthodox, well-connected and able to say all the right things. We have to be prepared to lay it on the line. We have to be prepared to step into the light for the love of God who sent his Son.

For us there can be no middle ground. The Son of God's coming into our world requires a choice. Do we believe in Him? If we do, how do our lives reflect that belief? The Gospel tells us that the coming of God's Son into the world has brought us light. If we see by that light we are guided by it and live the truth the light shows us.

The overall message of Lent is not about condemnation, but what we hear repeated in today's Scriptures. Paul sums it up: “God who is rich in mercy even when we were dead in our transgressions, has brought us to life with Christ.”

We have reason to Rejoice, indeed!

## PURGATORIAL SOCIETY

*The following deceased have been enrolled in the Sacred Heart Purgatorial Society:*

- BARBARA BAGNUOLO-req.by-Anthony Ferrara & Adele Turturro
- RICHARD BERDNIK-req.by-Maria Vargas
- LINDA CLEMENTE-req.by-Sal & Marge Russo, Celetse Cappadona
- PHILIP COIRO-req.by-Arceli & Maria Vargas, Carmela & Thomas Wexler, Emy Vargas & Marc Dizon Family
- BENJAMINN COPPOLA, III-req.by-John L. Coppola
- GRACE DACCHILLE-req.by-Bill & Barbara Whitford, Maria Torraca, Haydee Humire, Mary Ann Valente, Gerald & Anne Rooney
- FRANK J. DE CARLO-req.by-Luis & Josie Hernandez
- PAUL MICHAEL DE GUZMAN-req.by-Eric, Paula, Mikey & Nico Makczkowicz
- JOHN H. DU BOIS-req.by-Mary Ann Valente, Pam Franchino, Lydia Parker, Carmine & Angelica Di Bianco, Michele Montillo Alfano,
- WILLIAM EARL-req.by-Torraca Family, Celeste Cappadona
- GEORGE GIANGERUSO-req.by-Mary Orlando
- DOMENICA GIULIANO-req.by-Jean Marie Collandrello
- RUFINA MERCEDES HERNANDEZ-req.by-Luis & Josie Hernandez
- EDNA K. HUESMAN-req.by-Celeste Cappadona
- BEDROS KARIAN-req.by-Torraca Family
- JOSE LOPES-req.by-Maria Fernandez
- LINDA MANSON-req.by-1st Comm. Bergenfield
- MARGARITA MARIN-req.by-Oswaldo & Gloria Sanchez
- RICHARD J. PERELLO, SR.-req.by-Vaccari Family
- ALEJANDRINA RUIZ-req.by-Celeste Cappadona, Carmen Rodriguez, Luis & Josie Hernandez
- ANN M. SULLIVAN-req.by-Eric & Paula Maleczkowicz
- THOMAS TARRO-req.by-Barbara Sammarone & Family
- PAUL TARSITANO-req.by-Mary Ann Valente
- MARIA FIDELIA TAVARES-req.by-1st Comm. Bergenfield
- PATRICIA TEMPIO-req.by-Rooney Family
- MARY ELLEN THOMAS-req.by-Mary Orlando
- GABRIEL JOSE VIVAS-req.by-Maria Meister
- DONALD WYNNE-req.by-Kip Center Creative Writing Class

## 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 Easter holiday and Spring 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 (regular 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 distribution to our families.

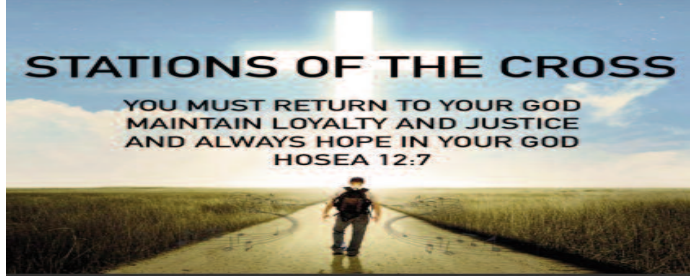
### SAVE THE DATE

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](http://www.10mileswithJesus.org)

## EASTER FLOWER MEMORIAL

**Your Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City/State/Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_

**In Memory of:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



\$50

\$35

\$25

\$20

\$15

\$10



**Checks payable to: Sacred Heart Church**

## 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, 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, MARCH 10TH

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

**Donated by:** Jim & Isabel Cavalcante

### MEMORIAL DONATIONS

During the week of March 10th, 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

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

**MARCH 10, 2024**

## MASS INTENTIONS

FOURTH SUNDAY OF LENT

#### Anticipated Sunday Mass

5:00pm Julian & Lorenza Duran

#### SUNDAY - FOURTH SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Daniela Raszkievicz

10:30 am Jane Valenti

12:00pm James M. Cavalcante

1:30 pm Rufina Mercedes Hernandez

#### MONDAY - Lenten Weekday

12:00pm Carmela M. Ferrara

#### TUESDAY - Lenten Weekday

12:00pm Amalia Vivas (Living)

#### WEDNESDAY - Lenten Weekday

12:00pm Hirth & Hambach Families

#### THURSDAY - Lenten Weekday

12:00pm Patricia Hakuso

#### FRIDAY - Lenten Weekday

12:00pm Mike, Rose, Vinnie & Mickey Carini

#### SATURDAY - Lenten Weekday

9:00am Howard Wartel

#### Anticipated Sunday Mass

5:00pm Louis Lomardi

#### SUNDAY - FIFTH SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Irene Mc Carthy

10:30 am Patrick Roberts

12:00pm James M. Cavalcante

1:30 pm Souls In Purgatory

### STEWARDSHIP

FEB 25

Sunday - \$6,592

Ash Wednesday - \$2,536

Central & Eastern Europe -\$1,475

MAR 3

Sunday - \$6,195

Assessment - \$2,675

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

## 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.

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, 66 families from our parish family have generously supported the Appeal:  
Our Parish's Goal - \$34,720 -- Paid To Date - \$11,589 (33.37% of Goal)**

**\*\*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.**

If you haven't already done so, please prayerfully consider your gift to the 2024 Annual Appeal. Envelopes for the Appeal are available in the pews. You can put your gift in them and drop them in the basket at collection time. You can also make your gift online at [www.rcan.org/sharing](http://www.rcan.org/sharing). Please be sure to select Sacred Heart Church, Lyndhurst so the parish receives credit.

We will have a **special collection the weekend of March 23 & 24** to help us close the gap on our goal.



**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](http://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.*