



# 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 17, 2024

## 5TH SUNDAY OF LENT

"And when I am lifted up from the earth,  
I will draw everyone to myself." - Jn 12:32

### 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.

## FIFTH SUNDAY OF LENT

Today we come face to face with a stark reminder that if we are to be followers of Christ we must be willing to be like a grain of wheat, dying so as to bear "much fruit." In response to the request of the Greeks, Jesus moves our attention to his suffering, death and resurrection, which we will soon be celebrating during our Triduum. At first the request and response might seem to be disconnected; but they are not. Jesus will face his death with a determination to see it through and not flee. Contrary to our experience of death as a final destruction, Jesus sees it as a moment to give glory to His Father. Those who see his death through eyes of faith will also see God's hand in rescuing Jesus from death.

God has promised to make a new covenant, a covenant "written upon their hearts." Jesus is that new covenant and in him, God has united Himself to us with bonds that can never be broken. Jesus looks death in the eye and sees victory - because through his death the new covenant is established. We, too, are assured of this new life because we look upon Jesus as the one "lifted up from the earth." He raises us up with himself to a new life, a forgiven life.

The way through death is the way to eternal life for his followers. This is how He takes us to God. If we live the servant-life Jesus did, then it will mean death in one way or another for us: death to self-preoccupation; death to our independence and detachment; death to doing things our way. As Jesus' followers, we die everyday in the decisions we make to choose him and service to God through neighbor, above our own self interests and desires.

If we should wonder where God is in the mess of our lives, or why the lovely, neat and orderly way of life that we all seek doesn't seem to materialize, then all we have to do is look to the cross and know that this is our inheritance. The cross reminded a captive people that they could be abused and tossed aside as trash if the powers that be thought they were insubordinate or troublemakers. But the scriptures tell us that God uses power in a different way.

Jesus was a threat because he talked about a kingdom without boundaries and guarded borders; where people were equal, not a society of a few privileged citizens and the rest treated as underdogs; where people weren't expected to fit in and be like everyone else, but where diversity was valued; where inclusivity was the norm; where power wasn't the instrument to exert the will of a few, but love and service would be the attraction to membership. Jesus calls this the Kingdom of God.

We can either accept what we hold in faith about the death of this "grain of wheat" - and fashion our own lives accordingly - or we can look upon the crucified one as having lived a foolish and wasted life - and reject his message. The world powers rule and govern from exalted thrones and military might. Jesus rules from the cross - by the cross and his resurrection, he draws everyone to himself.

Jesus' ministry was almost exclusively confined to his own people. The Greeks who came asking to see him represented the Gentile world. How would they come to believe in Jesus? Jesus said, "And when I am lifted up, I will draw everyone to myself." Jesus is no longer in the world in the flesh; but we are. The voice from heaven is not directed at Jesus, but to those standing nearby and to us who hear it now.

Before all else, the Gospel invites us to respond to the God of love who saves us, to see God in others and to go forth from ourselves to seek the good of others. We cannot allow this invitation to be hidden from our sight.



“...return to the LORD, your God,  
For he is gracious and merciful...” Joel 2:13

**No matter how long it has been** since your last confession, **NOW is the time to come back** to the loving mercy of Jesus Christ. **Be Not Afraid.** Cast your cares and burdens on the Lord and in Him you will be made into a new creation.

As a part of our parish family’s preparation for Easter we will have a **Parish Penitential Celebration** on **Thursday, March 21 at 7:00 PM.** **Visiting priests will be on hand to help Fr. Theemas & Fr. Cesar hear confessions.** Confessions are also heard on Saturdays 4:00 - 4:45PM and following the 12:00 PM Mass weekdays upon request. You can also call the parish office at 201-438-1147 and set up an appointment with a priest to hear your confession if you are unable to make the times listed above.

**A BIG THANK YOU!!!**

The following local businesses very generously donated gift cards, food items, flowers or raffle tickets to our St. Patrick’s fundraiser celebration. Please remember to patronize them and thank them when you do!

- |                        |                      |
|------------------------|----------------------|
| BCB Bank               | Blarney Station      |
| Colonial Diner         | Cafe Giuseppe        |
| Carmen’ Hair Fashion   | Claudia’s Nail & Spa |
| Curly Locks Haircut    | Costco               |
| Flowers by Chuck       | Gelone               |
| Gencarelli             | Hair Factory         |
| Il Cafone              | Lasoni               |
| Lyndhurst Florist      | Le Gurt              |
| Lyndhurst Pastry Shop  | Michael’s Salumeria  |
| Mr. Bruno              |                      |
| Nazare Memorial Home   | Patis Bakery         |
| Sadowski’s Auto Care   | Shop Rite            |
| Stellato Funeral Homes | Tero’s Restaurant    |
| Thistle Fish & Chips   | Velvet Hair Salon    |
| Vinnie Mootz           |                      |

Also thanks to the members of our parish family who volunteered their time, or gave gifts, or gave desserts or salad, or provided entertainment. **Special thanks to Mike & Joan Coyne and Fred & Angela Giordano for providing the BEST Corned Beef & Cabbage this side of Dublin!!!**

**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.

**CHRISM MASS**

All are invited to the Chrism Mass at the Cathedral Basilica of the Sacred Heart, 89 Ridge Street, Newark on the **Monday of Holy Week, March 25 at 8:00 PM.** At this Mass Cardinal Tobin, joined by the priests of the Archdiocese, gather at the Cathedral Basilica. This Mass manifests the unity of the priests with their bishop. Here Cardinal Tobin blesses three oils which will be used in the administration of the sacraments throughout the Archdiocese for the year and the priests present renew their priestly promises.

**ANNUAL APPEAL SPECIAL COLLECTION**

**March 23 & 24**



Your generous support in this collection will help our parish achieve our Annual Appeal goal. The Annual Appeal is a great way to give alms during Lent as it supports many ministries for our brothers and sisters in need across the Archdiocese. Envelopes are available in the pews.

**EASTER FLOWER MEMORIAL**

**Your Name** \_\_\_\_\_  
**Address** \_\_\_\_\_  
**City/State/Zip** \_\_\_\_\_  
**Phone** \_\_\_\_\_

**In Memory of:**

\_\_\_\_\_  
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- |  |      |   |
|--|------|---|
|  | \$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 Aspile, 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, Naham, Rudy Rivas, Tania, Jaime Diaz, Romile Diaz

**DECEASED:** Frank D'Errico

### CHURCH BELLS CELEBRATE & COMMEMORATE

The Sacred Heart Church bell rings:



#### SUNDAY, MARCH 17TH

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

**Donated by:** Jim & Isabel Cavalcante

#### THURSDAY, MARCH 21ST

**In Honor of:** The Memory of James Cavalcante, Sr.

**Donated by:** Jim & Isabel Cavalcante

### MEMORIAL DONATIONS

During the week of March 17th, 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. 22. **\*\*PLEASE NOTE THAT STATIONS OF THE CROSS WILL REPLACE ADORATION DURING THE FRIDAYS OF LENT\*\***

**MARCH 17, 2024**

## MASS INTENTIONS

FIFTH SUNDAY OF LENT

#### 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 Raymundo Vernazza

#### MONDAY - Lenten Weekday/St. Cyril of Jerusalem, Bishop and Doctor of the Church

12:00pm Julian & Lorenza Duran

#### TUESDAY - ST. JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY

12:00pm Ann & Daniel Henckel

#### WEDNESDAY - Lenten Weekday

12:00pm Anthony Silver

#### THURSDAY - Lenten Weekday

12:00pm Kinga & Greg Skora (Living)

#### FRIDAY - Lenten Weekday

12:00pm James M. Kearney &  
Michael Kane

#### SATURDAY - Lenten Weekday/St. Turibius of Mogrovejo, Bishop

9:00am Jaime Canal

#### Anticipated Sunday Mass

5:00pm Joanne Bevacqua Owens

#### SUNDAY - PALM SUNDAY OF THE PASSION OF THE LORD

7:30am People Of Sacred Heart

9:00am Catherine & Jerimah Hallahan

10:30 am James & Eleanor Scotti

12:00pm James M. Cavalcante

1:30 pm Cristina Yagual

### STEWARDSHIP

**MAR 10**

**Sunday - \$5,615**

**Catholic Campaign - \$1,890**

**Add'l Assessment - \$299**

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,  
Lyndhurst Council #2396*

### Takeout Breakfast



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

**Order Online to Reserve your Pickup Time**

Order Deadline April 3rd, 2024

Orders can be picked up at the requested designated time on April 7th at:

**Our Lady of Mt. Carmel Parish Center  
146 Copeland Avenue Lyndhurst, NJ 07071**

Please consider all neighbors, friends, shut-ins, those without transportation, and add them to your order.



*Lyndhurst*  
COUNCIL #2396  
1922 - 2022

**SUNDAY  
April 7th**

Pickup times from  
8:30 am - 11:00 am

Each Breakfast Box  
contains scrambled  
eggs, sausage,  
taylor ham, potatoes,  
and a roll.

**\$10** per  
Breakfast Box

**In Honor  
and Loving  
Memory of  
SK Tim Suter,  
PGK**



All proceeds raised will be used towards the K of C, Council 2396 Academic Scholarship, for one 8<sup>th</sup> grade girl & one boy student who plans to attend a Catholic High School, along with the Sir Knight Tim Suter Catholic Living Award. Each Scholarship is valued at \$1,000 each.

*"In Service to One, In Service to All"*

## 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.*