



Sacred Heart Church

A Roman Catholic Community

324 Ridge Road, Lyndhurst, NJ 07071

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www.sacredheartlynd.org

SERVED BY:

Rev. Theesmas Pankiraj
Pastor

Rev. Cesar Chen
Parochial Vicar

PARISH OFFICE 615 NEW JERSEY AVE

Charles Sofio
Parish Manager
sacredheartchurch@comcast.net

RELIGIOUS EDUCATION

Ryan Tobiason
Parish Catechetical Leader
201-935-3094

SACRED HEART SCHOOL

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

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973-497-4000



August 11, 2024

19TH SUNDAY IN ORDINARY TIME

"I am the bread of life. Your ancestors ate the manna in the desert, but they died; this is the bread that comes down from heaven so that one may eat it and not die."
- Jn 6:48-50

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
Aug. 11, Sep. 8, Oct. 6, Nov. 10, Dec. 8

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.

Nineteenth Sunday In Ordinary Time

Throughout the last several weeks, the Scripture Readings have created a mosaic depicting the sublime mystery of the Eucharist. The continuing narrative shows us how carefully the seeds of this mystery were planted in the early stages of Salvation History. Discouragement, fear, disappointment and frustration can all lead to a first response of shock and rejection. Elijah felt it - and those who first witnessed Jesus' words and works felt it as well.

Today we first hear the marvelous excerpt from the Book of Kings that shows us the prophet Elijah journeying in the desert, weary, discouraged, even praying for death. An angel is sent by God to offer him food and drink. He takes a little, but then falls back to sleep. Then the angel stirs him and cries out: "Get up and eat or else the journey will be too long for you."

In the Gospel reading, we can almost hear the shock and unbelief spread throughout the crowd. Looks of dismay and disappointment are interspersed by the flashing angry eyes of indignation. People grumble and complain that what they have just heard Jesus say seems to border on blasphemy. To make matters worse, Jesus expected them to take his words literally. Their grumbling was not unlike that of their ancestors in the desert when they too expressed their ingratitude by judging the ways of God's infinite Goodness.

Jesus further scandalized these folks by claiming, "I am the living bread," suggesting that they must eat his flesh, the Bread of Life.

Instead of being scandalous, Jesus' words were life-giving. People today continue to wander aimlessly in a way not very dissimilar to the Jews wandering in the desert, starving for lack of food and a living relationship with a loving God. Even as the heavenly manna was sent to nourish the physical bodies of the ancient Israelites, so our God sent us his Son, the true heavenly food, to nourish our entire beings.

And like those in the Gospel reading, Jesus is telling us that we have nothing to fear, that we should not be discouraged. He is the One the world has been waiting for. He is the One whose gaze has been turned towards the Father for all eternity. He is the only One who has seen the Father. He is the only One who can give eternal life to those who believe.

In some ways - perhaps in many ways - we mirror the ancient Israelites. We grumble and complain. Perhaps we grumble over our jobs, complain about our neighbors, or about far more important aspects of our lives. If we do this enough, we will see negativity everywhere.

It is easy to be negative. It is also contagious. One negative thought leads to another. One negative person easily infects another.

But we have been gifted with the eternal positive. The Word of God has become one of us. He who from the beginning of time has had a intimate relationship with the Father, shares his life with us. St. Paul had plenty of reason to grumble and despair. He was mocked, insulted, scourged, beaten, etc. Yet he writes to the Christians at Ephesus, "All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. And be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ."

We are the people of the promise. The angel of God calls to us as to Elijah the prophet: "Get up now and eat this food - or else the journey will be too long for you."

REMEMBER OUR PARISH

Whenever we contribute to the parish we are mindful and respectful of our Catholic teaching to support the Church. Our parish is blessed by so many who support us. A meaningful way to continue this support is by considering a gift to the parish in your will or trust. Even a small percentage of your residual estate would go a long way in the maintenance of our church. Please remember Sacred Heart in your will or trust. This will help future generations to experience the love of Jesus Christ in our community. If you have any questions about this planning please contact the parish office.

OUR LADY OF KNOCK AUGUST 21ST

The apparition in County Mayo in Ireland of Our Lady of Knock is reported to have occurred on the evening of August 21, 1879, the vigil of the octave of the feast of the Assumption. Those who witnessed the miracle ranged in age from five years old to seventy-five.

The apparition was described as follows: "Our Lady was wearing a large, brilliant crown and clothed in white garments. On her right was Saint Joseph, his head inclined toward her and on her left Saint John the Evangelist. To the left of Saint John was an altar on which stood a cross and a lamb."

Since then thousands of people have gone to Knock to pray to Our Lady. No sign of commercialism detracts from the purely religious atmosphere of that hallowed spot.

In honor of our Lady of Knock, Neil Horgan from our parish family will sing the Our Lady of Knock hymn on Sunday, August 18th at 9:00, 10:30, & 12:00 Masses.

Food Pantry Update

We are stocking up our parish family food pantry for the spring and summer months. Can you help us show the love and hope of Jesus Christ to those living with food insecurity?

If you can donate any of these items, it would be greatly appreciated: Cereal, Fruit, Pasta Sauce, Pasta (including Spaghetti), Potatoes (small packages or canned), Vegetables, Coffee (regular and instant), Peanut Butter, and Jelly, Tuna, Macaroni & Cheese, Beans. Food items can be left near the shrine of the Sacred Heart in the back of the church.

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.

Friday Eucharistic Adoration Fridays, 12:30 - 3:00 pm



"In a world where there is so much noise, so much bewilderment, there is a need for silent adoration of Jesus concealed in the Host. Be assiduous in the prayer of adoration and teach it to the faithful. It is a source of comfort and light, particularly to those who are suffering."

- Pope Benedict XVI

During Eucharistic Adoration, the faithful pray to Jesus Christ, who is present in the Eucharist. The

Eucharist, also referred to as the Blessed Sacrament, is typically kept in the tabernacle in our church.

While it is true that you can pray to God anywhere and that He is always within you, it is especially powerful to adore Jesus in the Eucharist. In the presence of the Eucharist, we pray to the power and sacrifice that it represents — the body of Jesus, who gave His life so that we may live. It is His Body, Blood, Soul and Divinity that is really, truly, and substantially present in the Eucharist.

Faith. Academics. Service.

Catholic Schools

SACRED HEART SCHOOL ENROLLMENT FOR THE 2024-2025 SCHOOL YEAR

Do you have a child or grandchild starting or changing school in September? Why not consider Sacred Heart School? We offer a safe and nurturing environment for children Pre-K3 through 8th Grade. Call the school at 201-939-4277 for more details.

Community Blood Drive You Can Save A Life!



Under the direction of Public Affairs Commissioner Karen Haggerty & Health Coordinator Janine Barone The Lyndhurst Health Department will be holding a Blood Drive run by the American Red Cross.

The Blood Drive will take place on Tuesday August 20th and Thursday October 17th from 9 a.m.-2 p.m., located at the Community Center 255 Riverside Ave.

For any questions please feel free to contact the Lyndhurst Health Department at 201-804-2500.

PLEASE PRAY FOR OUR PARISH FAMILY

SICK: 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., Christopher N. Coughlin, Vladimir Pudoff, Isabella Lugo, Tess, Francesco 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, Martina O'Connell, Michele Gilmore, Milena Giacchi, Freddy Berrios, Maryann Sheridan, Naham, Rudy Rivas, Tania, Jaime Diaz, Romile Diaz, Brian Oppici, Art Elwell, Robert Schaefer, Eric Dietz, Marion Dietz, Jamie Brown, John Santelli, Julius Single, Jr., Tina Gentile, John Llewellyn, Joann Di Giovanna

DECEASED: David Kelly, Louise Bowman, Ritanne Morales

MEMORIAL DONATIONS

During the week of August 11th, 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

ASSUMPTION OF THE BLESSED VIRGIN MARY

On November 1, 1950, Pope Pius XII defined the Assumption of Mary to be a dogma of faith: "We pronounce, declare and define it to be a divinely revealed dogma that the immaculate Mother of God, the ever Virgin Mary, having completed the course of her earthly life, was assumed body and soul to heavenly glory." What the pope solemnly declared was already a common belief in the Catholic Church. We find homilies on the Assumption going back to the sixth century. In following centuries, the Eastern Churches held steadily to the doctrine, but some authors in the West were hesitant. However by the 13th century there was universal agreement. The feast was celebrated under various names—Commemoration, Dormition, Passing, Assumption—from at least the fifth or sixth century. Today it is celebrated as a solemnity.

MASSES FOR THE HOLY DAY OF OBLIGATION

Wednesday, August: 14th 5:00 PM

Thursday, August 15th: 7:00 AM, 12:00 Noon, 7:00 PM

AUGUST 11, 2024



Nineteenth Sunday In Ordinary Time

Anticipated Sunday Mass

5:00pm Lorenza & Julian Duran

SUNDAY - Nineteenth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Carmen Mediran

10:30 am Grace Dacchille

12:00pm James M. Cavalcante

1:30 pm Jorge Lozada Salazar

MONDAY - Weekday/St. Jane Frances de Chantal, Religious

12:00pm Patrick R. Ferrara

TUESDAY - Weekday/Sts. Pontian, Pope and Hippolytus, Priest, Martyrs

12:00pm Norma Devera Coson

WEDNESDAY - St. Maximillian Kolbe, Priest and Martyr

12:00pm O'Gorman Family

Anticipated Holy Day Mass

5:00pm Rodrigo Silang

THURSDAY - THE ASSUMPTION OF THE BLESSED VIRGIN MARY

7:00am Betty Tynan

12:00pm Florence Moderelli

7:00pm Dowling Family

FRIDAY - Weekday/St. Stephen of Hungary

12:00pm Diane Perrone

SATURDAY - Weekday/Blessed Virgin Mary

9:00am Andre D. Caruthers

Anticipated Sunday Mass

5:00pm Sabino T. Iovino

SUNDAY - Twentieth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Michael Maddalone

10:30 am Jackie O' Gorman

12:00pm James M. Cavalcante

1:30 pm Norma Azuero

STEWARDSHIP

Sunday - \$5,588

Sunday - \$1,964

RCIA - A JOURNEY IN FAITH JOIN THE RCIA TEAM & BE A PARTNER ON THE JOURNEY

The Church extends an invitation to all who wish to become members of the Catholic faith. Those who go through the RCIA process fall under one of the following categories:

- Someone who is of another faith and wishes to convert to Catholicism.
- Someone who was baptized in another Christian denomination and wishes to become a member of the Catholic faith.
- Someone who was baptized in the Catholic Church, but never received the sacraments of First Holy Communion and Confirmation.

There is a team from our parish that accompanies and supports all the individuals that go through RCIA process. If you are interested in sharing your faith by joining the RCIA team, please contact Sabina Prendergast at 862-249-1186.



ARE YOU WILLING TO SHARE OUR FAITH WITH THE YOUTH OF OUR PARISH FAMILY?

There is no greater gift that you can give to a child than to share your faith in Jesus Christ.

Our Religious Education program is always in need of teachers, aides, substitute teachers, hall monitors, and office helpers.

Are you willing to help our children learn more about the love that Jesus Christ has for them in the 2024-2025 school year?

No special religious education training is required. If you are interested in volunteering, call our parish Catechetical Leader, Ryan Tobiason at 201-935-3094.

THE PERFECT GIFT FOR THE PERSON WHO HAS EVERYTHING GIVE A GIFT FROM THE HEART THAT NOURISHES OUR NEIGHBORS!

Make a donation to the Sacred Heart Food Pantry as a gift or remembrance of a favorite loved one. You can obtain a gift card any time of the year, for any occasion, and help the families struggling with food insecurity in the Sacred Heart Community. Please visit the Parish Office, Monday through Friday 9:30 AM - 4:00 PM.



ONLINE GIVING AT SACRED HEART * EASY * FAST * SECURE *

Did you know you can give online to our parish with Zelle, or with a debit or credit card? Online Giving at Sacred Heart has never been easier and is just a couple of clicks away.

1. You can give to the parish through the Zelle online payment system offered through most major banks. When you create the Zelle payee for the parish, please use the parish email address: sacredheartchurch@comcast.net.

Please be careful when you type in the email address because once you "Zelle" the money from your account it can not be corrected.

2. You can visit www.sacredheartlynd.org, our parish website and click the Online Giving Options link. If you want to make a direct donation to the parish with your debit or credit card, you can click the direct donation link.