



# 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



October 20, 2024

## 29TH SUNDAY IN ORDINARY TIME

“Rather, whoever wishes to be great among you will be your servant; whoever wishes to be first among you will be the slave of all.” - Mk 10:43-44

### 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  
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.

## Twenty - Ninth Sunday In Ordinary Time

Whenever we are faced with having to make adult choices, it is very difficult for us to be totally selfless. We are innately self centered. Subconsciously, at least, we are always asking: "What's in it for us?" Religious decisions are no exception. If we deliberately choose to become disciples of Jesus we too like James and John, might ask: "What reward do you promise us? Will we become powerful and famous?"

Jesus doesn't play those kinds of games. He makes it very clear that if we choose to follow Him we are asking to become suffering servants like Him. We will be expected to make ourselves vulnerable and expendable. The only greatness we can expect is to be asked to make great sacrifices and to become heroes through suffering and humiliation.

What disappointment Jesus must have felt when James and John put their questions to him. These two were called at the beginning of Jesus' ministry. They were in the inner circle of the disciples and, it's clear from today's gospel, they presumed they would have certain privileges and share in power when Jesus triumphed and established his worldly kingdom.

It's a wonder Jesus has any followers at all at this stage of Mark's gospel. For these past few Sundays, in the sequence of passages chosen from Mark, we see Jesus teaching his disciples. How hard it will be for the rich to enter the kingdom of heaven. A man may not divorce his wife. We must become childlike to accept the kingdom of God. The Son of Man will suffer and die. Then, Jesus adds, those who follow him must be willing to do the same.

Despite all of this, James and John still ask "What's in it for us? Can we sit at your right hand?"

Discipleship does not simply come from belonging to an elaborate, hierarchical model of "church." Being a disciple is not the same as just being part of the group. Discipleship has its own rewards - not in terms of power and possessions, but in terms of great inner peace, of fulfillment, and of the great satisfaction that comes from loving and serving unselfishly.

Why then do millions of people continue to choose deliberately to become disciples of Jesus? Those who are willing to die to self for the love of God and neighbor are rewarded with an incomparable sense of joy and well being. They are freed up from grasping, greed, insecurity, disappointment and despair. They truly find fulfillment: in serving others rather than in being served. They are content to be considered the least. They measure their importance in terms of their compassion and sensitivity.

All of this may seem very theoretical and just a lot of words. But we are all challenged by the demands of the Gospel in the real world of our daily lives. We are expected to be just, to be forgiving, to be servants, to be poor in spirit, to be merciful. Still with each decision we might well ask: "What's in it for us?"

Obviously the answer can only come from the depths of our love for Jesus, and from the example of His own life, death and resurrection. It is coming around full-circle in our understanding of His words: "whoever wishes to be great among you will be your servant; whoever wishes to be first among you will be the slave of all."

The Lord is calling us to get our priorities straight. He is asking us to speak out and to do something real and concrete about injustice and human dignity. And He is challenging us to sacrifice our complacency and comfortable-ness for the sake of our fellow pilgrims at home as well as abroad.

If we can do just this, then we will find that the answer to "What's in it for us?" is far beyond what we could have ever hoped for. And we can leave the seating arrangements at the table in the reign of God to God.

RESPECT LIFE MONTH

# radical solidarity



to be courageously pro-woman,  
promoting a choice that truly protects,  
accompanies, and supports  
women and their children

Every October, we consider more deeply why every human life is valuable and reflect on how to build a culture that protects life from conception to natural death.

God has given each of us particular gifts, and with those gifts he entrusts us with a role and duty within the Body of Christ. Embracing an attitude of radical solidarity calls us to honestly reflect on some challenging questions and to consider specific actions we can take to foster an authentic culture of life.

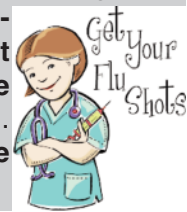
As we go about our week, consider:

Do I know what efforts are happening in our area to help women who are pregnant or parenting in difficult circumstances?

What are the needs? What are my gifts and talents? How can I adjust my schedule or budget to assist efforts to help moms in need and their children?

## FLU SHOTS AVAILABLE

Under the direction of Public Affairs Commissioner Karen Haggerty & Health Coordinator Janine Barone the Lyndhurst Health Department will be holding a Flu Clinic on **October 23 from 9:00 AM - 5:30 PM** and **at the Lyndhurst Municipal Annex, 253 Stuyvesant Ave** (corner of Stuyvesant & Tontine Ave). **Appointments are required and can be made by calling 201-804-2500.**



## THE PERFECT GIFT FOR THE PERSON WHO HAS EVERYTHING

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

## 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.*

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## PAY IT FORWARD PROGRAM

**Sacred Heart Parish has partnered with BCB Bank to raise some need funds for our parish.** The Pay It Forward Program gives us the opportunity to earn donations based on the number of supporters who signed up for the program. If we have 20-50 members, BCB will contribute 0.20% of the cumulative account balance, 51-75 members 0.30%, 76+ members 0.40%. **A minimum of 20 members is required**

**\*\*NO DONATIONS ARE WITHDRAWN FROM CUSTOMER'S ACCOUNTS, ALL DONATIONS COME DIRECTLY FROM BCB.**

**\*\*ALL PERSONAL AND FINANCIAL INFORMATION IS KEPT STRICTLY CONFIDENTIAL BY THE BANK. THE CHURCH WILL NOT KNOW WHO HAS REGISTERED UNLESS YOU DECIDE TO SHARE THIS INFORMATION WITH US.**

Contact BCB directly if you have questions about the program or want to open an account. Please remember to tell them you want to support Sacred Heart Church in Lyndhurst.

Lyndhurst - 201-728-6810,  
Rutherford - 201-728-6960

## 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 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, 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:** Nino Pansini

### CHURCH BELLS CELEBRATE & COMMEMORATE

The Sacred Heart Church bell rings:

**SUNDAY, OCTOBER 20TH**

**In Honor of:** Sarah Martin

**Donated by:** Brian & Carol O'Keffee



### *Spiritual Adoption*

To help stop the anti-life push around the world, the late Archbishop Fulton J. Sheen encouraged the spiritual adoption of an unborn child. This is done by praying for nine months that the one particular but unknown child's life be spared abortion and be allowed to continue to live.

Patty from the Respect Life Group at Our Lady of Mount Carmel in Lyndhurst will speak about Spiritual Adoption at all the Masses next week-end.

### ATTENTION FAMILIES OF 8TH GRADE STUDENTS PLANNING TO ATTEND CATHOLIC HIGH SCHOOL IN FALL 2025!

The High School Placement Test (HSPT) administered as part of the Cooperative Admissions Exam Program for Catholic High Schools will be given on Friday, November 8, 2024. Students must be in eighth grade at the time the HSPT is administered. A makeup examination will be administered on Saturday, November 16, 2024, for any student who missed the November 8 examination for any reason. Registration is available only online at [njcoopexam.org](http://njcoopexam.org) September 1 - October 25. Students with an IEP, 504, or other documentation that grants extended time on standardized tests will be given extended time on the HSPT if approved. Students will be given one and one half the allotted time on each subtest. Extended time requests must be submitted with documentation by October 18. In addition to submitting the Extended Time Application, students requesting extended time must register online for the examination.



OCTOBER 20, 2024

## MASS INTENTIONS

Twenty-Ninth Sunday  
In Ordinary Time

### Anticipated Sunday Mass

5:00pm George Criticos

### SUNDAY - Twenty-Ninth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Elizabeth (Betty) Tynan

10:30 am Grace Dacchille

12:00pm Margaret, Sal & Stanley Albanese

1:30 pm Senior de los Milagros

### MONDAY - Weekday

12:00pm Florence Cirilla Kaufman (Living)

### TUESDAY - Weekday/St. John Paul II, Pope

12:00pm Thomas James Albinski

### WEDNESDAY - Weekday/St. John of Capistrano, Priest

12:00pm Philip Coiro

### THURSDAY - Weekday/St. Anthony Mary Claret, Bishop

12:00pm Donald Wynne

### FRIDAY - Weekday

12:00pm Laura Manning

### SATURDAY - Weekday/Blessed Virgin Mary

9:00am Rozalia, Piotr & Stefan

### Anticipated Sunday Mass

5:00pm Natalie Stehn

### SUNDAY - Thirtieth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Julian & Lorenza Duran

10:30 am James M. Cavalcante

12:00pm Antoinette & Michael Di Preta

1:30 pm Francisco Lino

## STEWARDSHIP

Collection Totals Not Available  
at Time of Publication

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



FUN  
MUSIC  
GAMES  
PRIZES

SACRED HEART CHURCH

# 10.26.24 5K RUN WALK

SPONSORED BY  
 **BCB Bank**  
Lyndhurst Recreation Center  
862 Valley Brook Avenue  
Lyndhurst, NJ US 07071

Registration at 9:00am  
Run starts at 10:00am  
(comes with a shirt)  
**Rain or Shine**  
Open to All Ages!



FOR INFO AND  
TO REGISTER ONLINE:  
<http://bit.ly/shc5k2024>



Questions?  
Email Charlie Sofio at:  
[sacredheartchurch@comcast.net](mailto:sacredheartchurch@comcast.net)

**OR REGISTER BY MAIL/BASKET**

Fill out the attached ticket request form and return with your **check made payable to Sacred Heart Church**

Place in the **basket** or **mail** to:  
Sacred Heart Church  
324 Ridge Road • Lyndhurst, NJ 07071  
Attention: 2024 5K

**I am interested in volunteering at this event.**

# of People Registering (\$40 each)\*: \_\_\_\_\_ Total amount of money enclosed\*: \$ \_\_\_\_\_

Indicate a shirt size for each entrant (ADULT: S / M / L / XL)\*: \_\_\_\_\_

Full Name\*: \_\_\_\_\_

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

\_\_\_\_\_ Zip Code\*: \_\_\_\_\_

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

Email address\*: \_\_\_\_\_

Name on Credit Card\*: \_\_\_\_\_ Exp Date\*: \_\_\_\_\_

Credit Card #\*: \_\_\_\_\_ Security (CVV) Code\*: \_\_\_\_\_

**\*Fields MUST be filled out**