



# 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. Theesmas 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 23, 2025

## 3<sup>RD</sup> SUNDAY OF LENT

Jesus said to them in reply, "Do you think that because these Galileans suffered in this way they were greater sinners than all other Galileans? By no means! But I tell you, if you do not repent, you will all perish as they did!" - Lk 13:2-3

## 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  
Apr. 19 (8:30pm), May 18, Jun. 1

## 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.

### THIRD SUNDAY OF LENT

In every age, Jesus continues to invite people to have faith in Him as Son of God and Savior. His mission is always the same - to reveal the Father's love to the world. His method is always the same: to give us clear signs, leading us to believe in Him and to serve one another.

Something in our human nature leads us to think of "signs" in terms of the miraculous and the extraordinary. Yet during His public life, Jesus revealed His divinity in ordinary ways.

He preached and lived by the simple law of the love of God and the love of neighbor. He taught us how to pray. He showed us the kingdom at God in wine and wheat, in the vineyard and the fisherman's net. He reached out to the sick, the sinner, the widow and the orphan, treating ordinary people with exquisite compassion. But it wasn't enough. His contemporaries demanded signs and wonders, miracles and marvels. Yet, even when they witnessed Him restoring sight to the blind, wholeness to lepers, and life to the dead, they did not believe. They looked for further "proof."

Mankind has always challenged God for proof. In our first reading, Moses was given the extraordinary sign of a burning bush. And yet he hesitated. He questioned. He hid his face and made excuses. He was happy where he was - he was safe - he had no intention of returning to Egypt to lead the Israelites out of bondage.

In his letter to the Corinthians, Paul deliberately warns us to move away from this kind of complacent faith of habit and false security. Lent is a good time to hear this message. We need to attend to Paul's call to conversion-of-heart. Once we reflect on the lukewarm nature of our faith, we might realize we are standing on insecure ground and then turn again to the more secure footing that is our faith in Jesus and a life that better conforms to His. Down through the centuries the voice of God still thunders from Mt. Sinai - and the warning from Paul is just as forceful.

Bushes don't just blaze for Moses. They blaze for us as well. And when a bush blazes, we must respond. We must turn from our complacency and discover what awaits us. Perhaps it is some terrible burden that makes us investigate the blazing bush in hope of a better life. Perhaps it is some sense of wonder that leads us there, our desire for the eternal. In any case, we must turn aside and draw near if we are to hear the bush call out to us and set us on our way. God is not interested in our abilities or in our disabilities. He is interested only in our availability.

A bush blazes when some person or place or moment reaches out to us, calling us insistently by name. A bush blazes when our pain and sorrow, our joy and laughter and our suffering and grief together speak with heaven's voice. A bush blazes when something demands that we put aside our masks and live from the center deep within us. A bush blazes when we take what action we can for others and find in this risk our abundant freedom.

Such bushes blaze forth every day, in every life. We must dare to listen to them!

# Food Pantry Update

We are stocking up our parish family food pantry to help our brothers and sisters in need for Easter and the Spring season.

*"Whatever you did for these least brothers and sisters of mine, you did for me"*

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. Note that great vegetable and fruit prices can be found at Lidl's and Aldi's. 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 our brothers and sisters struggling with food insecurity without you!**

As a reminder, we are unable to package out-of-date food products for distribution to our families.



## 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

# Mark Your Calendar Catholic Cemeteries Meet & Greet March 22nd & 23rd

Join us for an enlightening Meet & Greet with a memorial planning advisor from Catholic Cemeteries after the Masses on March 22 and 23. The Meet and Greet is a chance to gain insights, ask questions, and understand the spiritual journey of a Catholic funeral. While there is no obligation whatsoever, the recommendations will be invaluable. For those who may miss it, and for more information, please visit [www.rcancem.org](http://www.rcancem.org)

## BISHOP MICHAEL SAPORITO, D.D. TO VISIT SACRED HEART ON SUNDAY MARCH 30TH

Bishop Michael Saporito, Auxiliary Bishop for Bergen County, will visit our parish family on Sunday, March 30th and celebrate the 10:30 AM Mass with us.

# VANNUAL

WALKING STATIONS OF THE CROSS

## 10 MILES WITH JESUS

"Stand at the crossroads and look. Ask for the ancient paths and where the best road is. Walk in it." Jr 6:16

**Sunday April 6 2025, 10 AM**

**JUBILEE YEAR 2025**

**FROM:** ARCHDIOCESAN SHRINE OF ST. JOHN PAUL II  
131 E. EDGAR RD LINDEN, NJ

**TO:** CATHEDRAL BASILICA OF SACRED HEART OF JESUS  
89 RIDGE ST NEWARK, NJ

INFO AND REGISTRATION: 201.220.

[WWW.10MILESWITHJESUS.ORG](http://WWW.10MILESWITHJESUS.ORG)

## PASSPORT OUTREACH SERVICES IN LYNDHURST, THURSDAY MAY 1ST

Mayor Robert Giangeruso and Bergen County Clerk John Hogan is extending Passport services to Lyndhurst residents on Thursday, May 1 from 10am to 2pm in the Caucus Room of the Lyndhurst Town Hall, 367 Valley Brook Ave. Accepting Passport Applications (Photos On-Site). Bring checks for payments. For more information email [gdesantis@bergencountynj.gov](mailto:gdesantis@bergencountynj.gov) or call 201-336-7057.



## 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 Buco, 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, Andrea Globis, Laura MacDonald, Ava Romano, Fr. Anthony Di Stefano, Ruben Arevalo Jacildone, Helen Dowling, Dr. Leticia Luna, Jeanette Knowlton, Michele Gilmore, Milena Giacchi, Freddy Berrios, Maryann Sheridan, Naham, Rudy Rivas, Tania, Jaime Diaz, Romile Diaz, Robert Schaefer, Marion Dietz, Jamie Brown, John Santelli, Julius Single, Jr., Tina Gentile, John Llewellyn, Patricia Anne Coughlin, Cathy Horoieski

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

### MEMORIAL DONATIONS

During the week of March 23rd, 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:** Deceased Members of the Vargas Family

**Donated by:** Arceli & Maria Vargas

#### BREAD & WINE:



**In Honor of:** Deceased Members of the Vargas Family

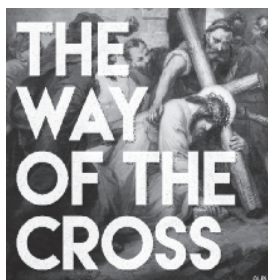
**Donated by:** Arceli & Maria Vargas

#### MASS CANDLES:



**In Honor of:** Regalado Samartino

**Donated by:** Maria Vargas



### BECAUSE BY YOUR HOLY CROSS YOU HAVE REDEEMED THE WORLD

Join 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. 28. Apr. 4, 11

**\*\*PLEASE NOTE THAT THE STATIONS OF THE CROSS REPLACES EUCHARISTIC ADORATION DURING THE FRIDAYS OF LENT\*\***

### ANNUNCIATION REFLECTION

As the first disciple of Christ, Mary shows us that we must listen to and do God's Will. Prayer and action therefore go hand in hand. We must make time to talk and listen to Christ in prayer.

**MARCH 23, 2025**



### THIRD SUNDAY OF LENT

#### Anticipated Sunday Mass

5:00pm Eugene Wallace

#### SUNDAY - THIRD SUNDAY OF LENT

7:30am People Of Sacred Heart  
9:00am Fina Alvarez & Olga Amador  
10:30 am William Feeney  
12:00pm Lucas Silva  
1:30 pm Raul Lozada

#### MONDAY - Lenten Weekday

12:00pm Nieves & Quintana Family

#### TUESDAY - THE ANNUNCIATION OF THE LORD

12:00pm Howard Wartel

#### WEDNESDAY - Lenten Weekday

12:00pm Joseph Orlando & Family

#### THURSDAY - Lenten Weekday

12:00pm Julian & Lorenza Duran

#### FRIDAY - Lenten Weekday

12:00pm Candelaria & Ortiz Family

#### SATURDAY - Lenten Weekday

9:00am Geraldine De Frino

#### Anticipated Sunday Mass

5:00pm Adele Ciccone

#### SUNDAY - FOURTH SUNDAY OF LENT

7:30am People Of Sacred Heart  
9:00am Carmela Sofio  
10:30 am William Feeney  
12:00pm Tessie Aquino  
1:30 pm Moises Lopez

### STEWARDSHIP

Sunday Collection - \$6,383

Add'l Assessment - \$55

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 2025

The Archdiocese's 2025 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, 60 families from our parish family have generously supported the Appeal:  
Our Parish's Goal - \$40,551 -- Paid To Date - \$10,832 (26.71% 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 2025 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 22 & 23** 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 2025 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, March 9, 2025 to the Solemnity of the Holy Trinity, June 15, 2025.**

\*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.*