



Sacred Heart Church

A Roman Catholic Community

324 Ridge Road, Lyndhurst, NJ 07071

Phone: 201-438-1147 Fax: 201-507-5861

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

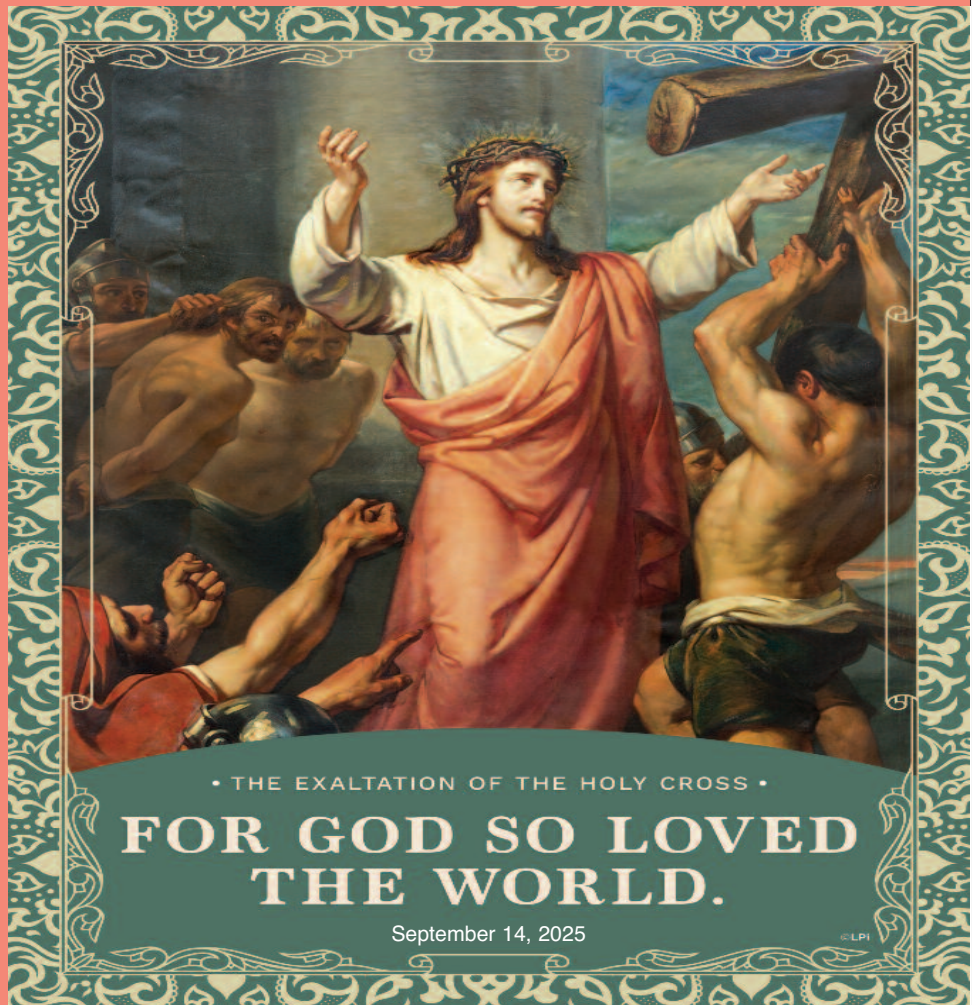
Ryan Tobiason
Parish Catechetical Leader
201-935-3094

SACRED HEART SCHOOL

Rita Naviello
Principal
201-939-4277
rnaviello@sacredheartlynd.org

SMALL BLESSINGS DAY CARE
201-935-0506

ARCHDIOCESE OF NEWARK
973-497-4000



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 at 3:00pm
Oct. 19, Nov. 9, Dec. 7

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.

THE EXALTATION OF THE HOLY CROSS

Today we celebrate what St. John Paul II used to call the symbol of Christianity. Most of us would have marked ourselves with it upon entering the Church. We began and end Mass with it. The Cross is the greatest summary of our faith. St. Francis of Assisi used to call it his “book,” where he learned all of his wisdom. The Cross is also the key that opens the doors of heaven. St. Rose of Lima, the first saint of the Americas, said, “Apart from the Cross, there is no other ladder by which we may get to heaven.” We celebrate the Feast of the Exaltation of the Cross on September 14, because this is the day in 335 when the relics of the true Cross that had been miraculously rediscovered nine years earlier were brought outside the Church of the Holy Sepulcher in Jerusalem for public veneration.

To non-believers, to celebrate the feast of the Cross makes no sense at all. It is sheer lunacy. To those who don’t believe, the Cross is exclusively a symbol of pain and horrible death. Crucifixion was the worst and most cruel end imaginable in the ancient world. The modern day equivalent would be the electric chair. We’ve become so used to seeing the Cross that we’ve become somewhat anaesthetized to the normal shock that should be any person’s first reaction to it and we need to recover a little of the initial human horror we should have before the Cross.

St. Paul wrote that Christ on the Cross is “a stumbling block to the Jews and foolishness to the Gentiles.” The pagans used to mock the early Christians for worshipping someone who was killed on the Cross, who suffered such a horrible, ignoble end. Because that derision was still happening even centuries after his death, many of the first Christians were somewhat embarrassed by the Cross and didn’t use it as a popular Christian symbol until the 300s. While we take great joy in celebrating Jesus’ resurrection, there’s a reason why the Church requires a Crucifix instead of a sculpture of the Resurrected Jesus: it’s because the Risen Jesus is a sign of the fact of his triumph over sin and death but a Crucifix is the image of his unbelievable love for us.

The Cross, for believers, is not so much a symbol of pain, but rather of the Love that made even that much suffering worth it. St. Paul — after he stated that the Cross is a scandal to the Jews and a folly to everyone else — declared that “to those who are called, the Crucified Christ is the ‘power of God and the wisdom of God.’” Christ on the cross manifests the power of Christ’s love and the wisdom of God’s plan of salvation. The Cross is the great sign of God’s humility. Real love is willing to do anything for the beloved, and God was willing not just to come down from heaven and take on our human nature, but to allow those he created, those he was about to redeem, to torture, abuse and kill him in order to save them and us. Jesus was willing out of love to undergo everything we might undergo as human beings, even worse.

But the reason why the Church gives us this Feast of the Exaltation of the Cross is not just so that we look at the Cross physically and ponder its meaning spiritually. We need to embrace it as a way of life. That’s what Jesus clearly wants us to do and calls us to do. He never said to us, “I’m taking up the Cross so that you don’t have to.” Rather he said, “If you wish to be my disciple, you must deny yourself, pick up your Cross every day, and follow me.” To embrace the Cross means to kiss Christ’s love and to imitate it. Jesus said, in the greatest of all commandments, “Love one another as I have loved you.” Picking up our Cross and following the Lord means following him down the path of selfless self-giving love. Jesus, in fact, gives us the Cross so that we, like him, might die on it, die to ourselves for others, so that He might live fully in us and love others through us. The greatest way for us to be strengthened in living the mystery of the Cross is here at the Mass, in which we share live in the sacrifice of Christ that began at the Last Supper and was consummated on the Cross, when he gave his body and his blood for us and our salvation.

Faith. Academics. Service.

Catholic Schools

SACRED HEART SCHOOL ENROLLMENT FOR THE 2025-2026 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. Along with their ABCs your child will build character and learn compassion and values. New families considering enrolling in our school can call the school at 201-939-4277 for more details.

BETHLEHEM HANDICRAFTS SEPTEMBER 20TH & 21ST

From the birthplace of our Lord Jesus Christ, the Christian community is seeking your love and support through obtaining their handmade olive wood religious articles. These items will be displayed in the main vestibule church after all Masses the weekend of September 20th and 21st. Your help can and will make a difference in the lives of your brothers and sisters in Bethlehem.



SACRED HEART SCHOOL MEGA 50/50

September 18, 2025 at Back to School Night

ONLY 200 TICKETS WILL SOLD

\$50 a ticket for a chance to win up \$5,000

Final prize will be 50% of tickets sold

Checks payable to Sacred Heart HSA and mail to
Michelle Hering, 166 Central Lane, Secaucus, NJ

07094. Playing by credit card visit

<https://bit.ly/SHS2025MEGA>

Questions-Email Michelle at firedup151@gmail.com
or call 201-615-2374

ORPHANAGE ASSISTANCE WORKS OF MERCY

You'll all recall the generosity of Fr. Reilly celebrating our parish's feast day in June. Fr. Reilly is sponsoring a fundraiser for an orphanage in the Dominican Republic on September 28 at the Chandelier in Belleville from 3 to 7. Tickets are \$60 for adults and \$45 for children. Call Sabina at 862-249-1186 for tickets if you want to attend or would like to make a contribution to the orphanage.

SAVE THE DATE KNIGHTS OF COLUMBUS BILINGUAL SILVER ROSE PRAYER SERVICE TUESDAY, SEP. 16TH 7:30 PM ALL ARE INVITED

The Silver Rose Prayer Program is an annual Prayer service in honor of Our Lady Of Guadalupe, Patroness of the Americas and the Unborn, which demonstrates the unity and confraternity of Knights of Columbus from Canada, the United States, and Mexico and our devotion to the Blessed Virgin Mary, the Mother of God, and to Pro-Life causes.

PUBLIC SQUARE ROSARY RALLY

Each year, America Needs Fatima holds the Public Square Rosary Crusade, with thousands of rosary rallies in cities all across the country. Our world is at a historic crossroad. Let us ask God to save America



through the Rosary of His Most Holy Mother. **Join us in praying for our Church, our nation, our leaders and our world on Sat., Oct. 11th at 12:00 noon at the outdoor shrine of the Sacred Heart on Ridge Road near the rectory.**

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

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.

RELIGIOUS EDUCATION CLASSES BEGIN

Religious Education classes for grades 1-5 will begin Sunday, September 21st at 10:00 AM in the school cafeteria. Classes for grades 6-8 will begin Wednesday, September 24th at 6:30 PM in the school cafeteria.

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, 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, Jamie Brown, Julius Single, Jr., Tina Gentile, John Llewellyn, Patricia Anne Coughlin, Cathy Horoieski, Josephine Burns, Arnulfo Orozco, Assunta Santangelo, Clementine Vocaturo, Tin Maung Khin

DECEASED: Vito Mongelli, Carmela Costantini

HOMEBOUND AND NEED ASSISTANCE?

The CHEER program pairs homebound seniors or those living disabilities with volunteers to assist with tasks and errands like grocery shopping, prescription pick-up or visits to the post office. Most importantly, volunteers provide much needed companionship and a connection to the outside world. Volunteers visit weekly. For more information contact Michele Ogden at 201-489-9456 or email mogden@bergenvolunteers.org

Food Pantry Update

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.

ONLINE GIVING AT SACRED HEART

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.

SEPTEMBER 14, 2025



THE EXALTATION OF THE HOLY CROSS

Anticipated Sunday Mass

5:00pm Joseph & Phyllis Salerno

SUNDAY - The Exaltation Of The Holy Cross

7:30am People Of Sacred Heart

9:00am Rina Vasquez

10:30 am Ginny Purta

12:00pm Joseph Mayerchak

1:30 pm Giselle Caro (Living)

MONDAY - Our Lady of Sorrows/Twenty-Fourth Week In Ordinary Time)

12:00pm Anne Montillo

TUESDAY - Sts. Cornelius, Pope and Cyprian, Bishop, Martyrs

12:00pm Barbara Matthews

WEDNESDAY - Weekday/St. Robert Bellarmine, Bishop and Doctor of the Church/St. Hildegard of Bingen, Virgin and Doctor of the Church

12:00pm Andres Vivas (Living)

THURSDAY - Weekday

12:00pm Amalia de Vivas

FRIDAY - Weekday/St. Januarius, Bishop and Martyr

12:00pm Richard Mc Gill

SATURDAY - Sts. Andrew Kim Tae-gon, Priest, and Paul Chong Hasang, and Companions, Martyrs

9:00am Paul N. Haggerty

Anticipated Sunday Mass

5:00pm Leslie Nagy

SUNDAY - Twenty-Fifth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Rocco Paolazzi, Sr.

10:30 am Lina Sclafani

12:00pm Krizan Peros

1:30 pm Almas de Purgatorio

STEWARDSHIP

Sunday - \$6518

Catholic University - \$1,221



**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

SCAN ME



Supporting

**Sacred Heart Church
Mount Carmel Church
Saint Michael Church**



Positions Available

Sacred Heart School is
seeking upper elementary
educators and a
school nurse

to join their dedicated
and faith-based learning
community!

For more information
on available teaching
positions, please call the
school's main office at
201-939-4277.

Resumes may be sent to
rnaviello@sacredheartlynd.org

October 5th

In Honor of St. Francis of Assisi



**All are invited to bring their pets to the Sacred Heart
Church Parking Lot after the 1:30 PM Mass(2:15 - 2:30)
on the Sunday, October 5th to receive
a special blessing**