



# 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

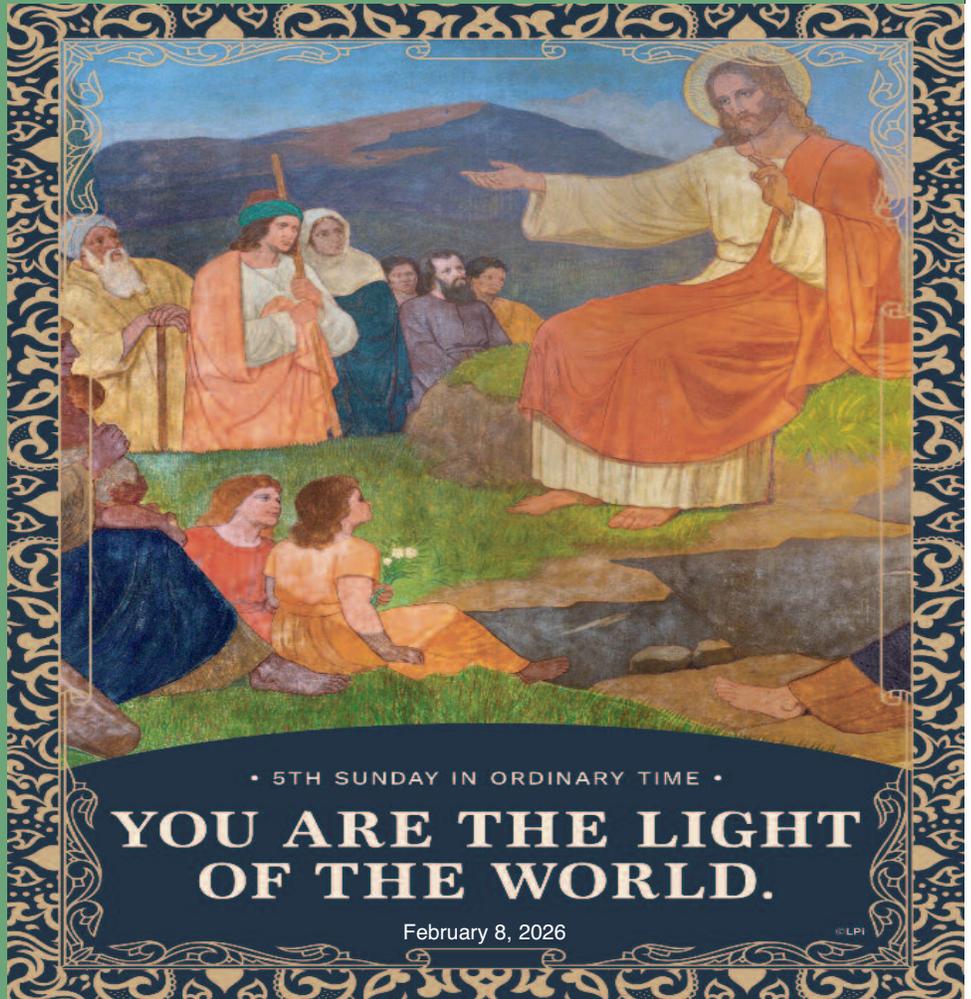
Jazmin Mello  
Parish Catechetical Leader  
201-935-3094  
[religioused@sacredheartlynd.org](mailto:religioused@sacredheartlynd.org)

## SACRED HEART SCHOOL

Rita Naviello  
Principal  
201-939-4277  
[rnaviello@sacredheartlynd.org](mailto:rnaviello@sacredheartlynd.org)

**SMALL BLESSINGS DAY CARE**  
201-935-0506

**ARCHDIOCESE OF NEWARK**  
973-497-4000



• 5TH SUNDAY IN ORDINARY TIME •

# YOU ARE THE LIGHT OF THE WORLD.

February 8, 2026

©LPI

## 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  
Feb. 8, Apr. 4, May 17, Jun. 14, Jul. 12

## 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 In Ordinary Time

Every single person is entitled to a fundamental respect and concern. There is no one who is "unwanted." Everyone is called to salvation and holiness. Each person has been given a new life and this gives them new ways of seeing. Likewise, everyone should find in us the same compassionate, all-inclusive love that they would find in Jesus.

This is the only way that we can grow into becoming more fully authentic disciples, like salt in food or like light in the dark. We don't have to "become" salt and light. We "already are" salt and light. We can't deny it or hide it. Or at least we shouldn't. "Salt and light" – that's who we are right now and that is how we should act.

We are the "salt of the earth" and our job is to season our environment with Jesus' teaching so that the world tastes different now than it ever tasted before.

We are "the light of the world" and we must let our light fall on others, to illumine them by the good things that we do.

The world has too many areas of darkness that need our light - even though we may sometimes feel like our batteries are running out. There is so much emptiness and tastelessness in this world that needs our salt - even when we believe the shaker is empty.

Maybe that's why the image of salt in today's gospel is followed immediately by the image of light. Sometimes we can do big things. Sometimes we can be a city on a mountain, a lamp on a lamp stand, giving light to everything in the house. Sometimes our light can change people's lives.

But sometimes the darkness can be overwhelming, and when we cannot be the light of the world, the Gospel tells us that it is enough just to be a pinch of salt.

Being "salt and light" in our world here and now is the core of discipleship. It means that we are to influence the world positively by reflecting Jesus' core ethic - love of neighbor. And we do this through our actions. We testify to the power of Jesus' Gospel love by working to shape our world into a safe, compassionate and just home for everyone.

The presence of God's Spirit is most evident in the human interactions of mercy, compassion, forgiveness, sharing, working for justice and peace, respect and joy. When we see these things, we know God's Spirit is here. When we do these things, we know God's Spirit is here in us. The "good news" is that in everyday human interaction all people can encounter the sacred, the Spirit of God at work.

The prophet Isaiah tells the people of God to share their bread with the hungry, to shelter the oppressed and the homeless, to clothe the naked when they see them, and he warns them not to turn their backs on their own. Isaiah presents his own vision of God's love - care for one another and you will receive God's care yourselves. Jesus likewise calls us to conduct our lives in ways that call attention to the presence of God within us by how we interact with others.

Being salt and light are visible examples of what this message means.

## Food Pantry Update

**We are stocking up our parish family food pantry to help our brothers and sisters in need during the cold winter months. Can you help us make winter a little warmer for those struggling 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. *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.*

### **YOUR HELP TO MAKE THE FUN IS NEEDED**

Our parish's annual St. Patrick's celebration is a significant fundraiser but more importantly it's a fun packed evening with great food, music, and Irish dancers along with raffles and a 50/50. **We're looking for folks to help sell raffle tickets and tickets to the celebration after the Masses on the weekends as well as help in building the gift baskets and setting up the school cafeteria on the March 6th, serving and knocking table and chairs down after the celebration on March 7th. We're also soliciting gift certificates from local vendors, e.g. Restaurants, florists, hair and nail salons, etc.** Letters acknowledging the gifts will be available at the Parish Center. Consider joining us in this endeavor and take advantage of meeting your fellow parishioners. If you are interested in helping please call the parish office at 201-438-1147.

## **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](mailto: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](http://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.

## **2026 ANNUAL APPEAL**

The 2026 Annual Appeal has officially begin and many of us have received or will be receiving a letter in the mail from Cardinal Tobin inviting us to consider making a financial sacrifice in support of this year's Appeal. The 2025 Annual Appeal raised over \$11 million, which is the most successful Appeal since 2007!

To build off that momentum, and to begin this year's Appeal, you can view a kick-off video featuring our Regional Bishops. You can access this video by visiting [www.rcan.org/sharing](http://www.rcan.org/sharing). At the same time, our Archdiocese is moving forward with We Are His Witnesses, a pastoral initiative that invites us to walk together on path of pastoral conversion that calls all of us to reimagine parish life, mission and ministry in response to a changing world.

Our parish goal this year is \$45,269 and reaching this goal in paid pledges by June 30th will allow us to receive a rebate.

### **FOURTH ANNUAL VALENTINE CELEBRATION DOO-WOP, DINNER AND MORE!**

**SATURDAY, FEBRUARY 14, 2026**

**7:00PM - 10:00 PM (DOORS OPEN 6:30PM)**

**LYNDHURST SENIOR CENTER**

**250 CLEVELAND AVE., LYNDHURST**

**TICKETS \$40 NO TICKETS SOLD AT THE DOOR**

WITH

**FOREVER YOUNG**

**ONE OF NJ/NY'S PREMIERE GOLDEN OLDIES**

**DOP WOP SIX-PIECE BAND**

PRESENTED BY

**LYNDHURST GIRLS' ASSOCIATION &**

**A FUNDRAISER FOR THE LIBBIE LINDSAY LITTLE HOUSE FOR LYNDHURST GIRL SCOUTS AND FOR THE LYNDHURSTCUB SCOUTS, BOY SCOUTS AND VENTURE CREW**

**Admission includes a delicious pasta dinner, dessert and beverages (BYOB)**

**For tickets mail your check payable to the "Lyndhurst Girls' Association" to Donna Shinnick, 617 Lake Ave, Lyndhurst, NJ 07071 Questions? Call Donna 201-906-3010**

### **SACRED HEART HOME SCHOOL**

#### **SPRING AUCTION - FRIDAY, MARCH 20TH**

Sacred Heart Home-School Association presents their Annual Spring Auction on Friday, March 20, 2026 at Sacred Heart School, 620 Valley Brook Ave. Tickets are \$20 per person - no one under 18 will be admitted. Doors open at 6:00 PM. Tickets includes one sheet for 1st level prizes, Coffee/Tea and dessert. If you are interested, please call the school office at 201-939-4277 or Patty at 201-803-9580. **Ticket deadline is March 11th.** No tickets available at the door.

## 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, 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, Julius Single, Jr., Tina Gentile, John Llewellyn, Patricia Anne Coughlin, Cathy Horoieski, Josephine Burns, Arnulfo Orozco, Assunta Santangelo, Clementine Vocaturo, Tin Maung Khin, Monroe Madsen, Ymilce Badia, Rita Blanco, Jeanette Tucci, Linda Kost, Jimmy Delano, Antoinette Wartel

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

### CHURCH BELLS CELEBRATE & COMMEMORATE



The Sacred Heart Church bell rings:

#### MONDAY, FEBRUARY 9<sup>TH</sup>

**In Honor of:** Joseph Pavlica, Jr.

**Donated by:** Patty & Joe Pavlica

### St. Patrick's Celebration - March 7th Your Help Makes A Difference Your Unwanted Christmas Gifts Needed

Before you put those unwanted Christmas gifts that you received in the back of your closet, consider donating them to our parish. All **NEW ITEMS** will be used to make baskets for raffle that we will have at our St. Patrick's Day Celebration. All items can be left near the shrine of the Sacred Heart in the back of the church.

If you would be interested in helping set-up, serve or clean-up at the event, please call the parish office.

### PRESIDENT'S DAY HOLIDAY - MONDAY, FEB 16TH

The Mass will be celebrated at the regular time 12:00PM on the 16th. The Parish Office will close on Fri., Feb. 13th at 2:00 PM and will reopen Tue., Feb. 17th 9:00AM.

## PAY IT FOWARD 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.** 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

FEBRUARY 8, 2026



### Fifth Sunday In Ordinary Time

#### Anticipated Sunday Mass

5:00pm Louise Paolazzi

#### SUNDAY - Fifth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Juan Cantos, Sr. & Demetrio Cantos

10:30 am Jessie De Francesco

12:00pm Jeffrey Alan Costello

1:30 pm Karen Habluzel

#### MONDAY - Weekday

12:00pm Joseph J. Pavlica, Jr.

#### TUESDAY - St. Scholastica, Virgin

12:00pm Pasquale Cedola

#### WEDNESDAY - Weekday/Our Lady of Lourdes

12:00pm Wiktorja & Czeslaw Turek

#### THURSDAY - Weekday

12:00pm Maria Leopardi

#### FRIDAY - Weekday

12:00pm David Vaccari, Sr. & David Vaccari III

#### SATURDAY - Sts. Cyril, Monk and Methodius, Bishop

9:00am Navatta & Isoldi Families

#### Anticipated Sunday Mass

5:00pm Rozalia & Piotr Stefan

#### SUNDAY - Sixth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Lorenza Duran

10:30 am Monroe Madsen (Living)

12:00pm Frank DeSerio

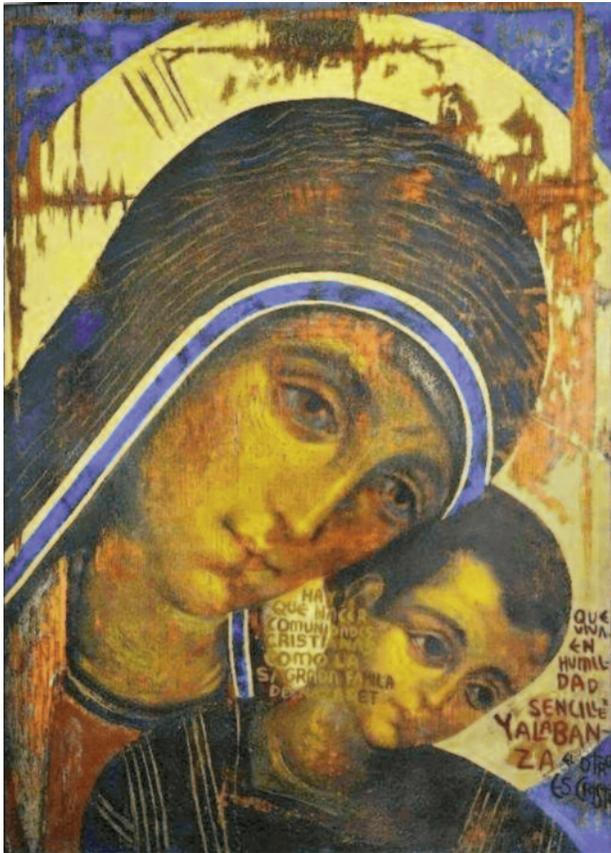
1:30 pm Matthew Flores

## STEWARDSHIP

January 25th

Sunday Collection - \$3,778  
Communicating God's Word - \$963

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



## COME AND LISTEN

ARE YOU SUFFERING WITH NO ANSWER?  
DO YOU WORRY ABOUT YOUR FAMILY?  
ARE YOU SEEKING HAPPINESS?

## JESUS CHRIST IS LOOKING FOR YOU

CATECHESIS FOR ADULTS  
AND YOUTH (ages 12 & older)

ONE WORD COULD  
CHANGE YOUR LIFE.

**Continues**

**Mondays & Thursdays  
8:00pm in Parish Center Chapel  
(former Convent)**

**Enter through the  
parking lot entrance**

## ST. PATRICK'S DAY FUNDRAISER

Saturday, March 7, 2026, 6:00 PM

Sacred Heart School Cafeteria

Corned Beef Dinner - Irish Music - BYOB

50/50 Raffle - Drawing at 8:00 p.m.

Gift Baskets Auction

Tickets for the dinner \$30 for Adults \$10 for  
kids 12 and under and will go on sale shortly.

In conjunction with this major fund raising event, the parish is requesting donations for gift baskets that will be auctioned off that night. If you're interested in donating a \$25, \$50, or \$75 basket, please drop it off at the Parish Center. If you'd like to contribute new items to make up a gift basket, you can also drop them off at the Parish Center. If you have any questions, feel free to call Sabina at 862-249-1186. Thank you for your generosity which will contribute to the success of this fund raising which will benefit Sacred Heart Parish.

