



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. Theemas Pankiraj
Pastor

Rev. Cesar Chen
Parochial Vicar

PARISH OFFICE
615 NEW JERSEY AVE

Charles Sofio
Parish Manager
sacredheartchurch@comcast.net

RELIGIOUS EDUCATION

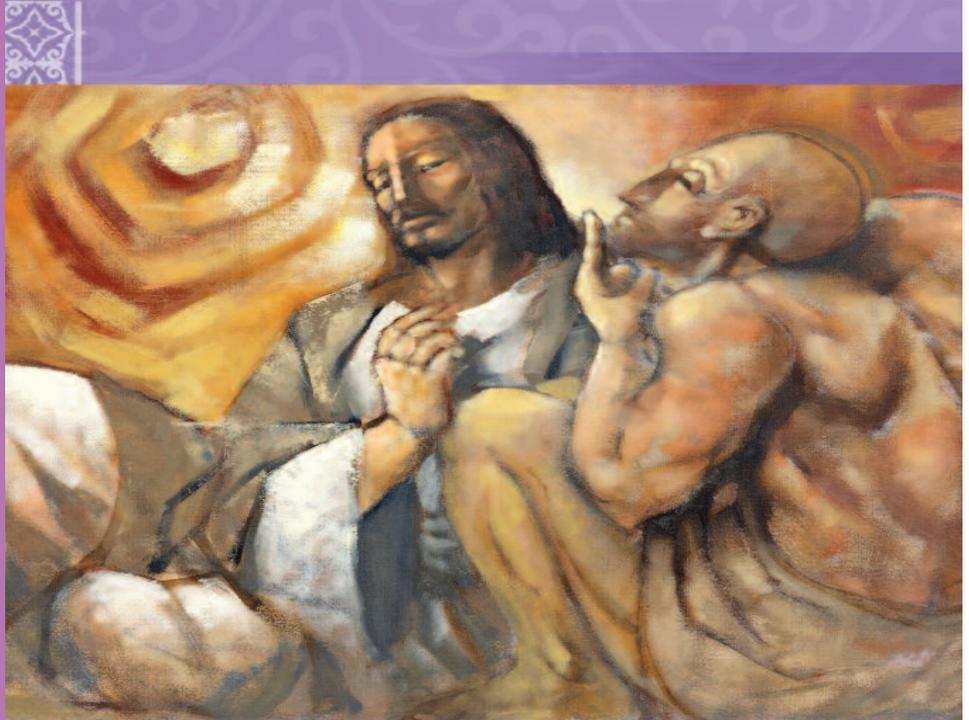
Jazmin Mello
Parish Catechetical Leader
201-935-3094
religioused@sacredheartlynd.org

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



1ST SUNDAY OF LENT

"The tempter approached and said to him, 'If you are the Son of God, command that these stones become loaves of bread.'
He said in reply, 'It is written: One does not live on bread alone, but on every word that comes forth from the mouth of God.'"
Mt 4: 1-4

Excerpts from the Lectionary for Mass ©2001, 1998, 1970 CCD.

February 22, 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
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.

FIRST SUNDAY OF LENT

We stand poised at the beginning of the Season of Lent, the traditional time within our Church when we prepare ourselves to celebrate the Paschal Mystery: the suffering, dying and rising to new life of Jesus Christ. Traditionally, a time of penitence and penance, it is also a time of hope and joy.

Most Catholic parishes around the world have already been gearing up and preparing for the Season of Lent. As we approach the wonderful feast of Easter, we are being provided with a variety of ways to reflect upon our lives, to evaluate our relationship with God and one another, and are being given many opportunities to take stock? to pray? and to renew our commitment to the Gospel.

Once again we are given the opportunity to reflect upon the impact that the Paschal Mystery has in our lives. As we begin our journey through another season of Lent, the Liturgical Readings present us with themes that bring this into focus: On the First Sunday of Lent, we hear the story of the Temptation of Jesus in the desert; the Second speaks of the Transfiguration; the Third recalls the encounter with the woman at the well. The Fourth Sunday tells of the man born blind and the importance of the light of Christ in our lives; and finally, the story of Lazarus - the symbol of hope for all of us who come to new life in Christ.

The beginning of Christ's ministry on earth starts with an encounter between Jesus and Satan. First there is the promise of pleasure, the satisfaction of human hunger; then there is the offer of earthly power and wealth; and finally there is the subtle challenge: Prove you are the Son of God.

Cleverly and relentlessly, the spirit of evil plays the same fatal game with each one of us. He first reminds us that we are free, and then dangles before us his empty promises of satisfaction, pleasure, wealth, and power to win our allegiance. Day in and day out we face these choices. We are always being tempted to betray, to compromise, to prefer self to others, to prefer our desires over God's promise of Life, in some form or other. And in so many ways, people or circumstances around us constantly challenge us to show them our God.

It's important to note that when Jesus returned from his forty days in the desert, he went immediately to John to be baptized, and when John was arrested and put into prison, it was Jesus who continued to preach the Good News. But there was a big difference between the two. John's preaching began with "Repent! The Kingdom of God is at hand." His was a call to repentance - a warning - a call to change our ways because something big and wonderful was soon coming. The message of Jesus was - and continues to be: "Rejoice! The Kingdom of God is here!" His was an invitation - a call to experience the presence of the Father in our every moment, our every breath, our every encounter. It is an invitation to enter into the Paschal Mystery of suffering, death and resurrection as deeply and as completely as He was about to.

Our Lenten observances and practices are not ends in themselves, but are merely spiritual helps to draw us more deeply into oneness with all that Jesus is about. They help us to experience the fragrance of our God, to feel it all over our skin and in our hearts and our souls. And they reaffirm our ability to spread that fragrance among each other.

And so we again enter into the invitation and the challenge of Lent, well aware that our struggle with the spirit of evil goes on. We acknowledge weakness and failure; but we are reassured of the power of the saving death and resurrection of Jesus. Hopefully we will try to spend these days strengthening our faith, our hope and our love. We should spend some time during these days walking with Jesus in prayer, worship, sacramental encounter, self-denial and acts of Christ-like humility.

Together we can make the victory of the Paschal Mystery more visible and tangible in our own lives and in the lives of those around us.

ARCHDIOCESE OF NEWARK 2026 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, February 22, 2026 to the Solemnity of the Holy Trinity, May 31, 2026.**

*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.*

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.

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. 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.

VI ANNUAL

WALKING STATIONS OF THE CROSS



10 MILES
WITH JESUS

SUNDAY
MARCH 22, 2026
10 AM

"The Lord upholds all who are falling, and raises up all who are bowed down"
Psalm 145, 14

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: 201.220.1949
WWW.10MILESWITHJESUS.ORG

STATIONS OF THE CROSS

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: Feb. 27, Mar. 6, 13, 20, 27

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

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: Valerie Parisi

CHURCH BELLS CELEBRATE & COMMEMORATE

The Sacred Heart Church bell rings:



SATURDAY, FEBRUARY 28TH

In Honor of: Betty Sottovia

Donated by: Jean Redner

SCOUT PANCAKE BREAKFAST

The Cub Scouts and Scouts BSA (formerly Boy Scouts) are hosting a Pancake Breakfast!

When? Sunday, March 1, from 8:00 to 1:00.

Where? Lyndhurst Senior Center on Cleveland Avenue.

Cost? \$10.00

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%. **Since Sep BCB has donated \$440 to our parish through this program.**

****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

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.

FEBRUARY 22, 2026

MASS INTENTIONS

FIRST SUNDAY OF LENT

Anticipated Sunday Mass

5:00pm Moises Lopez

SUNDAY - FIRST SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Robert Wiseman

10:30 am Alice & Anthony Aquino

12:00pm Angelina Margotta

1:30 pm Angel Consoro

MONDAY - Lenten Weekday/St. Polycarp, Bishop and Martyr

12:00pm Thomas Walsh

TUESDAY - Lenten Weekday

12:00pm Kinga & Greg Skora

WEDNESDAY - Lenten Weekday

12:00pm Armando O. Pereira

THURSDAY - Lenten Weekday

12:00pm Marcos & Silvia Urena

FRIDAY - Lenten Weekday/St. Gregory of Narek, Abbot and Doctor of the Church

12:00pm Lorenza & Julian Duran

SATURDAY - Lenten Weekday

9:00am Laura Manning

Anticipated Sunday Mass

5:00pm Aggata & Rafal Turek (Living)

SUNDAY - SECOND SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Drew Kurak

10:30 am Henry Zuchowski

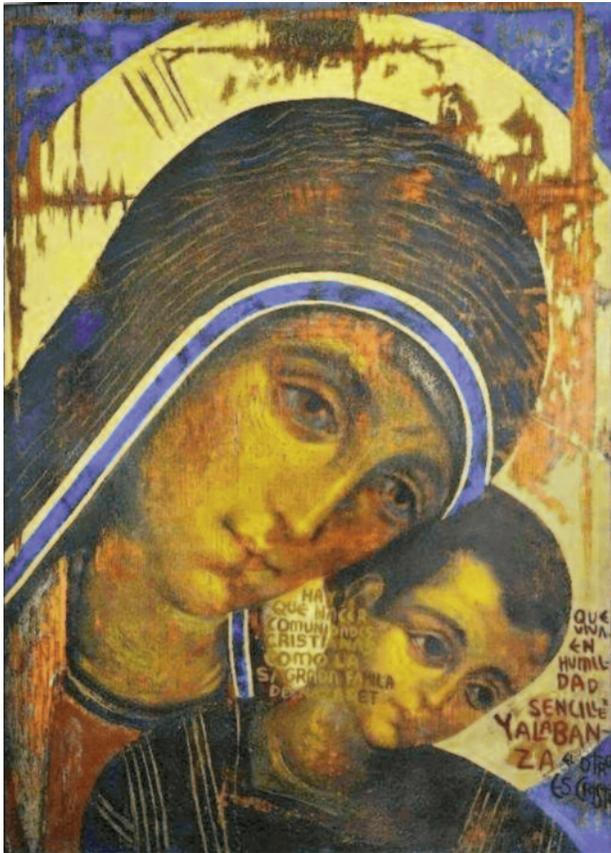
12:00pm Arthur Giammetta

1:30 pm Dagmar Mendoza

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!!



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.

