



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
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SMALL BLESSINGS DAY CARE

201-935-0506

ARCHDIOCESE OF NEWARK

973-497-4000



2ND SUNDAY OF LENT

“This is my beloved Son, with whom I am well pleased;
listen to him.” - Mt 17:5b

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

March 1, 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.

SECOND SUNDAY OF LENT

For the second Sunday of Lent, we move from Jesus' retreat to the desert to his Transfiguration. Each year on the first Sunday of Lent, our Gospel tells the story of Jesus' temptation in the desert. On the second Sunday of Lent each year, we hear the account of Jesus' Transfiguration.

The account of Jesus' Transfiguration is told in the three Synoptic Gospels: Matthew, Mark, and Luke. In each of those Gospels, the Transfiguration follows Jesus' first prediction of his death and his teaching about the costs of discipleship. Jesus' Transfiguration is a promise of Jesus' glory, his Resurrection.

Something in our human nature leads us to think of "signs" in terms of the miraculous and the extraordinary. The Gospels, however, tell us what we should be looking for - the presence of God in our lives and in our world. Our God is never absent, never idle, always present and active. Through Jesus, God works to reveal a kingdom of justice, of peace and of love. And we are told that this kingdom can only be established through our cooperation with the experience of God. So we are always on the look-out to see signs of that kingdom, signs of God's presence in our world.

But the grace of God is everywhere. In today's Gospel Jesus takes Peter, John, and James up onto a mountain. There they see his glory. On the mountain everything is good. Jesus is bathed in light. He speaks to Moses and Elijah, and a voice from heaven proclaims him as God's Son. It must have been quite an experience! Talk about extraordinary signs! It is no wonder that Peter wants to set up camp and stay there. But the disciples soon learn that they cannot stay on the mountain. They must come down and return to their normal lives.

The Transfiguration story is not about a moment of spiritual illumination. The whole point of the story was not to go up the mountain and bask in God's glory, but to go back down from the mountain and do what Jesus does: heal the sick, give sight to those who are blind, open the ears of the deaf and bring the Good News to the poor. The voice from the cloud says the same thing now as that which was heard at Jesus' baptism: "This is my beloved Son, in whom I am well pleased." But now there is an addenda, directed squarely at the disciples (and us!): Listen to him! Look at what he does. Look at the signs everywhere around you and within you.

And what are those signs? Jesus 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 of 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, touching ordinary people with exquisite compassion. And he did all of this in ordinary ways.

The truth is that every aspect of our lives has a larger meaning, a mystery, a transcendence. We need to claim it. As often as we can we need to place ourselves with Jesus on the mountain because it is there that we come closest to seeing who he really is and who we really are. We are called to be people who know the transcendent dimension of our lives because it is in that dimension that we come to understand more clearly what it means to be alive. But then we must follow him down the mountain and get to work.

Good things are happening all around us. God is active in all of them. Most of these signs we do not see. In order to see them we need to come down from the mountain. So this Lent, let us look closer and let us look beyond. Let us gaze again at the image of Christ Transfigured. And let us look forward to the image of Christ Crucified, finding in that image the only sign we need to transfigure us into a newer intimacy with Him and with our brothers and sisters

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

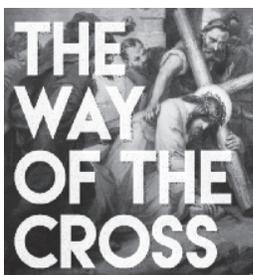
SUNDAY
MARCH 22, 2026
10 AM

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

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.

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



Relevant Radio joyfully brings you the richness of our Catholic faith, deepening your love of Christ through inspiring podcasts, powerful prayers and live broadcasts.

MARCH 1, 2026



SECOND SUNDAY OF LENT

Anticipated Sunday Mass

: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

MONDAY - Lenten Weekday

12:00pm Mary-Jean Sperduto

TUESDAY - Lenten Weekday/ St. Katherine Drexel, Virgin

12:00pm Christopher G. Meister (Living)

WEDNESDAY - Lenten Weekday/ St. Casimir

12:00pm Maria Pastore

THURSDAY - Lenten Weekday

12:00pm Arceli Vargas

FIRST FRIDAY - Lenten Weekday

12:00pm Mark Esposito

FIRST SATURDAY - Lenten Weekday/ Sts. Perpetua and Felicity, Martyrs

9:00am Purgatorial Society

Anticipated Sunday Mass

5:00pm Demostenes Alegrado

SUNDAY - THIRD SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am John Greene

10:30 am Mary M. Roughneen

12:00pm Joseph Fichter

1:30 pm Eileen Goris

STEWARDSHIP

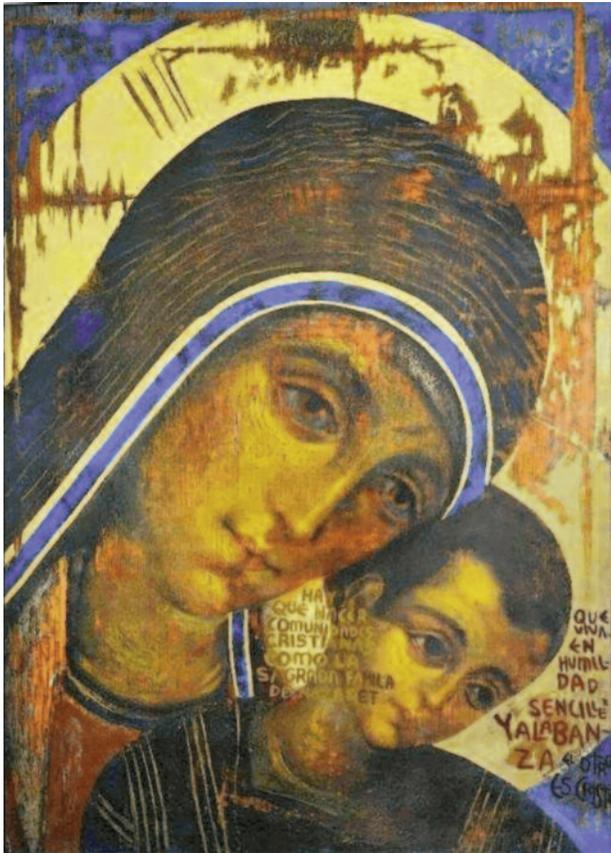
February 15th

Sunday - \$6,800

Add'l Fuel - \$235

Add'l Assessment - \$201

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.

