



# 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. Theemas 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



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

Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." - Jn 4:10

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

March 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  
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.

## THIRD SUNDAY OF LENT

For the next three weeks of our journey through Lent, we will be invited to reflect on three of the most important spiritual symbols of our faith, namely water, light, and life. Our companions along the way will be the woman at the well, the man born blind, and Lazarus. Each of these people epitomizes a certain aspect of human need. Each also exhibits a fundamental disposition towards God which every believer is called to emulate. By sharing in their encounters with Jesus, each of us will be invited to identify within ourselves those same basic human needs and find remedy for them in God.

That which is broken can be healed, if we believe that someone cares. Our lives can be totally changed, if we know that we are loved. The struggle to live as Christians can feel at times like a journey through a barren desert. In daily life there is often little around us that refreshes or supports our faith. Where shall we find the faith-renewing water we need? To whom shall we go? Questions of faith don't get any more basic than that.

These are the same questions the disgruntled Israelites asked in the desert. This is what happens to the Samaritan woman in today's gospel.

The Exodus story gets right to the point — the people are tired and thirsty, and God gives them the water they need. To their question, "Is the Lord in our midst or not?" the answer is straight forward and immediate. God becomes present in front of them and flowing water is provided. God will not let His people die in the desert.

God's continuing care for His people is displayed once again as we watch the Gospel scene unfold. The Samaritan woman stumbles upon Jesus at a well. The usual time to draw water was in the morning before the sun becomes too hot. At that time all the women of the town would come together in a group, sharing stories about their lives as they drew water for their families. But this woman comes at noon. It seems that the woman whom Jesus meets was not welcome in their company. She comes to the well alone. She was an outcast even to her own community.

Hers was a thirst that the water she went to draw from the well could not satisfy. Ultimately, she found someone who touched her heart like never before. We listen in on the conversation and even before she goes back to tell her townsfolk what she has learned, we learn something about her. She has become a new woman not only because Jesus revealed himself to her, but because Jesus revealed her to herself. Despite her sins and mistakes, she now understands that she is a beloved daughter of God.

This imperfect woman sets a good example for us. She was willing to break the pattern of her routine, ask the important questions, listen to the answers and make the adjustments necessary in her life. Her life has been changed not by theology or instruction, but because she met someone who accepted her without judgment and who gave her hope. What is true for her is true for us.

Like the Israelites in the desert we must learn to trust God. Like the Samaritan woman we must reach deep within ourselves to get a glimpse at the truth which leads to living water. Then perhaps we can embrace the Life he has promised us knowing that God is near, that God understands our pain, and that God will sustain us and carry us beyond our own Gethsemane, beyond our own Calvary, to the hope of our Easter. And as St. Paul reminds us: "Hope does not disappoint, because the love of God has been poured out into our hearts."

St. Augustine sums up our desire for God when he writes in his Confessions: "You have made us for yourself, O God, and our hearts are restless until they rest in you" This famous quote could also be paraphrased in terms of today's gospel: "You have made us for yourself, O God, and our hearts are thirsting, and our thirst will not be satisfied until we drink from you, the source of living water." Amen.

**AARP FUNDRAISER  
BEEFSTEAK DINNER, TRICKY TRAY  
AND DJ  
SATURDAY, APRIL 25TH  
LYNDHURST SENIOR BUILDING  
250 CLEVELAND AVE, LYNDHURST  
DOORS OPEN AT 5:00 PM**

\$60 includes dinner and one sheet of tickets for tricky tray.  
50/50 Raffle, door prizes, tricky tray and \$500 cash prize. **No Tickets will be sold at the door. No one under 18 is permitted.**  
For admission tickets and more information call Marge 201-935-5167.

**PURGATORIAL SOCIETY**

*The following deceased have been enrolled in the Sacred Heart Purgatorial Society :*

VINCENT G. BELLIZZI-req.by-Chris & Ana Carmeci  
BLANCA BUELVAS-req.by-Martha Piccirillo  
JOSEPH-req.by-Khin Family  
JOSEPH CACCAVELLI-req.by-Celeste Cappadona  
RALPH CUGNO-req.by-Michael Ditore  
JULIO CESAR BECERRA DE LA FLOR-req.by-Carmen Rodriguez  
RAFAEL C. DE GUZMAN-req.by-The Khin Family  
EILEEN GORIS-req.by-Celeste Cappadona, Dorothy Mayerchak  
ERICH G. LINKER-req.by-The Khin Family  
JOSE LOPES-req.by-Maria Fernandes  
JOSE MATOS-req.by-The Martins Family  
JOAQUIM MENDES-req.by-The Matos Family  
JOAN O'LEARY-req.by-John & Mary Roskowski  
MANUEL ALONSO ORTEGA-req.by-Chris & Ana Carmeci  
PURGATORIAL SOCIETY-req.by-The Martins Family  
JOAQUIM VIEIRA-req.by-The Martins Family  
ESTEFANIA DILONE ZEVALLOS-req.by-Jose & Rosa Lartiga

Eternal Rest Grant Unto Them, O Lord  
And Let Perpetual Shine Upon Them.  
May They Rest In Peace.

**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!

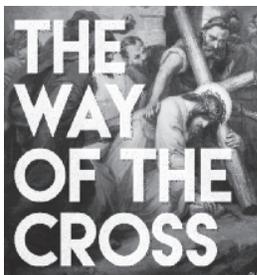
To build off that momentum, and to begin this year's Appeal, you can view a kick-off video featuring our Regional Bishops. You can access this video by visiting [www.rcan.org/sharing](http://www.rcan.org/sharing). At the same time, our Archdiocese is moving forward with We Are His Witnesses, a pastoral 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.

**Our Goal \$45,269  
Amount Paid \$8,685 (19.18% of Goal)  
Family Participating: 54**

**NEXT MEN'S COR MEETING  
WEDNESDAY, MARCH 18TH**

The Lyndhurst Knights of Columbus invite all Catholic men to attend the next meeting of "Cor", a monthly program intended to help focus men on Jesus by building Christ-centered brotherhood through a flexible framework of prayer, formation and fraternity. The next meeting will take place on **Wednesday, March 18th at 7:30pm** at the Sacred Heart Church Convent Building, near the back of the Church's parking lot, 615 New Jersey Ave, Lyndhurst. This very impactful program, which will usually continue on the third Wednesday of each month, will include elements of prayer and the rosary, and will offer men the opportunity to pray together, and to strengthen their faith, as well as to strengthen their bonds of brotherhood. Refreshments will be served. The Knights invite all Catholic men to attend this inspirational meeting. Please know that you do not need to be a member of the Knights of Columbus to participate in and enjoy this program!



**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. 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:** Caterina Berlingeri

### CHURCH BELLS CELEBRATE & COMMEMORATE

The Sacred Heart Church bell rings:

#### SUNDAY, MARCH 8TH

**In Honor of:** Mary M. Roughneen

**Donated by:** Rosemary & Andy Palelogos



### 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.

## 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

MARCH 8, 2026



### THIRD SUNDAY OF LENT

#### 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

#### MONDAY - Lenten Weekday/St. Frances of Rome, Religious

12:00pm Lorenza & Julian Duran

#### TUESDAY - Lenten Weekday

12:00pm William E. Whitford

#### WEDNESDAY - Lenten Weekday

12:00pm Carmela M. Ferrara

#### THURSDAY - Lenten Weekday

12:00pm Amalia de Vivas

#### FRIDAY - Lenten Weekday

12:00pm Karl Haex

#### SATURDAY - Lenten Weekday

9:00am Lorriane Ziolko

#### Anticipated Sunday Mass

5:00pm Geraldine Cupo

#### SUNDAY - FOURTH SUNDAY OF LENT LAETARE SUNDAY

7:30am People Of Sacred Heart

9:00am Christine Greenhagen

10:30 am Marion M. Roughneen

12:00pm Mary Jean Sperduto

1:30 pm Michelle Patta & Carmen Friend

### STEWARDSHIP

Sunday - \$6,600

Assessment - \$2,340

Add'l Fuel - \$10

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

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.*



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](https://linktr.ee/council2396)

SCAN ME



*Supporting*

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

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