



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
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RELIGIOUS EDUCATION

Jazmin Mello
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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



4TH SUNDAY OF LENT

When Jesus heard that they had thrown him out,
he found him and said, "Do you believe in the
Son of Man?" - Jn 9:35

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

March 15, 2026

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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.

O.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.

FOURTH SUNDAY OF LENT LAETARE SUNDAY

Laetare Sunday is the fourth Sunday of Lent in the Catholic liturgical calendar, serving as a mid-Lenten break that encourages rejoicing (Latin: laetare) in anticipation of the upcoming Easter Resurrection. The name comes from the first words of the Entrance Antiphon for Mass, "Laetare Jerusalem" — "Rejoice, O Jerusalem". Symbolizing joy, rose-colored Mass vestments may be worn instead of violet, to indicate the contrast between Laetare and the other Sundays of Lent. Signs of joy are allowed on this day, expressing our belief in the hope of the resurrection and to inspire us as we continue our Lenten commitments to prayer, fasting and almsgiving.

The theme of blindness is explored in this today's Gospel. Blindness is a universal ailment that afflicts all of us. We may not need the restoration of physical sight, but what we do need is vision, something to get us moving in the right direction. We need to see who we are before God, where we are going and what we must do along the way.

It takes time to be able to see. Blindness does not let go of us all at once. It takes patience and repeated efforts to open ourselves to the light.

The Gospel today gives us a vivid and dramatic miracle story. It is not only about the cure of the blind man. It is also about the deeper light-giving that happens as the man faces opponents and naysayers to his experience. This is a pretty long narrative. The healing happens quickly and the major part of the gospel happens after the healing. If we listen attentively and reflect on the details, what should jump out at us is that this story is not just about the healing of a single blind man. It is our own story. And it is our community story as well.

The story of the man born blind reveals to us what decisions we need to make if we wish to encounter Christ. Jesus gives the man his physical sight but that is just the first step on the man's journey to spiritual sight. In the confrontation he has afterward with the Pharisees the man will continue to progress from his newly acquired physical sight to spiritual sight.

Like the blind man in today's story, our eyes have been opened. God gives us the light to see. If we want to find Christ, we too must be willing to take the next step, a step that will allow us to discover the light of the world. And we must be willing to take it more than once.

This is a challenging gospel story through which we have yet another opportunity to check our own vision. We can look back with eyes wide open and reflect on what choices we have made in our lives. We can look forward to see what yet needs to be done.

Despite all of our protests of unworthiness and ineptitude and despite our blindness and lack of vision, the Lord reassures us. "As long as I am in the world, I am the Light of the World." Jesus' words ring just as true now as they did when He spoke to the man born blind. He wants to open our eyes and to bring us the only light capable of shattering the darkness and blindness of this world. This is a message that we all can rejoice about and embrace.

Life is more than playing it safe. When the next step is offered, we should be willing to take it. Christ calls us to new relationships, to new abilities, to new possibilities. The Season of Lent is a constant reminder that he continues to reach out to each and every one of us as the Light of the World and the God of Comfort and Peace.

We can do no less for one another.

**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.

EASTER FLOWER MEMORIAL

Your Name _____
Address _____
City/State/Zip _____
Phone _____
In Memory of:



\$50
\$35
\$25
\$20
\$15
\$10

Checks payable to: Sacred Heart Church

**PARISH LENTEN PENITENTIAL SERVICE
THURSDAY, MAR. 26TH 7:00 PM**

Become a new creation and make your heart ready to celebrate the resurrection of the Lord.
Join us for our parish Lenten Penitential Service on Thursday, March 26th at 7:00 PM. Visiting priests will assist Fr. Theemas & Fr. Cesar in hearing confessions.

ST. PATRICK 50/50 WINNER

Congratulations to Christine Carrion winner of our St. Patrick 50/50 Raffle. Christine won \$2,360!!
Thanks to all who supported the parish by participating in the raffle.

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!

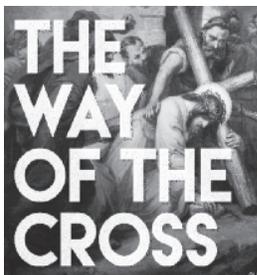
To build off that momentum, and to begin this year's Appeal, you can view a kick-off video featuring our Regional Bishops. You can access this video by visiting www.rcan.org/sharing. At the same time, our Archdiocese is moving forward with We Are His Witnesses, a pastoral initiative that invites us to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

**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. 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

CHURCH BELLS CELEBRATE & COMMEMORATE

The Sacred Heart Church bell rings:

SATURDAY, MARCH 21ST

In Honor of: Theresa Manzo

Donated by: Rosemary & Andy Palelogos



Food Pantry Update

“Whatever you did for one of these least brothers and sisters of mine, you did for me.”

We are stocking up our parish family food pantry to help our brothers and sisters in need during the Spring months and for the Easter holiday. Our Easter Food distribution date is Sat., Mar. 28th. Can you help us make Easter a little more joyful for those struggling with food insecurity? It's a impactful opportunity to practice a primary form of almsgiving during Lent as well as a Corporal Work of Mercy.

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 canned vegetable and canned 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. **PLEASE DO NOT LEAVE PERISHABLE ITEMS IN THE BACK OF THE CHURCH.**

Thanks to all for the donations which help keep our food pantry stocked all year round! **We would not be able to help our neighbors in need without you!**

As a reminder, we are unable to package out-of-date food products for distribution to our families.



MARCH 15, 2026

MASS INTENTIONS

FOURTH SUNDAY OF LENT LAETARE SUNDAY

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

MONDAY - Lenten Weekday

12:00pm Howard Wartel

TUESDAY - Lenten Weekday/St. Patrick, Bishop

12:00pm Mike, Rose, Vinnie &

Mickey Carini

WEDNESDAY - Lenten Weekday/St. Cyril of Jerusalem, Bishop and Doctor of the Church

12:00pm Liliana & Francesco Radicia

THURSDAY - ST. JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY

12:00pm Eusebio Mangaliman, Sr.

FRIDAY - Lenten Weekday

12:00pm Anthony Silver, Jr.

SATURDAY - Lenten Weekday

9:00am Theresa Manzo

Anticipated Sunday Mass

5:00pm James M. Kearney &

Michael Kane

SUNDAY - FIFTH SUNDAY OF LENT

7:30am People Of Sacred Heart

9:00am Robert Wiseman

10:30 am Ralph Di Pietro

12:00pm Arceli Vargas

1:30 pm Eileen Goris

STEWARDSHIP

Sunday - \$6,6678

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