



# 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

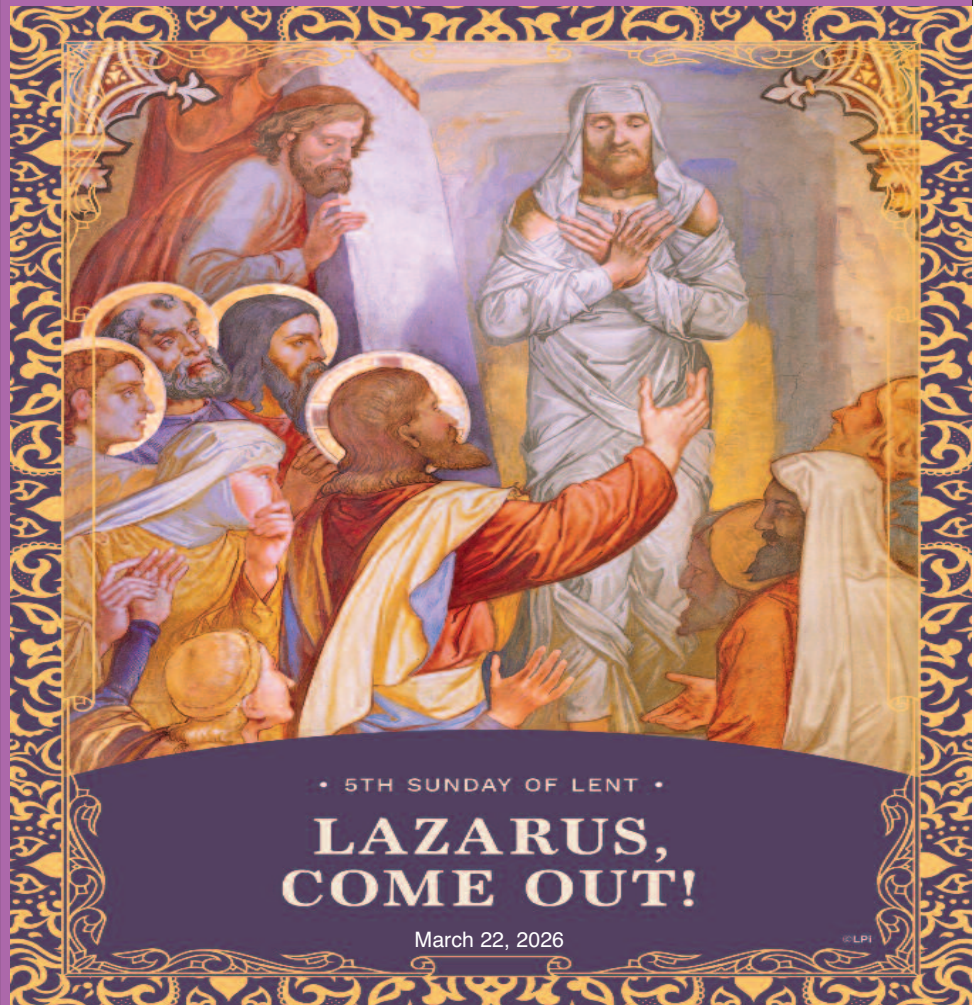
Jazmin Mello  
Parish Catechetical Leader  
201-935-3094  
[religioused@sacredheartlynd.org](mailto:religioused@sacredheartlynd.org)

## 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



• 5TH SUNDAY OF LENT •

# LAZARUS, COME OUT!

March 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.

## 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.

## FIFTH SUNDAY OF LENT

Faith begins with a personal encounter with Christ. Yet every day we realize that our journey of faith is a difficult one. It is difficult not in spite of the Gospel message, but because of it. The message of Christ prioritizes the weak, the downcast, the suffering, and those in most need of healing. And this is in direct conflict with the message that world seems to project.

It is not easy to hope in a world where so much is wrong, but Christians hold on to hope because we believe in the power of God's love. We believe in the power that raised Lazarus from the tomb. We believe in the power that brought Jesus to life after the third day. That power of God's presence is our hope, and that hope can never die.

If we truly believe that Jesus has been raised from the dead, that he is alive, that he continues to live and work in and through those who believe in him, then we shouldn't linger too long in the garden, gaze too long at the cross or weep too long at the tomb. Jesus is not a dead hero, or simply an object of theological study. We had better not bury him in history or just remember his story as a fable or fairy tale.

Resurrection and Reconciliation take place in real life situations with real people - our family, friends, neighbors, co-workers or employers. Lazarus represents each of us. How many apparently-alive people are closed in by one form of death or another? How many suffer a slow death by fear, anxiety, dependence, sickness, a dead-end job, disintegrating relationships or destructive behavior? Whatever the forms of death - serious or life-sapping - we need to hear the voice of Jesus call each of us out of that tomb today.

But it doesn't end there. The Lazarus story invites us to faith and in the gospels faith is something that demands action.

Martha doesn't profess faith in dogmatic truths or doctrinal teachings. She declares her faith in the person of Christ. Martha cries to Jesus "if only you had been here." But Jesus shows her that there is no such thing as "if only." There is only "not yet." So as strange as it sounds, it is right that we gather together all that is hopeless and seemingly finished in our lives and turn it over to Jesus and then wait in hushed darkness for the first hopeful rays of light.

Resurrection changed Jesus. Resurrection changed Lazarus. So for us, too, resurrection must mean change. Easter is not just something we look forward to. It is here and now.

Like Lazarus, the Resurrection Experience is for us the turning point, the point of no return. We can never go back to the sins and selfishness which lead only to death. We can never go back to cowardice and weakness in the face of evil. We can never bury ourselves in hopelessness and despair.

This is the Resurrection Experience that Lent so vividly and lovingly embraces. This is the Risen and Living Lord who draws all to Himself, the Lord who changes us, challenges us, and who calls us to be committed witnesses of His reconciling presence to others.

And - like Lazarus it starts with a courageous return from the tomb.

## 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

### AARP FUNDRAISER

**BEEFSTEAK DINNER, TRICKY TRAY  
AND DJ - SAT., APR. 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.

### 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'S RESULTS

On March 7th our parish family and friends gathered to celebrate St. Patrick and enjoy delicious food, excellent entertainment, and the warmth and friendship of all gathered. About 200 people attended the event. Through the hard work of many volunteers and the generosity of all who participated a **total of \$10,605** was raised for our parish including the dinner, 50/50 raffle and dinner games. **MANY THANKS** to all who played a part in making this event such a **HUGE SUCCESS!!!**

## 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 \$11,465 (25.33% of Goal)**

**Family Participating: 65**

### A BIG THANK YOU!!!

The following local businesses very generously donated gift cards, food items, flowers or raffle tickets to our St. Patrick's fundraiser celebration. Please remember to patronize them and thank them when you do!



**BCB Bank  
Blarney Station  
Blue Dragon Taekwondo  
Chic Nails  
Curly Locks Haircut  
Goffin's  
La Venere  
Lyndhurst Florist  
Moda Capelli  
Nazare Memorial Home  
Pretty Paws  
Salon A  
Shop Rite  
Starbucks  
Stop & Shop  
Tero's  
TJ Maxx  
Villa Italia**

**Coffee Time  
Gelone's  
Hair Factory  
Lassoni  
Lyndhurst Pastry Shop  
Mr. Bruno's  
Paisano's  
Salad House  
Sadowski Shell  
Song E' Napole  
Stellato Funeral Homes  
Sweetest Sounds  
Thistle Fish & Chips  
The Union  
Vinnie Mootz**

Also thanks to the members of our parish family who volunteered their time, or gave gifts, or gave desserts or salad, or provided entertainment. Thanks to **Victor Giordano** for DJing and giving our celebration a festive Irish vibe. **SPECIAL THANKS to Mike & Joan Coyne and Fred & Angela Giordano for preparing the BEST Corned Beef & Cabbage Dinner this side of Dublin!!!**

## PLEASE PRAY FOR OUR PARISH FAMILY

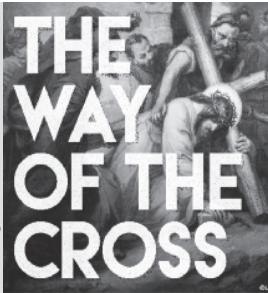
**SICK:** Baby Ryan Joseph Lomuscio, Sal Russo, Charles Klimkowsky, Nancy Namoviez, Giovanna Muscara, Al & Joan Viscuso, Lea Pappas, Anita Barcia, Denise Swanteck, Maureen F. Coughlin, John Smith, Julius Single, Dave Tzrepla, Frank Bucu, Sr., Christopher N. Coughlin, Vladimir Pudoff, Isabella Lugo, Tess, 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:** Marie C. Higgins, Barbara Krispien

### 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. 27

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



## 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), Soup, 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 22, 2026

## MASS INTENTIONS

### FIFTH SUNDAY OF LENT

#### 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

#### MONDAY - Lenten Weekday/St. Turibius of Mogrovejo, Bishop

12:00pm Patricia Lavender

#### TUESDAY - Lenten Weekday/St. Oscar Romero, Bishop and Martyr

12:00pm Charlotte Desmond

#### WEDNESDAY - THE ANNUNCIATION OF THE LORD

12:00pm Howard Wartel

#### THURSDAY - Lenten Weekday

12:00pm Arceli Vargas

#### FRIDAY - Lenten Weekday

12:00pm Lorena & Julian Duran

#### SATURDAY - Lenten Weekday

9:00am Arceli Vargas

#### Anticipated Sunday Mass

5:00pm James & Eleanor Scotti

#### SUNDAY - PALM SUNDAY OF THE PASSION OF THE LORD

7:30am People Of Sacred Heart  
9:00am Patrick Ferrie, Sr.  
10:30 am Evelyn & William Earl & Anthony & Anna Silver  
12:00pm Carol Waples  
1:30 pm Horacia Jimenez

### STEWARDSHIP

Sunday - \$5,565

Catholic Campaign Hum. Dev. - \$1,447

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**

*You Are Invited To Celebrate With Us  
The Week That Changed The World*

*Palm Sunday of the Lord's Passion*  
*Mass Schedule*  
*March 28th - 5:00pm*  
*March 29th*  
*7:30am, 9:00am, 10:30am, 12:00pm*  
*1:30pm Misa en Español (Spanish Mass)*

*Paschal Triduum*

*Holy Thursday - April 2nd*  
*7:30pm - Mass of the Lord's Supper*

*Good Friday - April 3rd*  
*3:00pm - Commemoration of the*  
*Lord's Passion & Death*

*Holy Saturday - April 4th*  
*8:30pm - Easter Vigil*

*Easter Sunday - April 5th*  
*The Resurrection of the Lord*  
*Mass Schedule*  
*7:30am, 9:00am, 10:30am, 12:00pm*  
*1:30pm Misa en Español (Spanish Mass)*