



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

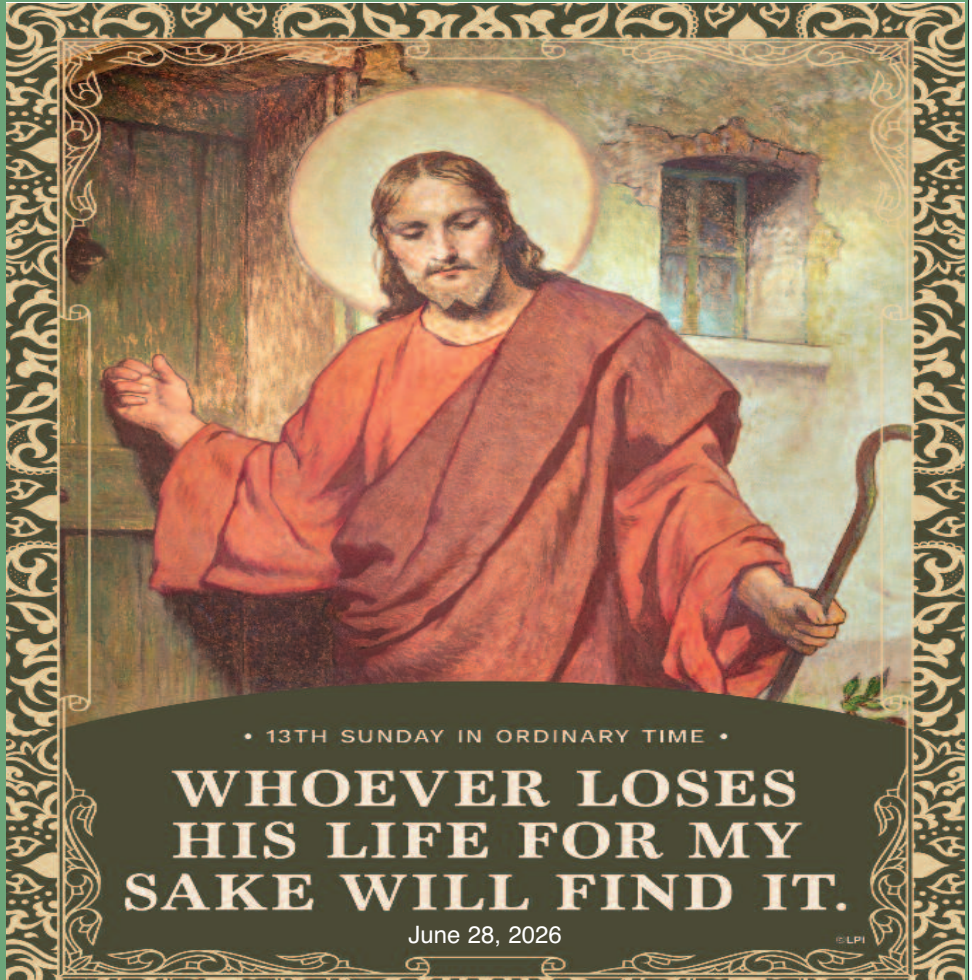
SACRED HEART SCHOOL

Rita Naviello
Principal
201-939-4277
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SMALL BLESSINGS DAY CARE

201-935-0506

ARCHDIOCESE OF NEWARK



• 13TH SUNDAY IN ORDINARY TIME •

**WHOEVER LOSES
HIS LIFE FOR MY
SAKE WILL FIND IT.**

June 28, 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

Jul. 12, Aug. 9, Sep. 13, Oct. 18, Nov. 8, Dec. 13

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 Order 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.

THIRTEENTH SUNDAY IN ORDINARY TIME

"Whoever does not take up his cross and follow after me is not worthy of me. Whoever finds his life will lose it, and whoever loses his life for my sake will find it." Pretty tough words, since we have all had promises broken, have been betrayed and have had our share of disillusionment. Our instinct for survival fights fiercely against any threat to our identity and our existence. So we can easily become frustrated, cynical and totally self-absorbed.

All of the forces of modern science and technology, all of the sophisticated developments in the field of psychology combine to teach us to love self, to cultivate a strong self-image, to resist and overcome anything that would diminish the quality of our lives. There's nothing wrong with having this kind of attitude. It makes for healthy and whole human beings.

And yet, Jesus is saying that when we choose to follow him we must act immediately. There's no looking back and there's no going back. It is this kind of commitment that is put to the test by the trials of everyday life - sickness, failure, natural disasters, scandal, the death of our loved ones. We come to understand what "dying to self" means when our patience is tried to the breaking point by a rebellious teenager, or an irresponsible spouse. We are asked to give up our own lives in favor of a dying parent, or a victim of racist bigotry, or someone close to us who is being destroyed by drugs, alcohol, or abuse.

We all need to reflect on how seriously we are working at the conversion the Gospel demands of us and the change of heart that will eliminate selfishness, pride and worldliness in our lives. But we need to do more than that.

We should act with the courage and the strength to be the prophetic presence in the world that Jesus calls us to be - to cry out for peace and justice, to be the voice of the poor and the helpless, to speak out against waste and pollution, to reach out to support those struggling with abuse, and to be God's instruments of comfort and healing in these days when so many in the human family are beset by terrible suffering and anxiety.

This is not a part-time job. This is not something we do only on Sunday at church or occasionally by doing a few good deeds during the week. Taking up the cross isn't a part-time practice we do on Good Friday, or when we are feeling strong and resilient. Nor is sacrifice in Jesus' name something reserved for some specially selected martyrs whose names are inscribed on Christian monuments.

To live the Gospel is to be identified totally with Jesus. Taking up the cross is part and parcel of the lives of all who follow him. Understanding this is the only way that we can really become a sacred presence to others.

Anything less is a betrayal, a denial of what Jesus intended us to be.

**Eternal Rest Grant Unto Her, O Lord,
And Let Perpetual Light Shine Upon Her.
May Her Soul And All The Souls Of The
Faithful Departed Rest In Peace.**

Gloria Maria B. Wierzalis, 79, of Scotch Plains, died on Friday, June 12, 2026. The funeral was held on Wednesday, June 17, 2026. Family and friends gathered at 10am, at St. Bartholomew the Apostle Church, Scotch Plains. A funeral Mass was celebrated at 11am. The inurnment followed at Holy Cross Cemetery & Mausoleum, North Arlington, NJ.



Gloria was a former Sister of St Joseph from Philadelphia, a teacher, a clown minister, a music minister, a Catholic Charities social worker and a Cornerstone team member at St. Bartholomew in Scotch Plains NJ. But the best years of her life were those from Sacred Heart Youth Group in Lyndhurst NJ. "She changed my life". "She was an inspiration". "She was a good and faithful servant. "A wonderful friend". There aren't enough words to describe the good example she set for a life lived for the Lord. Well Done Gloria! We are all grateful for all you gave. We love you still and will miss you deeply.

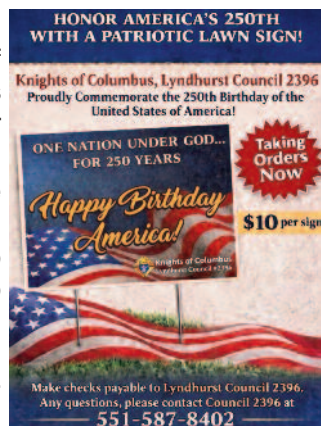
SPRING MEGA 50/50 WINNERS

Congratulations to: Debbie Ferrara, Kathy Ferrara, Linda Mele, Rosemary Palelogos, and Patty Pavlica, a group of 5 ladies from our school that went in together on a ticket and won our Spring Mega 50/50. They will each receive a check for \$1,000. The winning number was 065. Thanks to all who participated in the raffle. Special thanks to Mike and Susan DeFrancesco for providing the tickets and technical support that made our raffle such a success.



LAWN SIGNS

The Lyndhurst Knights of Columbus Council #2396 is still selling their very popular patriotic "America's 250th Anniversary" lawn signs. The cost is only \$10 per sign! Cash or checks payable to "Lyndhurst Council 2396". To purchase your lawn sign before they sell out entirely, call or text the Council at 551-587-8402.



**ARCHDIOCESE OF NEWARK
ANNUAL APPEAL 2025**

The Archdiocese's 2026 Annual Appeal is currently underway. You may have already received at home a letter from Cardinal Tobin explaining the important role the Annual Appeal plays for our Archdiocese.

To Date, 116 families from our parish family have generously supported the Appeal:

Our Parish's Goal - \$45,269

Paid To Date - \$42,701 (94.33% of goal)

****Reminder, we must collect our Parish's Goal in paid gifts by December 31st. We received a credit of \$4,644 from the Archdiocese for exceeding our goal last year.**

Envelopes for the Appeal are available in the pews. You can put your gift in them and drop them in the basket at collection time. You can also make your gift online at www.rcan.org/sharing. Please be sure to select Sacred Heart Church, Lyndhurst so the parish receives credit.

**GOAL ACHIEVED
Thanks For your
Generous Support!**

INDEPENDENCE DAY OBSERVANCE

The Daily Mass on Saturday, July 4th will be celebrated at 9:00 AM. Join us as we celebrate our country's 250th Anniversary and give thanks for the blessings of freedom we all enjoy and take so easily for granted. The Anticipated Mass for Sunday, July 5th will be celebrated on July 4th at 5:00 PM

The parish office will close at 2:00 PM on Thursday, July 2nd and reopen on Monday, July 6th at 9:00AM. Our town will have it's celebration on Wed., July 1st starting at 4:00 PM in the Town Hall Park on Delafield Ave immediately followed by the fireworks display at the Lyndhurst Little League Field on Riverside Ave.

Food Pantry Update

"Whatever you did for these least brothers and sisters of mine, you did for me."

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 vegetable and 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. Thanks to all for the donations which help keep our food pantry stocked! **We would not be able to help our brothers and sisters struggling with food insecurity without you!**

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

PLEASE PRAY FOR OUR PARISH FAMILY

SICK: Sal Russo, 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, Franceso Giacchi, Mario Alongi, Sr., John Scivetti, 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, Rudy Rivas, 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, Ymilce Badia, Rita Blanco, Jeanette Tucci, Linda Kost, Jimmy Delano, Antoinette Wartel, Mike Foglio, Doreen Tetreault

DECEASED: Joan Marie Spinalli, Barbara Alonzo

CHURCH BELLS CELEBRATE & COMMEMORATE



The Sacred Heart Church bell rings:

SUNDAY, JUNE 28TH

In Honor of: The Intentions of Jim & Isabel Cavalcante

Donated by: Jim & Isabel Cavalcante

MONDAY, JUNE 29TH

In Honor of: The Intentions of Candice Cavalcante

Donated by: Jim & Isabel Cavalcante

Faith. Academics. Service.

Catholic Schools

SACRED HEART SCHOOL ENROLLMENT FOR THE 2026-2027 SCHOOL YEAR

Do you have a child or grandchild starting or changing school in September? Why not consider Sacred Heart School? We offer a safe and nurturing environment for children Pre-K3 through 8th Grade. Along with their ABCs your child will build character and learn compassion and values. New families considering enrolling in our school can call the school at 201-939-4277 for more details or to schedule a visit.

ONLINE GIVING AT SACRED HEART

Online Giving at Sacred Heart has never been easier and is just a couple of clicks away.

1. You can give to the parish through the Zelle online payment system offered through most major banks. When you create the Zelle payee for the parish, please use the parish email address:
sacredheartchurch@comcast.net.

Please be careful when you type in the email address because once you "Zelle" the money from your account it can not be corrected.

2. You can visit www.sacredheartlynd.org, our parish website and click the Online Giving Options link. If you want to make a direct donation to the parish with your debit or credit card, you can click the direct donation link.

JUNE 28, 2026

MASS INTENTIONS

Thirteenth Sunday In Ordinary Time

Anticipated Sunday Mass

5:00pm Lorenza & Julian Duran

SUNDAY - Thirteenth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Jason Ayala

10:30 am Carol Waples

12:00pm Pino Morin

1:30 pm Lilia Blanco-Marella Garcia

MONDAY - Sts. Peter and Paul, Apostles

12:00pm Helen & Frank Bottone

TUESDAY - Weekday/ The First Martyrs of the Holy Roman Church

12:00pm Louise & Anthony Raduice

WEDNESDAY - Weekday/ St. Junipero Serra, Priest

12:00pm Gloria Maria B. Wierzalis

THURSDAY - Weekday

12:00pm Rolando Sunga

FIRST FRIDAY - St. Thomas, Apostle

12:00pm Wiktorja & Czeslaw Turek

FIRST SATURDAY - Weekday/ Blessed Virgin Mary/ Independence Day

9:00am Purgatorial Society

Anticipated Sunday Mass

5:00pm Norman G. Arcos

SUNDAY - Fourteenth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Patricia Howe

10:30 am Demostenes Alegrado

12:00pm Anne Montillo

1:30 pm Joseph Palma

STEWARDSHIP

Sunday Collection June 21 - \$6,083

Annual Appeal Collection - \$1,702

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

PILGRIMAGE TO PORTUGAL, FRANCE & SPAIN

Featuring Fatima, Lourdes & Barcelona

**11 DAYS:
MAY 18 - 28, 2027**

Lisbon * Fatima * Salamanca
Avila * Madrid
Lourdes * Montserrat
Barcelona



Hosted By

FR. THEESMAS PANKIRAJ



**\$4579 FROM
NEWARK**

(Air/land tour price is \$3979
plus \$600 gov't taxes/airline
surcharges)



*Featuring: Roundtrip airfare from Newark; first class/select hotels;
most meals; comprehensive sightseeing with a professional tour guide;
entrance fees & hotel service charges*

FOR A BROCHURE WITH COMPLETE DETAILS, PLEASE DETACH & MAIL TO CONTACT:

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Email: sacredheartchurch@comcast.net

NAME: _____
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STATE: _____ ZIP CODE: _____
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