



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. Theesmas 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
rnaviello@sacredheartlynd.org

SMALL BLESSINGS DAY CARE
201-935-0506

ARCHDIOCESE OF NEWARK



14TH SUNDAY IN ORDINARY TIME

"Come to me, all you who labor and are burdened, and I will give you rest." - Mt 11:28

July 5, 2026

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.

FOURTEENTH SUNDAY IN ORDINARY TIME

While today's gospel message has strong comfort appeal to anyone who is burdened or suffering under life's heavy demands, the original sense of the passage is quite specific. Biblical Scholars identify these texts as coming from the "wisdom tradition" of the Hebrew bible. God is offering a new wisdom to those who open their hearts to hear his word. Life and the scriptures frequently stand in stark contrast to one another. Which shall we believe and where does wisdom for living lie?

The theme of intimate revelation to a chosen few and the Son's privileged knowledge of his Father are prominent in the Old Testament. The Book of Wisdom and Ecclesiasticus seem to be an influence on the beautiful words that conclude today's Gospel. Jesus invites the weary and burdened to come to find rest in Him. In Ecclesiasticus, the Jewish Law is personified and offers an almost identical invitation to those who seek God's will.

Jesus is more than Israel expected. A new beatitude surfaces in Matthew's narration. "Happy is the one who does not find Jesus an obstacle." His yoke is easy to those who accept it. His burden is no oppressive network of legal prescriptions but the joy of a single call to love.

Matthew adopts the wisdom motif to point to Jesus as God's wisdom made flesh. Wisdom doesn't come from our own efforts or learning, it comes to those gifted with it by God. Jesus challenges us to determine what is the wise and what is the foolish way of living.

We don't have to accept a long list of rules that will cover all of life's circumstances. That would be an impossible list to read, much less follow. Rather, we are invited to look at the world through Jesus' eyes, to accept his wisdom. To him we are all daughters and sons of God. We may look different and speak differently but beneath the surface we have the same parent, God who loves us all. We are not strangers to each other. We are members of the same family.

The wisdom Jesus offers is not book knowledge, but a Person - himself. We come to that wisdom by following and staying close to him, observing his actions, listening to his words, imitating him and seeing the world from his perspective. That's what makes the disenfranchised wise and those who claim they know everything foolish.

Quite a twist. But it is a Gospel twist. The wise are foolish, and the "little ones" wise. Or put in another way, the first shall be last and the last shall be first.

Wisdom demands a choice. Jesus was "meek and humble of heart" because he chose to be that way. Meekness seems like a useless and impossible virtue in our modern world with all its weapons and aggressions. But the Gospel today challenges us to be meek and humble of heart. True wisdom disarms our own hearts not returning anger against anger but by using our trust in Jesus' words to stand with the powerless and those broken by life and society.

Jesus offers us his yoke - an invitation to accept the message he offers and the forgiveness and new life that comes with that message. It is a yoke of trust and humility and will require our total lives in service. But in accepting Jesus' yoke we come to meet God and find the rest Jesus promises.

LYNDHURST KNIGHTS IN ACTION



The Lyndhurst Knights of Columbus Council #2396 recently invited their Council's Field Insurance Agent, Ron Czulada, to their monthly meeting. As a guaranteed benefit to all Knights of Columbus members, the most financially strategic term life insurance, retirement annuities, long-term care, and disability income insurance, are all offered to Knights of Columbus members. Pictured participating in this very worthwhile Council meeting are, (l to r): **Field Insurance Agent Ron Czulada, Director of Council Public Relations Joseph Shinnick, Two-Year Trustee Mark Fiume, Anthony Giaquinto, Recorder John Egan, Outside Guard Noel DelVillar, Deputy Grand Knight Michael Cox, Treasurer Bob Potozney, District Deputy Antonio Artolo, Advocate Joseph DeMassi and Grand Knight Sergio DeRuvo.**

The Knights are always looking for interested Catholic men to join their Council. Be a Knight, project yourself and your family with the most comprehensive insurance investments, and also help serve your community, your family and yourself by participating in the Knights of Columbus' wide range of spiritual and charitable programs. Email Council2396@gmail.com for more information.

SAINT ANN'S 116TH ITALIAN FESTIVAL SAVE THE DATE

Wednesday, July 22nd - Sunday, July 26th

Wed. - Fri. 6:00 PM - 11:00 PM

Sat. & Sun. - 1:00 PM - 11:00 PM

704 Jefferson St., Hoboken

Great Food *Beer Garden *Games

Live Entertainment

Visit stannhoboken.com for all the details.

REMEMBER OUR PARISH

Whenever we contribute to the parish we are mindful and respectful of our Catholic teaching to support the Church. Our parish is blessed by so many who support us. A meaningful way to continue this support is by considering a gift to the parish in your will or trust. Even a small percentage of your residual estate would go a long way in the maintenance of our church. Please remember Sacred Heart in your will or trust. This will help future generations to experience the love of Jesus Christ in our community. If you have any questions about this planning please contact the parish office.

MUSIC UNDER THE STARS AND OUR LADY OF MT. CARMEL FEAST TOWN HALL PARK

Wednesday, July 8: Jukehouse Heroes at 7:00 pm and Karly C & Rebel Y'all Band at 9:00 pm

Thursday, July 9: The Duprees at 7:00 pm and Stifler's Mom at 9:00 pm

Friday, July 10: Dancing Dream at 7:00 pm and The Bronx Wanderers at 8:30 pm

Saturday, July 11: Jobonanno & the Godsons at 7:00 pm and Chi-Town Transit Authority at 8:30 pm

Our Lady of Mt. Carmel Church will host its 34th Annual Feast from Wed., July 8, through Sat., July 11, at Town Hall Park, 299 Delafield Avenue in Lyndhurst, New Jersey. The celebration runs from 6:00 pm to 10:00 pm, Wednesday through Friday, and 5:00 pm to 11:00 pm on Saturday. The event kicks off with an opening procession in honor of Our Lady of Mt. Carmel on Wednesday, July 8 at 5:15 pm. The procession begins at the corner of Pine Street and Valley Brook Avenue, heads east on Valley Brook, then turns left onto Delafield Avenue, ending at the feast grounds. Join us for *Great Food* *Great Music* *Great Rides*

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 Buco, 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, Edward Watts, Anthony Di Sciascio, Bonnie Blair

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

CHURCH BELLS CELEBRATE & COMMEMORATE



The Sacred Heart Church bell rings:

SUNDAY, JULY 5TH

In Honor of: The Intentions of Jim & Isabel Cavakcante

Donated by: Jim & Isabel Cavalcante

MEMORIAL DONATIONS

During the week of July 5th, the following items used for worship in our sanctuary were donated in the memory of a relative or friend or a special intention.

SANCTUARY LAMP:



In Honor of: Anne Montillo

Donated by: The Cicero Family

BREAD & WINE:



In Honor of: Anne Montillo

Donated by: The Cicero Family

MASS CANDLES:



In Honor of: Anne Montillo

Donated by: The Cicero Family

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.

JULY 5, 2026



Fourteenth Sunday In Ordinary Time

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

MONDAY - Weekday/ St. Maria Goretti, Virgin and Martyr

12:00pm Michael Stephen Maleczkiewicz

TUESDAY - Weekday

12:00pm Angela Meister (Living)

WEDNESDAY - Weekday

12:00pm Rozalia & Piotr Stefan

THURSDAY - Weekday/ St. Augustine Zhao Rong, Priest, and Companions, Martyrs

12:00pm Lorenza & Julian Duran

FRIDAY - Weekday

12:00pm Anne Montillo

SATURDAY - St. Benedict, Abbot

9:00am Evelyn & William Earl

Anticipated Sunday Mass

5:00pm Ms Lori Liskiewicz

SUNDAY - Fifteenth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Rosemary Marranzino

10:30 am Arthur Klein

12:00pm Carol Ann Waples

1:30 pm Carlos Luis Arbito

STEWARDSHIP

Collection Totals Not Available
At Time of Publication

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

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:

Fr. Theemas Pankiraj
Sacred Heart Catholic Church
324 Ridge Road
Lyndhurst, NJ 07071
Tel: (201) 438-1147
Email: sacredheartchurch@comcast.net

NAME: _____
ADDRESS: _____
CITY: _____
STATE: _____ ZIP CODE: _____
PHONE: _____
EMAIL: _____

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