



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



• 16TH SUNDAY IN ORDINARY TIME •

A MAN SOWED GOOD SEED IN HIS FIELD.

July 19, 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
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.

SIXTEENTH SUNDAY IN ORDINARY TIME

"The Kingdom of Heaven is like..."

How often we have heard this introduction; how often we have heard the words of Jesus? He teaches in parables, bringing home through common yet vivid images the unfolding Truth about the mystery of God and our relationship with Him. Jesus uses many images in his parables: images of the ordinary, of size, of mystery, of contrast. And He tells us clearly that we should expect growth and change. We should be open to welcome all without condition or exception. He never said that it would be an easy task. In fact, He showed us by example just how difficult and "uncomfortable" it could sometimes be.

The Kingdom of God is a living thing constantly growing, expanding and welcoming all kinds of people. Most of us have experienced the truths of the Kingdom in the parish in which we have grown up. Many of us have experienced change and growth - not in doctrine but in form and ritual. We have also experienced the struggle and the pain of growth. We sometimes find change uncomfortable, disillusioning and fearsome. We can sometimes be overcome by the evil that surrounds us in this world. And it is always tempting to avoid this struggle by retreating into our own safe, secure and like-minded communities.

But it is important for us to understand that the Kingdom of God is not about separating ourselves from everything the world throws in front of us. It's about dealing with evil, and living our lives alongside it, in the middle of it and in spite of it. Jesus tells us in the parable of the sower that evil is ultimately destructive, and that the final stage of the kingdom is when all that is evil is rooted out and destroyed. But that is His work. It's not so important for us to worry about how that will happen or unfold. What is important is that we always choose to live in the way God has called us to live - to be in this kingdom and to try to be fruitful.

But for growth to occur, there must be continuity and integrity. Therefore we must be the link. We must be those who welcome, those who tell the unchanging story of Jesus and the Gospel, those who model the unconditional love of Jesus to our children and to all. The seeds of faith that we sow, the touch of Christ that only we can bring will ensure the fulfillment of the Kingdom. We must be the yeast, the leaven of God's Word to the world. We must be the healers, the reconcilers, the peacemakers.

The lesson that Jesus teaches is simple but inescapable: the presence and the love of our God is something very near. We feel it and are touched by it in the ordinary events, people and places of every day. These may not often be the kind where we would rather meet our God. He is often uncomfortably near us in situations and persons where we would prefer not to see Him, or in voices that we would prefer not to hear. But that is precisely the challenge of the authentic love of God. We are challenged to be Christ for others and to reflect the nearness of the Kingdom.

The Kingdom of Heaven is like nothing we would expect. It touches us in our greatest joys and in our deepest sorrow. It is as close to us as our dearest friend, or our worst enemy. It touches us in our greatest joys and in our deepest sorrow. And it is never farther away than our next breath, or sigh, or tear, or burst of laughter.

HOW TO REPORT ABUSE

The Archdiocese of Newark takes very seriously any and all complaints of sexual misconduct by members of the clergy, Religious and lay staff of the Archdiocese. We encourage anyone with knowledge of an act of sexual misconduct to inform the Archdiocese immediately so that we may take appropriate action to protect others and provide support to victims of sexual abuse. Individuals who report an allegation of sexual misconduct may do so by calling the Victim's Assistance Coordinator of the Archdiocesan Office of Child and Youth Protection at (201)407-3256.

The phone numbers for the County Prosecutors within the Archdiocese are:

Bergen - (201) 646-2300 Essex - (973) 621-4700

Hudson - (201) 795-6400 Union - (908) 527-4500

Friday Eucharistic Adoration Fridays, 12:30 - 3:00 pm

"In a world where there is so much noise, so much bewilderment, there is a need for silent adoration of Jesus concealed in the Host. Be assiduous in the prayer of adoration and teach it to the faithful. It is a source of comfort and light, particularly to those who are suffering."

- Pope Benedict XVI

Catholic Schools Faith. Academics. Service. **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 should call the school at 201-939-4277 for more details and arrange to make a visit.

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.

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.



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!**

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 Blairk, Charles O'Brien

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

CHURCH BELLS CELEBRATE & COMMEMORATE



The Sacred Heart Church bell rings:

SUNDAY, JULY 19TH

In Honor of: The Intentions of Jim & Isabel Cavalcante

Donated by: Jim & Isabel Cavalcante

A FRIENDLY REMINDER ABOUT APPROPRIATE SUMMER ATTIRE AT MASS

Dressing for Mass is simply a matter of showing proper respect, not only for God, but for others around us and ourselves. We should keep in mind the dignity of what we celebrate when we come together for the Mass, which is nothing less than the wedding feast of the Lord, as well as the dignity of the people assembled, who are no one less than the children of God. Remember the days when we wore our "Sunday best," our finest outfits, to Mass? Dress codes at Mass have certainly relaxed over the years. With the warm weather upon us, it is particularly important that we dress appropriately and modestly for Mass, so here are some rules to follow for modest and proper Mass attire during the summer months:

- *Hemlines on dresses and skirts fall at or just slightly above the knee
- *No muscle tee-shirts
- *Hemlines on shorts fall near the knee (no short-shorts)
- *No exposed undergarments.
- *Shoulders and midribs are covered
- *Necklines are modest - not low-cut
- *No beachwear - no swimsuits with cover-ups for females, no swim trunks for males



Relevant Radio joyfully brings you the richness of our Catholic faith, deepening your love for Christ through inspiring podcasts, powerful prayers and live programming.

JULY 19, 2026



Sixteenth Sunday In Ordinary Time

Anticipated Sunday Mass

5:00pm James J. Cavalcante

SUNDAY - Sixteenth Sunday In Ordinary Time

7:30am People Of Sacred Heart
9:00am Patricia Howe
10:30 am Pino Morin
12:00pm Zofia & Jozef Turek (Living)
1:30 pm Lucia Urgiles

MONDAY - Weekday/ St. Apollinaris, Bishop and Martyr

12:00pm Thomas Walsh

TUESDAY - Weekday/ St. Lawrence of Brindisi, Priest and Doctor of the Church

12:00pm Thomas Walsh

WEDNESDAY - St. Mary Magdalene

12:00pm Senando Orozco & Michael Burns

THURSDAY - Weekday/ St. Bridget, Religious

12:00pm Florence & John Pavlica

FRIDAY - Weekday/ St. Sharbel Makhluf, Priest

12:00pm Gabriel Vivas

SATURDAY - St. James, Apostle

9:00am Shane O'Brien

Anticipated Sunday Mass

5:00pm David Anthony Kelly

SUNDAY - Seventeenth Sunday In Ordinary Time

7:30am People Of Sacred Heart
9:00am Kim Silva-Martinez
10:30 am Silvia Urena
12:00pm Jo-Ann Von Rapacki
1:30 pm Alberto Centenaro

STEWARDSHIP

Sunday Jun 28 - \$6,162
Venezuela Earthquake - \$1,423

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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Tel: (201) 438-1147
Email: sacredheartchurch@comcast.net

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

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