



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



18TH SUNDAY IN ORDINARY TIME

He said the blessing, broke the loaves, and gave them
to the disciples, who in turn gave them to the crowds.
They all ate and were satisfied. - Mt 14:19c-20

August 2, 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
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.

EIGHTEENTH SUNDAY IN ORDINARY TIME

Life is full of anxieties and worries and the voice of the Gospel is so easily drowned out by the clamor of commercials that tease us into buying much more than we really need, by the promises of security proclaimed by everyone from politicians to insurance agents to software vendors and by the persistent whispers and warnings that come from our deep-rooted instinct for self-preservation.

It may be true that our resources are hopelessly inadequate and that we may literally have only "five loaves and two fish." In today's world, the people don't need anything to remind them that they are hungry. But one's strength grows immeasurably in the presence of God.

The Gospel speaks a powerful message. Jesus tells his disciples: "Bring me what you have, the five loaves and the two fish - whatever. Let's put that together with what I have and then let's see what happens." Jesus extends this same invitation to us. When we have to face something that seems to be impossible in our life, he invites us to join our resources.



The miracle of the loaves and fish appears in all four of the Gospels. Matthew's version of this story shows that the early Christian community continued to find new levels of symbolism in this miracle. The gestures of Jesus, the focus on the bread rather than the fish, and the careful collection of the fragments, have strong Eucharistic overtones. And Matthew highlights the role of the disciples throughout the whole episode. They are important mediaries, who distribute the bread and gather the leftovers. The disciples share in Jesus' ministry.

We all live from day to day, trying to be ready for whatever comes. But there are always challenges that seem to demand much more from us than we are able to give - family sickness, troubled children, ailing parents, stress and failure on the job, crime, drugs, and the violence and terror of the world around us. All too often it seems we just about overcome one set of difficulties when a whole new and unexpected series of events meet us. Sometimes we don't seem to have the strength to keep coping. How often our journey becomes tiring and discouraging! We can lose heart. We can give up, sometimes at the brink of despair.

In the midst of this, we hear Jesus tell His disciples: "Go and feed them yourselves..." The Eucharist is not simply the presence of Jesus in our midst, satisfying our every need. Christ is present to us in order that we might be present to others. He feeds us so that we might be empowered to feed one another, to serve one another and be energized in a way that we could never be of ourselves.

Only then can we get up and find within ourselves the strength to persevere on our journey, and to help others on their own unique journey of faith.



We know that traditionally May is dedicated to the Blessed Virgin Mary. October to the Holy Rosary, and Our Lady of the Rosary. Now it's time to also remember something little realized or often forgotten. August is the month traditionally dedicated by to the Immaculate Heart of Mary.

In fact, August once saw the celebration of the feast of the Immaculate Heart of Mary. In 1944 Venerable Pope Pius XII set this feast to be celebrated on Aug. 22 as the Octave of the Assumption. Two years earlier he had consecrated the Christian family and whole human race to the Immaculate Heart of Mary on the 25th anniversary of the Fatima apparitions.

Then in 1969, St. Pope Paul VI moved the date to the Saturday after the Solemnity of the Sacred Heart of Jesus (celebrated on the Friday before; the celebrations are next to each other). It means the Immaculate Heart of Mary feast falls on the third Saturday after Pentecost.

For the record, August still has three Marian feasts —the Dedication of the Basilica of St. Mary Major (also remembering Our Lady of the Snows) on Aug. 5; the Assumption on Aug. 15; the Queenship of Mary on Aug. 22.

This might seem all rather recent, but well before August came to be dedicated to the Immaculate Heart of Mary she was celebrated as such for centuries. Let's take a quick peek at a few highlights.

"The real roots of the devotion to Mary's Heart are in Scripture, where on two occasions reference is made to Mary's heart by St. Luke," points out Father Johann Roten, a Mariologist at the University of Dayton. He refers to Luke 2:19 "Mary treasured all these things and reflected on them in her heart," and Luke 2:51 "His mother (Mary) meanwhile kept all these things in memory, meaning in her heart."

He also explained, "The most beautiful biblical text about Mary's heart is the Magnificat because it reveals to us the wondrous riches of Mary's humble and regal heart. Her heart sings the praises of God, but it is not a solitary song, my song about the history of my soul, but the Magnificat is the song of the history of salvation for all God's people."

Then in the 17th century, St. John Eudes broadcast the devotion and promoted a feast in honor of the Immaculate Heart of Mary. Soon several dioceses in France did so. Devotion continued and surged in 1830 with the Miraculous Medal. Among the images Our Lady told St. Catherine Labouré to place on the medal was one of her Immaculate Heart placed next to the Sacred Heart. Our Lady continued to bring devotion to her Immaculate Heart to the forefront, next at Fatima. There, and also later to Sr. Lucia, she made several specific mentions to her Immaculate Heart.

Now that we've looked at a bit of the history of the devotion and reasons isn't this month of August a good time we begin, or increase, our honor and devotion to the Immaculate Heart of Mary?

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, Linda Kost, Jimmy Delano, Antoinette Wartel, Mike Foglio, Doreen Tetreault, Edward Watts, Anthony Di Sciascio, Bonnie Blairk, Charles O'Brien, Theresa Klim

DECEASED: Jeanette Tucci

CHURCH BELLS CELEBRATE & COMMEMORATE



The Sacred Heart Church bell rings:

SUNDAY, AUGUST 2ND

In Honor of: The Intentions of Jim & Isabel Cavalcante

Donated by: Jim & Isabel Cavalcante

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.

PAY IT FORWARD PROGRAM

Sacred Heart Parish has partnered with BCB Bank to raise some need funds for our parish. The Pay It Forward Program gives us the opportunity to earn donations based on the number of supporters who signed up for the program. If we have 20-50 members, BCB will contribute 0.20% of the cumulative account balance, 51-75 members 0.30%, 76+ members 0.40%. **A minimum of 20 members is required.** NO DONATIONS ARE WITHDRAWN FROM CUSTOMER'S ACCOUNTS, ALL DONATIONS COME DIRECTLY FROM BCB. ALL PERSONAL AND FINANCIAL INFORMATION IS KEPT STRICTLY CONFIDENTIAL BY THE BANK. **Thus far BCB has donated \$826 to our parish through this program.** Contact BCB directly if you have questions about the program or want to open an account. Please remember to tell them you want to support Sacred Heart Church in Lyndhurst.

Lyndhurst - 201-728-6810,

Rutherford - 201-728-6960

FOOD PANTRY THANK YOU

Many thanks to the Lyndhurst Republican Municipal Committee for their very generous donation of food to our Parish Family Food Pantry.

AUGUST 2, 2026



Eighteenth Sunday In Ordinary Time

Anticipated Sunday Mass

5:00pm Gabriel Ramirez (Living)

SUNDAY - Eighteenth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Connie Pennacchio

10:30 am Josefina Alvarez

12:00pm Gerard Vyskocil

1:30 pm Karen Hablutzil

MONDAY - Weekday

12:00pm Rachel Kearns & Michael Ryan

TUESDAY - St. John Vianney, Priest

12:00pm Kim M. Silva Martinez

WEDNESDAY - Weekday/ The Dedication of St. Mary Major

12:00pm Intentions of Agata & Rafal Turek (Living)

THURSDAY - Transfiguration of the Lord

12:00pm Kim Silva Martinez

FIRST FRIDAY - Weekday/ St. Sixtus, II Pope, and Companions, Martyrs/ St. Cajetan, Priest

12:00pm Demostenes Alegrado

SATURDAY - St. Dominic, Priest

9:00am Antonio Fernando Pereira Barbosa Dantas

Anticipated Sunday Mass

5:00pm Edward, Carol & Michelle Chonko

SUNDAY - Nineteenth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Lorenza & Julian Duran

10:30 am Sal Russo, Sr.

12:00pm Florence Moderelli

1:30 pm Leocadio Martinez

STEWARDSHIP

Sunday - \$5,001

Add'l Assessment - \$75

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**

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plus \$600 gov't taxes/airline
surcharges)



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

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