



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



19TH SUNDAY IN ORDINARY TIME

He became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out his hand and caught Peter. - Mt 14:30-31

August 9, 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.

NINETEENTH SUNDAY IN ORDINARY TIME

We are people of faith. The one constant in the drama of the divine presence in history is the necessity of human response to the saving presence with total trust. The disciples are like most of us — we believe that the Lord is with us, but our trust is quite conditional. In those moments when we find ourselves in crisis, we expect that God will help us. In times of trial, we wait for God's presence. But maybe we are not looking in the right places. We end up waiting for a God who seems not come.

The images that Matthew uses in today's Gospel are powerful in their direct simplicity — disciples in a boat at night, stormy waters and torrential downpours. We can readily identify with the reality to which these images point.

The disciples were fishermen by trade. They were used to stormy seas, being tossed about by heavy winds and pounding waves. Yet, Matthew tells us that they were terrified — and they became even more so, when they saw what they perceived to be a "ghost" coming towards them.

We have no problem identifying with Peter. He is confident one moment and then, when things get complex, he realizes that he has bitten off more than he can chew and he falls apart. At this moment, fear takes over and it is too late. He needs help.

So when Jesus asks us to find our footing on the waves, the only assurance he gives us is that we will not have to find our way alone. The challenge of discipleship is to believe that his word and his presence will be enough for us. But there is more to it than just that.

Jesus does, in fact, calm the storm but not while Peter is walking out toward him. The storm continues to rage, and fear continues to overwhelm the disciples.

It is only when they are together again in the boat that they can begin to know who Jesus really is — and by knowing Him, they come to understand themselves and their relationship together.

This is a particularly powerful message, given the current state of society seemingly without care and compassion. Jesus tells us that there is no such thing as an "outsider" and that we are all children of God. The Gospel Story this week reminds us very pointedly that we cannot exist on our own and that together we can overcome our fears.

Jesus is the Presence among us who interprets for us what may seem to be incomprehensible. He makes our hearts burn again as once they burned before. And he comes to us not as a "ghost" walking on the water but as He always said He would. He comes to us as the hungry man, the thirsty woman, the naked child, the sick, the homeless, the refugee and as those who think, act and live in ways that are totally contrary to our own.

This is an important lesson that we all need to remember when the weather worsens, when the winds whip up, when we seem to sense a ghostly presence that makes us afraid, and when we cry out from the depths, hoping that God will answer. And it also drives home the fact that we cannot exist without the support and love of one another.



NEW JERSEY PROPERTY TAX RELIEF FILING EVENT

SPONSORED BY
THE TOWNSHIP OF LYN DHURST
BOARD OF COMMISSIONERS

- Electronic or paper application filing assistance available.
- Applicants 65 and over or those collecting Social Security disability benefits may also need:
 - Property details from your Tax Collector's office or property tax bill for 2024 and 2025;
 - Gross income reported on your 2024 and 2025 NJ-1040.
- Applicants under 65 and not collecting Social Security disability benefits may also need:
 - Property details from your Tax Collector's office or property tax bill for 2025;
 - Gross income reported on your 2025 NJ-1040.
- Have one of the following ready: driver's license, state ID, passport card, or passport.

WEDNESDAY, AUGUST 12, 2026

LYNDHURST SENIOR-CITIZEN CENTER
250 CLEVELAND AVENUE, LYN DHURST

10:00 AM TO 1:00 PM

PARKING AVAILABLE

TRANSPORTATION IS AVAILABLE FOR LYN DHURST
SENIORS: 201-804-2482

ANY TAX RELATED QUESTIONS MAY BE DIRECTED TO THE TAX DEPARTMENT 201-804-2457, EX. 4



ANCHOR

Affordable NJ Communities for
Homeowners & Renters

Property Tax Relief For:

- Homeowners Earning \$250K or Less
- Renters Earning \$150K or Less

Stay NJ

For Senior Homeowners

- Age 65 or over in 2024
- 2024 Income below \$500,000
- Owned and lived in your home for all of 2024

Stay NJ benefits are calculated after ANCHOR and Senior Freeze benefits are determined. If you qualify for all three programs, the Stay NJ benefit will be 50% of your property taxes (up to \$12,000) minus any payments received through ANCHOR and Senior Freeze (2024 benefit cap of \$4,500).

**THREE PROGRAMS,
ONE APPLICATION!**

**NO APPOINTMENT NECESSARY
LIGHT REFRESHMENTS WILL BE
SERVED**

FULL TIME TEACHING POSITIONS AVAILABLE

Our school is seeking an **Upper Elementary** and **Middle School Language Arts (6-8 grades)** full time teachers. Valid New Jersey Teaching Certification or the path to certification is required. If you are a passionate teacher who is committed to student growth, instructional excellence, and fostering a positive, engaging classroom environment Sacred Heart School may be the perfect fit for you. Compensation commensurate with experience and qualifications.

Send resume and supporting documents to our Principal, Mrs. Rita Naviello at rnaviello@sacredheartlynd.org

OUR LADY OF KNOCK AUGUST 21ST

The apparition in County Mayo in Ireland of Our Lady of Knock is reported to have occurred on the evening of August 21, 1879, the vigil of the octave of the feast of the Assumption. Those who witnessed the miracle ranged in age from five years old to seventy-five.

The apparition was described as follows: "Our Lady was wearing a large, brilliant crown and clothed in white garments. On her right was Saint Joseph, his head inclined toward her and on her left Saint John the Evangelist. To the left of Saint John was an altar on which stood a cross and a lamb." Since then thousands of people have gone to Knock to pray to Our Lady. No sign of commercialism detracts from the purely religious atmosphere of that hallowed spot.

In honor of our Lady of Knock, Neil Horgan from our parish family will sing the Our Lady of Knock hymn on Sunday, August 16th at 9:00, 10:30, & 12:00 Masses.

LYNDHURST POLICE EMERGENCY SQUAD



Did you know that volunteers since 1942 have provided Ambulance and Rescue Services to the residents of the Township of Lyndhurst as well as the surrounding areas. Have you ever considered volunteering? The Lyndhurst Police Emergency Squad provides free training to those interested in joining the EMS family. To paraphrase Abraham Lincoln, "Next to creating a life, the finest thing one can do is save a life." The Emergency Squad accepts cadets from the age of 16 and probationary members 18+. For more information email recruitment@emergencysquad.com or call 201-804-2511.

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

CHURCH BELLS CELEBRATE & COMMEMORATE

The Sacred Heart Church bell rings:

SUNDAY, AUGUST 9TH

In Honor of: The Intentions of Jim & Isabel Cavalcante

Donated by: Jim & Isabel Cavalcante



SOLEMNITY OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY

August 15, 2026, the Solemnity of the Assumption of the Blessed Virgin Mary, occurs on Saturday this year. *In accord with the complementary norm to canon 1246 §2 confirmed for the dioceses of the United States of America, because it is a Saturday, the obligation to attend Mass on this date is abrogated (not required) this year.* For those who would like to honor our Blessed Mother on this very special day the Mass of the Solemnity of the Assumption will be celebrated on Aug. 15 at 9:00AM. The 5:00PM Mass on Saturday is the anticipated Mass for Sunday.

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

AUGUST 9, 2026



Nineteenth Sunday In Ordinary Time

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

MONDAY - St. Lawrence, Deacon and Martyr

12:00pm Lorenza & Julian Duran

TUESDAY - St. Claire, Virgin

12:00pm Norma Coson

WEDNESDAY - Weekday/ St. Jane Frances de Chantal, Religious

12:00pm Patrick R. Ferrara

THURSDAY - Weekday/Sts. Pontian, Pope, and Hippolytus, Priest, Martyrs

12:00pm The Intentions of Lucja & Piotr Kurcon (Living)

FRIDAY - St. Maximilian Kobe, Priest and Martyr

12:00pm Florence Moderelli

SATURDAY - THE ASSUMPTION OF THE BLESSED VIRGIN MARY

9:00am Peter & Carmela Sofio

Anticipated Sunday Mass

5:00pm Mr. & Mrs. Charles Marrone

SUNDAY - Twentieth Sunday In Ordinary Time

7:30am People Of Sacred Heart

9:00am Rose Astrella

10:30 am Cornelius Horgan Family & Friends

12:00pm Norma Salvanto

1:30 pm Norma Azuero

STEWARDSHIP

Sunday - \$6,053

Assessment - \$1,961

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



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NEWARK**

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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:

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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