



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

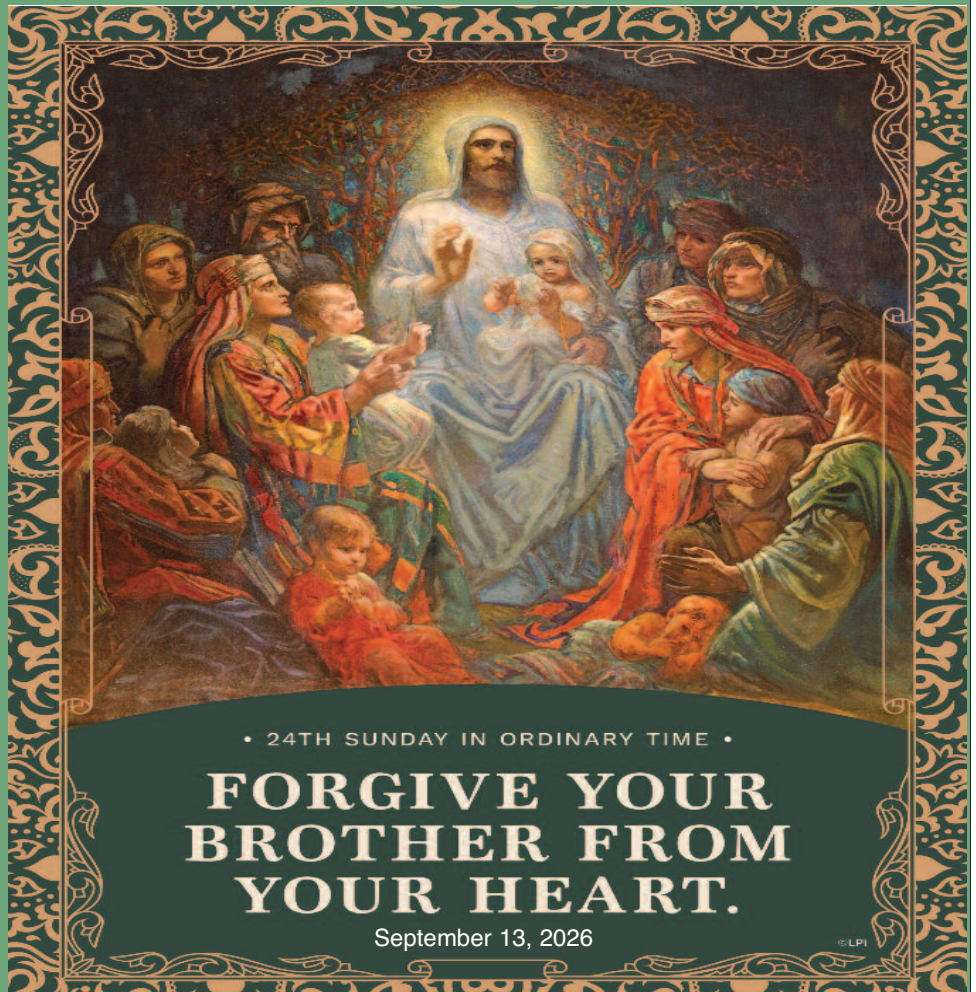
Jazmin Mello
Parish Catechetical Leader
201-935-3094
religioused@sacredheartlynd.org

SACRED HEART SCHOOL

Rita Naviello
Principal
201-939-4277
rnaviello@sacredheartlynd.org

SMALL BLESSINGS DAY CARE
201-935-0506

ARCHDIOCESE OF NEWARK



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
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.

TWENTY-FOURTH SUNDAY IN ORDINARY TIME

We live in a chaotic world, in a society where the differences between people are growing wider and louder. It doesn't take much to remind us of the terrible destruction that flows from anger - wounded hearts, broken homes and families, ruined relationships and shattered lives. Anger so often leads to hatred and suspicion. It blinds our judgment. It festers, makes us petty and spiteful and destroys our peace of mind. Anger such as this can kill us, and yet we will not let it go.

The author of the Book of Sirach understood this very well. In today's first reading he says, "Wrath and anger are hateful things, but the sinner hugs them tight." Even though it drains our energy, compromises our effectiveness, and makes us miserable, we continue to feed our anger to make it grow.

Anger is the raw material of cruel prejudice, of civil and national strife, of religious fanaticism and of terrorism and war.

There is no more important lesson for us to learn as followers of Jesus than that of giving and accepting forgiveness - lovingly, totally, unconditionally. If we haven't learned that then we really haven't begun to learn the meaning of being Christian.

This is what makes today's gospel so challenging. Letting go of anger, forgiving and being reconciled is the hallmark of the Christian. Jesus made a point of this over and over again in his discourses and parables. He was relentless in his insistence that we do not forgive people once, or seven times, but seventy times seven times (i.e. an infinite number of times!)

"Seventy times seven times." This is a tough phrase to digest when every instinct in our nature cries out for vengeance at the sight of hatred and injustice. But justice is not based on vengeance. It is rooted in restorative forgiveness.

So it is important to understand what forgiveness is and what it is not. Forgiveness does not imply that a fault or sin does not matter. Nor does it mean that the offense is forgotten, because sometimes this is impossible. It is not pretending that everything is fine. It is not making an excuse for the person who offended us. And it is certainly not putting ourselves back into the same situation where we can be hurt again.

But rather forgiveness means realizing that we cannot change the past and refusing to let what we cannot change control us. If we want to be free, if we want to be at peace, if we want to live, we must forgive. *And we do so because we have first been loved and forgiven ourselves.*

There can be no compromise when it comes to the message of Christ. If we pick and choose who we will forgive - and how often - we end up betraying the entire message of the Gospel. If we are faithful only when it is easy to be, we run the risk of ultimately denying Him. With Jesus, it's all or nothing. His invitation to follow is one that requires both courage and generosity. And it requires the ability to accept forgiveness, and to give absolution.

It is precisely the challenge of forgiveness that keeps us fresh, alert, open, joy-filled and hope-filled. It is this that allows us to see clearly, and to understand that a faith which does nothing or costs nothing or suffers nothing or forgives nothing, is a faith worth nothing.

HEAVEN IN STONE AND GLASS FILM SEPTEMBER 20TH & 23RD

This new documentary film hosted by Bishop Robert Barron explores the spiritual, architectural and historical significance of Chartes, Notre-Dame, Reims, Amiens and Saint-Denis Cathedrals in France. The film will be screened in our area at:

AMC Clifton Commons - 20th @ 7PM 23rd @ 4:30, 6:45
Regal Secaucus - 20th @ 6PM 23rd @ 4:00 & 6:00

COLUMBUS DAY BEEFSTEAK

The Lyndhurst Knights of Columbus Council #2639 are hosting their Second Annual Columbus Day Beefsteak/Tricky Tray Dinner Fundraiser on Sat. Oct. 10 at 6:30pm at the Our Lady of Mt. Carmel Parish Center, 146 Copeland Ave., Lyndhurst. Tickets are only \$60pp, and include Beefsteak, Ziti, Dessert, Hot & Cold Beverages and 10 prize chances. at the Beefsteak event, they will collect new, unopened toys to donate to the Child Life Program at local hospitals to replenish toys in their playrooms. For tickets call 551-587-8402.



Knights of Columbus, Lyndhurst Council #2639

Silver Rose
Prayer Service

The Silver Rose Prayer Service in honor of our Blessed Mother, Our Lady of Guadalupe will be held at Sacred Heart Church at 7:00PM on September 23, 2026 in both English & Spanish. All from our Catholic community are invited to attend.

Knights of Columbus

SACRED HEART SCHOOL MEGA 50/50

September 17, 2026 at Back to School Night

ONLY 200 TICKETS WILL SOLD

\$50 a ticket for a chance to win up \$5,000

Final prize will be 50% of tickets sold

Checks payable to Sacred Heart HSA and mail to Michelle Hering, 166 Central Lane, Secaucus, NJ 07094. Playing by credit card visit

<https://bit.ly/SHS2026MEGA>

Questions-Email Michelle at firedup151@gmail.com or call 201-615-2374

BETHLEHEM HANDICRAFTS SEPTEMBER 19TH & 20TH

From the birthplace of our Lord Jesus Christ, the Christian community is seeking your love and support through obtaining their handmade olive wood religious articles. These items will be displayed in the main vestibule church after all Masses the weekend of September 19th and 20th. Your help can and will make a difference in the lives of our brothers and sisters in Bethlehem.



SATURDAY NIGHT AT THE MOVIES

Our Lady of Mt. Carmel Church is proud to announce the continuation of its successful, monthly, faith-based, family movie night series entitled "Saturday Night at the Movies" at **OLMC's Parish Hall, 146 Copeland Ave., Lyndhurst on Sat. Sept. 19, 5:30pm**. This month's film will be the much-acclaimed, uplifting, fact-based film, "Heaven is For Real" (2014). This true story of a four-year-old boy who claims to visit heaven during emergency surgery. Fr. Ernie Rush will moderate a lively Q&A discussion after the film. Pizza, delicious homemade Meatball Sandwiches and beverages will be available for purchase.

ST. MICHAEL'S ANNUAL BEEFSTEAK DINNER

Celebrate the Feast of St. Michael the Archangel

Sat., Sep. 26 6:00 PM St. Michael's Parish Hall

BYOB, Mini Tricky Tray, 50/50 Raffle

\$65 per person includes: Salad, Pasta, French Fries, Beefsteak, Soda, Water, Coffee, Tea, Dessert

For tickets call St. Michael's 201-939-1161

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, Jayden Buló, Jacob Buló, Janey Alonso, David Naphegyi

DECEASED: Daniel Duca, Rosa Maria Fernandez

CHURCH BELLS CELEBRATE & COMMEMORATE

The Sacred Heart Church bell rings:

SUNDAY, SEPTEMBER 13TH

In Honor of: The Intentions of Jim & Isabel Cavalcante

Donated by: Jim & Isabel Cavalcante



HOMEBOUND AND NEED ASSISTANCE?

The CHEER program pairs homebound seniors or those living disabilities with volunteers to assist with tasks and errands like grocery shopping, prescription pick-up or visits to the post office. Most importantly, volunteers provide much needed companionship and a connection to the outside world. Volunteers visit weekly. For more information contact Michele Ogden at 201-489-9456 or email mogden@bergenvolunteers.org

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

SEPTEMBER 13, 2026



Twenty-Fourth Sunday
In Ordinary Time

Anticipated Sunday Mass

5:00pm Luke & Celia Kearney

SUNDAY - Twenty-Fourth Sunday In Ordinary Time

7:30am People Of Sacred Heart
9:00am Rose Astrella
10:30 am Rodolfo Tinapey & Vincente De La Serna
12:00pm Krizan Peros
1:30 pm Almas del Purgatorio

MONDAY - The Exaltation of the Cross

12:00pm Edgardo P. Diaz

TUESDAY - Our Lady of Sorrows

12:00pm John & Lulu Scardino

WEDNESDAY - Sts. Cornelius, Pope and Cyprian, Bishop, Martyrs

12:00pm Joseph Mayerchak

THURSDAY - Weekday/ St. Robert Bellarmine, Bishop and Doctor of the Church/ St. Hildegard of Bingen, Virgin and Doctor of the Church

12:00pm Andres Vivas (Living)

FRIDAY - Weekday

12:00pm Mercedes & Alberto Ginett

SATURDAY - Weekday/ St. Januarius, Bishop and Martyr/ Blessed Virgin Mary

9:00am Lourdes Maria Costa

Anticipated Sunday Mass

5:00pm Rocco Paolazzi

SUNDAY - Twenty-Fifth Sunday In Ordinary Time

7:30am People Of Sacred Heart
9:00am Rose Astrella
10:30 am Marion Roughneen
12:00pm De Serio Family
1:30 pm Almas del Purgatorio

STEWARDSHIP

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

**PICTURED BELOW, POPE LEO XIV AND
BISHOP ALBERT ANASTHAS,
BISHOP OF THE DIOCESE OF KUZHITHURAI, INDIA**



Most Rev. Dr. Albert Anasthas, Bishop of the Diocese of Kuzhithurai, India, is visiting our parish. This diocese is the native diocese of Fr. Theemas. This is a new diocese officially announced by Pope Francis on 22nd December 2014. This diocese has a large Catholic population. *The first martyr of India, Saint Devasahayam Pillai, is from this diocese.* As a new diocese, it needs a lot of help with its infrastructure and community building. As the diocese has a lot of vocations, the bishop is constructing a seminary to accommodate the growing number of seminarians. **For this great cause, he will be doing a mission appeal at our parish on the weekend of September 20th.** Please be generous



for this cause. If you are writing a check, please make the check payable to SACRED HEART CHURCH WITH MEMO DIOCESE OF KUZITURAI OR Indian Mission. Fr. Theemas has a special interest in it as this is his native diocese. For more information, please visit <http://www.kuzhithuraidiocese.in>