



# Sacred Heart Church

A Roman Catholic Community

324 Ridge Road, Lyndhurst, NJ 07071  
Phone: 201-438-1147 Fax: 201-507-5861  
[www.sacredheartlynd.org](http://www.sacredheartlynd.org)

### SERVED BY:

Rev. Theemas Pankiraj  
Pastor

Rev. Cesar Chen  
Parochial Vicar

### PARISH OFFICE 615 NEW JERSEY AVE

Charles Sofio  
Parish Manager  
[sacredheartchurch@comcast.net](mailto:sacredheartchurch@comcast.net)

### RELIGIOUS EDUCATION

Margaret Dacchille  
Parish Catechetical Leader  
201-935-3094

### SACRED HEART SCHOOL

Linda Durocher  
Principal  
201-939-4277  
[ldurocher@sacredheartlynd.org](mailto:ldurocher@sacredheartlynd.org)

### SMALL BLESSINGS DAY CARE

201-935-0506

### ARCHDIOCESE OF NEWARK

973-497-4000



## 4<sup>TH</sup> SUNDAY OF LENT

For everyone who does wicked things hates the light and does not come toward the light, so that his works might not be exposed. But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God. - Jn 3:20-21

### 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  
Mar. 22, May 10

**Sacrament:** in the church at 3:00pm  
Apr. 3, May 16

### 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.

### R.C.I.A.

The Rite 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.

## Fourth Sunday Of Lent

The fourth Sunday of Lent is sometimes called Laetare Sunday. Laetare is a Latin word that means "rejoice." Traditionally, Sundays are named after the first word of the liturgy's opening antiphon. On this Sunday, the antiphon is taken from the book of the prophet Isaiah (Isaiah 66:10-11). Even as we observe our Lenten sacrifices, we rejoice in anticipation of the joy that will be ours at Easter.

The readings today make us very aware that we are still sinful humans, called to grow in faithfulness and love. The first reading is from the Second Book of Chronicles and gives us the sad history that God's people were unfaithful and finally taken from their own land into exile in Babylonia. The story does not end there, however. Instead this story gives us cause for rejoicing because God brings some of His people back to Judah, to Jerusalem, to rebuild the temple.

This account from the Second Book of Chronicles is a pattern that is repeated over and over in the life of our Jewish ancestors and also in the life of our Church. We humans find it difficult to remain faithful. When we are unfaithful, God allows us to suffer the consequences and then, quite often, at least a remnant will return to the Lord. Then there is rejoicing!

The second reading is from the Letter to the Ephesians and speaks again about our human failings and God's mercy. "God, even when we were dead in our transgressions, brought us to life with Christ. It is the gift of God."

Today's Gospel reading is taken from John's Gospel. It consists of two parts. The first part is the final sentence of Jesus' reply to Nicodemus, the Pharisee who approached Jesus at night. Nicodemus acknowledged Jesus as someone who had come from God and seemed to want to be a follower of Jesus. Jesus greeted Nicodemus with the observation that one must be born from above to see the Kingdom of God. The dialogue between Jesus and Nicodemus that followed was about the meaning of this phrase. Nicodemus misunderstood Jesus at every point, but there was no animosity in the questions he posed to Jesus.

In the part of the conversation with Nicodemus in today's Gospel, Jesus referred to an incident reported in the Old Testament. When the Israelites grumbled against the Lord during their sojourn in the desert, God sent venomous serpents to punish them for their complaints. The Israelites repented and asked Moses to pray for them. The Lord heard Moses' prayer and instructed him to make a bronze serpent and mount it on a pole. All who had been bitten by a serpent and then looked upon the bronze serpent were cured. By recalling this story, Jesus alludes to the salvation that would be accomplished through his death and Resurrection.

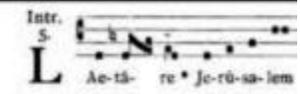
The second part of today's Gospel is a theological reflection on Jesus' words to Nicodemus. The Gospel of John is known for this kind of reflection offered within the narrative. The words of the Evangelist are in continuity with the words of the prologue to John's Gospel. In these reflections, John elaborates on a number of themes that are found in his Gospel: light and darkness, belief and unbelief, good and evil, salvation and condemnation.

In John's reflection, we find an observation about human sinfulness. Jesus is the light that has come into the world, but people preferred the darkness. We wish to keep our sins hidden, even from God. Jesus has come into the world to reveal our sins so that they may be forgiven. This is the Good News; it is the reason for our rejoicing in this season of Lent and throughout our lives.

Today, on the Sunday of Lent when we should rejoice, let us open our hearts and listen to God. He only wants to tell us that He loves us and invites us to live a life of commitment to Him.

## WHAT IS LAETARE SUNDAY?

The Fourth Sunday of Lent (March 14th this year) is called Laetare Sunday, when the Church takes a bit of breather from Lenten practice and opens Mass with the Entrance Antiphon, "Rejoice, Jerusalem ... Be joyful, all who were in mourning!" – taken from Isaiah chapter 66. It takes its name from the Latin word which begins the entrance antiphon (introit) for that day. Laetare means rejoice, and this Sunday is marked by a relaxation of the penitential character of the Lenten season. In church, flowers may be used to adorn the altar on this day, and the organ may be played more fully. On this Sunday, we look with expectation to the great Solemnity of Easter for which we have been preparing ourselves as a Church during the Lenten season. By its anticipation of the joy of Easter, Laetare Sunday is meant to give us hope and encouragement as we slowly progress towards the Paschal Feast. The rose vestments on Laetare Sunday is a custom originating in the fact that, as a symbol of joy and hope in the middle of this somber Season, popes used to carry a golden rose in their right hand when returning from the celebration of Mass on this day. Originally it was natural rose, then a single golden rose of natural size, but since the fifteenth century it has consisted of a cluster or branch of roses Rose given by Pope to churches, shrines, cities, or distinguished persons as a token of esteem and paternal affection. It's an opportunity to savor and keep in the back of our minds what awaits us on Easter Sunday – the reality that Jesus Christ is risen from the dead, and that our hearts will always be filled with joy!



## THE LIGHT OF CHRIST. THANKS BE TO GOD.

The Paschal Candle, a symbol of the light and the hope that the risen Christ brings to the world, is the focus of the Lucernarium, the Service of Light, that begins the Easter Vigil celebration. It burns brightly in our sanctuary during all the liturgies celebrated in the Easter Season. After Pentecost, it is positioned at the Baptismal Font where it brings the light of Christ to our Baptismal and Funeral Liturgies, underscoring our belief that in baptism we die with Christ so that we may rise with Him into eternal life. If you would like to donate this year's Paschal Candle in memory of a deceased loved one, please contact the parish office at 201-438-1147.



## OUR PARISH FAMILY FOOD PANTRY

Your generosity now can help us make to make sure that we have enough food to help our neighbors in need through the cold winter months.

If you can donate any of these items, it would be greatly appreciated: Canned Vegetables, Fruit, Tuna, Potatoes (small packages or canned), Cereal (12 oz. or smaller), Peanut Butter, Jelly, Coffee (regular or small instant) and Cookies. Thank you for all of the generous donations. It's only with your help that we are able to keep our food pantry stocked. As a reminder, we are unable to package out-of-date food products for distribution to our families.

We would like to offer our recipients a **birthday bag**. To accomplish this we need donations of: cake mix, can of icing, candles, small birthday plates and napkins. We will package it all into a birthday bag. Please leave these items with the rest of the food in the back of the church near the Sacred Heart shrine. We appreciate all your generosity!



### Upcoming Food Pantry Open Dates:

- Saturday, March 20th & March 27th (Easter Pick Up)
- Saturday, April 17th & April 24th
- Saturday, May 22nd
- Saturday, June 19th and June 26th

## EASTER FLOWER MEMORIAL

**Your Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City/State/Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_

**In Memory of:** \_\_\_\_\_

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- \$50
- \$35
- \$25
- \$20
- \$15
- \$10



**Checks payable to: Sacred Heart Church**

## PLEASE PRAY FOR OUR PARISH FAMILY

**SICK:** Betty Tynan, Baby Ryan Joseph Lomuscio, Dolores Manno, Sal Russo, Charles Klimkowsky, Nancy Namoviez, Giovanna Muscara, Al & Joan Viscuso, Lea Pappas, Anita Barcia, Denise Swanteck, Maureen F. Coughlin, John Smith, Julius Single, Dave Tzrepla, Frank Bucu, Sr., John Stemkowski, Dominick Palmieri, Christopher N. Coughlin, Vladimir Pudoff, Isabella Lugo, Tess, Allison Russell, Francesco Giacchi, Mario Alongi, Sr., Vito & Grace Dacchille, John Scivetti, Ellie Cappadona, Joseph Caramanico, Rose Motisi, Ken Stone, Rosie Perez, Timothy Yushak, Simplicia Ramirez, Corazon Santos

**DECEASED:** John Kruger

## FASTING AND ABSTAINENCE ON THE SOLEMNITY OF ST. JOSEPH

The obligation to abstain from eating meat is not observed on Friday, March 19, 2021 because it is the Feast of St. Joseph, a solemnity.

Fasting on all weekdays of Lent is strongly encouraged and the United States Conference of Catholic Bishops recommends abstinence from meat on all Fridays of the year. *Abstinence from meat is obligatory on all the Fridays of Lent. However, the Code of Canon Law provides an exception, stating that abstinence from eating meat on Fridays of Lent is to be observed "unless Friday occurs on a day listed as a solemnity" (c. 1251).*

## STATIONS OF THE CROSS

*Were you there when the crucified my Lord?*

Here at Sacred Heart, we will pray the Stations of the Cross as a community the Fridays of Lent **March 19, 26 following the 12 Noon Mass.** As early as the 4th century, Christian pilgrims to the Holy Land would walk the route that Our Lord walked as He made His way to Golgotha for our salvation. When Muslims captured Jerusalem and it became too dangerous to make this pilgrimage, Christians replicated the sites back home in and there developed the "Stations of the Cross" devotion (also known as "Way of the Cross," "Via Dolorosa," or "Via Crucis"). The devotion consists of meditating on 14 events -- that number being fixed in 1731 by Pope Clement XII -- which took place during Christ's Passion, from His being condemned to His burial.

## BEST LENT EVER

Lent is a 40-day period leading up to Easter, beginning with Ash Wednesday. Lent is known as a penitential season. That means it is an opportunity to examine your life, give your struggles to God, and invite him to help you become the-best-version-of-yourself. Lent is the perfect time to form new life-giving habits and abandon old self-destructive habits. But most of us just give up something. Then, when Easter arrives, we realize we really haven't grown spiritually since the beginning of Lent. **Lent is not just about giving things up, it's about who you become.**

**What if this year you did more than just give up something during Lent?** Do something life-changing. Sign up for Dynamic Catholic's Best Lent Ever. **It's FREE.** Dynamic Catholic's Best Lent Ever email program will take you on a 40-day spiritual journey to encounter Jesus—and yourself—in a deeply personal way, and begin (or nourish) a habit of daily prayer. Visit [www.dynamiccatholic.com](http://www.dynamiccatholic.com) for more details and to sign-up.

**MARCH 14, 2021**  
FOURTH SUNDAY OF LENT



### Anticipated Sunday Mass

5:00 pm Vera Ponti

### SUNDAY - FOURTH SUNDAY OF LENT

7:30am People Of Sacred Heart  
9:00am Dr. Peter Amirata  
10:30 am Rozalia, Piotr, and Stefan  
12:00pm James M. Cavalcante  
1:30 pm Anita and Eriberto Reyes

### MONDAY - Lenten Weekday

12:00pm Special Intention

### TUESDAY - Lenten Weekday

12:00pm Mike & Rose Carini & Sons

### WEDNESDAY - Lenten Weekday/St. Patrick, Bishop

12:00pm Hirth & Hambach Families

### THURSDAY - Lenten Weekday/St. Cyril of Jerusalem, Bishop and Doctor of the Church

12:00pm Melba Rovainen Coughlin

### FRIDAY - ST. JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY

12:00pm Louise Alvarez

### SATURDAY - Lenten Weekday

9:00am Antoinette Chiaro

### Anticipated Sunday Mass

5:00 pm Lorenza & Julian Duran

### SUNDAY - FIFTH SUNDAY OF LENT

7:30am People Of Sacred Heart  
9:00am Joseph J. Pavlica, Jr.  
10:30 am Rose Agnolet  
12:00pm Celeste Truskolawski  
1:30 pm In Thanksgiving

## STEWARDSHIP

March 7th

Sunday Collection - \$7,073

Assessment Collection - \$2,469

Add'l Heating Fuel - \$130

Add'l Central & Eastern Europe - \$105

Add'l Ash Wednesday - \$75

## ANNUAL APPEAL 2021 - CATHOLIC STEWARSHIP IN ACTION ARCHDIOCESE OF NEWARK

The Archdiocese's 2021 Annual Appeal, "Catholic Stewardship *in Action*" is currently underway. You may have already received at home a letter from Cardinal Tobin explaining the important role the Annual Appeal plays for our Archdiocese. Gifts to the Annual Appeal play a critical role in the delivery of programs and ministries provided by the Archdiocese that are at the heart of the mission of our local Church.

Your gift will assist passing on the faith, ministries that proclaim the Gospel, care for the Poor and Vulnerable, forming future priests and supporting retired clergy.

**To Date, 66 families from our parish family have generously supported the Appeal:**

**Our Total Parish's Goal - \$33,992 -- Received To Date - \$21,958 (64.59% of Goal)**

**\*\*Our Parish's Paid Pledge Goal By June 30th - \$28,894 -- Received To Date - \$10,088 (34.91% of Goal)**

*Your generosity not only supports all the ministries listed above but can also be a direct support for our parish as well. If we exceed our total parish goal, we will receive a rebate from the Archdiocese of all the excess funds and a 2% reduction in our parish assessment for the fiscal year. It's a great way for our parish family to "fund raise" and help others at the same time. If you haven't already done so, please prayerfully consider your gift to the Annual Appeal.*

**\*\*Reminder, we must collect our Parish's Paid Pledge Goal by June 30th. If we don't accomplish this, the shortfall will be added as an expense to our budget and must be paid to the Archdiocese by September 30, 2021.**

If you haven't already done so, please prayerfully consider your gift to the 2021 Annual Appeal. Envelopes for the Appeal are available in the pews. You can also make your gift online at [www.rcan.org/sharing](http://www.rcan.org/sharing). Please be sure to select Sacred Heart Church, Lyndhurst so the parish receives credit.

## ARCHDIOCESE OF NEWARK 2021 LENTEN REGULATIONS

1. The days of both Fast and Abstinence during Lent are Ash Wednesday and Good Friday. *If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily His Resurrection.* The other Fridays of Lent are days of Abstinence.  
**On a day of Fast**, only one (1) full meal is permitted and two (2) smaller meals, which added together, would not exceed the main meal in quantity.  
Those between the ages of 18 and 59 are obliged to fast.  
**On a day of Abstinence**, no meat may be eaten. Those who have reached the age of 14 are obliged by the law of abstinence.
2. The obligation to observe the laws of Fast and Abstinence "substantially", or as a whole, is a serious obligation.
3. The Fridays of the year, outside of Lent, are designated as days of penance, but each individual may substitute for the traditional abstinence from meat some other practice of voluntary self-denial as penance.
4. The time for fulfilling the Paschal Precept (Easter Duty\*) extends from the **First Sunday of Lent, February 21, 2021 to the Solemnity of the Holy Trinity, May 30, 2021.**

\*Canon 920, §1. *All the faithful, after they have been initiated into the Most Holy Eucharist, are bound by the obligation of receiving Communion at least once a year.*

Karen Nazare Zitman  
Manager  
NJ Lic. No. 4520

Est. 1929

Joseph M. Nazare  
NJ Lic. No. 2852

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