



## Sacred Heart Church

110 Shonnard Place  
Yonkers, New York

www.sacredheartyonkers.org  
-A Ministry of the Capuchins of  
the Province of Saint Mary

914-963-4205

# February 21, 2021

## First Sunday of Lent

He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is adored and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead  
and the life of the world to come. Amen.

Offertory Led by the Spirit #120

Led by the spirit of our God,  
we go to fast and pray  
With Christ into the wilderness:  
we join his paschal way.  
“Rend not your garments, rend your hearts.  
Turn back your lives to me.”  
Thus says our kind and gracious God,  
whose reign is liberty.

Led by the Spirit,  
we confront temptation face to face,  
And know full well we must rely on  
God’s redeeming grace.  
On bread alone we cannot live,  
but nourished by the Word  
We seek the will of God to do:  
this is our drink and food.

Communion: Now In This Banquet

Now in this banquet, Christ is our bread;  
Here shall all hungers be fed.  
Bread that is broken, wine that is poured,  
Love is the sign of our Lord.

Recessional: Forty Days and Forty Nights #122

Forty days and forty nights  
You were fasting in the wild;  
Forty days and forty nights  
Tempted, and yet undefiled.

Shall not we your sorrow share  
And from worldly joys abstain,  
Fasting with unceasing prayer,  
Strong with you to suffer pain?

Entrance: Ashes

We rise again from ashes, from the good we've failed to do.  
We rise again from ashes, to create ourselves anew.  
If all our world is ashes, then must our lives be true?  
An offering of ashes, an offering to You.

Then rise again from ashes, let healing come to pain.  
Though spring has turned to winter,  
and sunshine turned to rain.  
The rain we'll use for growing, and create the world anew,  
From an offering of ashes, an offering to You.

First Reading: Genesis 9:8-15

Responsorial Psalm

*Your ways, O Lord, are love and truth  
to those who keep your covenant.*

Second Reading: 1 Peter 3:18-22

Gospel: Mark 1:12-15

Nicene Creed

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with the Father;  
through him all things were made.

For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary,  
and became man.

For our sake he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.

## February 21<sup>st</sup> - February 28<sup>th</sup>

### Sunday, February 21<sup>st</sup> -

First Sunday of Lent

Gn 9:8-15/1 Pt 3:18-22/Mk 1:12-15

5:00pm Vigil Sp Int For Our Parish Family  
8:00am Decd Marion Bracken  
9:45am Decd Msgr. John J. Foley  
11:30am Decd Panchita Soto

### Monday, February 22<sup>nd</sup> - Chair of St. Peter

1 Pt 5:1-4/Mt 16:13-19

8:30am Decd Fr. Jerome McHugh, OFM Cap.  
(1<sup>st</sup> Anni)

### Tuesday, February 23<sup>rd</sup> -

Is 55:10-11/Mt 6:7-15

8:30am Sp Int

### Wednesday, February 24<sup>th</sup> -

Jon 3:1-10/Lk 11:29-32

8:30am Sp Int  
7:30pm Decd Hilda & Charlie Williams

### Thursday, February 25<sup>th</sup> -

Est C:12,14-16,23-25/Mt 7:7-12

8:30am Fran Cirone Allen

### Friday, February 26<sup>th</sup> -

Ez 18:21-28/Mt 5:20-26

8:30am Decd Jose C. Calanog, Sr. (7<sup>th</sup> Anni)

### Saturday, February 27<sup>th</sup> -

Dt 26:16-19/Mt 5:43-48

8:30am Decd Dan Hourihan

### Sunday, February 28<sup>th</sup> -

Second Sunday of Lent

Gn 22:1-2,9a,10-13,15-18/Rom 8:31b-34/Mk 9:2-10

5:00pm Vigil Decd Anderson, Quinn & Fitzgerald  
Families

8:00am Sp Int For Our Parish Family  
9:45am Decd Christopher Kiernan, YFD (Anni)  
11:30am Decd Lynn McCrudden

### Week of February 21<sup>st</sup>

**Bread and Wine**  
Decd Fr. Jerome McHugh,  
OFM Cap.



**Sanctuary Lamp**  
Decd William Hogan and Joan Levis



## Parish Office Hours

**Monday - Closed**  
**Tuesday - Friday, 9:00 am - 4:00 pm**

**We will tape the 8:30 Weekday Mass  
from the church for Broadcast at 10:00 am.**



**Eucharistic Adoration**  
**Thursday 3:30 pm - 7:00 pm**

Formed.org

Sign Up for FORMED:

1. Visit <http://signup.formed.org/>
2. Enter our parish zip or name
3. Enter your name and email
4. Enjoy Lenten resources and Movies for all ages

**Please Pray**  
**for the repose of the souls of**  
**Maria Bulagalla, Donna Lodi**  
**and all the deceased parishioners of Sacred Heart,**  
**and the Special Intentions of**  
**Our Parish Family members,**  
**listed in our Prayer Intention Book.**



**Up-to date emails**  
**Upcoming Events**

**Bulletins emailed to you**  
**Go to flocknote.com**  
**"Find your church" - 10703**  
**We like to share good news!**

### Sign up for Online Giving,



Log on to  
[sacredheartyonkers.org](http://sacredheartyonkers.org)  
and click on the  
Parish Giving Logo,  
then follow the  
easy registration steps.

*Young Adult Mass*  
*This Sunday ~ February 21<sup>st</sup>*  
*7:00 PM*

All members of the parish, neighborhood, and community are invited.  
18-39 Years of Age  
*Share the word...Invite someone to attend!*

*From the Pastor's Desk*

*First Sunday of Lent: Repent and Believe*

In today's gospel (Mark 1:12-15) Jesus makes it very clear what his mission will be: to announce God's Kingdom and to invite us, by way of repentance and belief in the gospel, to participate in it. In the verses prior to this proclamation of Jesus, the Spirit had driven him to the desert for forty days, where he was tempted by Satan. Of course, we know that Jesus didn't give in to those temptations and, having been ministered to by the angels, he left the desert strong in the Spirit, strong in his proclamation of God's Kingdom, and strong in his resolve to complete the Father's will.

The sign of the new covenant that God established with Noah and the earth in our first reading today was the rainbow that God placed in the sky. With that sign, God promised that "the waters shall never again become a flood to destroy all mortal beings." Jesus, who offered his life on the cross for us, fulfilled a new covenant between God and humanity, and sealed it with his own blood, "the blood of the new and eternal covenant." Receiving the Body and the Blood of Christ at Mass gives us the opportunity to be renewed in that covenant and reminds us of the Lord's promise to be us always.

As we enter in this first week of Lent, let us consider our response to the Lord's invitation to repentance. Are there still things in my life that I need to let go? Are there attitudes that I need to change? Are there people in my life that I have not reconciled with? Are there sins in my life that I keep repeating, even though I have confessed them many times? (What am I trying to do about that?) What are my temptations? Where do I draw strength in order to resist giving into them? Who are the angels that God has sent into my life to assist me? What evidence is there in my life that God is remaining faithful to His covenant with me? Am I keeping my part of the covenant with God?

When we take the time to sit with the Scriptures and reflect on them slowly and carefully, we find so many different insights to assist us in our spiritual lives. Even though we've heard the texts before, we can gain new insights, learn new ways of receiving God's Word and putting it into practice, and find creative ways to share God's Word with others that we love.

**A Reminder About Fasting and Abstinence**

During the season of Lent, the Church urges all the Faithful to reflect a spirit of penance in their daily life through performing acts of fasting and abstinence.

**FASTING** requires that one only full meal be taken per day. Two other smaller meals may be taken during the day to maintain physical strength, but these two meals together should not equal a full meal in quantity. Fasting on **Ash Wednesday and Good Friday** obliges all those who have reached the age of 18 and continues to oblige through age 59. Those not specifically obliged to fast are encouraged to join in the discipline of fasting to the extent that they are able.

**ABSTINENCE** prohibits individuals from eating meat or poultry on a particular day. Abstinence obliges all those who have reached the age of 14 and continues to oblige throughout their entire lives. Those not specifically obliged to abstain from eating meat are encouraged to join in this discipline to the extent that they are able. **Ash Wednesday and Good Friday** are both days of **Fast and Abstinence**; **all Fridays in Lent are days of Abstinence**.

We will include more details about our celebration of the Season of Lent in upcoming Parish Bulletins, on our website, and through Flocknotes. As always, please share the information and special schedules with family, friends and neighbors. All are welcome – no matter where they live.

## Some Lenten Assistance

I mentioned in last week's bulletin, that as we journey together through the season of Lent, I would like to offer you a word or an image to think about and reflect on each day. You might consider keeping a mini journal or writing the word/image down and placing it in an obvious spot (like on the front the refrigerator) where you will see it from time to time during the day. You might also consider writing each new word/image on a piece of paper and placing it in your Bible, where you might look up the word and find it in a Scripture passage.

Monday, February 22: Come home!

Tuesday, February 23: Ephphetha: Be Opened!

Wednesday, February 24: Leave the past behind.

Thursday, February 25: Now is the day of Salvation.

Friday, February 26: Lord, open my lips.

Saturday, February 27: Rend your hearts.

Sunday, February 28: Wash away my guilt.

## *Thank You for Supporting Sacred Heart High School's Pot of Gold Calendar Raffle*

Thank you in advance for assisting our high school students and families with our **Pot of Gold Calendar Raffle**. Ticket information is available on the gold insert in the bulletin. You can also call the office to arrange ticket pick up. Allow me to share an excerpt from the letter I sent to all the families and alumni of the high school, seeking their support of this fund raiser.

*We surely could use everyone's support to make this raffle a great success! Because of the enduring pandemic, SHHS had to postpone or cancel (more than once) all of our planned fundraisers in the last 12 months: our annual Scholarship Dinner, Golf Outing, and Beefsteak Hall of Fame. We depend heavily on the success of these events to help make possible the wonderful education and strong moral foundation that our students receive here at Sacred Heart. Tuition alone, as you might expect, does not cover all the expenses associated with educating our students.*

*Despite the pandemic, Sacred Heart High School was able to provide our Seniors with a modified graduation and honors ceremony. We recently celebrated Ring Day for the class of 2021. Our girls' basketball team celebrated their championship win last year at this time and this past November our boys' soccer team won their third championship in six years. In conjunction with Sacred Heart Parish, we were able to provide Thanksgiving Baskets for more than 300 families and Christmas gifts for almost 1,000 children. We assisted families who have suffered all kinds of loss due to COVID-19. We are gearing up for and hoping to have an abbreviated winter and spring sports season. We are very proud of our students, our families, our friends and benefactors for their great generosity in times of hardship and their continued enthusiasm for their education in spite of so many challenges! I know you share my pride and joy as a member of the Sacred Heart Family.*

*We now turn to you and ask your help for "the Heart." While we will continue to reach out to others in need, we also acknowledge that we, too, depend on the generosity of our families, friends, alumni and benefactors (many of whom are active parishioners of the parish) to assist us with the ongoing needs of the school.*

## A Word from your Parish Bulletin

I'm so glad that you read me! But may I invite you to take me home with you? Maybe share all the information I have for you with a neighbor or family member? And might I respectfully request that you don't read me instead of listening to the Mass? You can pick me or put me down at any time; but the Scriptures, prayers and homily are specific to each Sunday's celebration of the Eucharist. Food for thought...

**Fr. Bob**

### 2021 Mass Book

The Mass Book for **July 1 through December 31, 2021**  
will open **Wednesday, February 24<sup>th</sup> at 9:00 am**  
The Bread & Wine And Sanctuary Lamp Memorials will also open

In order to give everyone an opportunity to request their Masses and Memorials, **we ask that you do not request more than six Masses and that only one be a Saturday Vigil or Sunday Mass during these six month time periods.** The stipend for all Masses will be **\$15.00.** You may also request **up to 6 Bread & Wine or Sanctuary Lamps** when the Book opens. The stipend for a Memorial will also be **\$15.00.**

Your cooperation with these stipulations will be appreciated.



### Sacred Heart High School

**is accepting applications  
for incoming Freshmen for the  
2021-2022 year.  
(Transfer students applications also  
accepted for current year)**

**Pease contact  
Mr. Brendan Clark  
Director of Admissions  
bclark@sacredhearths.org  
914-965-3114 x 114**

### Sacred Heart Grade School

#### Registration for September 2021

**PreK-3 and Kindergarten to Grade 8**

**UPK4 for Yonkers Residents**

**Students must be 4 by December 1, 2021.**

**Registration is Monday through Friday,  
8:30 am - 2:00 pm  
Grade School Main Office,  
Please call the School Office 963-5318 x2  
for any additional information.**

### **Food Pantry**

**Our Food Pantry has remained open to those in need.**

**We are running low on some staples for the pantry:**

**Cereal, tomato/spaghetti sauce, tuna, canned fruits and vegetables.**

**This time of year, we are always grateful for soups....they can always been used to start a meal!**

### **Puzzle Time**

Match the key to get today's verse.

3 23 5
14 26 12 22 13 19 21
19 8
22 19 13
26 4

6 3
23 6 12 13
11 5 25 5 12 3
6 12 13

7 5 1 26 5 10 5
26 12
3 23 5
22 19 4 25 5 1

A	B	C	D	E	F	G	H	I	J	K	L	M
6	7	24	13	5	8	22	23	26	9	14	1	21

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
12	19	25	18	11	4	3	17	10	20	15	2	16

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**What's My Name?**  
The #WHATSMYNAME Movement asks everyone to simply ask drivers "What's my name?" before entering their vehicle to make sure it is the car they are supposed to enter.  
**#WHATSMYNAME**  
In Remembrance of **Samantha Josephson**

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