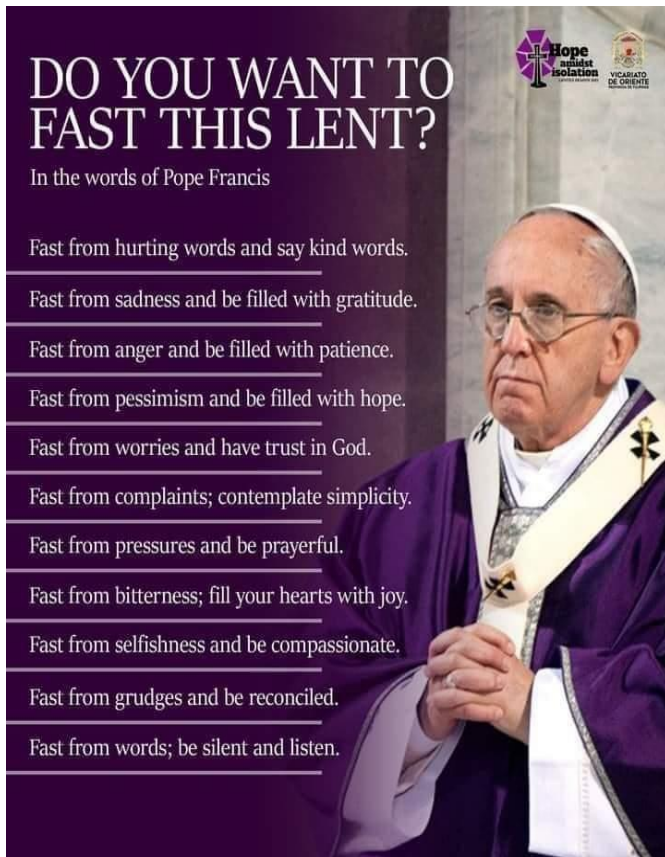


# FIRST SUNDAY OF LENT FEBRUARY 21, 2021

## FROM OUR PRIESTS' DESKS

Dear sisters and brothers of Sacred Heart:

I had started to jot down some personal reflections for this Lenten season until I stumbled upon this wonderful poem, I'll call it by Pope Francis. I knew then that there was nothing further to say...May the Good Lord bless you all this Lenten time and God bless your friendship among us here at our beloved Sacred Heart!



**DO YOU WANT TO FAST THIS LENT?**  
In the words of Pope Francis

Fast from hurting words and say kind words.  
Fast from sadness and be filled with gratitude.  
Fast from anger and be filled with patience.  
Fast from pessimism and be filled with hope.  
Fast from worries and have trust in God.  
Fast from complaints; contemplate simplicity.  
Fast from pressures and be prayerful.  
Fast from bitterness; fill your hearts with joy.  
Fast from selfishness and be compassionate.  
Fast from grudges and be reconciled.  
Fast from words; be silent and listen.

In His Grace,

Fr. Michael  
Fr. Eric  
Fr. John & staff

1<sup>st</sup> Sunday of Lent: Gospel of Mark

In Mark's Gospel, the desert marks the beginning of Jesus' battle with Satan; the ultimate test will be in Jesus' final hours on the cross. In a similar way, our Lenten observances are only a beginning, a preparation for and a reinforcement of our ongoing struggle to resist

the temptations we face in our lives. During Lent, we are led by the Holy Spirit to remember the vows of Baptism in which we promised to reject sin and to follow Jesus. Just as Jesus was ministered to by the angels, God also supports us in our struggle against sin and temptation. We succeed because Jesus conquered sin once and for all in his saving death on the cross. *Loyola Press*

**LENTEN EVENING OF REFLECTION**  
February 23 at 7:00PM

**RECONCILIATION MONDAY CONFESSIONS**  
March 29<sup>th</sup> / 4pm to 8pm  
\*\*\*\*\*

**STATIONS OF THE CROSS**  
FRIDAYS at 7:00pm  
February 19<sup>th</sup> 26<sup>th</sup>, March 5<sup>th</sup> 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>  
April 2<sup>nd</sup> AT 5:30PM

## LENTEN SEASON 2021

**Lenten Fast 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 fast and abstinence.

“**FASTING**” requires that only one 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 obliges all those who have reached the age of 18 and continues to oblige until 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 on a particular day. Abstinence obliges all those who have reached the age of 14 and continues to oblige throughout their entire life.

### *ENTRANCE ANTIPHON:*

When he calls on me, I will answer him;  
I will deliver him and give him glory,  
I will grant him length of days.

### RESPONSORIAL PSALM:

**Your ways, O Lord, are love and truth to those who keep you covenant.**  
Your ways, O Lord, make known to me; teach me your paths.

Guide me in your truth and teach me, for you are God my savior.

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

Good and upright is the Lord, thus he shows sinners the way. He guides the humble to justice, and he teaches the humble his way.

## PARISH CALENDAR

**Sunday, February 21**

**Monday, February 22**

**Tuesday, February 23**

**LENTEN EVENING OF REFLECTION – 7pm**

**Wednesday, February 24**

RCIA in the Rectory 7pm

**Thursday, February 25**

**Friday, February 26**

**Saturday, February 27**

**12:00pm –Holy Rosary**

Online giving is, safe,  
easy, and **QUICK!**

Visit [cardinalsappeal.org/donate](http://cardinalsappeal.org/donate)  
or

Open your smartphone camera  
app and scan the QR code:



Following submission, confirmation will  
immediately be emailed to your inbox



## CARDINAL'S ANNUAL STEWARDSHIP APPEAL 2021

Your donations help the entire Archdiocese in so many ways. It is only through your generosity that the Archdiocese is able to help so many, here in our own area and the entire Archdiocese of New York. Even the smallest amount helps. Please consider donating. As always, we graciously thank all our parishioners for their continued generosity.

## ST. VINCENT DE PAUL SOCIETY EASTER BASKETS

We are asking for donations of Hams and trimmings for Easter Baskets.

**Obviously CoVid is still an issue so we will again have drive by donations on the date listed below and are happy to have the Suffern Community Foundation assisting in the collection of foods for our less fortunate. We will have drive in donations of food on:**

**March 20<sup>th</sup> - 11:00am to 2:00pm**

The baskets will be distributed on Saturday, **March 27 from 10am until 12:00pm** in the parking lot (drive through only). Please contribute if possible. This event is to help the needy in our midst with the help and support of the Suffern Community Foundation. Thank you for your help!

## SHARING WHAT WE HAVE IN JESUS' NAME

**6<sup>th</sup> Sunday Ordinary Time - \$11,637.**

**Last Year's Collection - \$11,329.**

**Peter's Pence - \$961.**

## A PRAYER FOR LIFE

*O Most Holy Lord, Creator of heaven and earth,  
From Your gentle hand flows the gift of life.*

*To Your sons and daughters*

*You have given the role of stewards to care for all of  
Your creation from womb to tomb.*

*Hear us as we pray for a greater respect for all of life  
throughout the world:*

*-that the unborn may be born.*

*-that the child may be safe.*

*-that the teen may be prepared.*

*-that the young adult may be other-centered.*

*-that the adult may be selfless.*

*-that the aged may be revered.*

*-that the dying may have dignity.*

*-that the deceased may rest in peace.*

*-that the resources of creation may be used well.*

*-that all Your creation may be blessed.*

*Having served You loyally on earth,*

*May we obtain the rewards of everlasting life.*

*We ask this through Christ our Lord. Amen*



## SISTERS OF LIFE

**Providing Life-affirming choices for women:** Here in the Archdiocese of New York, there are many resources that provide women facing unplanned pregnancies with alternatives to abortion. If you know someone who is struggling, please urge them to contact: [www.visitationcenterus.org](http://www.visitationcenterus.org) or call (877)777-1277.

**“Have you suffered an abortion?”** Experience God's love and mercy and begin the journey of healing. Please call the Sisters of Life: 866.575.0075 or e-mail: [hopeandhealing@sistersoflife.org](mailto:hopeandhealing@sistersoflife.org). For men, call Theresa Bonopartis at Lumina: 877.586.4621 or e-mail: [Lumina@postabortionhelp.org](mailto:Lumina@postabortionhelp.org)

## CRISIS PREGNANCY HOTLINE GOOD COUNSEL HOMES

For Pregnancy emergencies call

Any time of day: 1-800-723-8331

[www.goodcounselhomes.org](http://www.goodcounselhomes.org)



Please pray for those who are ill and have asked us to pray for them: Keith Alanis, Jenna Applebaum, Theresa Anselmi, Andrea Schnabel Blaesi, Michael Brady, Angie Clifford, Robert Conly, Comerford Family, Teresa & Tom Consolo, Mirella Cosentino, The Cosentino Family, Janet Curcione, Joe Davey, Anthony DeFrancesco III, Matthew DeMayo, Cledha Desir, Mary Discini, John Duffy, David Eckert, Sr., Ginny Figula, Stefanie Gaudelli, Arlene Gentile, Joseph Gilson, Debra Gravina, Senan Halpin, Clement Hayes, Mr. Harris, Domenic & Anthony Iannaccone, Rob Incognoli, Bob Janson, Fran Janson, Eileen Kennedy, Fred Lemoine, Elizabeth Lempka, Vasily Lockhart, Roberta Lynch, Laura Mack, Matthew Luludis, Charles Lynch, D. Pat Lynch, Kathy Masserano, Thomas Mathai, Jeanne Matera, Richard McCarthy, Rosemary McCormick, Debra McGovern, Catherine McMenamin, John McLoughlin, Jacob Mendelsohn, Ken Meyer, Florence Mohan, Mary Lou Oldfield Napolitano, Barbara Neilson, Michael Noonan, Robert Nunes, Thomas O'Connor, Jennifer O'Hara, Pat O'Neill, Nancy Overend, Leona Overend, Gerry Roemer, Daryl Pack, Shace Paljusevic, Noreen Pidgeon, Jerry Rourke, Etta Rooney, Claudia Spallanzani, Joseph Pasculli, (Baby Ty) Reilly, Michael Shumway, Jean Simons, Roberto Sorgo, Maureen Starke, Shaun Stein, Patricia Steiper, Janet Tamburro, Richard Vanadio, Barbara Veraldo Strano, Phyllis Varacalli, Kali Villela, Robert Vogt, Fr. Wing. (Recollect Friars of Union City New Jersey).



**FOR OUR ARMED FORCES & FIRST RESPONDERS OF ALL KINDS, AND OUR DOCTORS & NURSES**

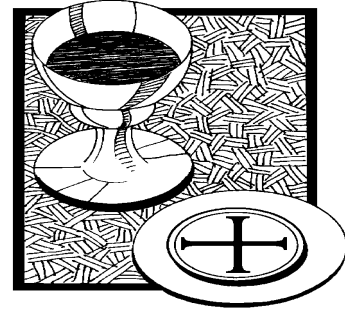
We pray for all the men and women serving our country AND especially the sons and daughters, grandchildren and loved ones of our parishioners.

**ALTAR MEMORIALS  
FEBRUARY 21, 2021**

**ALL MEMORIALS IN MEMORY OF  
THOSE LOST TO THE VIRUS**



Let us pray for our deceased parishioners, and family members and loved ones: **Donald Berard, James Joseph**



**SCHEDULE OF MASSES  
9:00AM DAILY – (MONDAY – FRIDAY)  
SUNDAYS  
8:30AM, 11:30AM, 1:00PM AND 5:30PM  
10:00AM – (SPANISH )**

**LIVE STREAMED ON OUR WEBSITE:  
[WWW.SACREDHEARTPARISH.ORG](http://WWW.SACREDHEARTPARISH.ORG)**

**SATURDAY, FEBRUARY 20 VIGIL MASS**

5:30pm – Peggy McGrath/ Renato Gentile

**SUNDAY, FEBRUARY 21**

8:30am – Spec. Intentions Joe & Nancy Camilleri

10:00am – Spanish

11:30am – Mark Goldman

1:00pm – Paul O'Brien

5:30pm – Parish Memorial / All Parishioners

**MONDAY, FEBRUARY 22**

9:00am –

**TUESDAY, FEBRUARY 23**

9:00AM – All Deceased Members of Boano Family

**WEDNESDAY, FEBRUARY 24**

9:00am – Steven Rossi

**THURSDAY, FEBRUARY 25**

9:00am – Jennie Ross / Andrew Louis Kravic

**FRIDAY, FEBRUARY 26**

9:00am – Mary Lou Torlucci

7:00pm – Stations of the Cross

**SATURDAY, FEBRUARY 27**

**12:00pm – Holy Rosary**

**SATURDAY, FEBRUARY 27**

5:30pm – **Vigil Mass** Thomas Howard / John Cappello

**SUNDAY, FEBRUARY 28**

8:30am – MaryLou Domino

10:00am – Spanish

11:30am – Wayne J. Gannon, Jr.

1:00pm – Ceslestino Pitingolo

5:30pm – Parish Memorial / All Parishioners

**BOOSTER CLUB**

**WEEK 23-SUSAN KESHNER**