

Church of the Sacred Heart

Church: 149 South Plainfield Ave., South Plainfield, NJ 07080

Parish Center & Mailing Address: 200 Randolph Ave., South Plainfield, NJ 07080

Second Sunday of Lent, March 1, 2026



MASS SCHEDULE

Weekend: Saturday Vigil Mass 5:00PM,
Sunday 9:00AM and 11:30AM

Daily: Monday 7:00PM, Tuesday,
Wednesday, Thursday, Friday, and
Saturday 9:00AM

Holy Days 9:00AM, 12:10 PM and
7:00PM

CONFESSIONS

Saturday 10:00 to 11:30AM and by
appointment

EUCCHARISTIC ADORATION

Monday 6:00 to 7:00PM

PARISH CENTER HOURS

Monday 8:00AM to 6:30PM

Tuesday to Thursday 8:00AM to 4:00PM

Friday 8:00AM to 12:00PM

908-756-0633

churchofthesacredheart.net

Welcome

We are a diverse community striving to foster spiritual growth and Catholic identity through liturgy, sacraments, service, education and our shared faith in God. We are committed to being an instrument of love, healing and hope by ministering to the needs of our parishioners and the larger community, while celebrating the Christ present in each of us.

In the spiritual life a man is sick on account of sin. For that reason he needs medicine so that he may be restored to health; and this grace is bestowed in the Sacrament of Penance.

- St. Thomas Aquinas

Connect with us on our parish website churchofthesacredheart.net, Facebook, Instagram. Watch our livestreams on our Parish YouTube channel.

Parish Staff

908-756-0633

Pastor:

Rev. Edmund Luciano III, KCHS, KOGCO

Deacons:

D. Gregory Caruso

D. Ketan Christian

Director of Sacred Music:

Daniel Mahoney x139

Director of Religious Education:

Louise Timko, PhD x143

Office Administrator:

Anna Stillo x110

Facilities Manager:

J. Michael Mazzaresse x140

Facilities Maintenance:

Brian Sporman

Information Technology:

Marvel Abaquita x146

Staff Assistant:

Sr. Nadine Boyle, RSM x118

Sacristans:

Cathy Reilly

Nancy Van Allen

Holy Redeemer Cemetery:

Lynda Yelenovsky x111

908- 822-5892

Altar Server Schedule

March 7 & 8

5:00PM – D. Jastrzeleshi, S. & D.

Hettiarachchi

9:00AM – E. Ciccarella, V. Lacandalo, M.

Pahopin

11:30AM – K., & K., & J. Singh

Baptism

The sacrament is celebrated on the second and fourth Sundays of every month at 1:00PM except during the Season of Lent. Contact: Sr. Nadine Boyle, RSM, ext. 118

Anointing of the Sick

In the event of serious illness, major surgery, hospitalization, or near death (young or old) arrange for the celebration of this sacrament.

Communion Visits

If you or someone you know is homebound and unable to attend Mass due to age or illness, we can make arrangements for Communion visits on a weekly basis.

Matrimony

Planning a church wedding? Please contact us so we can help you prepare and lay the groundwork for a successful, lifelong commitment. Couples should begin the process one year in advance of the planned date of marriage.

If you were married in a civil ceremony only and would now like your marriage to be valid in the eyes of the Church, please contact us.

Order of Christian Initiation for Adults

If you'd like to learn more about becoming Catholic or receiving the Sacraments of Initiation: Baptism, Confirmation and/or Eucharist as an adult, please contact: Louise Timko, ext. 143.

Becoming a Parishioner

It's easy! Contact our office or download the form on the parish website and return it to the Parish Center.

Sponsor Letters

Sponsor certificates and letters are not automatically provided. There are criteria for these documents, including registration in the parish for at least three months, among other qualifications.

Funerals

The passing of a loved one is a difficult time. We can help you to plan a solemn and reverent liturgical celebration of the Catholic Christian community for the deceased.

Holy Redeemer Cemetery

1734 Clinton Ave., South Plainfield, NJ 07080

908-822-5892 holyredeemercemetery.net

Graves, mausoleum crypts, and cremation niches

Hours: 8:00AM – 7:00PM (April 15 – Sept 15)

8:00AM – 4:30PM (Sept 16 – April 14)

Masses

Saturday, February 28, Lenten Weekday

5:00 PM Mark Paskowitz, r. by Mom, Dad & Family

Sunday, March 1, Second Sunday of Lent

9:00 AM Patricio, Bertha & Julia Ruiz Gallo, r. by Carmela Gutierrez & Family

11:30 AM Michelina Panzarella, r. by Kathy & Skip Kavka

Monday, March 2, Lenten Weekday

6:00 PM Eucharistic Adoration and Rosary 6:45 PM Benediction

7:00 PM Nilaxi Christian, r. by Connie Besser; Deborah Alvarado, r. by John Billian; Lorraine DeMatteo, r. by Geri Diegnan; For the Health of Carolina Giordano, r. by Sr. Agnes

Tuesday, March 3, Lenten Weekday

9:00 AM Jose Soler, r. by Adria Hernandez

Wednesday, March 4, Lenten Weekday

9:00 AM Sr. Anna Nguyen, r. by Sr. Kathleen & Sr. Nadine In Thanksgiving for Service to the Diocese.

Thursday, March 5, Lenten Weekday

9:00 AM Parishioners of the Parish

Friday, March 6, Lenten Weekday

9:00 AM Scott Christopher Young, r. by Denise Schreier

Saturday, March 7, Lenten Weekday

9:00 AM Remembrance Guild

5:00 PM Antoinette Wilson Ragg, r. by Denise & Jose Figueroa

Virgin Mary Candle burns in memory of Angie Jankoski, r. by Niece

Sacred Heart Candle burns in memory of William Price, r. by Price Family

The Sanctuary Candle burns in memory of Nicola DeSantis, r. by Loving Wife Pat



We Pray for:

For those who are sick, or in nursing homes and hospitals

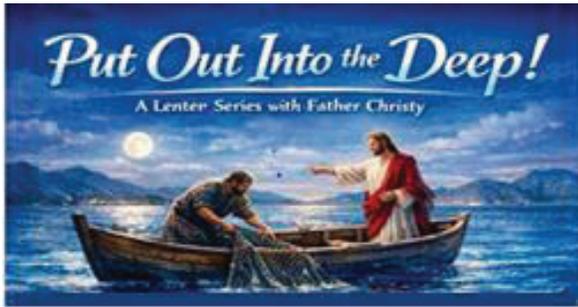
Michael Lauten, Barb Napoleon, Barbara Nuber, Gabriella Van Heest, Theresa Billian, Kenneth FaulknerAlexander, Rain Patton, George Jones, Ivonne Montecalvo, Lisa Saverd, Alfonsina Brizuela, Daniel Canty, John Dmytruk, Thomas Zullinger, Larry Makoski, Dorothy Mercier

For those who have died

Florence Capparelli, Judith Antonini, Barry Michalak, Aniello D'Antuono, Thomas DeStefano Jr., Michael Rocco DiPaolo Sr., Diane M. Crino, William McDonough, Ramona Mojo, Maria McDermott and all the Faithful Departed of Sacred Heart Parish & their families who mourn their loss

Those in the Military

LCPL Francis Flanner/US Marines/California; Spc. Daniel Rybeck/US Army; Cpl. Anthony Mazzaferro/US Marines/Hawaii



This Lent, step into the deep and rediscover your faith. Jesus said to Peter, "Put out into the deep water and lower your nets for a catch." (Luke 5:4).

Join Father Christy for a series of standalone Lenten evenings open to all. These nights offer a chance to reflect, listen, and grow in faith whether you are new to the Church, returning after time away, or seeking a deeper relationship with Christ.

Come open minded and allow the Lord to meet you in the deep.

Come to one or come to all:

Wednesdays in Lent: March 4, 11, 18, 25

Time: 7:00PM

Location: **Community Room,**
Cathedral of St. Francis of Assisi, Metuchen.

Social Concerns Ministry

2025 Annual Report

We are thankful during the past year for all those who have continued to support our mission to help those in need. During the year we have helped 326 families with food (over 1500 bags), toiletries, financial assistance (\$31,696 for rent, utilities, the homeless) and Gift Cards (\$6,627). Gift Card donations from our Advent Tree exceed \$4,000 year to year.

If you know of families in need, please have them call 908-756-0633 x112. We are open **Monday, Wednesday, Friday between 9:00AM and 11:00AM** or call anytime (24/7) to leave a message.

Our primary source of funding is from the Poor Boxes at the doors of the church. Also, bins at the doors are provided for donations of non-perishable food items. We are also thankful for other sources for food items: Middlesex County Food Bank (Replenish), annual Scouting food drive, South Plainfield U.S. Post Office, Holy Savior Academy and other food drives from South Plainfield residents.

socialconcerns@churchofthesacredheart.net

2026 Bishop's Annual Appeal ONE IN CHRIST: Called to Love and Serve

If you have yet to make your pledge to this year's Bishop's Annual Appeal, you will have the opportunity to do so next weekend, March 7/8, which has been designated as **Bishop's Annual Appeal In-Pew Weekend**. Please prayerfully consider a gift to help our parish reach its goal. If we can exceed our goal, 50% of the amount collected over our goal will be returned to us in the form of a parish rebate. Just as important as our financial goal is our goal of reaching 100% participation. Every gift, no matter the size, is important and greatly appreciated. Thank You.

Sacred Heart Parish Goal: \$113,000

Lenten Fish Dinners

Sponsored by the Knights of Columbus Council 6203

Location: Our Lady of Czestochowa Parish Center

Time: 5-7pm

Dates: Feb 20th, 27th, March 6th, 13th, 20th and 27

Prices: \$10 for children 12 and under; \$15 for adults

Menu: fish entries (fried flounder & baked tilapia) and for non-fish eaters, pasta. Everyone will enjoy a side of salad, rice, vegetables, rolls, and desserts. No reservations are required, 50-50 raffles sold at the door.



Registration is Required:

[https://diometuchen.org/events/family-](https://diometuchen.org/events/family-brokenness-mass)

[brokenness-mass](https://diometuchen.org/events/family-brokenness-mass) Questions:

rachelle.hanna@gmail.com

2026 Lenten Mass Schedule

Lent Reconciliation

Mondays of Lent: 6:00pm - 6:45pm
Saturdays of Lent: 10:00am - 11:30am

Palm Sunday, March 29

Vigil Mass Saturday at 5:00pm
Sunday Masses 9:00am & 11:30am
Tenebrae Service 5:00pm

Holy Thursday, April 2

9:00am Morning Prayer
7:00pm Mass of the Lord's Supper
Eucharistic Adoration until 10:00pm
10:00pm Closing Prayer

Good Friday, April 3

9:00am Morning Prayer
3:00pm Liturgy of the Lord's Passion
7:00pm Stations of the Cross

Holy Saturday, April 4

9:00am Morning Prayer & Blessing of the Easter Food
8:00pm Solemn Easter Vigil

Easter Sunday of the Resurrection of the Lord, April 5

Masses 9:00am & 11:30am

2026 Lenten Obligations

The days of both fast and abstinence are Ash Wednesday (February 18) and Good Friday (April 3). The other Fridays of Lent (Feb. 20, 27; Mar. 6, 13, 20, and 27) are days of abstinence.

Fasting in the Roman Catholic tradition means to limit oneself to one full meal with two smaller meals which together do not equal the size of your full meal. The obligation applies to anyone between the ages of 18 and 59.

Abstinence in the Roman Catholic tradition means to abstain from eating meat (beef, chicken, pork, turkey, etc.). The obligation of abstinence applies to anyone 14 years of age and older.

Collection Totals for the week ending
February 22, 2026 are not available for this
printing due to computer technical issues.

Parish Lenten Retreat: Sunday, March 15, 3 pm



Bishop Michael Saporito, auxiliary bishop for the Archdiocese of Newark, will give this year's Parish Lenten Retreat on Sunday, March 15, 3:00-4:00 pm in church. There will be Exposition of the Blessed Sacrament and Benediction as well. Bishop Saporito will speak on the Gospel of the Man Born Blind (John 9:1-41). What opens our eyes to sin? What do we see with eyes that are opened by Christ? Deepen your faith this Lent by attending this retreat opportunity.

Men's Cornerstone Retreat

St. Augustine of Canterbury, in Kendall Park, will be holding their annual Men's Cornerstone Retreat on March 20 and 21. The retreat begins Friday evening and ends on Saturday evening. Run by the men of the parish for Catholic men, attendees can strengthen their faith and spiritual life through reflection, prayer, and group discussions. For more details and to sign up, contact Jake Strassburger at 908-230-1056.

Important Parish Notice

We ask for your vigilance regarding suspicious emails that falsely impersonate clergy or parish staff. These fraudulent emails or text messages often request gift cards, money, or urgent assistance, preying on trust and generosity.

This is not us. Our pastor and staff will never ask for money or personal information in this way.

If you receive a suspicious message, please contact the Parish Center directly at 908-756-0633 to confirm. Your awareness helps protect our entire parish community. Thank you for your attentiveness, understanding, and cooperation.

Stations of the Cross

Pray the Stations of the Cross Fridays during Lent at 7 pm in church. This traditional devotion is a way of meditating on the events of the Passion and Death of Christ. The Fourteen Stations are invitations to contemplate the pivotal last moments of Jesus's earthly life from His arrest to His burial after crucifixion. Walking alongside Jesus, we encounter Him personally and more deeply.

Catholic Relief Services

Rice Bowl Project

Alleviate world hunger with your donation to crs.org either by giving online or by using the classic cardboard rice bowl. Rice Bowls are available at the doors of the church.



This Is Our Faith

How to Fast for Lent

There are lots of things we can give up for Lent, even though we know the traditional way to fast is to give up food, or at least, certain kinds of food. At its heart, the spiritual practice of fasting is about food. This is because food is necessary for life. For some, fasting from food is an opportunity to lose a few pounds. But that's a diet, not a fast. After all, while it's great to be physically healthier, are we still spiritually malnourished?

When we give up food for the right reasons, we are telling God, "Look how important you are to me. I'm willing to risk something really essential for you." So what we give up has to have some meaning for us. It has to be a challenge. More though, we have to substitute time with Christ in its stead. It's not enough to give something up, we need to be with He whom we are trying to grow closer.

Consider giving up:

- **The Water Fast.** Drink only plain water during Lent. No soft drinks, no tea, no coffee, no alcoholic beverages, no smart water either. Just water the way God made it.
- **Skip Seconds.** Limit food enjoyment. Sometimes we eat because we like to, not because we need to.
- **Skip Salt and Other Seasonings.** Similar to skipping second helpings, skipping salt and other seasonings is intended to limit the enjoyment we find in food. The idea is that we should – as much as possible –

shift our enjoyment to being in Christ's presence and away from the things of this world.

- **Fast from sugar.** Like salt and seasonings, it's amazing how sugar in all its forms dominates our food these days. How best to say to God "you are important" by setting the sweetness in food aside for Him.
- **Prepare Your Own Food.** Refrain from eating out or getting food deliveries. Having others prepare our food is a luxury.
- **No snacking between meal or at night.** This helps you build some virtue, relying on God for strength. And if you snack out of boredom or from habit, probably best to let this behavior go anyway.
- **Have meatless meals for the rest of Lent.** There are other sources of protein. Maybe expand your food choices and experience more of God's abundant creation.

Fast the way Christians of old fasted: abstaining not only from meat, but also eggs and dairy products for the entire Lenten period.

Consider rotating some ways of fasting for the rest of the season. Give up meat this week and give up coffee next week. Or, really challenge yourself and make your fasting progressive—adding an additional type of fast each week.

Create some room in our lives for Jesus and we'll find our satisfaction in Him.

– Louise Timko, PhD, Director of Faith Formation



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