**SACRED HEART PARISH**

Sacred Heart Parish Founded 1814, The First Catholic Parish in the STate of New Jersey

Sacred Heart Church, 343 South broad Street, Trenton, New Jersey 08608

Holy Cross Church, 233 Adeline Street, Trenton, New Jersey 08611

**ALL ARE WELCOME**

Whatever your present status in the Catholic Church, whatever your current family or marital situation,

Whatever your past or present religious affiliation, whatever your personal history, age, background, or

race, whatever your own self-image or esteem, you are invited, welcomed, accepted, loved and

respected at the Parish of the Sacred Heart.

**PASTOR**

Rev. Msgr. Dennis A. Apoldite

[frdennis@trentonsacredheart.org](mailto:frdennis@trentonsacredheart.org)

**PAROCHIAL VICAR**

Rev. Charles Muorah

Rev. Marcin Kania, weekend Polish Mass

**Felician Residence for Clergy**

233 Adeline Street, Trenton, New Jersey 08611

609-393-4826 ext. 108 for Fr Charles

**DEACONS**

John Grussler and Dr. Christian Nnajiofor

**Business Manager / ADMINISTRATIVE ASSISTANT**

John DeSantis: secretary@trentonsacredheart.org

**coordinator of religious education**

Mary Tovar: reled@trentonsacredheart.org

**COORDINATORS OF SACRED MUSIC**

Natalie Megules ~ 609-575-6484

Rupert Peters ~ Gospel Mass 609-442-7871

**MAINTENANCE DEPARTMENT**

Frank Rios

**Trustees**

Jack Breuer and Ellieen Ancrum Ingbritsen,

**OFFICE HOURS**

9:00am – 4:00pm Monday – Friday

**SACRED HEART PARISH OFFICE**

343 South Broad Street, Trenton, NJ 08608

**Phone: (609) 393-2801 ~ Fax: (609) 989-8997**

**WEB PAGE:**

www.trentonsacredheart.org

**CEMETERY RECORDS**

Contact The Office of Catholic Cemeteries at 609-394-2017 or DirectorofCemeteries@DioceseofTrenton.org

**SACRAMENTAL RECORDS**

Sacred Heart Church, Saint John’s Church, Saint Francis Church, Saints Peter and Paul Church, Saint Stanislaus Church, Holy Cross Church, Blessed Sacrament Church, Our Lady of Divine Shepherd Church, Blessed Sacrament/Our Lady of Divine Shepherd Parish and Divine Mercy Parish.

**Liturgy Schedule**

**Sacred Heart**

Monday, Tuesday, Wednesday and Friday

12:10 Noon

Saturday Evening 5:15 PM

Sunday Morning 9:00 and 11:15 AM

**HOLY CROSS**

Monday, Thursday and Friday 8:00 AM

First Friday 6:30 PM Polish Mass

Saturday Evening 4:00 PM

Sunday Morning 10:00 AM Gospel

12:00 Noon Polish

For each Holy Day please reference the bulletin

**SACRAMENTS**

**BAPTISM**

Please call the Parish Office at least one month in advance.

**RECONCILIATION**

Every First Friday following the 12:10PM Mass SHC

Saturday afternoon ~ 4:30 to 5:00 PM SHC

Every Saturday from 3:30 to 3:50 PM HCC

Every Sunday 9:30 to 9:50AM HCC

and by appointment.

**EUCHARISTIC ADORATION**

First Saturday of the Month 2:30 to 3:30 pm

in Holy Cross Church

**MARRIAGE**

Please call the Parish Priest at least one year in advance to set up initial meeting and to confirm a wedding

date and time.

**ANOINTING OF THE SICK**

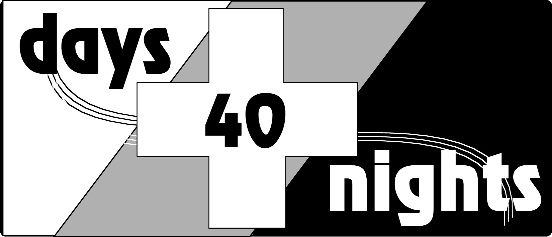
Please call the Priests any time 609-393-2801.

**COMMUNION TO THE HOMEBOUND**

Call the Parish Office to schedule home visit.

**CONSIDERING PRIESTHOOD?**

Email: [Vocations@DioceseofTrenton.org](mailto:Vocations@DioceseofTrenton.org)



**THE FIRST SUNDAY IN LENT**

**February 26, 2023**

**MASS INTENTIONS**

**Saturday, February 25**

4:00 pm HCC~ B. Companik

5:15 pm SHC ~ William Southwick

**Sunday, February 26**

9:00 SHC ~ Raymond Kostura

10:00 HCC ~ People of the Parish

11:15 SHC ~ Antionette Mydlowski

12:00 HCC Polish ~ Zbigniew Nowak

**Monday, February 27**

8:00 am HCC ~ Special Intention

12:10pm SHC ~ Dave Bye

**Tuesday, February 28**

12:10 pm SHC ~ Joseph Edralin

**Wednesday, March 1**

12:10 pm SHC ~ G.H. Antes

**Thursday, March 2**

8:00 am HCC ~ The Sick of the Parish

**Friday, March 3**

8:00 am HCC ~ Special Intention

12:10 pm SHC ~ Andrea Steffe

6:30 pn HCC ~ Msgr. Ted

**Saturday, March 4**

4:00 pm HCC~ Freddie, Maria, Stanley Sr., and

Stanley, JR. Saganowski

5:15 pm SHC ~ Ken and Lucille Fisher

**Sunday, February 26**

9:00 SHC ~ Altar Rosary Society

10:00 HCC ~ People of the Parish

11:15 SHC ~ Special Intention

12:00 HCC Polish ~ Antionette Mydlowski

**OUR SICK LIST**

Robert Leighton, Patrick Leighton, Alexander A. Ladnyk, Kelly Nitti, Deacon John Grussler, Lauren Clayton, Joseph Edralin, Margie Tiongson, Pat Tagliaferri, Kevin, Vincent Cooper, Jr., Gail Ladnyk, Leo Genovesi, Sloane Donnelly, Richard Buckley, Tony Ragolia, Wayne Herpel, Barbara Burrows, John Matthews, Pam Yuhas, Chris Brenner, Robert Mahon, Charles Burrows, Dorothy Amoroso, Maryann Sullivan, Regina Friedman, Rita Mich, Stanley Winowicz, Greg Schafer, Jack Hardiman, Paul Leighton, Amy Birk, Julia Grazioli, Matt and Leona Tydryszewski.

**OUR DECEASED**

Mary Elena Wirzburger, Matthew McQuade, Linda Bolton, Muna Wreh, and our friends at South Village, Riverside Nursing and Rehabilitation Center, Mill House and Waters Edge.

**MINISTRY SCHEDULE**

(subject to change)

**Saturday, Feb 25**

4:00pm HCC ~ Fr Charles L. F Zielinski Em. A Lennon

5:15pm SHC ~ Msgr. Dennis L.L Bellina EM. M Salamandra & A Solack

**Sunday, Feb 26**

9:00 SHC ~ Msgr. Dennis L. Y Laurenti Em R & K Figueroa

10:00 HCC ~ Fr. Charles L O Nnadi EM F Kollie

11:15 SHC ~ Msgr Dennis L. M. Rogers Em T. Rizzuto, M. Tovar

12:00 HCC Polish ~ Fr. Marcin L. Danusia, Gosia

**Saturday, March 4**

4:00pm HCC ~ Fr Charles L. V Zielinski Em. L Bliznawiczus

5:15pm SHC ~ Msgr. Dennis L. L Bellina EM. J&T Breuer

**Sunday, March 5**

9:00 SH ~ Msgr. Dennis L. M Komjathy Em M Ortiz J. DeSantis

10:00 HCC ~ Fr. Charles L R Nnajiofor EM O Nnadi

11:15 SHC ~ Msgr. Dennis L. M. Tovar Em

12:30 HCC Polish ~ Fr. Marcin L Ewa. Anna

**WEEKLY COLLECTION**

The collection for last weekend amounted to $8,231.00. Thank you for your continued support of our parish.

**2023 ANNUAL CATHOLIC APPEAL UPDATE**

Goal: $33,000.00

Pledged: $6,155.00 (19% of Goal)

**READINGS FOR THE WEEK**

**First Week of Lent**

**Sunday** Gn 2:7-9, 3:1-7; Rom 5:12-19 Mt 4:1-11

**Monday**Lv 19:1-2, 11-18; Mt 25:31-46

**Tuesday** Is 55:10-11; Mt 6:7-15

**Wednesday** Jon 3:1-10; Lk 11:29-32

**Thursday** Est C: 12, 14-16, 23-25; Mt 7:7-12

**First Friday** Ez 18:21-28; Mt 5:20-26

**First Saturday** Dt 26:16-19; Mt 5:43-48

**PROMISE TO PROTECT**

The Diocese of Trenton is committed to the norms of the U.S. Bishop’s Charter for the Protection of Children and Young People in regard to the reporting and investigation of sexual abuse allegations involving minors. If you have been sexually abused as a minor by anyone representing the Catholic Church, you can report it through the diocesan Hotline: 1-888-296-2965 or e-mail [abuseline@dioceseoftrenton.org](mailto:abuseline@dioceseoftrenton.org)

Allegations are reported to the appropriate law enforcement agencies.

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**LENT**

**SACRAMENT OF RECONCILIATION**

**In addition the regular scheduled times for confession we have included: Holy Cross on Wednesday evening from 5:00 to 6:00 and at Sacred Heart on Tuesday evening from 5:00 pm to 6:00 pm.**

**PARISH LENTEN DAY OF REFLECTION**

**On Saturday morning, April 1st, our Parish Lenten Day of Prayer and Reflection beginning at 9:00am and end at the completion of Mass which begins at 12:00 noon.**

**LENTEN PENANCE SERVICE**

**On Saturday Morning, March 18th at 10:00am our Annual Lenten Penance Service will take place in Sacred Heart church.**

**STATIONS OF THE CROSS**

**The Stations of the Cross will be prayed every Friday at 12:00 noon at Holy Cross Church and every Sunday following the 9:00 Mass at Sacred Heart. Stations of the Cross will be prayed in Polish on Friday evenings at 6:30pm in Holy Cross Church.**

**LENTEN STATION CHURCHES**

**This Lenten pilgrimage takes us to Holy Ground throughout our county. Join in through this Lenten Pilgrimage of 2023.**

**Monday, February 27, St. David the King (7:00 PM) ~** 1 New Village Road, Princeton Junction,

**Tuesday, February 28, St. Hedwig (&;00 PM)**

**~** 872 Brunswick Avenue, Trenton,

**Thursday, March 2, Incarnation Church, (7:00 PM) ~** 1545 Pennington Rd, Ewing Township,

**ALL FRIDAYS ARE DAYS OF ABSTINENCE**

From the age of 14, people are also obliged to ABSTAIN (no meat: this obligation prohibits the eating of meat, but not eggs, milk products or condiments of any kind, even though made from animal fat).The obligation to observe the laws of fast and abstinence is a serious one for Catholics. Failure to observe one penitential day in itself is not considered a serious sin. It is the failure to observe any penitential days at all, or a substantial number of penitential days, that must be considered serious.

**LENT SPIRITUALITY PROGRAM**

**Take Action Towards What You Care About**

**Topic: Jesus-ACTion**

**Making Space for Something New to**

**Happen in My Quest for Holiness**

Presenter: Rev. Fr. Charles Muorah

Time: 10:15 – 11:30am

Venue: 1 Centre Street, Use back door off the church parking lot. Date: Fridays, March 3 – 31, 2023

Objectives: To use acceptance, commitment and meditation healing tools to enhance or overcome obstacles to living abundant life promised by Jesus Christ (c.f. John 10:10) ~ Immersed in the divine presence to mindfully connect safely and meaningfully with God, fully present in the moment with oneself and whatever is happening in the real time to live a life of holiness – *Be holy as your heavenly Father is holy* (Matt 5:48). ~ Trusting in the divine protective presence and providence, to keep doing what matters regardless of how pleasant or unpleasant the personal experiences are. ~ Bonding with Jesus to develop more flexibility in accepting life experiences, thoughts and feelings; allowing them to be and nurturing oneself with compassion, kindness and understanding of one’s limitations. ~ To progressively understand where one needs to be more present in one’s life to move away from destructive/unproductive behaviors and mindfully work in the footsteps of Jesus who went about doing good.

**Registration Information:**

I plan to attend the Lent Spirituality Program

Please print clearly and place in collection basket

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cell number or Email Address

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**DISPENSATION FROM ABSTINENCE ON**

**SAINT PATRICK’S DAY**

Our Bishop is granting a dispensation from the obligation to abstain from eating meat to Catholics of the Diocese of Trenton on Friday, March 17. Those Catholics taking advantage of the dispensation, however, are asked to transfer the Friday abstinence obligation to another day of their choosing in Lent or to perform a work of charity (for example, a donation to the poor) or some exercise of piety (for example, a visit to Church and prayer before the Blessed Sacrament, a rosary, or some other prayer, etc.) to fulfill the spirit of the obligation.

**POLISH MASS**

The Polish noon Mass will resume its original time on the First Sunday of Lent, February 26th. The Mass is scheduled for 12:00 noon.

**ALTAR ROSARY SOCIETY**

All rosarians, future rosarians, people of our parish are warmly welcomed to join us on Sunday, March 5th, 9:00am Mass at Sacred Heart Church. The rosary will be prayed before Mass. Following Mass, a meeting will take place at Toomey Hall. Stop by, meet the members and enjoy light refreshments. We are a church support group of dedicated Catholic people who serve our Blessed Mother, our Parish. Hear about the good the Rosarians do for our parish community. God Bless you all. We are looking forward to your participation. Any questions, please call Joan Buckley @ 609-396-7063.

**SENIOR CITIZEN GROUP MEETING**

This Wednesday, March 1st  our Senior’s Group will gather for the 12:10 Mass in Sacred Heart Church. A meeting will be held in Msgr. Toomey Hall following the Mass. This week’s meeting will include the movie “Miracle of Marcelino” which will be shown in 1 Centre Street (using the back door off the Church parking lot) beginning at 1:15pm. All are welcome to attend the meeting and/or the movie..

**SIGHT AND SOUND BUS TRIP**

Our bus trip is planned for Thursday, March 16, 2023, to the Sight and Sound Theatre in Lancaster, PA to see “Moses". Final payment is due by Wednesday, March 1st.

**WELCOME**

**MOST REVEREND DAVID M. O’CONNELL, C.M.**

We are pleased to welcome our Bishop to our parish to celebrate our Holy Thursday Evening Mass of the Lord’s Supper at 7:30 PM. We encourage all of you to come and join in the beautiful ceremonies as we celebrate this beautiful Solemnity in the Churches Liturgical Calendar. On this most sacred Evening we celebrate the Eucharist, Holy Orders and the gift of Service to one another.

**LITURGICAL LINES OF LENT**

Lent has a two-fold theme: repentance and baptism. It is a time when the baptized listening more intently to the word of God and devoting themselves to prayers, are prepared through a spirit of repentance to renew their baptismal promises at Easter. It is also a time when catechumens (those not baptized) are led to the sacraments of initiation (Baptism, Confirmation, and Holy Eucharist) by means of various rites (the scrutinies) and catechesis. These sacraments are celebrated at the Solemn Easter Vigil.

~Lent runs from Ash Wednesday until the Evening

Mass of the Lord’s Supper on Holy Thursday which begins the Sacred Triduum.

~Ash Wednesday and the days of Holy Week take

precedence over all feasts and solemnities.

~Memorials of the Saints are observed as

Commemorations.

~ The “Gloria” and “Alleluia” are not sung or said

throughout Lent until the Easter Vigil.

~During Lent the altar should not be decorated with flowers except on Laetare Sunday.

~The organ and other musical instruments should

not be played except to give necessary support to

the singing. Instruments may be played on the 4th

Sunday of Lent (Laetare Sunday) and on Solemnities and Feasts.

~ Couples celebrating their weddings during Lent should respect the special nature of the Lenten Season, refraining from too much pomp and display.

~ Celebrating of the Sacrament of Penance is encouraged.

~ The faithful should observe the prescribed days of fasting and abstinence.

**EASTER DUTY**

The obligation, the privilege really, of receiving the Eucharist at least once a year—often called “Easter duty”—for those in the state of grace should still be fulfilled during the period from the First Sunday of Lent, February 26th to Trinity Sunday, June 4th . However…this precept (may) be fulfilled at another time during the year when there is a just cause.

**THE THREE BASIC LENTEN DISCIPLINES**

**PRAYER**: Changes our relationship with God. Through prayer, we admit our need for a power that is greater than ourselves. We acknowledge our limitations and let go of the drive to control everything. In the process, we open ourselves to all that God has to offer us.

**FASTING:** Expresses our desire to find happiness in God rather than in the satisfaction of our physical needs. The control we gain over our appetites helps us recognize more deeply that all true and lasting pleasure comes from God. Knowing this we are freed to gratefully accept food and savor it, or to avoid or limit foods that we know are unhealthy for us. Through fasting, our relationship to ourselves is reoriented toward God.

**ALMSGIVING:** Provides assistance to the poor among us and helps us recognize God as the true source of our security. Property and wealth exercise less control over us when we give away or share our wealth out of love for God and for others. Almsgiving is a way of bringing our relationship to others into the orbit of Christ’s love.

**THE WAY OF THE CROSS ~ VIA CRUCIS**

Sacred Heart Parish and El Centro are co-sponsoring the Good Friday Living Stations of the Cross. If you would like to participate as one of the characters of the passion, please call El Centro at 609-394-2056. This yearly event joins the City of Trenton together on Good Friday morning and begins at 10:00am in front of Sacred Heart Church and concludes in front of Holy Cross Church. Walking thru the southward area of Trenton, the group pauses fourteen times for prayer and song in remembrance of the fourteen stations. Please consider actively participating this special spiritual program.

**FIRST PENANCE**

Twenty-two children of our parish will receive the Sacrament of Reconciliation this coming Saturday. Please keep them in your prayers.

**SOME SYMBOLS OF LENT**

**THE FISH** is a Lenten symbol for the obligation to fast on Ash Wednesday and Good Friday and to abstain from all flesh meat on every Friday in Lent. In the early days of the Church, the fish was a secret sign for Christ’s followers, who were forced to worship in the catacombs in Rome. Now it is a symbol that stands for a Christian who has been brought to life in the waters of the Sacrament of Baptism.

**THE VIOLET COLOR** is the liturgical color for the season of Lent, as well as the color of the stole worn by the priest for the Sacrament of Reconciliation; it signifies suffering and sorrow. Violet is a somber color that symbolizes mourning, suffering, humility, regret and the willingness to do penance, particularly fasting. Violet’s association with suffering is based upon Jesus’ Passion, when the soldiers clothed him in a purple cloak and tortured him (Mk 15:17-20; Jn 19:2-3).

**PRETZELS**. Pretzels had their origin in early Christian Lenten practice. “Because fat, eggs, and milk were forbidden during Lent, a special bread was made with dough consisting of only flour, salt, and water. These little breads were shaped in the form of arms crossed in prayer and were called bracellae (Latin, ‘little arms’). Among the Germans the Latin word became ‘bretzel.’  These pretzels were a common Lenten food throughout the Middle Ages in Europe and became an all year round snack, in its original shape, only in the 19th century”

**LENTEN PRAYER FOR TRANSFORMATION**

Loving Father, I invite you into my life today and make myself available to you. Help me to become the-best-version-of-myself by seeking your will and becoming a living example of your love in the world. Open my heart to the areas of my life that need to change in order for me to carry out the mission and experience the joy you have imagined for my life. Inspire me to live the Catholic faith in ways that are dynamic and engaging. Make our community hungry for best practices and continuous learning. Give me courage when I am afraid, hope when I am discouraged, and clarity in times of decision. Teach me to enjoy uncertainty and lead your Church to become all you imagined it would be for the people of our times. Amen.

**BLESSING OF THE EASTER FOOD**

The tradition of preparing a special Easter basket to be blessed by a local priest has been practiced by Poles throughout the ages. It should be noted that the Easter basket is first lined with a linen or a lace napkin which extends beyond the 'basket's rim and covers the food placed inside as the basket is carried to and from church. The food is later uncovered for the blessing. Items that are traditionally included in the Easter basket and are an integral part of the Easter blessing:

•Eggs, colored or plain (jaja, pisanki): Hard-boiled eggs symbolize new life, a basic theme of the Easter celebration.

•Bread (chleb): The "staff of life". In some cases, special loaves marked on top with a cross are baked for the occasion.

•Meat and sausage (mięso, wędliny): kielbasa, a slice of ham or roast meat are usually included. Meat symbolizes the resurrection, Christ's victory over death.

•Horseradish (chrzan): Horseradish represents one of the bitter herbs which foretold the Crucifixion. It is also an acknowledgement that in life one must accept the bitter with the sweet.

•Vinegar (ocet): A small container of vinegar stands for the bitter wine that Jesus was given while hanging on the cross.

•Salt (sól): Salt is an important food preservative that has always been essential for survival through Poland's long winters. Like bread, its importance cannot be overstated.

•Pepper (pieprz): Like horseradish, it is one of the bitter herbs of Passover.

•Easter cakes (babka, mazurek, placek, chalka, sernic): The forty-day period of self-denial is over, and it is once again time to enjoy life's sweetness!

•Wine (wino): A small quantity of wine is sometimes included. Wine represents Christ's blood shed on the cross.

•Easter Lamb (baranek wielkanocny): Usually made of butter (but is can be made of almost anything) is added last where it prominently guards over the other precious items in the basket. The lamb, representing the sacrificial Pascal lamb, usually wields a red banner with a gold cross proclaiming victory of life over death. And a box twigs (bukszpan): This is an evergreens shrub with tiny green leaves used for decorative purposes. Sprigs of pussy willows are also very popular.

**VEILING OF THE CROSS AND STATUES FOR PASSIONTIDE**

The old custom of veiling religious images is a way of focusing on the penitential aspect of this liturgical season. It reminds us in a visual way that our faith is made possible only through the work of Christ in his suffering and death on the cross. The tradition is often practiced during the last two weeks of Lent, starting on Passion Sunday (now called the fifth Sunday of Lent). This time period was originally called Passiontide. Even though it is no longer officially called by this name, the tradition is still practiced in many places. Then, as in a dramatic unveiling, the holy images are again revealed at the Easter Vigil to mark the end of the penitential season. It is a beautiful custom that teaches us about the meaning of the liturgical seasons.

**HOLY THURSDAY ~ WASHING OF FEET**

Every year at the Mass of the Lord’s Supper on Holy Thursday evening, the washing of the feet ceremony is celebrated. We invite all of you to consider having your foot washed after the homily. You are all welcome to be a part of this ritual. After the homily you will be asked to form a line down the center aisle. Individually you will come up to the celebrant, who will be kneeling at the altar rail, remove one shoe and sock. Water will be poured over your foot and then dried, then simply return to your pew. This indeed is a very powerful yet humbling experience, one which I hope many of you will consider and participate in.



“Greatness is not measured by what a man or woman accomplishes, but by the opposition he or she has overcome to reach his goals.”

--Dr Dorothy Height, Civil Rights and Women's Rights activist

