

Sacred Heart Church

282 Long Beach Road, Island Park, NY 11558

Email: ship282@verizon.net Website: www.sacredheartislandpark.com

Monsignor John J. Tutoné, Pastor

Ms. Diana Maza, Secretary
 Parish Office 516-432-0655
 Monday through Friday 9 AM to 3 PM
 Religious Education
 Mrs. C. Caracciolo, 516-431-7877
 Monday through Wednesday 12:30 PM to 4 PM

Holy Sacrifice of the Mass

Sat. Eve. 5:00 p.m.
 Sunday 8:00, 10:00 a.m., 12:15 p.m.
 Mon. – Sat. 8:00 a.m.
 Holy days 7:00 p.m. evening before
 8:00 a.m., 7:00 p.m. of Holy day

Confession

Saturday 4:00 p.m. – 5:00 p.m. and as posted

Baptism

2nd and 4th Sundays at 1:15 p.m.
 Pre-register for preparation classes.

Holy Matrimony

Arrangements at least six months in advance

Care of the Sick

Emergency calls anytime. Holy Communion for shut-ins on a weekly basis. Please call to make arrangements.

Devotions

Our Lady of Perpetual Help
 Novena and Adoration
 Sacred Heart (Mass)
 Eucharistic Adoration

Sat. 3:00 p.m.
 First Friday 7:00 p.m.
 First Friday 7:30 – 8:30 p.m.
 Saturday 3:30 – 4:00 pm

Funerals

Arrangements are made through the funeral home. At Sacred Heart, the Mass of Christian Burial is seen as a time of prayer and reflection on the mysteries of death, resurrection, and eternal life. Family remembrances, favorite songs, poems and eulogies are incorporated into the wake service.

Parish Membership

We encourage every Catholic to register with us, use the parish envelopes, and inform us regarding changes of address.

Parish Activities

Adult Instruction (R.C.I.A.), Altar Servers, Altar Society, CYO Sports, Choir, Folk Group, Children's Choir, Lectors, Right to Life, Rosary Society, San Gennaro Feast Committee, Ushers, Boy Scouts, Cub Scouts, Assistance Program, AA Women's Serenity Mon. & Wed. 10:30 a.m. and Sat. 8:30 a.m., AA Men's Friday Night 7:00 p.m., "Below Sea Level" AA Sat. 7:30 p.m., Al Anon "Double Winners" Women's Mon. 7 p.m. & Fri. 10:30 a.m.

Food Pantry Open

Tuesday, 1 p.m. to 3 p.m. and Friday, 10 a.m. to 12 p.m.

Announced Mass Intentions for Week of March 22nd, 2020

*At a future time, all intention Masses
will be rescheduled.*

Readings for March 22nd, 2020 4th Sunday of Lent

1st Reading: 1 Samuel 16:1B, 6-7, 10-13A

Responsorial Psalm: Psalm 23:1-3A, 3B-4, 5, 6

*R,(1) The Lord is my shepherd;
there is nothing I shall want.*

2nd Reading: Ephesians 5:8-14

Gospel: Saint John 9:1-41

Readings for March 29th, 2020 5th Sunday of Lent

1st Reading: Ezekiel 37:12-14

Responsorial Psalm: Psalm 130:1-2, 3-4, 5-6, 7-8

*R,(7) With the Lord there is mercy
and fullness of redemption.*

2nd Reading: Romans 8:8-11

Gospel: Saint John 11:1-45

Six Tips to Keep Sunday Holy

During a time of “social distancing” when Masses are suspended for the public good, the faithful can still keep Sundays holy by praying the rosary, watching Mass livestreams and checking in on friends and neighbors.

When it is not possible for us to participate at Mass, how can we still keep holy the Lord’s Day?

1. Watch a livestream of the Mass

Gather as a family, with a small group of friends or neighbors or by yourself, and watch the Mass.

While digital participation can never replace actual presence at Mass, livestream Mass is a great way of keeping our connection with the Mass when it is not possible to be there in person. We can make an offering in our heart to be united spiritually to this offering, which is more spiritually efficacious than any other prayer. We should silence our phones, eliminate (as best we can!) distractions in our home, and try to give all of our attention to what is happening at the Mass so we can fully participate in this remote way.



The Catholic Faith Network (CFN) Broadcast
of the Celebration of the Eucharist:

St. Agnes Cathedral, Rockville Centre

Monday – Friday at 8:30 am & 12:30 pm ET
Sunday at 11:00 am & 7:00 pm ET

St. Patrick’s Cathedral, New York

Monday – Friday at 6:30 pm ET

Our Lady of Loretto Church, Hempstead, New York

Sunday at 6 pm ET

The Catholic Faith Network (CFN) is available throughout the New York, New Jersey, and Connecticut area on Optimum

channel 29/137, Verizon FiOS TV channel 296, and Spectrum channel 162/471.

The Catholic Faith Network (CFN) is also available on selected cable and satellite systems nationwide, along with a vast on-demand library of original programming and a **high quality 24/7 live stream** at CFNtv.org

You can also watch CFN on **Roku, Apple TV, Amazon Fire TV, Android**, or by downloading the **CFN iOS mobile app** at the app store by searching “Catholic Faith Network” or “CFN”

2. Make a Spiritual Communion

An ancient practice of the Church for those who cannot be present at Mass is to make a spiritual communion. We have a simple prayer you can pray with longing in your heart to be united to Jesus. I know many who are too ill to attend Mass regularly, imprisoned, or in places where they are prevented from participating at Mass because of persecution or a shortage of priests have the regular practice of making a weekly — or daily — spiritual communion.

Acts of Spiritual Communion

It has long been a Catholic understanding that when circumstances prevent one from receiving Holy Communion, it is possible to make an Act of Spiritual Communion which is a source of grace. Spiritual Communion means uniting one’s self in prayer with Christ’s sacrifice and worshipping him in his Body and Blood. The most common reason for making an Act of Spiritual Communion is when a person cannot attend Mass. Acts of Spiritual Communion increase our desire to receive sacramental Communion and help us avoid the sins that would make us unable to receive Holy Communion worthily.

A prayer for Spiritual Communion

- 1. Make the Sign of the Cross**
- If possible, read the Mass Readings at usccb.org/readings
- Pray:** My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things and I desire to receive you in my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

3. Read the Sunday readings as a family

These can easily be found at usccb.org/bible by clicking on “Today’s Readings.” *Magnificat* (a daily prayer book) is also offering free digital resources during this time, including the Sunday readings and a reflection.

Reading Scripture individually or together with others — especially in our families — is an excellent spiritual practice. Study and reflect on Scripture, especially on the Sunday readings.”

One easy way to do this is through a new resource called “[52 Sundays](#).” You can find discussion questions (and a whole lot more) to spark a conversation in your family or with others about the Gospel reading. By thinking about the readings, asking questions, and listening to how God might respond in your heart, the Sunday readings can provide spiritual nourishment to you and your loved ones. During this time of “social distancing,” you could also reach out to a friend from church to have this conversation together.

4. Check in on those around you

Because those who are older are most susceptible to complications from COVID-19, health officials are encouraging them to minimize their time away from home. It is a great act of charity to reach out to these brothers and sisters in our faith communities to check in on them. Do they need groceries or help with something in their homes? Caring for each other — especially those who are most vulnerable during this time — is a demand of the Gospel. It is the enactment of our life as joyful missionary disciples.

5. Pray a family Rosary

Unleash the Gospel also calls for families to reclaim the Rosary as a way to be united to Mary, the Mother of Jesus and the Mother of the Church. She is the perfect model of a disciple and our great intercessor. If you don't know how to pray this prayer, [check out this video](https://youtu.be/JgtJ-sFzWww) (https://youtu.be/JgtJ-sFzWww) from the Franciscan Friars of the Renewal and pray along with them. The hardcopy of How to Pray the Rosary is included in this bulletin.

6. Go to a Church and Pray




Many of our churches will be open so that the faithful can pray privately. Check with your parish to see when it will be open. If you are not sick, take some time on Sunday to “make a visit” to a parish and pray before Our Lord in the Blessed Sacrament for your family, your parish and your neighborhood.













We should pray for our elected leaders, researchers and health care workers in this time for wisdom and prudence in their decisions and perseverance in their work.

While all of these practices can help us during this time, nothing can replace actual participation at Sunday Mass. While we hunger for the spiritual food of the Eucharist, we can be reminded of the plight of those who have gone months and years without this “Bread of Angels.” Many persecuted Catholics in the world today long to feast upon this Sacred Offering with the frequency and convenience we can so easily take for granted week by week, and day by day. As we fast from the Eucharist during this pandemic as an extraordinary measure to serve the common good, may God grant us a renewed realization of the awesomeness of the Eucharist and a renewed commitment to keep holy the Lord's Day.

(Excerpts taken from Fr. Stephen Pullis, director of the Archdiocese of Detroit's Department of Evangelization and Missionary Discipleship.)

Meditation on the Stations of the Cross

		
First Station Pilate Condemns Jesus to Die	Second Station Jesus Accepts His Cross	Third Station Jesus Falls the First Time

		
Fourth Station Jesus Meets His Sorrowful Mother	Fifth Station Simon Helps Jesus Carry His Cross	Sixth Station Veronica Offers her Veil to Jesus
		
Seventh Station Jesus Falls the Second Time	Eighth Station Jesus Speaks to the Women	Ninth Station Jesus Falls the Third Time
		
Tenth Station Jesus is Stripped of His Garments	Eleventh Station Jesus is Nailed to the Cross	Twelfth Station Jesus Dies on the Cross
		
Thirteenth Station Jesus is Taken Down from the Cross	Fourteenth Station Jesus is Placed in the Tomb	Fifteenth Station The Glorious Resurrection of Jesus

Closing Prayer: My Good Jesus, as I kneel before You looking at Your Wounds, I ask You to help me believe in You, hope in You, and love You. Help me to be sorry for my sins which caused You so much pain.

-Adapted from the work of St. Alphonsus Liguori

Feast Days Celebrated this week:

- March 23rd Saint Turibius of Mogrovejo, Bishop
- March 24th Saint Oscar Romero, Bishop & Martyr
- March 25th The Annunciation of the Lord**

How to Pray the Rosary



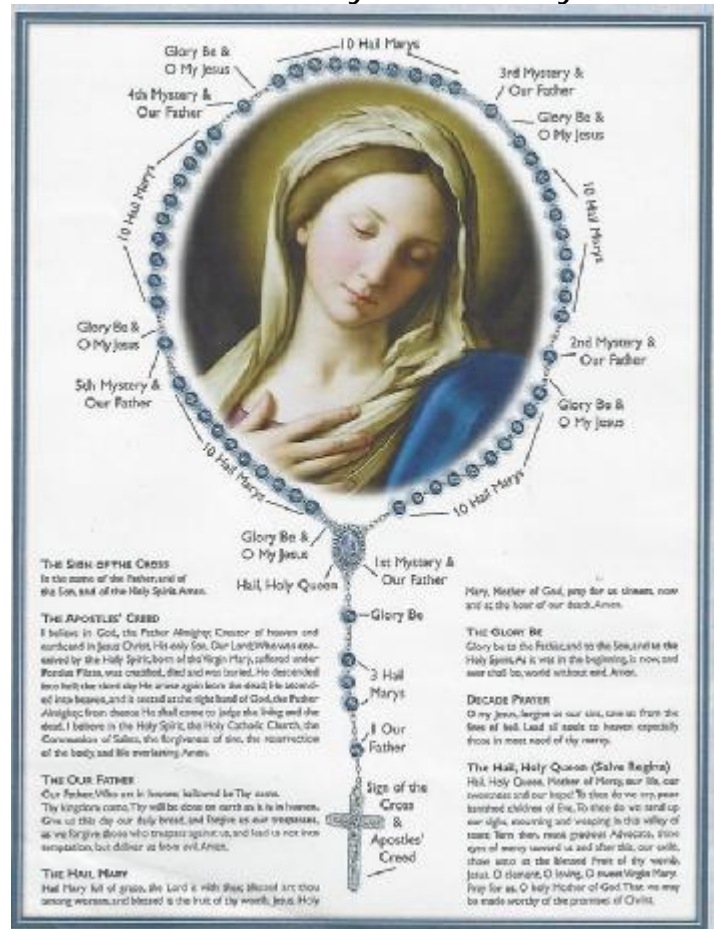
The Solemnity of the Annunciation of the Lord

“I have some good news for you!” If someone gave you this message, what would be your response? Would you be cautious? Curious? Excited? You probably would want that person to tell you the news immediately. John’s Gospel tells us the good news that “God so loved the world that he gave his only Son, so that everyone who believes in him...may have eternal life” (John 3:16).

At a moment in time that we now call the Annunciation, God revealed this good news to Mary. She was the first to hear the good news and to believe that God would do what he promised. Her faith assured her that nothing is impossible for God. Mary also heard God’s invitation calling her to be the virgin mother of his Son. This call meant that her life in the future would be different from what she might have expected. This call meant that Jesus would be formed in her womb, and that she, as his mother, would nourish and care for him. This call meant that she had a special place in God’s plan for salvation. She would be able to bring Christ to everyone she met.

Mary heard this word of God and responded, “I am the handmaid of the Lord. Let what you have said be done to me” (Luke 1:38). In her yes response, Mary agreed to God’s plan because she wanted what God wanted. She was willing to accept all the joy and pain. All the unexpected events that would help her and guide her. She was willing to bring Christ to a waiting world.

In our lives let us, like Mary, listen to God’s word and believe in god’s promises. Like Mary, let us be ready to say yes to God’s plan for our lives. Let us try by our words and actions to become so much like her Son, Jesus, that we bring him to everyone we meet.



Mysteries of the Holy Rosary

The Joyful Mysteries

(Monday and Saturday)

1. The Annunciation of the Lord to Mary.
2. The Visitation of Mary to Elizabeth.
3. The Nativity of our Lord Jesus Christ.
4. The Presentation of our Lord.
5. Finding Jesus in the Temple at age 12.

The Glorious Mysteries

(Wednesday and Sunday)

1. The Resurrection of Jesus Christ.
2. The Ascension of Jesus to Heaven.
3. The Descent of the Holy Ghost.
4. The Assumption of Mary into Heaven.
5. Mary is Crowned as Queen of Heaven and Earth.

The Sorrowful Mysteries

(Tuesday and Friday)

1. The Agony of Jesus in the Garden.
2. The Scourging at the Pillar.
3. Jesus is Crowned with Thorns.
4. Jesus Carried the Cross.
5. The Crucifixion of our Lord.

The Luminous Mysteries

(Thursday)

1. The Baptism in the Jordan.
2. The Wedding at Cana.
3. The Proclamation of the Kingdom.
4. The Transfiguration.
5. The Institution of the Eucharist.