

Gratitude



The crowning end of November is the great Feast of Christ the King and the end of the Liturgical Year. (The following Sunday begins the Church Year all over again with Advent and longing for the Birth of the Messiah!) Along with the Feast of Christ the King, comes the secular feast of Thanksgiving. In many ways, they complement each other and certainly remind us to say, "Thank you."

Gratitude needs to be our constant prayer to our loving God for all the blessings we have each received and continue to receive every day. Whether, we say a short "Thank you, Lord" as we succeed in whatever task we are doing or if we spend a few minutes before the Blessed Sacrament in Church or the best of all, participate in a Mass, (maybe during the week), gratitude needs to be our Christian theme song!

The Mass is the greatest form of worship that we, as Catholic Christians have. It is the Celebration of the Death and Resurrection of Jesus - His triumph over death and sin for us. There is no greater gift we can give back to God than to offer Jesus to the Father through the Liturgy and receive Jesus back into ourselves in His humanity and divinity through Communion. It is the summit of our religion and our best prayer. The word, "Eucharist" actually means "Thanksgiving". How blessed we are to be able to participate in this miracle of LIFE and LOVE! We hear Gods' Word in Scripture, offer our gifts along with bread and wine, witness them being changed into the REAL PRESENCE of Jesus, Who is God, the Second Person of the Blessed Trinity, and then receive Him in Holy Communion!

It is important to receive the Eucharist with the utmost respect. Perhaps, just as a review: When going up for the Host, we should quickly bow our head in reverence when we approach the Minister of the Eucharist and when the person says to us, "The Body of Christ", we respond with "Amen" (meaning, "I believe"). We may then receive Jesus on the tongue or with one hand facing up over the other, where the Host is placed in the top hand. Then we take a tiny step to the side and with our bottom hand, pick up the Host and put Jesus in our mouth and chew It. We fold our hands and then, if it is offered, may decide to receive the Blood of Jesus from the Communion cup. We again quickly bow our head in reverence before the Cup and the minister will say, "The Blood of Christ" to which we respond, "Amen." We take a small sip and return to our places, telling God how much we love Him, (Who is now within us in a very special way). We kneel until the tabernacle door is closed. When Mass is ended, we bring the Gifts we have received to others by the way we live our lives.

May we each continue to grow in gratitude and maybe express it more frequently to God and to each other, as well. Happy November!

S. Regina, S.A.P.B.

MASS INTENTIONS



Monday, November 9

8:30 Gizella Stulla

Tuesday, November 10

8:30 Elsie Kinast

Wednesday, November 11

8:30 Robert F. Sprague

Thursday, November 12

8:30 Kaitilin O'Shea

Friday, November 13

8:30 Kaitilin O'Shea

Saturday, November 14

5:00 Lois-Ann Clark

Sunday, November 15

8:00 Gisela & Oswald Huele

10:00 Robert Leddy

12:00 Robert Farrelly

6:30 A.J. Rotonde

The Bread, Wine and Flowers have been donated in loving memory of

Julia & William Graham

on behalf of the
The Graham Family.

The sanctuary lamp burns in memory of

Harry O. Hills

Donated by Mary Beth and
Richard Brace.



Holy Hour is on
November 19
from 7-8
in the church

Interfaith Service
at Temple Beth El
Nov 22 at 7:30 pm.
All are welcome

NEWS AND EVENTS

EVA'S VILLAGE NEWS

If you would like to cook the chicken casserole for Eva's, please call Pat Stickerling: 201-387-7656 (home) or 201-316-3546 (cell). The pan and the recipe will be delivered to you. Volunteers are also needed to go to Eva's on **November 21st** to serve lunch. If you would like to sign up to go or if you have never gone and need more information, please call Mary Ann Mastrangelo at 201-387-2060. She will give you all the details and assure you that no experience is necessary!



HELP-A-FAMILY AT CHRISTMAS

Last year Sacred Heart families provided a merry Christmas for needy families in our Archdiocese. Many more parishioners made cash donations which assisted countless other families. We supply full information, instructions, and coordination. We just need YOU to tell us you are willing to share your resources with those less fortunate. If you would like to sign up to buy gifts for a needy family member or prefer making a donation, please contact Susan in the parish office at 201-387-0080. We need to know you can help by November 22nd. Thank you.



OFFICE OF CONCERN FOOD PANTRY

The Thanksgiving food drive for the Food Pantry at St. Cecilia's in Englewood is underway. They are always very thankful for the wonderful support they receive from our Church year round. We have just been informed that they are in need of **THREE** items specifically. They are **CANNED FRUITS AND VEGETABLES, PASTA and BREAKFAST CEREALS.** Please drop off your donations in the cabinet in the lobby. Please consider this opportunity to give back to those needy families right here in Bergen County.

MEALS ON WHEELS LOOKING FOR DRIVERS

If you have some free time once a month for a few hours any weekday morning, please consider delivering meals to people in the Oradell/ New Milford/ River Edge area. Please call Ellen Kozlowsky at 201-385-3711 if you are interested or would like more information

SPECIAL NOON MASS

A special mass and support group meeting for all who are affected by the disease of alcoholism will take place at Church of St. Mary, 20 Legion Place, Closter, NJ on Saturday, **November 21** at 12:00 noon. Mass is offered for the support, healing and recovery of not only the man/woman directly infected with the abuse of alcohol or drugs, but also for anyone involved in the life of the alcoholic or drug addict. For information please call 201-768-7565.

KNIGHTS OF COLUMBUS CHRISTMAS BUS TO NEW YORK!

How about a night out in New York City during the Christmas Season without having to drive in traffic or worry about tolls and parking? Once again, our Knights of Columbus is sponsoring an evening bus trip to the city. The bus will leave from the Immaculate Conception Parish parking lot in Norwood at 6PM, on Friday **December 4**. The bus will drop us off near Rockefeller Center and be there to pick us up at 11:00 for the return trip. All for \$20 per person. Contact Jim Flynn at 201-664-3364 or at kofc9021@gmail.com for reservations.

Knights of Columbus, Immaculate Conception Council 9021, is a men's Catholic Fraternal organization with 150 members who has been 'Keeping Christ in Christmas' for over 30 years. Catholic men interested in joining the K of C can inquire via our membership director at 201-384-7989. More information about the Knights can always be found at www.kofc.org.

RELIGIOUS EDUCATION NEWS

A LITTLE EXTRA HELP!

If there are any teen-agers looking for service hours in our parish, we have a great opportunity that may be of interest to you! We would like to have an extra pair of hands to help out in our first grade classes on Tuesday afternoons from 3:45 to 5:00 p.m. It could be a commitment that is shared e.g. six or eight weeks and then others might take over for the next six or eight weeks and so on. This extra help would be greatly appreciated! Please call Sr. Regina, if interested, at 201-387-0080. (However, you must be a member of Sacred Heart Church.) Thank you and may God bless you.

MARK YOUR CALENDAR

SACRED HEART



NOVEMBER 14-15

NEXT WEEKEND!

It will take place after the 5 pm Mass on Saturday, **November 14th** and after the morning and noon Masses on Sunday, **November 15th**.

Plan to stop by and start your Christmas shopping. There are many beautiful knitted and crocheted scarfs, blankets and handbags, quilted pillows, fabric baby balls and kitchen gift items...just to name a few.

All proceeds are for our Parish.

VITA - SACRED HEART YOUTH GROUP



FOR CANCER RESEARCH

SATURDAY, NOVEMBER 21

6:00 PM TO MIDNIGHT

Please support the youth group in their efforts to raise money for continued cancer research. Call the parish center if you wish to sponsor or donate.