



Holy Family Parish

*Sacred Heart - St. Joseph - St. Ladislaus Churches, New Brunswick NJ
a trauma-informed community*

www.holyfamilyforall.org

email: HFPcenter@holyfamilyforall.org

social media: [Twitter.com/holyfamily4all](https://twitter.com/holyfamily4all)

<https://www.facebook.com/HolyFamilyParishNewBrunswick>

We worship:

The Lord's Day: 4:30pm Sat. Vigil at Sacred Heart

8:00am (English, St. Ladislaus)

9:00am (Polish, St. Joseph)

9:00am (Hungarian, St. Ladislaus)

10:00am (Spanish/English, Sacred Heart)

12:00pm (Spanish, St. Joseph)

7:00pm (Spanish, St. Joseph)

Weekdays: 7:00am Mon - Fri (St. Ladislaus)

8:00am Mon - Sat (Sacred Heart)

7:00pm: Tues. (St. Joseph, Spanish)

7:00pm Wed. (Sacred Heart, Spanish)



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

*DIÓCESIS DE METUCHEN 2026 Campaña Anual de Obispo
UNO EN CRISTO: Llamados a Amar y a Servir*

HFP PARISH CENTER

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Renel SEVILLA, business and pastoral administrator
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Rev. Fredy TRIANA, parochial vicar
(ext. 1013) - FRFREDYT@holyfamilyforall.org

PARISH LEADERS

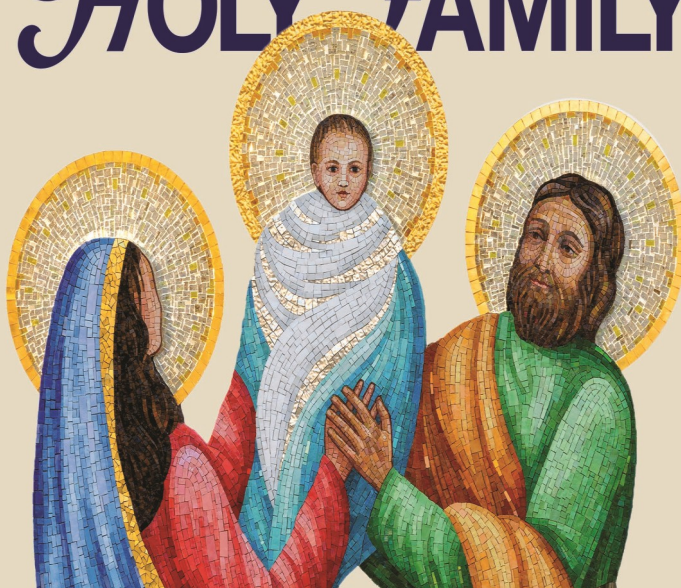
PARISH TRUSTEES: Thomas Szallai, Carol Meszaros

FINANCE COUNCIL: Thomas Szallai, chair

PASTORAL COUNCIL: Marie Zach

NeXt Level (IMT) - Neybery Cortez

February: month of the HOLY FAMILY



Febrero: mes de la
SEGRADA FAMILIA ©LPI

MASS SCHEDULE & INTENTIONS

Saturday, January 31 - Saint John Bosco, Priest

8:00 AM - (SH)- (English) - For the people

4:30 PM - (SH)- (English) - Ed Barrood Jr

Sunday, February 1 - FOURTH SUNDAY in ORDINARY TIME

8:00AM (SL) - (English) - Special Intention

9:00 AM (SJ) - (Polish) - Za duszę św.p. Tadeusza Kubiaka w 9 rocznicę śmierci

9:00 AM (SL) - (Hungarian) - Mary Ann Kerekes

10:00 AM (SH) - (Bilingual) - Cecilio Cruz Salmoran

12:00 PM (SJ) - (Spanish) - Ana Lucia Rodriguez

7:00 PM (SJ) - (Spanish) - For the people

Monday, February 2 - The Presentation of the Lord

7:00 AM (SL) - (English) - For the people

8:00 AM (SH) - (English) - For the people

7:00 PM (SH) - (Spanish) - For the people

Tuesday, February 3 - Saint Blaise, Bishop & Martyr. Saint Ansgar, Bishop

7:00 AM (SL) - (English) - For the people

8:00 AM (SH) - (English) - For the people

7:00 PM (SJ) (Spanish) - Rosa Maria Rivera

Wednesday, February 4 - Weekday

7:00 AM (SL) - (English) - For the people

8:00 AM (SH) - (English) - For the people

7:00 PM (SJ) (Spanish) - For the people

Thursday, February 5 - Saint Agatha, Virgin & Martyr

7:00 AM (SL) - (English) - For the people

8:00 AM (SH) - (English) - For the people

First Friday, February 6 - Saint Paul Miki & Companions, Martyrs

7:00 AM (SL) - (English) - For the people

8:00 AM (SH) - (English) - Society of Remembrance

Saturday, February 7 - Weekday

8:00 AM - (SH)- (English) - For the people

4:30 PM - (SH)- (English) - For the people

Sunday, February 8 - FIFTH SUNDAY in ORDINARY TIME

8:00AM (SL) - (English) - For the people

9:00 AM (SJ) - (Polish) - Za dusze św.p. Edwarda, Marii Kozłowski

9:00 AM (SL) - (Hungarian) - For the People

10:00 AM (SH) - (Bilingual) - German Garcia

12:00 PM (SJ) - (Spanish) - Zenaida Ortiz Rianos

7:00 PM (SJ) - (Spanish) - Por las Almas en el Purgatorio

POPE LEO XIV's PRAYER INTENTIONS for 2026
Intenciones de oración del Papa León XIV para 2026



FEBRUARY 2026

For children with incurable diseases.

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

FEBRERO 2026

Por los niños con enfermedades incurables.

Oremos para que los niños que padecen enfermedades incurables y sus familias reciban la atención médica y el apoyo necesario, sin perder nunca la fuerza y la esperanza.

PRAYER LIST

Brian Barry

John Ward

Zofia Lesiak

Thomas Leskowski

Dolores Dancsecz

Brian Ward

Zofia Baginski

Wtadysta Prosciak

Faith Santos Ortiz

Deacon Nelson Torres

PRAYER LIST / LISTA DE ORACIÓN

ONLY MEMBERS OF THE FAMILY

can add names to this list of the sick.

SOLO LOS MIEMBROS DE LA FAMILIA

pueden agregar nombres a esta lista de enfermos.



SACRAMENTS / SACRAMENTOS

For details regarding baptisms, weddings, quinceañeras, anointing of the sick, & Family Faith Formation, please call the HFP Parish Center at (732) 545 - 1681 Ext 1002, Rocio Ramos.

Weekend Offertory

01/18/2026 - \$2,385

To donate online, go to our website: holyfamilyforall.org **Click on DONATE.**

Blessing of throats / Bendición de las gargantas

On February, 3rd, we celebrate the Feast of St. Blaise. The tradition of blessing throats will take place on Tuesday at Mass and at the weekend Masses of the 7th.

El 3 de febrero celebramos la festividad de San Blas. La tradición de la bendición de las gargantas tendrá lugar el martes durante la misa y en las misas del fin de semana del día 7.

INTERFAITH WINTER SHELTER

Holy Family Parish is hosting the Interfaith Winter Shelter starting February 1st till the 8th and from March 1st till March 8th.



We are in need of volunteers for:

Shelter Set up/ Take Down & Overnight Hosts

Help arrange the cots and other goods. The cots will arrive Sunday Morning around 7:30 am. They will need to be prepared for transfer the following Saturday at 7 AM. We are also responsible to transport them to the next location.

Each evening our guests arrive at 7 pm and leave 7 am the following morning. Volunteers are needed to be present during 7 pm– 7 am. If you cannot stay the whole time, any time you can assist would be appreciated.

Kitchen Set-up

Each evening food will be available. Volunteers are needed to set up and clean up the eating area from 6:30 to 8:30 pm

Prepared Meals

Trays of prepared homecooked food are appreciated. We are expecting 15 guests per night. Donations of simple breakfast items, such as bagels, rolls, small boxed cereals, are also appreciated.

Donations of men's thermal socks, gloves, and hats can be gifts for our guests. We will gladly accept Walmart gift cards to purchase last minute needs. If you could assist with any part of the shelter, please contact Fr. Ryan, (732)-545-1681 x 1006 or tryan@diometuchen.org.

¡TE NECESITAMOS!

Invierno Interreligioso Refugio

La parroquia de la Sagrada Familia acogerá el refugio de invierno interreligioso desde el 1 al 8 de febrero y del 1 al 8 de marzo de 2026.

**Necesitamos voluntarios para:
Armado/Desarmado del Refugio
y Anfitriones nocturnos**

Ayudar a arreglar los catres y otros bienes. Los catres llegarán el domingo por la mañana alrededor de las 7:30 am. Deberán estar preparados para el traslado el sábado siguiente a las 7 am. También somos responsables de transportarlos a la siguiente ubicación.

Anfitriones durante la noche

Cada noche, nuestros huéspedes llegan a las 7 pm y se van a las 7 am de la mañana siguiente. Se necesitan voluntarios para estar presentes de 7 pm a 7 am. Si no puede quedarse todo el tiempo, cualquier momento en que pueda ayudar será apreciado.

Preparar la cocina

Cada noche habrá comida disponible. Se necesitan voluntarios para instalar y limpiar el comedor de 6 - 8:30 pm.

Preparación de Comida

Se agradecerá donaciones de bandejas de comida preparada casera. Esperamos 15 huéspedes por noche. También se agradecerá las donaciones de artículos como bagels, panecillos, cereales en cajas pequeñas, agua y refrescos.

Con mucho gusto aceptaremos tarjetas de regalo de Walmart para comprar necesidades de última hora. Si puede ayudar con cualquier parte del refugio, comuníquese con Padre Ryan, (732)- 545-1681 x 1006 o tryan@diometuchen.org



ONE IN CHRIST:

Called to Love and Serve

By giving to the Bishop's Annual Appeal, we are opening our hearts to those living on the fringes of society and help to attend to their physical, spiritual and emotional needs. The basic necessities of food and shelter provided by **Catholic Charities**, as well as the counseling services the agency offers to those struggling with addictions and other hardships of life can only continue with your help. Please prayerfully consider a gift today.

Campaña Anual del Obispo, 2026 *UNO EN CRISTO: Llamados a Amar y Servir*

Al contribuir a la Campaña Anual del Obispo, estamos abriendo nuestros corazones a quienes viven al margen de la sociedad y les ayudamos a atender sus necesidades físicas, espirituales y emocionales. Las necesidades básicas de comida y refugio proporcionadas por **Caridades Católicas**, así como los servicios de asesoría que la agencia ofrece a quienes luchan contra las adicciones y otras dificultades de la vida, solo pueden continuar con su ayuda. Por favor considere en oración hacer su aporte hoy.



Holy Family Caritas Program 2025 Review

With the crucial help of community members and organizations we continue to hold fast to our mission to respond to basic human needs and provide opportunities for physical and emotional healing and wellness. Some of these essential partners include St. Vincent De Paul, Catholic Charities of Metuchen & Unity Square, Robert Wood Johnson University Hospital, St Peter's University Hospital, Queenship of Mary Church, Middlesex County Council for the Arts, Mexican Consulate in New Brunswick, Rutgers University, Works of Mercy, coLAB Arts, New Brunswick Fire Department, private donors and volunteers. We are happy to share that in 2025, Holy Family Parish's Caritas program served, engaged, and coordinated:

- 53 counseling clients
- Equal to more than 850 hours of counseling
- 5 support and therapeutic groups with 35 participants
- 12+ Community events with over 734 participants
- 57 families received rent and bill assistance
- 128 families and/or individuals received assistance with completing applications for SNAP, NJ Family Health Insurance, unemployment, job attainment, and legal advocacy
- 396+ families received staples such as food boxes, school supplies, turkeys, and gift cards through distribution events

Visit our website for more detailed information on the 2025 program report. Please reach out to anyone in the Parish Caritas team to get involved. We are thankful for the community support and look forward to 2026!



The Caritas Program at Holy Family Parish will begin an empowerment group aimed at fostering a safe space for teenage girls in grades 9-12. Some of the topics covered will include self-esteem, body image, anxiety, depression, and more. Sessions will be every Thursday starting on February 5th from 4:30-6PM. For more information, or to register, please call Nathalie at 732 - 545 - 1681 Extension 1003 and leave a message. Thank you!



Cáritas de la Sagrada Familia Resumen del año 2025

Con la ayuda crucial de los miembros y las organizaciones de la comunidad, seguimos aferrándonos a nuestra misión de responder a las necesidades humanas básicas y brindar oportunidades para la curación y el bienestar físico y emocional. Algunos de estos socios esenciales incluyen Sociedad de San Vicente de Paúl, Caridades católicas de Metuchen & Unity Square, Hospital Universitario Robert Wood Johnson, Hospital Universitario de St. Peters, Iglesia de Queenship of Mary, Consejo de las Artes del condado de Middlesex, el Consulado de México en New Brunswick, Works of Mercy, coLAB Arts, Departamento de Bomberos de New Brunswick, Works of Mercy, donantes privados y voluntarios. Nos complace compartir que en 2025, el programa Caritas de la parroquia la Sagrada Familia sirvió, participó y coordinó:

- 53 clientes de consejería
- Equivale a más de 850 horas de consejería
- 5 grupos terapéuticos y de apoyo con 35 participantes
- 12+ eventos comunitarios con más de 734 participantes
- 57 familias recibieron asistencia para el alquiler y las facturas
- 128 familias y/o individuos recibieron asistencia para completar solicitudes de Charity Care, SNAP, NJ Family, desempleo, obtención de empleo y defensa legal
- Más de 396 familias recibieron productos básicos como cajas de alimentos, útiles escolares, pavos, y tarjetas de regalos a través de eventos de distribución

Visite nuestro sitio web para obtener información más detallada sobre el informe del programa 2026. Comuníquese con cualquier miembro del equipo de Caritas para participar. ¡Estamos agradecidas por el apoyo de la comunidad y entramos al año nuevo con entusiasmo!



El Programa Caritas de la Sagrada Familia iniciará un grupo de empoderamiento cuyo objetivo es fomentar un espacio seguro para las adolescentes de 9.º a 12.º grado. Algunos de los temas que se tratarán incluirán la autoestima, la imagen corporal, la ansiedad, la depresión y más. Las sesiones se realizarán todos los jueves al partir del 2 de febrero de 4:30-6 PM. Para obtener más información o si está interesada en registrarse, llame a Nathalie al 732-545-1681 ext. 1003 y deje un mensaje. Gracias!



**SAINT LADISLAUS CHURCH
@ HOLY FAMILY PARISH**
A Sunday Reflection
by István Horváth

Fourth Sunday in Ordinary Time

He showed and taught us the **Way** to celebrate not the worldly life, but the eternal life, through the Beatitudes! He instructed us how to properly use our free will. As Jesus says to us: **“Let your words be ‘Yes, yes, and No, no.’ Any more than this is the work of the evil one.” Mt 5:37 “Do not think that I have come to abolish the Law or the prophets. I have come not to abolish, but to fulfill [and perfect it].” Mt 5:17**

By these words, Jesus is telling us that the Mosaic Law and the words of the prophets are from God Himself. It is nothing less than God’s instructions to man in order for man to stay in communion with Him. Moreover, the Teachings of Jesus in His Sermon on the Mount is all of the Old Testament rolled into three basic principles for His disciples (*id est* us): how to behave and live one’s life in the presence of God, how to know, praise (or love) and serve God, and how to treat others as if they were Jesus, Lord and God. **Mt Ch’s 5-7**

Proclaiming God’s truths to the world takes many forms as in the uniqueness of each individual’s soul, however recognizing this responsibility in our lives and putting it into actions is the true calling towards holiness. It is through this action of proclaiming God’s truths in the person of Jesus Christ that we sanctify His creation and lead others and ourselves to salvation.

Presentation in the Temple: Why is the Presentation in the Temple of importance to us Christians, when its ritual merely fulfills the Mosaic Law of the first-born male child?



The importance of Jesus’ adhering and submitting to the Mosaic Law for Christians is the fact that God’s Law is not being erased, but rather brought to fruition and

completion, which man was unable to do on his own and required divine intervention in the form of Jesus, the Christ.

“Now, [My Lord and] Master, you may let your servant go in peace [to die], according to your word, for my eyes have seen your salvation, which you prepared in sight of all the peoples [of the earth], a light for revelation to Gentiles, and glory for your people Israel.” Simon exclaims, holding the child Jesus in his arms. **Lk 2:29-32**

Saint Paul reiterates this point to the Galatians when he says, “[W]hen the fullness of time had come, God sent His Son, born of a woman, born under the Law (submitted to the Law of Moses), to ransom those under the Law (and to free them of it), so that we (all) might receive adoption.”



OGŁOSZENIA PARAFIALNE
4 Niedziela Zwykła
1 lutego 2026 r.

Serdecznie dziękujemy wszystkim, którzy wzięli udział we wczorajszym czuwaniu.

Jutro, **2 lutego**, obchodzimy **Święto Ofiarowania Pańskiego**, tzw. Matki Boskiej Gromnicznej oraz **Dzień Życia Konsekwowanego**. Pamiętajmy w naszych modlitwach o siostrach i braciach zakonnych, którzy podobnie jak Jezus w świątyni jerozolimskiej, ofiarują swoje życie na wyłączną służbę Bogu.

3 lutego wspominamy **Św. Błażeja męczennika**. W związku z tym otrzymamy dzisiaj błogosławieństwo połączone z prośbą o zachowanie od chorób gardła i języka oraz o łaskę dobrego korzystania z daru mowy.

Dzisiejsza **druga kolekta** zostanie przeznaczona na **Stowarzyszenie Św. Wincentego a Paulo**.

Luty to miesiąc prasy katolickiej. Dziękujemy za wsparcie finansowe na gazetę Diecezji Metuchen, jaką jest „Catholic Spirit”.

Życzymy wszystkim wiele radości z przeżywanego wypoczynku niedzielnego oraz pomocy Bożej na cały nadchodzący tydzień!

PARISH ANNOUNCEMENTS
Fourth Sunday in Ordinary Time
February 1, 2026

We would like to thank everyone who took part in yesterday’s vigil.

Tomorrow, **February 2nd**, we are celebrating **the Feast of the Presentation of the Lord** and the **World Day of Consecrated Life**. Please, pray for sisters and brothers who, just like Jesus in the Temple in Jerusalem, offered their life to God.



On February 3rd, we celebrate the Feast of St. Blaise. The tradition of blessing throats will take place on Tuesday at Mass and at the weekend Masses of the 7th. At those Masses, we will receive a blessing combined with a request to protect from diseases of the throat and tongue and for grace to use the gift of speech well.

Today’s second collection is for **St. Vincent de Paul Society**.

February is Catholic Press Month. Thank you for your continuous support of “Catholic Spirit”, which is the official Newspaper of the Diocese of Metuchen.

We wish you many blessings for today, and for the coming week!

GOWEN FUNERAL HOME

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