



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)



Ash Wednesday
— Lent Begins

February 18, 2026

HFP PARISH CENTER

56 Throop Ave, New Brunswick, NJ 08901
Voice: 732-545-1681 Fax: 732-545-5059

PASTORAL TEAM

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

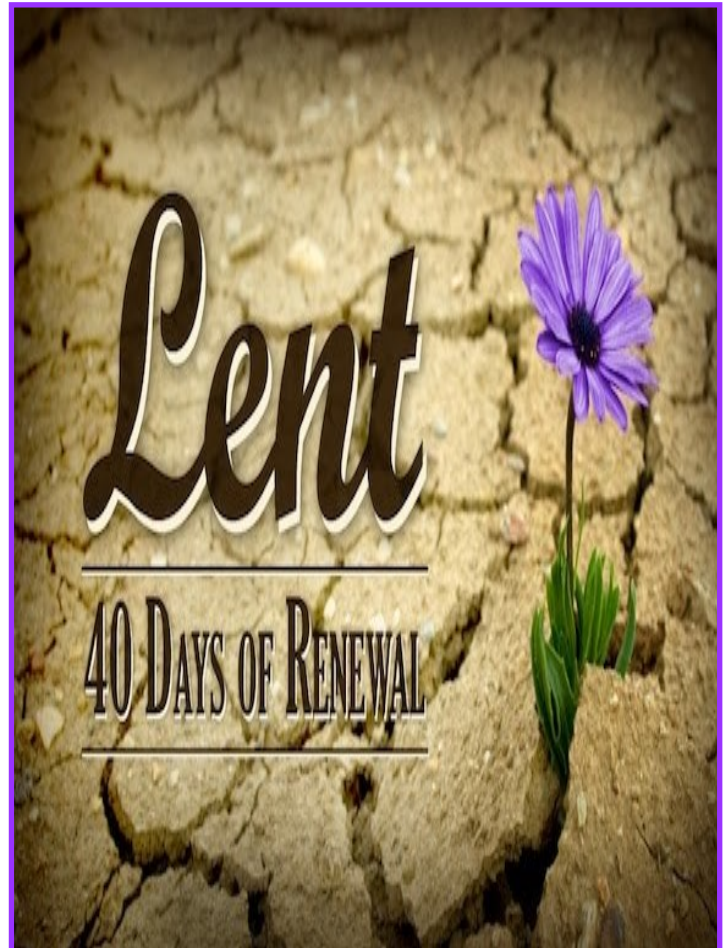
PARISH LEADERS

PARISH TRUSTEES: Thomas Szallai, Carol Meszaros

FINANCE COUNCIL: Thomas Szallai, chair

PASTORAL COUNCIL: Marie Zach

NeXt Level (IMT) - Neybery Cortez



MASS SCHEDULE & INTENTIONS

**Saturday, February 14 - Saints Cyril, Monk
& Methodius, Bishop**

8:00 AM - (SH)- (English) - For the people
4:30 PM - (SH)- (English) - Jane Dowling

**Sunday, February 15 - SIXTH SUNDAY
in ORDINARY TIME**

8:00AM (SL) - (English) - For the people
9:00 AM (SJ) - (Polish) - Za duszę św.p.
Leokadii Zach
9:00 AM (SL) - (Hungarian) - For the People
10:00 AM (SH) - (Bilingual) - Gabriella Battierrez
12:00 PM (SJ) - (Spanish) - Por las Almas
en el Purgatorio
7:00 PM (SJ) - (Spanish) - Ana Lucia Rodriguez

Monday, February 16 - Weekday

7:00 AM (SL) - (English) - For the people
8:00 AM (SH) - (English) - For the people

**Tuesday, February 17 - The Seven Holy Founders
of the Servite Order**

7:00 AM (SL) - (English) - The Holy Face of Jesus
8:00 AM (SH) - (English) - The Holy Face of Jesus
7:00 PM (SJ) (Spanish) - Wilmer Reyes

Wednesday, February 18 - ASH WEDNESDAY

7:00 AM (SL) - (English) - The Holy Face of Jesus
8:00 AM (SH) - (English) - For the people
7:00 PM (SJ) (Spanish) - For the people
7:00 PM (SH) (Spanish) - For the people

**Thursday, February 19 - Thursday after Ash
Wednesday**

7:00 AM (SL) - (English) - For the people
8:00 AM (SH) - (English) - For the people

**Friday, February 20 - Friday after Ash
Wednesday**

7:00 AM (SL) - (English) - For the people
8:00 AM (SH) - (English) - For the Holy Souls

**Saturday, February 21 - Saturday after
Ash Wednesday**

8:00 AM - (SH)- (English) - For the people
4:30 PM - (SH)- (English) - For the People

**Sunday, February 22 - FIRST SUNDAY
of LENT**

8:00AM (SL) - (English) - Violet Decker
9:00 AM (SJ) - (Polish) - O zdrowie i
Błogosławieństwo Boże dla rodziny Stepien
9:00 AM (SL) - (Hungarian) - For the People
10:00 AM (SH) - (Bilingual) - German Garcia
12:00 PM (SJ) - (Spanish) - Victoria Ramirez
Santiago
7:00 PM (SJ) - (Spanish) - For the people

**HORARIO DE MISA PARA EL
MIÉRCOLES DE CENIZA**

**ASH
WEDNESDAY
SCHEDULE**

February 18, 2026

Lent begins. Comienza la cuaresma.

7:00 AM Saint Ladislaus (English/Inglés)

8:00 AM Sacred Heart (English/Inglés)

7:00 PM Saint Joseph (Polish/Spanish
Polaco/Español)

7:00 PM Sacred Heart (Spanish/English
Español/Inglés)

Opportunity for Private Prayer and Reception
of Blessed Ashes / Oportunidad para la
oración privada y la recepción
de las Cenizas Bendecidas
12:00 PM - 1:00 PM Sacred Heart

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Stations of the Cross

FRIDAYS DURING LENT FOLLOWING THE

7 AM MASS at SAINT LADISLAUS
& 8 AM MASS at SACRED HEART
SACRED HEART 6PM in SPANISH
SAINT JOSEPH 7 PM in POLISH

VIERNES DE CUARESMA DESPUÉS DE LAS MISAS DE
7AM EN SAN LADISLAUS
& 8AM EN SAGRADA CORAZON
SAGRADO CORAZÓN 6 PM en ESPAÑOL
SAN JOSÉ 7 PM en POLACO

Weekend Offertory

02/01/2026 - \$4,685

SVDP - \$1,174

Candlemas - \$477

For Catholic Education - \$417

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holyfamilyforall.org **Click on DONATE.**

DIOCESE OF METUCHEN 2026 LENTEN REGULATIONS



1. The days of both fast & abstinence are Ash Wednesday (Feb 18) & Good Friday (April 3).
2. The other Fridays of Lent (Feb .20, 27, Mar. 6, 13, 20, & 27) are days of abstinence.
3. 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 of fasting only applies to Catholics between the ages of 18 & 59.

4. Abstinence in the Roman Catholic tradition means to abstain from eating meat (beef, chicken, pork, turkey, etc.). The obligation of abstinence applies to all Catholics who have reached the age of 14.

INTERFAITH WINTER SHELTER

Once again, Holy Family Parish is hosting the Interfaith Winter Shelter from March 1– 8. In the spirit of Lent, consider helping with this corporal work of mercy. For more information, speak with Fr. Ryan (732) 545-1681 x 1006.



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.

Oraciones Sanadoras Healing Prayers

Brian Barry
John Ward
Zofia Lesiak
Thomas Leskowski
Dolores Dancsecz

Brian Ward
Zofia Baginski
Wtadysta Prosciak
Faith Santos Ortiz
Deacon Nelson Torres

DIÓCESIS DE METUCHEN NORMAS DE CUARESMA DE 2026



1. Los días de ayuno y abstinencia son el Miércoles de Ceniza (18 de febrero) y el Viernes Santo (3 de abril).
2. Los demás viernes de Cuaresma

(20 y 27 de febrero, 6, 13, 20 y 27 de marzo) son días de abstinencia.

3. El ayuno en la tradición católica significa limitarse a una comida completa y dos comidas más pequeñas que, juntas, no equivalgan a la cantidad de la comida principal. La obligación del ayuno se aplica solo a los católicos entre los 18 y los 59 años.

4. La abstinencia en la tradición católica significa abstenerse de comer carne (res, pollo, cerdo, pavo, etc.). La obligación de la abstinencia se aplica a todos los católicos que hayan cumplido los 14 años.

¡TE NECESITAMOS!

El Refugio de Invierno Interreligioso

Una vez más, la parroquia Sagrada Familia está organizando el refugio de invierno interreligioso del 1al 8 de marzo. En el espíritu de la Cuaresma, considere ayudar con esta obra corporal de misericordia. Para obtener más información, hable con el padre Ryan (732) 545-1681 x 1006.

FOR LENT... FOR LIFE

Ending Hunger With CRS Rice Bowl



This Lent, our community will participate in CRS Rice Bowl—connecting our prayers, fasting and almsgiving to encounter God through our global family. We'll meet, pray for and learn from families in Ghana, Guatemala and Timor-Leste who are rising above the challenges of hunger and malnutrition. Pick up your rice bowl from the PARISH CENTER. Then, visit csrsrcicebowl.org/join to share your Lenten prayer intentions.

PARA LA CUARESMA... POR LA VIDA

Acabemos con el hambre con Plato de Arroz de CRS

Esta Cuaresma, nuestra comunidad participará en Plato de Arroz de CRS, uniendo nuestras oraciones, ayunos y limosnas para acercarnos más a Dios y a nuestra familia mundial. Rezaremos y conoceremos sobre familias en Ghana, Guatemala y Timor Oriental que se esfuerzan por vencer el hambre y la desnutrición. Recoge tu Plato de Arroz en LA OFICINA. Recuerda visitar crsplatodearroz.org/unidos para compartir tus intenciones de oración de Cuaresma.



Week Three in February

Did you know that Fat Tuesday has many different names in the USA? Mardi Gras, Paczki Day, and Shrove Tuesday, to name a few. As we enjoy the last day before Lent, let's take a moment to reflect on the season ahead as we begin our Lenten journey of prayer, fasting, and almsgiving as we prepare our hearts for Easter.

**REPENT AND BELIEVE
IN THE GOSPEL.**

Ash Wednesday marks the beginning of the 40 days Lent. Repent & believe in the Gospel!

During Mass on Ash Wednesday, the priest will place ashes on our foreheads. This symbol reminds us of our mortality. Join us at Mass to receive your ashes and start the Lenten season off strong! As we receive ashes, we're reminded to turn our hearts to God and walk with Jesus toward Easter.

This coming weekend, February 21 & 22, we celebrate the First Sunday of Lent. See you again at Mass!

Lenten Challenge: Let it be a quiet step into the freedom Jesus offers.



ONE IN CHRIST:

Called to Love and Serve

By now you have received a letter from Father Jonathan Toborowsky, our Diocesan Administrator, inviting your participation in the 2026 Bishop's Annual Appeal. The diocesan ministries supported by the Appeal directly impact many of the parishioners here in [insert name of parish]. Your gift provides formation opportunities for our catechists, youth and young adults. In the coming days, you will be receiving a letter from our pastor, [insert pastor's name], encouraging your participation. If you have yet to make your gift, please prayerfully consider doing so today by either returning your pledge card in the mail or going to the secure website: <https://diometuchen.org>.

Febrero

Tercera semana de febrero

¿Sabías que el Martes de Carnaval tiene muchos nombres diferentes en Estados Unidos? Mardi Gras, Día de los Paczki y Martes de Cuaresma, por nombrar algunos. Mientras disfrutamos del último día antes de la Cuaresma, tomemos un momento para reflexionar sobre el tiempo que se avecina al comenzar nuestro camino cuaresmal de oración, ayuno y caridad, preparando nuestros corazones para la Pascua.

**ARREPIÉNTANSE Y
CREAN EN EL
EVANGELIO.**

El Miércoles de Ceniza marca el comienzo de los 40 días de Cuaresma. ¡Arrepiéntanse y crean en el Evangelio!

Durante la Misa del Miércoles de Ceniza, el sacerdote nos impondrá ceniza en la frente. Este símbolo nos recuerda nuestra mortalidad. ¡Únanse a nosotros en la Misa para recibir la ceniza y comenzar la Cuaresma con fuerza! Al recibir la ceniza, recordamos que debemos volver nuestros corazones a Dios y caminar con Jesús hacia la Pascua.

Este próximo fin de semana, 21 y 22 de febrero, celebramos el Primer Domingo de Cuaresma. ¡Los esperamos en la Misa!

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

En este momento, usted ya ha recibido una carta del Padre Jonathan Toborowsky, nuestro Administrador Diocesano" invitándolo a participar en la Campaña Anual del Obispo 2026. Los ministerios diocesanos que reciben apoyo con esta Campaña impactan directamente a muchos de los feligreses aquí en [inserte el nombre de la parroquia]. Su donación ofrece oportunidades de formación para nuestros catequistas, jóvenes y jóvenes adultos. En los próximos días, recibirá una carta de nuestro párroco [inserte el nombre del párroco] alentando su participación. Si aún no ha hecho su donación, por favor considere hacerlo hoy, ya sea devolviendo su tarjeta de compromiso por correo o visitando al sitio web seguro: <https://diometuchen.org>.

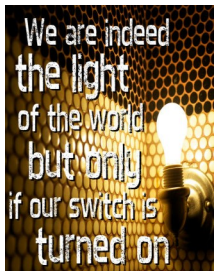


SAINT LADISLAUS CHURCH
@ HOLY FAMILY PARISH
A Sunday Reflection
by István Horváth

Sixth Sunday in Ordinary Time

We heard the **Way** of God through the words of Jesus in the Beatitudes: God's instructions to man in order for man to stay in communion with Him. Jesus teaches us the **Way** and instructs us how to properly use our free will in three basic principles (in the Sermon on the Mount; **Mt Ch 5-7**): how to behave and live one's life in the presence of God, how to know, praise and serve God, and how to treat others as if they were Jesus, Lord and God.

So we hear last week and this week how to behave and live our lives in the presence of God and next week we hear how we should treat others, even our enemies. Jesus makes it easy for us to understand, but we choose not to see, hear or take it to heart anyway. **"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 Do we live by God's laws? Do we respect man's laws?



We are indeed the light of the world but only if our switch is turned on

Well, exactly. If we don't live by God's laws, we won't respect man's laws either. And if we think free will is doing what ever we please, then we are fast-tracking ourselves towards Hell! That's right, God or Not! Heaven or Not! Yes or No. It seems easy enough, yet we seem to dismiss it as overly simplified. We think there is a 'maybe heaven' or 'I have time for that when I get old – heaven' or 'I'm a good person on the inside – heaven'. We may think this, but it is certainly not what Jesus is saying about free will. Free will is to obey His Commandments or not: to have life with Him or not. **Sir 15:11-20** This is why "Fear of the Lord" is an important gift of the Holy Spirit that deters us from bad choices and helps form a healthy conscience in our heart. We have to choose eternal life with Him or eternal death with the evil one. **"Let your words be 'Yes, yes, and No, no.' Anymore than this is the work of the evil one."** Mt 5:37

"I tell you, unless your righteousness surpasses that of the scribes and the Pharisees, you will not enter into the kingdom of heaven!" Mt 5:20

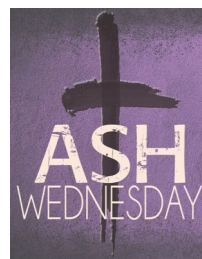
Proclaiming God's truths to the world takes many forms as in the uniqueness of each individual's soul, however recognizing this responsibility in our lives and putting it into actions is the true calling towards holiness. It is through this action of proclaiming God's truths in the person of Jesus Christ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



OGŁOSZENIA PARAFIALNE
6 Niedziela Zwykła
15 lutego 2026 r.

18-go lutego, Środę Popielcową, rozpoczynamy okres Wielkiego Postu. Msza św. zostanie odprawiona w naszym kościele o **godz. 19:00**. W Środę Popielcową i w Wielki Piątek nas katolików obowiązuje **post ścisły** – osoby w wieku od 18 do 60 roku życia powinny ograniczyć w tych dniach liczbę i obfitość posiłków, a także powstrzymać się od spożywania pokarmów mięsnych. Można spożyć jeden posiłek do syta i dwa niepełne. Młodzieży od 14 do 18 roku życia dotyczy w tych dniach tylko nakaz powstrzymania się od pokarmów mięsnych. We wszystkie piątki Wielkiego Postu obowiązuje **post jakościowy**, czyli abstynencja od pokarmów mięsnych.

W okresie Wielkiego Postu zapraszamy na **Drogę Krzyżową w piątki o godz. 19:00** oraz na **Gorzkie Żale w niedziele po Mszy Świętej**.



Podczas, gdy czekamy na wybór nowego biskupa, misja naszej lokalnej diecezji Metuchen powinna być kontynuowana. Stąd **tegoroczny apel: „Zjednoczeni w Chrystusie jesteście powołani do miłości i służby”** przypomina nam, że poprzez finansowe wsparcie duszpasterskich, edukacyjnych i charytatywnych przedsięwzięć naszej

diecezji pomagamy tym, którzy najbardziej tego potrzebują i dajemy przykład młodej generacji uczniów naszego Zbawiciela.

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
Sixth Sunday in Ordinary Time
February 15, 2026

Ash Wednesday on February 18 begins the Lenten Season. The Holy Mass will be celebrated at **7 p.m.** in our church. Please remember that Ash Wednesday and Good Friday are **the days of fast and abstinence**. This is for all between the ages of 18 and 60. All who have reached the age of 14 need to abstain from meat on these days. Also, all Fridays in Lent should be the days of abstinence.

During the Lenten Season, we invite everyone for **Stations of the Cross on Fridays at 7:00 p.m.** and for **Lamentations on Sundays after the Polish Mass**.

The theme of **this year's Bishop's Appeal: "One in Christ, Called to Love and Serve"** reminds us, that our gift has the potential to make a difference for those who struggle to manage on their limited resources. It also fosters the renewal of our Church through a culture of evangelizing catechesis and ongoing leadership formation that will shape the next generation of disciples.

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

Carol A. Meszaros, Mgr. (NJ Lic. No. 2884)

Frank S. Facchini, (NJ Lic. No. 3217)

Christopher M. Hassan (NJ Lic. No. 5145)

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