



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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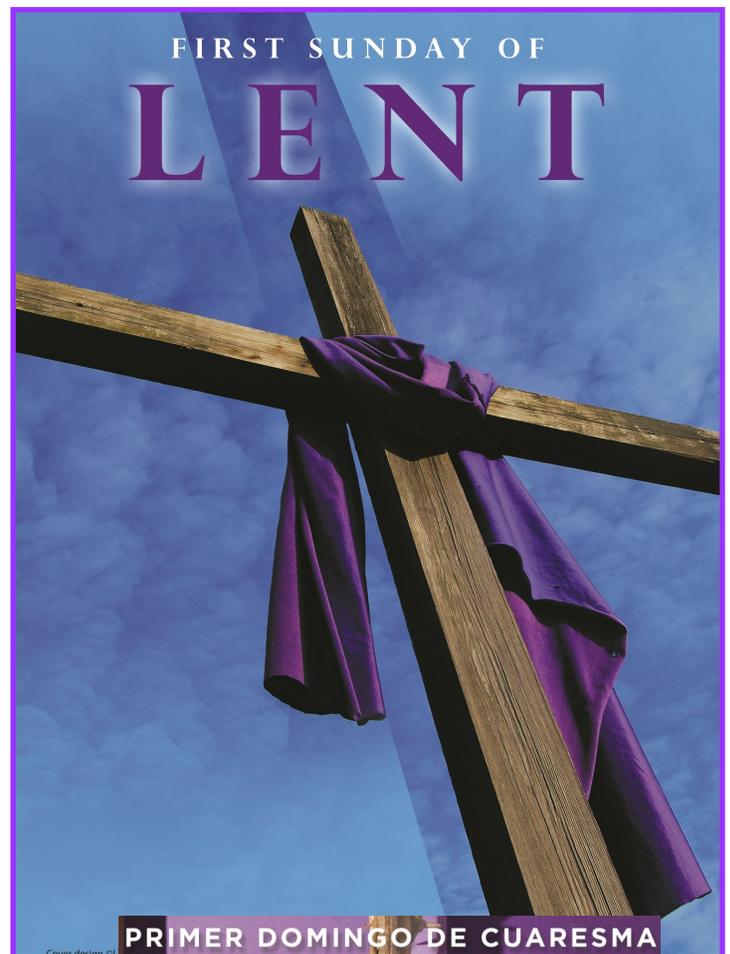
PARISH LEADERS

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 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 Stępień
 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) - Efren Herrera y Magarita Lopez

Monday, February 23 - Saint Turibius of Mogrovejo, Bishop

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

Tuesday, February 24 - Saint Oscar Romero, Bishop & Martyr

7:00 AM (SL) - (English) - For the people
 8:00 AM (SH) - (English) - David Stankovits
 7:00 PM (SJ) (Spanish) - Matias Garcia

Wednesday, February 25 - The Anunciation of the Lord

7:00 AM (SL) - (English) - For the people
 8:00 AM (SH) - (English) - For the people
 7:00 PM (SJ) (Spanish) - Por las Almas en el Purgatorio

Thursday, February 26 - Lenten Weekday

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

Friday, February 27 - Lenten Weekday

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

Saturday, February 28 - Lenten Weekday

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

Sunday, March 1 - SECOND SUNDAY of LENT

8:00AM (SL) - (English) - For the people
 9:00 AM (SJ) - (Polish) - Za dusze poległych i zmarłych Żołnierzy Niezłomnych/Wyklętych
 9:00 AM (SL) - (Hungarian) - For the people
 10:00 AM (SH) - (Bilingual) - FIntencion especial por la Familia Moran Gonzalez
 12:00 PM (SJ) - (Spanish) - For the people
 7:00 PM (SJ) - (Spanish) - For the people

Lenten Confessions/ Confesión cuaresmales

The opportunities for Lenten Confessions will take place on / Las oportunidades para las Confesiones Cuaresmales se llevarán a cabo el -

- March/Marzo 3, Tuesday/Martes
 7:30 PM - 8:30 PM - St. Joseph Church
- March /Marzo 4, Wednesday / Miércoles
 7:30 PM- 8:30 PM - Sacred Heart Church
- March / Marzo 24, Tuesday / Martes
 7:30 PM - 8:30 PM - St. Joseph Church
- March / Marzo 25, Wednesday / Miércoles
 7:30 PM - 8:30 PM - Sacred Heart Church



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.

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

02/08/2026 - \$3,305



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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.

**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.

**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.



¡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**



**FIRST WEEK OF LENT
Lent: A Time of Preparation**

CRS Rice Bowl brings Catholics across the United States together each Lent to respond to global hunger and poverty through prayer, fasting and almsgiving. During this holy season, let us recommit to sharing bread for life with our global family so that all people can reach their God-given potential. Visit crsricebowl.org/week-1 to read this week's Story of Hope.



**PARA LA CUARESMA... POR LA VIDA
Acabemos con el hambre
con Plato de Arroz de CRS**

**PRIMERA SEMANA DE CUARESMA
Cuaresma: Un tiempo de preparación**



Cada Cuaresma, Plato de Arroz de CRS reúne a católicos de todo el país para responder al hambre y la pobreza mundial mediante la oración, el ayuno y la limosna. En este tiempo santo, renovemos nuestro compromiso de compartir pan para la vida con nuestra familia mundial, de modo que todas las personas puedan desarrollarse plenamente. Visita crsplatodearroz.org/semana-1 para leer la Historia de Esperanza de esta semana.

FEBRUARY

Fourth Week in February

The season of Lent begins each year with the story of the devil tempting Jesus in the desert. As we embark on the 40 days of Lent, what temptations are you willing to confront?

LIVE THE LITURGY

Our Lord is so humble that he allows us to see him experience temptation. The vulnerability of this moment is awesome to behold. Let us learn from Jesus' interaction with the devil, and be transformed by it. Let us say, with him: "Get away, Satan."

Lenten Blessing:

Bless us in Your mercy, Lord, as we journey these 40 Days of Lent. Use this time to call, anoint, bind, strengthen, and inspire us anew. Like a good shepherd, teach us Your voice, and give us the strength to follow. Amen.

Next weekend is the Second Sunday of Lent. **Lenten Challenge:** This Lent and throughout life's struggles, the Spirit leads you and me into the wilderness. Name one "desert" into which the Spirit has led you: perhaps grief, fear, silence, change, disappointment. Ask for the grace to go there willingly. **See you at Mass!**

Febrero

Cuarta Semana de Febrero

El tiempo de Cuaresma comienza cada año con la historia de la tentación del diablo a Jesús en el desierto. Al comenzar los 40 días de Cuaresma, ¿qué tentaciones estás dispuesto a enfrentar?

VIVE LA LITURGIA

Nuestro Señor es tan humilde que nos permite verlo experimentar la tentación. La vulnerabilidad de este momento es impresionante. Aprendamos de la interacción de Jesús con el diablo y dejémonos transformar por ella. Digamos con él: "¡Aléjate, Satanás!".

Bendición Cuaresmal:

Bendícenos en tu misericordia, Señor, mientras recorremos estos 40 días de Cuaresma. Aprovecha este tiempo para llamarnos, ungirnos, atarnos, fortalecernos e inspirarnos de nuevo. Como un buen pastor, enséñanos tu voz y danos la fuerza para seguirte. Amén.

*El próximo fin de semana es el Segundo Domingo de Cuaresma. **Desafío Cuaresmal:** Esta Cuaresma y a lo largo de las dificultades de la vida, el Espíritu nos guía a ti y a mí al desierto. Menciona un «desierto» al que el Espíritu te haya llevado: quizás dolor, miedo, silencio, cambio, decepción. Pide la gracia de ir allí voluntariamente. ¡Nos vemos en misa!*



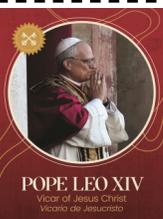
Bishop's Annual Appeal 2026 ONE IN CHRIST: Called to Love and Serve

Shaping the hearts and minds of our youth is a priority in the Diocese of Metuchen. The young need our attention and care. Every day they are confronted with a secular culture that constantly pulls at them and threatens their faith and morals at this vulnerable period in their spiritual formation. Through the work of the Offices of Schools, Catechesis, Youth & Young Adult ministry and Campus Ministry at Rutgers University, our children, teens and young adults grow to understand the roots of their faith and their responsibilities as Christians. Your gift to the Bishop's Annual Appeal will help to preserve our faith for future generations.



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

Formar los corazones y las mentes de nuestros jóvenes es una prioridad en la Diócesis de Metuchen. Los jóvenes necesitan nuestra atención y cuidado. Cada día se enfrentan a una cultura secular que los influye constantemente y amenaza su fe y sus valores morales en esta etapa vulnerable de su formación espiritual. A través del trabajo de las Oficinas de Colegios, Catequesis, Ministerio de Jóvenes y Jóvenes Adultos, y la Pastoral Universitaria en la Universidad de Rutgers, nuestros niños, adolescentes y jóvenes adultos crecen en la comprensión de las raíces de su fe y de sus responsabilidades como cristianos. Su donación a la Campaña Anual del Obispo ayudará a preservar nuestra fe para las generaciones futuras.



POPE LEO'S INTENTION FOR MARCH

For disarmament and peace

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

INTENCIÓN DEL PAPA LEÓN PARA MARZO

Por el desarme y la paz

Oremos para que las naciones avancen hacia un desarme efectivo, en particular el desarme nuclear, y para que los líderes mundiales elijan el camino del diálogo y la diplomacia en lugar de la violencia.

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



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

First Sunday of Lent

Jesus said to the tempter, "It is written: 'One does not live by bread alone, but by every word that comes forth from the mouth of God.'" Mt 4:4, Dt 8:3

Jesus is tempted by the devil as recounted in Matthew Chapter 4 in three very distinct ways that humans can relate to: firstly, by his bodily wants and desires; secondly, by his fear of impending death; and thirdly, by his want or need for power. In every case, there is an association to how man views his role in the world and universe.

However, unlike Adam, son of God and of mankind (genetically speaking **Lk 3:38**), Jesus of God, whom we have identified as Son of God (and whose genesis is a mystery) **Lk 3:22, 23b, Jn 5:33, 36-38, 6:42b**, has come to replace our biological ancestry with a spiritual ancestry in Him. Jesus does not succumb to temptation and instead holds fast to the Father's will. As such, Paul tells the Romans that it is through this spiritual ancestry that we are able to overcome our biologically sinful and fallen nature. **Rom 5:17-19**



When man acts through his senses by instinct, he feels valiant conquering his environment, but this is because he feels disempowered, puny and worthless otherwise. Many times this takes the form of subjugating the people not just the things around him. The reliance on one's instinctual senses or impulse in the way of interacting with one's environment is a sign of loss of faith in God. Without a sense of God's mercy in his

heart, man's guilty conscience causes him then to subjugate everything around him; we might call this a 'control freak', but it is this concept that is at the center of the personality disorder. So, conquering one's guilt and weaknesses takes the form of destroying one's environment instead of forming it to God's will for the common good. The more we move away from our God, the weaker we are and the weaker we perceive ourselves in the world, and the more we rely on our instincts to kill, destroy and erase those things and persons that cause us to be self-conscious, intimidated, and self-reflecting in the mirror of our souls. We disdain the thought of knowing ourselves, cause self-inflicted harm through addiction, preoccupation and neurosis and recoil to primitive instincts to deal with our separation anxiety from God. We try to detach and transform ourselves to something unrecognizable rather than face the error of our ways.

Man has the will to overcome his sinfulness from desire, to hate, to power and everything in between (**Gn 4:7**) through faith in the one God, Our Lord, Jesus Christ. Through His teachings we learn and understand how to choose life over death. It comes down to our willingness to accept with faith our lives, as it was given to us, and humble ourselves before Him, or to rebel and force ourselves into a situation that denies His love from us by not keeping His Commandments. Many times, we think we need to do extraordinary deeds in our thoughts, our words and our actions to be noticed and not marginalized, yet it is through faith in His will alone, "the words that come forth from the mouth of God" that we do the most memorable acts towards others and for ourselves. Pray that we act in His image, the way He created us and according to HIS will!



OGŁOSZENIA PARAFIALNE
I Niedziela Wielkiego Postu
22 lutego 2026 r.

Rozpoczęliśmy okres Wielkiego Postu. Pamiętajmy, by w **piątki zachować post jakościowy**, czyli powstrzymać się od pokarmów mięsnych. Dotyczy to wszystkich pomiędzy 14 a 60 rokiem życia. W tym czasie zwróćmy również szczególną uwagę na **nasz rozwój duchowy poprzez modlitwę i ofiarność**, szczególnie względem biednych i poszkodowanych przez los.

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

W **sobotę, 28 lutego**, zapraszamy wszystkich na **wieczorne czuwanie**, które rozpocznie się indywidualną adoracją Najświętszego Sakramentu o godz. 18:30 (w tym czasie można przystąpić do sakramentu pokuty) i nabożeństwem o godz. 19:00, po którym odprawiona zostanie Msza Święta. Intencje, w których chcemy modlić się w miesiącu lutym, można składać na ołtarzu Matki Bożej. Formularze dostępne są w przedsionku kościoła.

Tegoroczny apel zatytułowany: **„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. Prosimy o wsparcie finansowe na gazetę diecezji Metuchen, jaką jest „Catholic Spirit”.

Druga kolekta w następną niedzielę zostanie przeznaczona na **Stowarzyszenie Św. Wincentego a Paulo**. Pamiętajmy również o złożeniu naszej **ofiary na kwiaty wielkanocne**.

Wszystkim życzymy wiele radości z przeżywanego wypoczynku niedzielnego oraz pomocy Bożej na nadchodzący tydzień.

PARISH ANNOUNCEMENTS

First Sunday of Lent
February 22, 2026



We had begun the **Lenten Season**. Please, remember to **abstain** from meat on Fridays. This is for all between the ages of 14 and 60. Also, remember to **enrich your Lenten spiritual journey by finding time for prayer and by helping those in need**.

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**.

On **Saturday, February 28th**, we invite everyone to an **evening vigil** which will begin with an individual adoration of the Blessed Sacrament at 6:30 p.m. (during this time confession is available) and worship at 7:00 p.m., after which Mass will be celebrated. Intention forms can be found in the church vestibule.

The theme of **this year diocesan 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.

February is Catholic Press Month. Please, support the **“Catholic Spirit”**, which is the official Newspaper of the Diocese of Metuchen. Next Sunday second collection will be for **St. Vincent De Paul Society** and for **Easter Flowers**. God's blessings to everyone for today, as well as for the coming week.

GOWEN FUNERAL HOME

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