



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)

LAETARE  SUNDAY ©LPI
DOMINGO  DE LAETARE ©LPI

HFP PARISH CENTER

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PASTORAL TEAM

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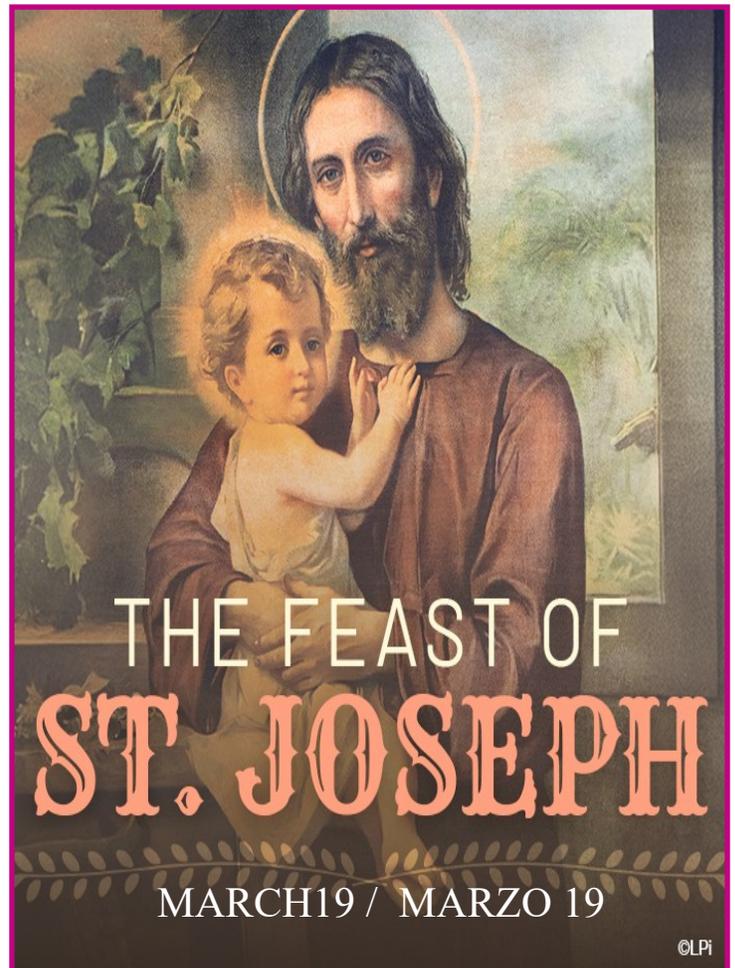
PARISH LEADERS

PARISH TRUSTEES: Thomas Szallai, Carol Meszaros

FINANCE COUNCIL: Thomas Szallai, chair

PASTORAL COUNCIL: Marie Zach

NeXt Level (IMT) - Neybery Cortez



MASS SCHEDULE & INTENTIONS

Saturday, March 14 - Lenten Weekday

8:00 AM - (SH)- (English) - Kathleen C Braido
 4:30 PM - (SH)- (English) - For the people

Sunday, March 15 - FOURTH SUNDAY of LENT

8:00AM (SL) - (English) - For the people
 9:00 AM (SJ) - (Polish) - Za duszę św.p. Tadeusza Rosiaka w 1 rocznicę śmierci
 9:00 AM (SL) - (Hungarian) - Margit Schلودer
 10:00 AM (SH) - (Bilingual) - For the people
 12:00 PM (SJ) - (Spanish) - For the people
 7:00 PM (SJ) - (Spanish) - Por las Almas en el Purgatorio

Monday, March 16 - Lenten Weekday

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

Tuesday, March 17 - Saint Patrick, Bishop

7:00 AM (SL) - (English) - For the people
 8:00 AM (SH) - (English) - For the people
 7:00 PM (SJ) (Spanish) - Ana Lucia Rodriguez

Wednesday, March 18 - Saint Cyril of Jerusalem

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

Thursday, March 19 - Saint Joseph, Spouse of the Blessed Virgin Mary

7:00 AM (SL) - (English) - For the people
 8:00 AM (SH) - (English) - In thanksgiving
 7:00 PM (SJ) (Multilingual) - For the people

Friday, March 20 - Lenten Weekday

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

Saturday, March 21 - Lenten Weekday

8:00 AM - (SH)- (English) - Elsa Hildenbrand
 4:30 PM - (SH)- (English) - Carol M. Anderson

Sunday, March 22 - FIFTH SUNDAY of LENT

8:00AM (SL) - (English) - For the people
 9:00 AM (SJ) - (Polish) - Za zmarłych z rodzin Gawrońskich, Sroczyńskich, Kozak i Koziół
 9:00 AM (SL) - (Hungarian) - Mrs. Paul Szenasi
 10:00 AM (SH) - (Bilingual) - Victoria Ramirez Santiago
 12:00 PM (SJ) - (Spanish) - Hary Patricio Pacheco Cusme
 7:00 PM (SJ) - (Spanish) - For the people

Horarios de Confesión
 CONFESSION TIMES ©LPI

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 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

 **STATIONS OF THE CROSS**
 Vía Crucis

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

03/01/2026 - \$4,534

SVDP - \$1,525

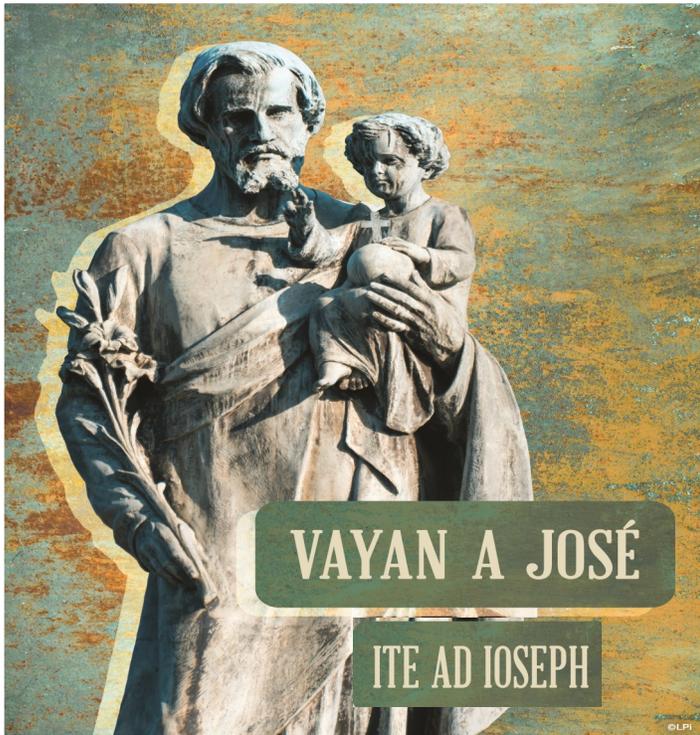
Catholic Spirit - \$372

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

BISHOP'S ANNUAL APPEAL
Goal : \$14,000 To date: \$3,196
20.40% towards the goal



Every donation counts,
 no matter the amount.
 Thank you for your
 continued support.



**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.



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

**CUARTA SEMANA DE CUARESMA
Alimentando sueños en Timor Oriental**

Al participar en Plato de Arroz de CRS, ayudas a los jóvenes de Timor Oriental a hacer realidad sus sueños. Visita crsplatodearroz.org/semana-4 para leer sobre el sueño de Adriana de ser doctora en la Historia de Esperanza de esta semana.



**FOR LENT... FOR LIFE
Ending Hunger
With CRS Rice Bowl**

**FOURTH WEEK OF LENT
Feeding Dreams in Timor-Leste**

By participating in CRS Rice Bowl, we're helping young people in Timor-Leste find opportunities and support to fulfill their dreams of becoming leaders in their communities. Visit crsricebowl.org/week-4 to read about Adriana's dream of becoming a doctor in this week's Story of Hope.



**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.





To all the **volunteers** at our last **Interfaith Homeless Shelter** that ended on March 8th, thank you very much for your help with this project. Your time and efforts did not go unnoticed; they made a huge difference in the lives of those we helped and served.

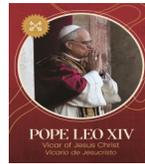


Bishop's Annual Appeal 2026
ONE IN CHRIST:
Called to Love and Serve

Thank you to all who have given so generously to the 2026 Bishop's Annual Appeal. If you have not made a pledge, there is still time to participate. Mail your gift to: Diocese of Metuchen Bishop's Annual Appeal, PO Box 4000, Metuchen, NJ 08840-4000 or give online at <https://diometuchen.org/BAA>.

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

Gracias a todos los que han donado tan generosamente a la Campaña Anual del Obispo 2026. Si aún no ha hecho su promesa de donación, todavía hay tiempo para participar. Envíe su aporte por correo a: Diocese of Metuchen, Bishop's Annual Appeal, PO Box 4000, Metuchen, NJ 08840-4000 o realice su donación en línea en <https://diometuchen.org/BAA>



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.



A todos los **voluntarios** de nuestro último **Refugio Interreligioso para Personas sin Hogar**, que finalizó el 8 de marzo, muchas gracias por su ayuda con este proyecto. Su tiempo y esfuerzo fueron valiosos; marcaron una gran diferencia en la vida de quienes ayudamos y servimos.

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



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.



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

Fourth Sunday of Lent

“While I am in the world, I am the light of the world.”
Jn 9:5

“Live as children of light, for light produces every kind of goodness and righteousness and truth.” Eph 5:8b-9

We heard about worshipping in “Spirit and in truth” last week and here we have Saint Paul teaching the Ephesians the meaning of Jesus’ words in the context of the Risen Christ, referring to those being Baptized in His Spirit (**Eph 3:5**) as “children of light” who through their enlightenment in Jesus Christ (**Eph 3:9-10**) go forth proclaiming His truth.



Perhaps we forget by the very fact of taking it for granted, that our eyes can deceive us or even lead us astray when our lives are not focused “on the prize” that is eternal life in Jesus Christ, Our Lord. So when

we say that we “see” as worshipers of Spirit and truth, what we are saying is that “I do believe that Jesus is Lord” as the blind man exclaims upon regaining his sight. **Jn 9:38** We are also saying that we believe in His teachings of truth for mankind and God’s Laws for all men. We understand that we are prone to instinctual sin and decisions we make by deceit from the devil or his agents. By not seeking His will in our decisions, we willfully blind ourselves to the truth, and we remain in our sin and in our sinful state, as Jesus points out to the Pharisees. **Jn 9:41**

What then is Jesus seeking from the “children of light?”

The answer is in the response Jesus gives to His Disciples when He is about to cure the man born blind. We are to place ourselves in the person of the blind man to understand the context. Jesus says to us, “It is so that the works of God might be made visible through him.” **Jn 9:3b** Replace “him” with “me” and it all makes sense. We are to be that light of love through which God is made visible to those who don’t know or believe in Him. **Eph 4:16**

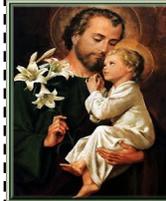
For a mental image, let us consider the Celebration or Liturgy of Light during the Vigil and Resurrection Mass on Holy Saturday leading in to Easter Sunday. Jesus is our Paschal Candle of Easter and we are the disciples, the flock who receives His light in Spirit and truth. When we receive our light we share it with those around us, and suddenly the individual small points of light overtake the darkness of our previous ways, and it renews the truth in us and those around us in His Spirit, that of Jesus Christ, Lord and God!



OGŁOSZENIA PARAFIALNE
IV Niedziela Wielkiego Postu
15 marca 2026 r.

Trwa 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 **czwartek 19 marca**, w dniu święta naszego patrona **św. Józefa**, Msza Święta zostanie odprawiona w naszym kościele o godz. 19:00.

Rekolekcje wielkopostne dla naszej polskiej społeczności odbędą się w dniach **20 i 21 marca** (piątek i sobota) o godz. 19:00. Zakończenie rekolekcji w niedzielę **22 marca** na Mszy Świętej o godz. 9:00. W sobotę przed rekolekcjami zapraszamy na godzinę 18:30 na półgodzinną **adorację Najświętszego Sakramentu** (zamiast czuwania w ostatnią sobotę miesiąca), po Mszy Świętej odbędzie się **spowiedź wielkopostna**.

Jak co roku, w okresie Wielkiego Postu, zachęcamy do uczestnictwa w akcji „**Rice Bowl**”, sponsorowanej przez **Catholic Relief Services** oraz do odpowiedzi na **apel diecezjalny**, zatytułowany „**Zjednoczeni w Chrystusie, jesteście powołani do miłości i służby**”, który dzięki finansowemu wsparciu nas wszystkich, zapewnia kontynuację wielu diecezjalnych programów ewangelizacji i katechezy.

Pamiętajmy o złożeniu naszej **ofiary na kwiaty wielkanocne**.

Życzymy wszystkim, byśmy wzbogaceni miłością Chrystusa w dzisiejszej Ofierze Mszy Świętej, potrafili dzielić się nią z bliźnimi każdego dnia nadchodzącego tygodnia.

PARISH ANNOUNCEMENTS
Fourth Sunday of Lent
March 15, 2026

The Lenten Season is underway. 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**.

On Thursday, March 19, the Feast of our patron, **Saint Joseph**, the Holy Mass will be celebrated in our church at 7:00 p.m.

The Lenten retreat for our Polish community will take place on **March 20 and 21** (Friday, and Saturday) at 7:00 p.m. End of the retreat on Sunday, **March 22** at Holy Mass at 9:00 a.m. On Saturday, at 6:30 p.m., we invite you to a half-hour **adoration of the Blessed Sacrament** before the retreat (instead of a vigil on the last Saturday of the month). After the Holy Mass on Saturday, **Lenten Confession** will take place.



Please remember to put your **donation for Easter Flowers**.

We wish everyone that enriched by Christ's Sacrifice of the Holy Mass, we may be able to share his love with our neighbors throughout the coming week.