



# Holy Family Parish

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

[www.holyfamilyforall.org](http://www.holyfamilyforall.org)

email: [HFPcenter@holyfamilyforall.org](mailto: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

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

### PASTORAL TEAM

Brandy ALEXANDER, trauma-informed care specialist  
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community service manager  
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Rocio RAMOS, director of pastoral services  
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Rev. Thomas RYAN, pastor  
(ext.1006) - [TRYAN@holyfamilyforall.org](mailto:TRYAN@holyfamilyforall.org)

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

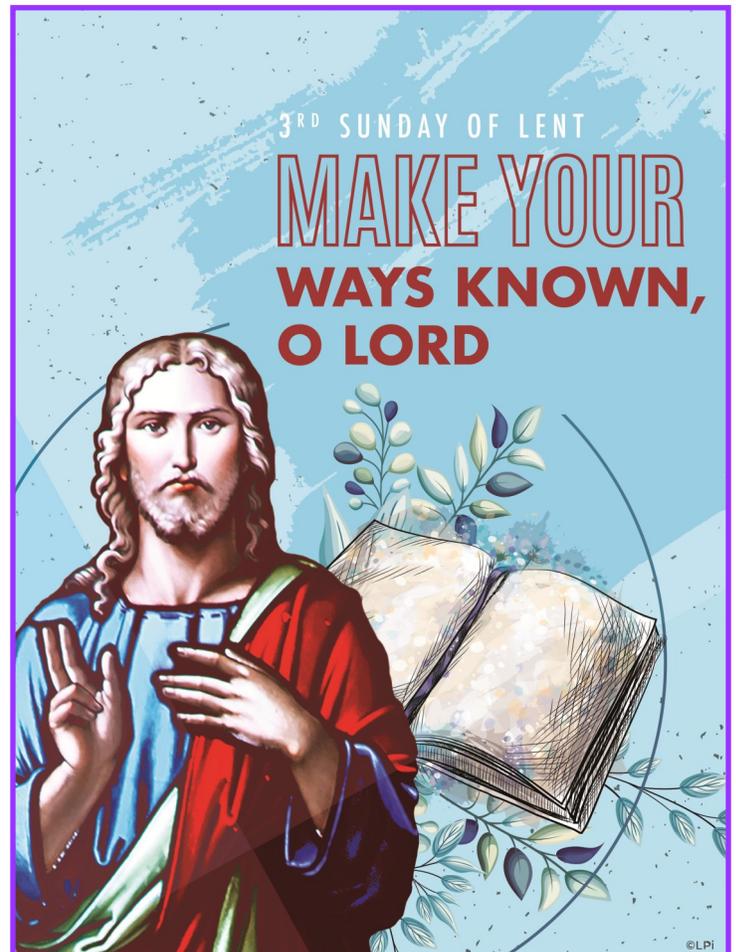
### PARISH LEADERS

PARISH TRUSTEES: Thomas Szallai, Carol Meszaros

FINANCE COUNCIL: Thomas Szallai, chair

PASTORAL COUNCIL: Marie Zach

NeXt Level (IMT) - Neybery Cortez



**MASS SCHEDULE & INTENTIONS**

**Saturday, March 7 - Saints Perpetua & Felicity, Martyrs**

8:00 AM - (SH)- (English) - For the Souls in Purgatory  
 4:30 PM - (SH)- (English) - For the people

**Sunday, March 8 - THIRD SUNDAY of LENT**

8:00AM (SL) - (English) - For the Viegas and Luis Families  
 9:00 AM (SJ) - (Polish) - Za dusze św.p. Mariany i Piotra Kozłowski  
 9:00 AM (SL) - (Hungarian) - Veronica Paller  
 10:00 AM (SH) - (Bilingual) - Por la Salud del Diacono Nelson Torres  
 12:00 PM (SJ) - (Spanish) - Ana Lucia Rodriguez  
 7:00 PM (SJ) - (Spanish) - Jose Miguel Abreu

**Monday, March 9 - Saint Frances of Rome, Religious**

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

**Tuesday, March 10 - Lenten 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

**Wednesday, March 11 - Lenten Weekday**

7:00 AM (SL) - (English) - For the people  
 8:00 AM (SH) - (English) - Ilse L Kosik  
 7:00 PM (SJ) (Spanish) - For the people

**Thursday, March 12 - Lenten Weekday**

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

**Friday, March 13 - Lenten Weekday**

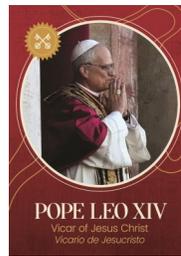
7:00 AM (SL) - (English) - For the people  
 8:00 AM (SH) - (English) - Alice Bandelt McLaughlin

**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 Schloder  
 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



**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.



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**

**02/22/2026 - \$5,322  
 Ash Wednesday - \$1,148**

To donate online, go to our website: [holyfamilyforall.org](http://holyfamilyforall.org)  
**Click on DONATE.**

**BISHOP'S ANNUAL APPEAL**

Goal : \$14,000 To date: \$2,971  
 18.79% towards the goal



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

**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.



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

**THIRD WEEK OF LENT  
Nourishing Futures in Guatemala**

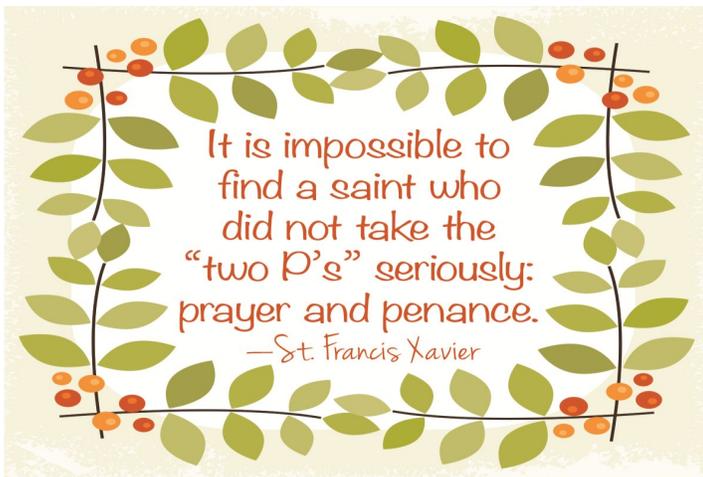
In Guatemala, nutrition classes and savings programs give mothers and families better opportunities to improve their health, nutrition and financial well-being. Visit [crsricebowl.org/week-3](http://crsricebowl.org/week-3) to read how your support of CRS Rice Bowl is helping the Guatemala community thrive.



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

**TERCERA SEMANA DE CUARESMA  
Nutriendo futuros sanos en Guatemala**

En Guatemala, las clases de nutrición y los programas de ahorro brindan a las madres y las familias oportunidades para mejorar su salud, nutrición y bienestar financiero. Visita [crsplatodearroz.org/semana-3](http://crsplatodearroz.org/semana-3) para leer cómo tu apoyo a Plato de Arroz de CRS ayuda a Maribel y su familia a salir adelante.



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

This weekend, parishes throughout the Diocese of Metuchen are celebrating *Bishop's Annual Appeal In-Pew Weekend*. Our goal is for every family to participate. Every gift, no matter the size, is important and greatly appreciated. Together, we are keeping Christ's presence alive in the world today. Thank you for actively participating in this mission by your financial support.

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

Este fin de semana, todas las parroquias de la Diócesis de Metuchen están celebrando el Fin de Semana de *la Campana Anual del Obispo en las Bancas*. Nuestro objetivo es que todas las familias participen. Cada aporte, sin importar el monto, es importante y muy apreciado. Juntos, estamos manteniendo viva la presencia de Cristo en el mundo de hoy. Gracias por participar activamente con su apoyo financiero en esta misión.

*Horarios de Confesión*  
CONFESSION TIMES ©L.P.I.

**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

**ES IMPOSIBLE ENCONTRAR UN SANTO QUE NO TOMA EN SERIO LA**  
*Oración y la Penitencia*  
**S. FRANCISCO JAVIER**

*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*

**Third Sunday of Lent**

**“The hour is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth.” Jn 4:23-24**

Jesus tells the Samaritan woman that God seeks those who worship Him in Spirit and in truth. She responds with an open mind and says that she awaits the Anointed One, because she knows he is coming and he will reveal all truth. “Jesus said to her, *I am He.*” **Jn 4:25-26** She then hurries off to tell the town about Jesus, who has unveiled her own deeds bringing her to believe in Him. Many of the town’s people come out to see Jesus, some as witnesses to the woman’s testimony and others out of curiosity, but they are quickly convinced that He “is truly the savior of the world.” **Jn 4:39-42**

Meanwhile, Jesus gives example to his Disciples of denying one’s self needs to benefit others as an indication of how urgent it is to assist one in spiritual need. However, they don’t understand this at the time, but recall it later: “My food is to do the will of the one who sent me and to finish his work.” **Jn 4:34**

We often hear this in today’s society, ‘I deserve it’ or ‘this is my time’ or perhaps ‘I’m doing this for me,’ but the follower of Christ who has received the Spirit knows that these are selfish acts and do not lead to doing His will. We can’t know for certain, but that act of assistance, kindness or mercy that we provide someone may be the only ‘truth’ that they experience in their lives that leads them to Jesus Christ. This doesn’t mean we should not take time out for reflection and physical rehabilitation to regain our commitment to Him. It simply means, we drop everything like the Samaritan woman leaving her water jar and rush to the assistance of others in need of the Truth so that they may also share in the waters of eternal life.

Saint Paul understood this when he instructed the Corinthians on the worship of the one God in truth; it is this Truth, Jesus Christ that sets us free of the bonds of the physical world. **2Cor 3:17** The same is repeated by Jesus in explaining how knowing the truth that he is proclaiming sets us free of having to trace our genealogy to Abraham to be saved from the slavery of sin. “So, if the Son frees you, then you will truly be free.” **Jn 8:32,36**

This understanding of worshiping God in truth and Spirit also brings with it the joy of salvation for all, no matter how early or late they arrive at the banquet. For those who arrived early, they are joyful that others followed them and are also partaking, and those who arrive late are grateful for not being left behind. “I sent you to reap what you have not worked for; others have done the work, and you are sharing the fruits of their work.” **Jn 4:38**

**“... indeed the Father seeks such people ... Those who worship Him in Spirit and in truth.”**



**OGŁOSZENIA PARAFIALNE**  
**III Niedziela Wielkiego Postu**  
**8 marca 2026 r.**

Z okazji przypadającego w dniu dzisiejszym **Dnia Kobiet** życzymy wszystkim paniom pomocy Bożej w każdej chwili życia, wiary i siły w wypełnianiu codziennych obowiązków oraz nieustającej opieki Najświętszej Paniienki.

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

**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.

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

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

**PARISH ANNOUNCEMENTS**  
**Third Sunday of Lent**  
**March 8, 2026**

Today is **International Women’s Day** - we wish all ladies God’s help in every moment of life, unceasing faith and strength in fulfilling their daily duties and the protection of the Blessed Virgin.

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 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 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 of disciples.



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

God’s blessings to everyone for today, as well as 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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