

Lent 2019

Ash Wednesday Masses -

March 6 - Noon - Sacred Heart
March 6 - 7:00 PM - St. John

Special Confession Times (These times are in addition to the regularly scheduled Confessions that are heard EVERY Saturday before 4:00 PM Mass at the Sacred Heart Site). Confessions can be scheduled anytime by request.

March 8 - Sacred Heart Site - 7:30 PM - 8:30 PM
March 29 - St. John Site - 7:30 PM - 8:30 PM
April 5 - Sacred Heart Site - 7:30 PM - 8:30 PM
April 12 - St. John Site - 7:30 PM - 8:30 PM
April 14 - Sacred Heart Site - 5:00 PM - 7:00 PM

Stations of the Cross - 7:00 PM

Sacred Heart - March 8, 22, April 5
St. John - March 15 & 29, April 12
Living Stations - Good Friday - Sacred Heart - 1:00 PM

Eucharistic Adoration

April 5 - 9:00 AM - 6:45 PM

Lamentations (Gorzkie Zale) - 7:00 PM at the Sacred Heart Site

March 31
April 7
April 14

Special Presentation

April 6-7 - Sister Mary Joseph, SSCJ - Work of the Sacred Heart Sisters

Eastern European Lent and Easter Customs - Instructor - Lawrence Kozlowski - 6:30 PM - 8:30 PM

March 26 - Activity Center
April 2 - Activity Center

Holy Week Liturgical Schedule

Holy Thursday - St. John Site - 7:00 PM (Christ in Repose until Midnight)
Good Friday - Sacred Heart Site - Noon
Holy Saturday - Blessing of Easter Foods - St. John Site - Noon
Easter Vigil - Boswell - 8:30 PM
Easter Sunday Mass - Sacred Heart Site - 8:00 AM
Easter Sunday Mass - St. John Site - 10:30 AM

Church Decorating and Cleaning for Easter

April 20 - Sacred Heart (Morning)
April 20 - St. John - 1:30 PM

Liturgical Practices

April 16 - Sacred Heart Site - 6:00 PM - Good Friday Practice for Altar Servers
April 17 - St. John Site - 6:00 PM - Holy Thursday Practice for Altar Servers

Blessing of Easter Foods

April 20 - St. John Site - Noon

Easter Egg Hunt

April 20 - St. John Rectory Yard - 12:30 (follows Blessing of Easter Foods)

Lenten Regulations

Abstinence - The law of abstinence requires a Catholic 14 years of age **until death** to abstain from eating meat on Fridays in honor of the Passion of Jesus. Meat is considered to be the flesh and organs of mammals and fowl. Theologians have traditionally considered this also to forbid soups or gravies made from them. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted, as are animal-derived products such as gelatin, butter, cheese and eggs, which do not have any meat taste. During Lent abstinence from meat on Fridays is obligatory in the United States as elsewhere, and it is sinful not to observe this discipline without a serious reason (physical labor, pregnancy, those with unsound mind, sickness etc.).

Fasting - The law of fasting requires a Catholic from the 18th Birthday to the **59th Birthday** to reduce the amount of food eaten from normal. The Church defines this as one meal a day, and two smaller meals which if added together would not exceed the main meal in quantity. Such fasting is **obligatory** on Ash Wednesday & Good Friday. The fast is broken by eating between meals and by drinks which could be considered food (milk shakes, but not milk). Alcohol does not break the fast; however, they seem contrary to the spirit of doing penance.

Easter Duty - The term "Easter Duty" stems from two laws of the Church: to receive the Eucharist at least once a year during the Easter season, unless a serious reason indicates another time as preferable (canon 920); and to receive absolution in sacramental confession at least once a year (canon 989). Catholics are to make certain that they have observed these practices and in so doing prepare themselves well for the mysteries of human redemption.

We Adore You O Christ - For By Your Holy Cross You Have Redeemed The World!

"For paradise we long. For perfection we were made...This longing is the source of the hunger and dissatisfaction that mark our lives...This longing makes our loves and friendships possible, and so very unsatisfactory. The hunger is for...nothing less than perfect communion with the...one in whom all the fragments of our scattered existence come together...we must not stifle this longing. It is a holy dissatisfaction. Such dissatisfaction is not a sickness to be healed, but the seed of a promise to be fulfilled...The only death to fear is the death of settling for something less."

—Father Richard John Neuhaus, *Death On A Friday Afternoon: Meditations On The Last Words Of Jesus From The Cross*
