

## Eucharistic Adoration

The season of Lent recalls the 40 days and 40 nights that our Lord withdrew to the desert as He prepared for his public ministry. Whenever our Lord did something important or made an important decision He would withdraw to a quiet place to pray. He did so before He chose the apostles, before casting out demons, before performing miracles, and before teaching.

Lent is an excellent opportunity to visit the Sacred Heart Chapel on the Thursdays of Lent for Eucharistic Adoration. Blessed place at the Thursday at 8:35 AM and morning Sacrament is of a short the Sacred Heart where adorers can come all day for personal prayer. Exposition concludes with the Litany of the Sacred Heart & Benediction at 7:50 PM. A great Lenten resolution for prayer would be to commit to a regular hour or half hour of prayer on the Thursdays of Lent.



Exposition of the Sacrament takes end of Mass on approximately then following prayer, the taken by means procession into Heart Chapel

### Who can come to Adoration?

Anyone is welcome to adore the Lord in the Holy Eucharist during this silent time of prayer.

### What does one do during adoration?

A number of meditation books for both adults and children are available in the chapel. You can sit quietly with the Lord, pray the Rosary, offer the Stations of the Cross, read the Bible, pray the Liturgy of the Hours, do spiritual reading, but the most important thing is to relate your joys, sorrows, hopes, fears, needs, and concerns to the Lord. As a farmer once told St. John Vianney at the very least: "I just look at Him, and He looks back at me."

### How do I start?

Simply come to the crying room any Thursday between 8:30 AM & 8:00 PM. To sign up as a regular adorer, call Bunny in the parish office at 763-537-4561.

## SUNG EVENING PRAYER

**Sung Taize Prayer with Benediction**  
**Thursday, March 8 at 7:30 PM**

Come for this special conclusion to Thursday adoration and allow the beautiful music of Taize to aid in your prayer.

## FASTING & ABSTINENCE

### Regulations in the U.S.A.

Following the example of Jesus, the church has encouraged fasting, or limiting the amount of food we take, and abstinence from meat as preparation for major celebrations and growth in the spiritual life. Fasting is taken on to remind us of our dependence on God, to express a desire for repentance, and provide for our spiritual development. What you see underlined refers to the legal minimum that is required by Church Law in the United States of America.



**Abstinence:** Catholics age 14 years old and older are obliged to abstain from eating meat on Ash Wednesday and on all Fridays during Lent.

**Fasting:** Catholics between the age of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. Fasting means *limiting oneself* to one full meal on a given fast day. On those days, two additional smaller meals are permitted if necessary to maintain strength. Eating between meals is not permitted.

**If someone is ill, taking medicine, or working in a job where fasting may be a problem (police officer, fire fighter, heavy laborer, etc.) these can be exempt from the rule as the use of reason dictates.**

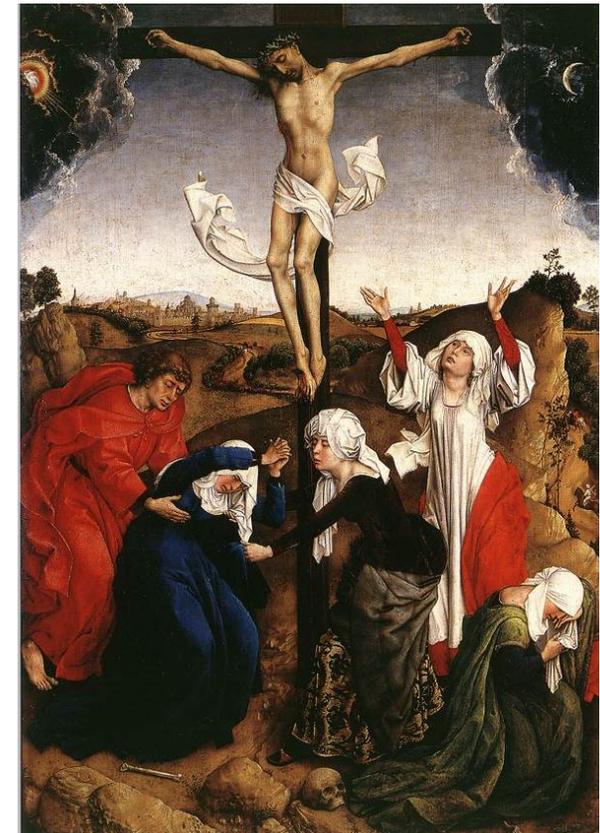
We are encouraged to do more than what is legally required. For instance we may choose to fast every day of Lent except on Sundays, or we may choose to eat meat only at one meal per day for each weekday of Lent, observing partial abstinence.



**CHURCH OF THE SACRED HEART**  
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## LENT & EASTER

### GUIDE 2018



**FATHER, INTO THY HANDS**  
**I COMMEND MY SPIRIT.**



Dear Parishioners,

The great Lenten Hymn "Audi, benigne, Conditor," attributed to Pope St. Gregory the Great, who served as Bishop of Rome and Pope from 590-604 A.D., provides us great insights about how we are to walk as penitents during the holy season of Lent.

O Merciful Creator, hear!

To us in pity bow Thine ear:  
accept the tearful prayer we raise  
in this our fast of forty days.

Our hearts are open, Lord, to Thee:

Thou knowest our infirmity;  
pour out on all who seek Thy face  
abundance of Thy pardoning grace.

Our sins are many, this we know;  
spare us, good Lord, Thy mercy show;  
and for the honor of Thy name  
our fainting souls to life reclaim.

Give us self-control that springs  
from discipline of outward things,  
that fasting inward secretly  
the soul may purely dwell with Thee.

We pray Thee, Holy Trinity,  
one God, unchanging Unity,  
that we from this our abstinence  
may reap the fruits of penitence. Amen.

Lord, grant us all the grace to keep these sacred words as inspiration for our own Lenten journey.

Yours in Christ,

Fr. Bryan J.B. Pedersen

## *Usual Mass Schedule*

### Daily Liturgy Schedule

8:00 AM—Mass Tuesdays through Saturday

8:00 AM—Monday Communion Service

Lauds/Morning Prayer in the Choir Stalls following Mass

### Sunday Mass Schedule

5:00 PM—Saturday Evening Vigil Mass

8:00 AM—English Mass

10:00 AM—Solemn English Mass

11:35 AM—Low Mass in Latin (1962 Missal)

\*Occasional Sung Latin High Mass usually on the 4th Sunday\*

### Sung Vespers in Lent

3:30 PM—Sung First Vespers every Saturday of Lent in the Choir Stalls before confessions.

## *ASH WEDNESDAY & HOLY WEEK SCHEDULE*

### ASH WEDNESDAY—February 14

8:00 AM, 12:00 PM without Music, 7:00 PM

### PALM SUNDAY—March 25

SATURDAY 5:00 PM,

SUNDAY 8:00 AM & 10:00 AM  
& 11:45 AM Mass in Latin (1962 Missal)

### HOLY THURSDAY—March 29

MORNING PRAYER 8:00 AM

### MASS OF THE LORD'S SUPPER 7:00 PM

ADORATION AT THE ALTAR OF REPOSE  
FOLLOWING MASS UNTIL MIDNIGHT

### GOOD FRIDAY—March 30

MORNING PRAYER 8:00 AM

STATIONS OF THE CROSS 12:00 PM

SOLEMN LITURGY 3:00 PM

SERVICE OF DARKNESS 7:00 PM

### HOLY SATURDAY—March 31

MORNING PRAYER 8:00 AM

BLESSING OF EASTER FOOD 8:30 AM

SOLEMN VIGIL OF EASTER 8:15 PM

### EASTER SUNDAY—April 1

SUNDAY MASS 8:00 AM

SOLEMN ENGLISH MASS 10:00 AM

MASS IN LATIN 11:45 AM (1962 MISSAL)

## *STATIONS OF THE CROSS*

Keep the Stations of our Lord's Passion every Friday of Lent beginning February 16 - March 23 at 7:00 PM. At 6:40 PM a short instrumental meditation will be provided.

A special format for the stations will take place on:  
**Friday February 23 at 7:00 PM:** *The Via Dolorosa* or "Way of Sorrows" music from the Agape singers.

**Friday March 16 at 7:00 PM:** *Special organ meditations will be played at each station.*

**Friday March 23 at 7:00 PM:** *The Living Stations will be performed by our Middle School Students.*

## *FRIDAY FISH FRY*

Join us on Friday beginning February 16 through March 23 for a Sacred Heart tradition. This is our 38th year of Fish Dinners. Meatless Spaghetti and soup will be served from 4:30 PM until 7:00 PM in the Gym each Friday of Lent except Good Friday. Complete your evening on the Fridays of Lent in Church with Stations of the Cross at 7:00 PM.

## *SACRAMENT OF PENANCE*

### Daily Confession

Tuesday through Saturday

7:40 AM – 7:55 AM

Saturdays: 4:00 – 4:45 PM

*Following Sung Vespers.*

### Penance Service

Tuesday Evening

**March 13th, 7:00 PM**

*Additional Priests will be present for Confession.*



### Holy Week Confession Times

Tuesday, March 27, 4:30 PM - 6:00 PM

Wednesday, March 28, 4:30 PM - 6:00 PM

Thursday, March 29 9:30 PM - 11:00 PM

Friday, March 30, 4:45 PM - 5:45 PM

## *SUNG VESPERS*

First Vespers will be sung on the Saturday Evenings of Lent beginning at 3:30 PM in the Choir Stall in the front section of Church. Vespers is the evening prayer of the Church. Occasionally a brief rehearsal for those participating will take place at 3:30 PM. The Celebration of First Vespers calls to mind the Jewish origins of our faith. As the sun sets the new day begins. Join us for this meditative song of the Church which utilizes Gregorian Chants in Latin and English. Worship aids will be available, and all are invited to sing as they are able.