

## 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 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 the Sacred 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 Evening Prayer with Benediction**  
Thursday, April 4 at 7:30 PM

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

## FASTING & ABSTINENCE

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 our sorrow for sin, and desire for repentance, and ultimately to 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.**



**CHURCH OF THE SACRED HEART**  
4087 WEST BROADWAY AVENUE  
ROBBINSDALE, MN 55422

www.shrmn.org  
763-537-4561

## LENT & EASTER GUIDE 2019



**FATHER, FORGIVE THEM; FOR  
THEY KNOW NOT WHAT THEY DO.**



Dear Parishioners,

I know you all agree with me that winter has felt very long this year because of the record breaking amounts of snow we have received in February. We know not what snowfall March will bring, but perhaps the old adage we heard as children will ring true this year. "March comes in like a lion, and goes out like a lamb." Regardless of the weather the Holy Season of Lent is now upon us with Ash Wednesday on March 6th, Palm Sunday on April 14th, and Easter on April 21st.

Make this a Lent to remember, and not just because of all the snow by availing yourself of the many opportunities to grow in your Catholic faith through ongoing adult faith formation. I invite you all to partake in an *All Parish Study* for people of the Church of the Sacred Heart utilizing **FORMED**, a free online resource for ongoing faith formation. Our *All Parish Study* to make this a Lent to Remember will utilize **Forgiven**, an Augustine Institute Original Series. Rediscover the joy of your Catholic faith by opening your heart to the mercy of God. At [shrmn.formed.org](http://shrmn.formed.org) you can register for Formed. Then download the app on your smart phone and apple tv. Check out the enclosed flyer in this mailing to find out the many opportunities and times you can join fellow parishioners at Sacred Heart this Lent in this All Parish Study. Make this a Lent to remember!

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 – Preceded by a short practice First Vespers will be sung from the Choir Stalls on the Saturdays of Lent before confessions.

## *ASH WEDNESDAY & HOLY WEEK SCHEDULE*

### ASH WEDNESDAY – March 6

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

### PALM SUNDAY – April 14

SATURDAY 5:00 PM,

SUNDAY 8:00 AM & 10:00 AM

& 11:45 AM Mass in Latin (1962 Missal)

### HOLY THURSDAY – April 18

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 – April 19

MORNING PRAYER 8:00 AM

STATIONS OF THE CROSS 12:00 PM

SOLEMN LITURGY 3:00 PM

LITURGY 7:00 PM

### HOLY SATURDAY – April 20

MORNING PRAYER 8:00 AM

BLESSING OF EASTER FOOD 8:30 AM

SOLEMN VIGIL OF EASTER 8:15 PM

### EASTER SUNDAY – April 21

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 March 8 – April 12 at 7:00 PM. At 6:40 PM a short instrumental meditation will be provided on March 15, March 29 & April 5.

*A special format for the stations will take place on:*

**Friday March 22 at 7:00 PM:** *The Via Dolorosa or "Way of Sorrows" music from the Agape singers.*

**Friday April 5 at 7:00 PM:** *Special organ meditations will be played at each station.*

**Friday April 12 at 7:00 PM:** *The Living Stations will be performed by our Middle School Students.*

## *FRIDAY FISH FRY*

Join us on Fridays beginning March 8 through April 12 for a Sacred Heart tradition. This is our 39th 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

**April 2nd, 7:00 PM**

*Additional Priests will be present for Confession.*



### Holy Week Confession Times

Tuesday, April 16, 4:30 PM - 6:00 PM

Wednesday, April 17, 4:30 PM - 6:00 PM

Thursday, April 18, 9:30 PM - 11:00 PM

Friday, April 19, 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.