

ALMSGIVING

In the 12th chapter of the Book of Tobit, the Archangel Raphael instructs Tobit and his son Tobias in the importance of prayer and almsgiving saying: "Do good, and evil will not overtake you. Prayer with fasting is good. Almsgiving with righteousness is better than wealth with wickedness. It is better to give alms than to store up gold, for almsgiving saves from death, and purges all sin. Those who give alms will enjoy a full life, but those who commit sin and do evil are their own worst enemies." In the tradition there are both Corporal & Spiritual Works of Mercy.

Seven Corporal Works // Seven Spiritual Works

- | | |
|-------------------------------|---|
| 1. Feed the hungry. | 1. Counsel the doubtful. |
| 2. Give drink to the thirsty. | 2. Instruct the ignorant. |
| 3. Clothe the naked. | 3. Admonish sinners. |
| 4. Shelter the homeless. | 4. Comfort the afflicted. |
| 5. Visit the sick. | 5. Forgive offenses. |
| 6. Visit the imprisoned. | 6. Bear wrongs patiently. |
| 7. Bury the dead. | 7. Pray for the living
& for the dead. |

March is Minnesota Food Share month. May your fasting and abstinence provide you the resources needed to give these alms. After fulfilling your regular offertory commitments if you provide additional resources and indicate in the memo line of your check or through a note, Sacred Heart will then forward your donation to the NEAR Food Shelf.

LENTEN FRIDAY FISH FRY

Join us on the following Fridays for our 42nd Year of Fish Dinners from 4:30 to 7:00PM. The Fish Fry will be held on the following dates:

March 3rd, March 10th, March 17th, & March 24th

NO FISH FRY ON FEB. 24 AND MARCH 31

SACRAMENT OF PENANCE

PARISH PENANCE SERVICE: FORM II THURSDAY MARCH 23RD

7:00 PM to 8:00 PM – Several Priests will be present

ADDITIONAL TIMES DURING HOLY WEEK

In the Sacred Heart Chapel

6:00 to 7:00 PM – Confessions: Form I (April 4 & 5)

9:00 to 10:00 PM – Confessions: Form I (April 6)

5:00 to 6:00 PM – Confessions: Form I (April 7)

LITURGICAL SCHEDULE

WEEKDAYS: MONDAY THROUGH SATURDAY

Communion Service with Lauds after: Monday – 8:00 AM
Daily Confessions: Tuesday – Saturday 7:40 – 7:55 AM
Daily Mass: Tuesday – Saturday 8:00 AM
Lauds at the Choir Stalls: Tues. – Saturday following Mass
Stations of the Cross: Fridays of Lent at 7:00 PM

THE DAY OF THE LORD: SATURDAY EVENING

3:00 PM to 3:45 PM – Confessions: Form I
4:00 PM to 5:00 PM – Mass of Anticipation in English
5:15 PM – Sung Vespers at the Choir Stalls

THE DAY OF THE LORD: SUNDAY MORNING

8:00 AM – Mass in English
10:00 AM – Solemn Mass in English
11:40 AM – Mass in Latin (1962 Missal)

ASH WEDNESDAY – FEBRUARY 22

Mass and Distribution of Ashes

8 AM, 12 PM *w/o music*, 5:30 PM *Latin Mass*, 7 PM

PALM SUNDAY – APRIL 2

Mass and Distribution of Palms

4:00 PM – Saturday Mass of Anticipation
8:00 AM – Sunday Mass in English
10:00 AM – Sunday SOLEMN MASS IN ENGLISH
12:00 PM – Sunday Mass in Latin (1962 Missal)

MAUNDY THURSDAY – APRIL 6

8:00 AM – Tenebrae (Office of Readings & Lauds)
7:00 PM – MASS OF THE LORD'S SUPPER
8:30 PM to Midnight – Adoration at the Altar of Repose
9:00 PM to 10:00 PM – Confessions: Form I

GOOD FRIDAY – APRIL 7

8:00 AM – Sung Tenebrae (Office of Readings & Lauds)
3:00 PM – SOLEMN LITURGY
5:00 PM to 6:00 PM – Confessions: Form I
7:00 PM – Stations of the Cross w/St. Alphonsus Ligouri

HOLY SATURDAY – APRIL 8

8:00 AM – Tenebrae (Office of Readings & Lauds)
8:45 AM – Blessing of Food for Easter Sunday
No Afternoon Confessions or Mass of Anticipation
8:00 PM – SOLEMN VIGIL OF EASTER

EASTER SUNDAY – APRIL 9

8:00 AM – Mass in English
10:00 AM – Solemn English Mass
12:00 PM – Sung Mass in Latin (1962 Roman Missal)



CHURCH OF THE SACRED HEART

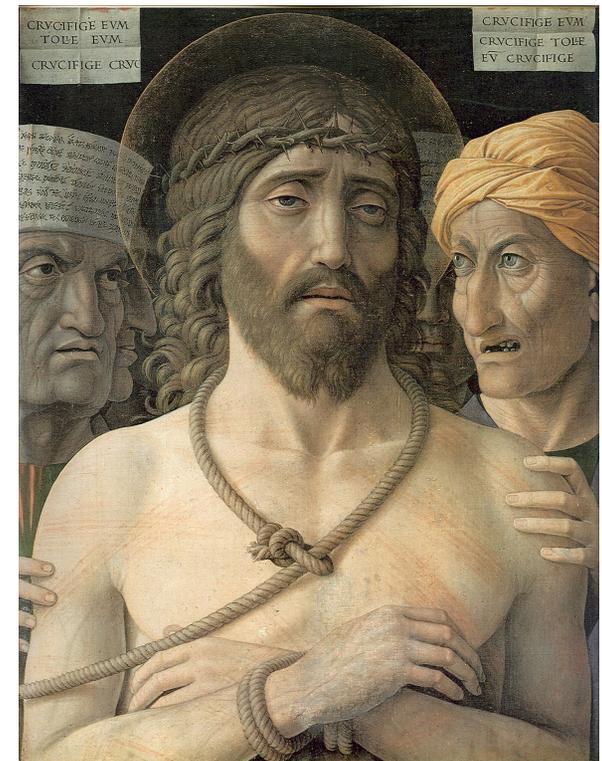
4087 WEST BROADWAY AVENUE

ROBBINSDALE, MN 55422

www.shrmn.org

763-537-4561

LENT & EASTER GUIDE 2023



CRUCIFY HIM, TAKE HIM
AWAY, CRUCIFY HIM



FROM THE PASTOR

Dear Parishioners,

Once again we come to the holy season of Lent. A time of spiritual renewal and preparation for celebrating Christ's victory over sin through his passion, death, and resurrection.

During Lent catechumens make their final preparations to receive baptism. Elected for this sacrament by the Bishop on the first Sunday of Lent, the elect then take part in the "Scrutinies" on the third, fourth, and fifth Sundays of Lent. These rites provide prayers of blessing and protection meant to assist the elect to embrace the Christian way of life.

During Lent in the ancient days of Christianity those already baptized who had committed serious sins undertook public penance aka "Canonical Penance." Beginning on Ash Wednesday the penitents received ashes on their head as a sign of the commencement of this penance. Only after they completed their penance did they receive absolution and reconciliation with a ritual observed on Holy Thursday morning with the Bishop. By 1000 A.D. everyone received the ashes, and likewise undertook penance. Since the earliest days of the Christianity this penance took the form of more intense prayer, fasting, and almsgiving— also known as works of mercy.

As recorded in Matthew's Gospel the Lord Jesus said: "Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me."

May this 40 days of Lent assist us in that ongoing journey of conversion and repentance that characterizes the Christian way of Life especially through fervent prayer, fasting, and works of mercy.

Yours in the Sacred Heart,

Fr. Bryan J.B. Pedersen

PRAYER

Our Lord often withdrew to a quiet place in order to pray before or after significant events in his life and ministry. His 40 days and 40 nights in the desert being the chief example.

Establishing a place of quiet in your homes for prayer or utilizing chapels of Eucharistic Adoration are great ways to enter into more fervent prayer. This Lent is an excellent opportunity for you to visit our Lord in the Chapel of the Sacred Heart especially on Thursdays. Eucharistic Adoration takes place on this day by means of exposition of the Blessed Sacrament. Following the Thursday morning Mass the Holy Eucharist is placed in a monstrance upon the High Altar. After Morning Prayer, which takes place at the apex of the sanctuary Stalls, the monstrance is then taken in procession into the Sacred Heart Chapel where it is placed upon an altar. Regular committed adorers come all day for personal prayer before the Lord. Many others unable to commit to a particular period of time will also drop in for a short visit and time of personal prayer. Exposition of the Sacrament concludes with the Litany of the Sacred Heart and Benediction with the Most Blessed Sacrament at approximately 8:30 PM. On the other days of the week during office hours you can also visit this chapel for personal prayer and adoration of the Lord in the tabernacle.



Who can come to adoration?

Everyone is welcome to adore the Lord in the Sacred Heart Chapel aka the Cry Room.

What do I do during adoration?

You can sit quietly with the Lord, pray the Rosary, offer the Stations of the Cross, read the Bible, pray the Divine Office, engage in spiritual reading, reflect, meditate, and contemplate God's presence in your life. The best way to learn to pray is to pray.

How can I become a regular committed adorer?

To sign up as a regular committed adorers either for a half-hour or hour on Thursdays contact Bunny Brouillard in the parish office at 763-537-4561 or via email at bbrouillard@shrmn.org.

FASTING

During the Forty Days of Lent we follow the example of Jesus who observed a TOTAL FAST of 40 days and 40 nights after His Baptism. In common usage fasting refers to either abstaining completely from food or some other thing or limiting our use of food or some other thing. Fasting is part of our spiritual development. It reminds us of our dependence on God, enables us to express sorrow for sins, and to manifest repentance and conversion. Church Law has the following minimum requirements in regard to fasting & abstinence:

FASTING: Catholics between the age of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. Fasting here means limiting oneself to one regular sized meal on the day of fast. Two smaller meals are permitted on the fast day if necessary to maintain strength. The smaller meals combined should not equal the amount of the full meal. 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.

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

On Fridays outside of Lent we are obliged to do penance by abstaining from meat, since Friday is the day our Savior offered his flesh for the life of the world. In the U.S. the bishops allow us to substitute some other penance in place of abstinence. When a Solemnity falls on a Friday, such as Easter Friday, or the Solemnity of the Sacred Heart, or the Friday after Thanksgiving the obligation to do penance by abstaining from meat is relaxed.

During Lent we can always do more than what is legally required. Some fast daily and observe partial abstinence limiting meat consumption to only one meal per day except on Sundays. Some may choose to abstain completely from meat and even dairy while limiting their intake of food through fasting.

What Easter is for the year, Sunday is for the week. Even during the season of Lent fasting and abstinence is not observed on Sunday, the Day of the Lord. This is why from Ash Wednesday to Holy Saturday there are 46 total days. The 40 days are reached when we exclude the six Sundays in Lent.

