

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

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| 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 43rd Year of Fish Dinners from 4:30 to 7:00PM. The Fish Fry will be held on the following dates:

February 23rd, March 1st, March 8th, & March 15th

****NO FISH FRY ON FEB. 16 AND MARCH 22****

SACRAMENT OF PENANCE

PARISH PENANCE SERVICE: FORM II

THURSDAY MARCH 14TH

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 (Mar. 25 & 27)

9:00 to 10:00 PM – Confessions: Form I (March 28)

5:00 to 6:00 PM – Confessions: Form I (March 29)

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

Sung Vespers at the Choir Stalls following Mass

THE DAY OF THE LORD: SUNDAY MORNING

8:00 AM – Mass in English

10:00 AM – SOLEMN MASS IN ENGLISH

11:40 AM – Traditional Latin Mass (Sung Mass)

ASH WEDNESDAY – FEBRUARY 14

Distribution of Ashes and Mass

8 AM, 12 PM – *no music*, 5:30 PM – *Latin*, 7 PM – *English*

PALM SUNDAY – MARCH 24

Distribution of Palms and Mass

MARCH 23

4:00 PM – Saturday Evening Mass of Anticipation

MARCH 24

8:00 AM – Mass in English

10:00 AM – SOLEMN MASS IN ENGLISH

12:00 PM – Traditional Latin Mass (Sung Mass)

MAUNDY THURSDAY – MARCH 28

8:00 AM – Tenebrae (Office of Readings & Lauds)

7:00 PM – MASS OF THE LORD'S SUPPER – ENGLISH

8:30 PM to Midnight – Adoration at the Altar of Repose

9:00 PM to 10:00 PM – Confessions: Form I

GOOD FRIDAY – MARCH 29

8:00 AM – Sung Tenebrae (Office of Readings & Lauds)

3:00 PM – SOLEMN LITURGY – ENGLISH

5:00 PM to 6:00 PM – Confessions: Form I

7:00 PM – Stations of the Cross w/ St. Alphonsus Ligouri

HOLY SATURDAY – MARCH 30

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 – ENGLISH

EASTER SUNDAY – MARCH 31

8:00 AM – Mass in English

10:00 AM – SOLEMN ENGLISH MASS

12:00 PM – Traditional Latin Mass (Sung Mass)



CHURCH OF THE SACRED HEART

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LENT & EASTER GUIDE 2024



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



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 Lauds, aka Morning Prayer, which takes place at the apex of the sanctuary Stalls, the monstrance is then taken in procession into the Sacred Heart Chapel. The Blessed Sacrament is then placed upon the altar therein. 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. The time of Exposition concludes with the Litany of the Sacred Heart and Benediction with the Most Blessed Sacrament after 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. Enter by the main reception desk.

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

On Fridays 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. On Fridays outside of Lent the U.S. bishops allow us to substitute some other penance in place of abstinence from meat. 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.

