

Lent 2019

Sacred Heart Parish

Prayer/Reconciliation

Ash Wednesday

March 6th:

Mass-7:00am, 10:10am,
5:30pm

Ashes Only- 12:10pm

Monday Evening Stations & Confession

Stations of the Cross: 5:30pm

Confession: 5:30-6:00pm

*All Mondays in Lent,
beginning March 11th*

Wednesday Eve. Mass, Soup Supper & Stations

Mass: 5:30pm

Soup supper: 6:00pm

Stations of the Cross: 6:30pm

*All Wed. in Lent beginning
March 13th*

Communal Penance Service

Tuesday, April 2 at 6:30pm

St. Andrew, Rock Falls

Be Reconciled Day

Wednesday, April 10th

Confessions offered all day between
3 parishes in Sterling-Rock Falls.

Times at Sacred Heart:

7:30-8:30am, 1:00-2:00pm,

4:30-5:15pm, & 6:00-7:00pm

Other Confession Times at SHP

Every Saturday - 9:00am & 4:30-5:15pm

Mon. & Tues. following 7:00am Mass

Monday, April 15, 5:00-6:00pm

Tuesday, April 16, 6:00-7:00pm

Good Friday, April 19, 11:00-12:00pm

Good Friday Stations of the Cross:

Friday, April 19th, 6:30pm

Fasting

Catholics in good health ages 18 to 59 are required to fast and to abstain from meat on **Ash Wednesday and Good Friday**. Fasting consists of 1 meatless meal at dinner and 2 smaller meals at breakfast and lunch (which together do not add up to a single full meal) with nothing in between.

Catholics age 14 and older are to abstain from meat on all **Fridays in Lent**. **Fasting at other times in Lent is highly encouraged.**

Almsgiving

Help The Helpless

This Lent, Sacred Heart will be raising money to assist *Help The Helpless* in their mission in India to improve the lives of poor, handicapped, and abandoned children. They provide aid as well as education as a means to rise above poverty. Please be generous in your almsgiving for this most worthy cause!

There will be collection boxes for you to take home in the narthex.

Education

St. Bridget Meditations

Fr. Bruce will give 6 talks with music meditations on the visions of St. Bridget of Sweden. All sessions held in the Church.

Mondays at 6:00pm

**March 4, 11, 25
and April 1, 8, 15**

Parish Mission

Led by Fr. Carl Beekman
Pastor, St. Mary, Sycamore
*Making Sense Out of Lent:
Sanctity of Spring Training*

Sunday, March 17, 6:30pm

Monday, March 18, 6:30pm

Tuesday, March 19, 6:30pm

Refreshments following each night of the mission.

Divine Mercy Chaplet

The Divine Mercy Chaplet will be said for Pro-Life intentions after each daily morning Mass, Monday through Saturday.

Divine Mercy Consecration

A self-led 33-Day Divine Mercy retreat with Consecration will be offered beginning on March 26th, ending Divine Mercy Sunday, April 28th. Join us for the consecration blessing and Divine Mercy in Song after the April 28th 8:30 Mass.