

Sacred Heart Parish Lent 2023

Prayer/Reconciliation

Ash Wednesday-February 22nd

Mass: 7:00 AM, 10:00 AM & 5:30 PM

Ashes Only Service: 12:15 PM

Monday Evening

Prayer Service & Adoration

6:00 –7:00 PM

All Mondays in Lent,

Beginning February 27th

Wednesday Eve. Mass,

Soup Supper & Stations

Mass: 5:30 PM

Soup Dinner: 6:00 PM

Stations of the Cross: 6:30 PM

Confessions: 6:00-6:30 PM

All Wednesdays in Lent,

beginning March 1st-April 5th

Communal Penance Service

Tuesday, March 14th at 6:00 PM

St. Mary's, Sterling

Be Reconciled Day-Wed., March 29th

Confessions offered all day between

3 parishes in Sterling-Rock Falls.

Times at Sacred Heart:

7:30-8:30 AM, 1:30-2:30 PM,

4:30-5:15 PM, 6:00-7:00 PM

Other Confession Times at SHP

Every Saturday: 9:00 AM & 4:30-5:15 PM

Mon. & Tues. following 7:00 AM Mass

Monday, April 3rd: 6:00-7:00 PM

Tuesday, April 4th: 5:00-6:00 PM

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

The Blue Nuns

Our charity for Lent is The Blue Nuns, Freeport Blue Nuns, officially known as the Sisters of the Immaculate Heart of Mary, Mother of Christ. They run the Madonna Renewal Center, a safe haven for adult pregnant women and their infants. Here, women who face unplanned motherhood and need support will encounter and embrace a new future. To accomplish this mission, the Sisters of IHM need our financial, volunteer, and prayer support.

There will be collection boxes in the narthex for your family's donation, or drop off to the parish office.

Education

Vatican Lecture Series

Fr. Bruce-Understanding Difficult

Passages in the Bible

Tuesday, February 21st, 7:00 PM

Fr. Bruce-Why did the Catholic &

Orthodox Church separate?

Tuesday, March 7th, 7:00 PM

All sessions held in the basement.

Parish Mission

Led by Deacon Jason Stewart

Topics: Deacon Stewart is a former protestant minister who converted to Catholicism, and he will speak on his amazing journey to the Catholic faith.

Monday, March 21st, 7:00-8:00 PM

Tuesday, March 22nd, 7:00-8:00 PM

Both sessions will be held in the Church.

Eternal Life-The Art of Dying Well

4-part video series led by Gonzo Reyes Thursday's in Lent starting March 9th, 6:30-7:30 PM. All sessions will be held in the basement.