

LENT

2023

Tuesday, March 21st

DAY OF RECONCILIATION

Confessions in English and Spanish

9:30 - 11:00 AM

3:30 - 5:30 PM

7:00 - 8:30 PM

RECONCILIATION

Tuesdays

Saturdays

6:30 - 7:00 PM (Spanish) 2:00 - 3:45 PM (English)

6:30 - 7:00 PM (Spanish)

ADORATION AND RECONCILIATION

Thursdays During Lent

7:30 - 9:00 PM in the Main Church

7:30 - 8:30 PM Confessions

7:30 - 8:30 PM

Praise and Worship Music

150 HOURS OF ADORATION

Beginning Friday, March 24th
through April 5th

shgparish.org/150thadoration

ANOINTING OF THE SICK

Saturday, March 11th at 4:00 PM Mass

Sunday, March 12th at 11:30 AM Mass

ASH WEDNESDAY

February 22nd

Main Church

7:00 AM Mass

9:00 AM Mass

12:00 PM Liturgy of the Word

5:30 PM Liturgy of the Word

7:00 PM Mass

8:30 PM Mass (Spanish)

STATIONS OF THE CROSS

Fridays in Lent

7:00 PM

Little Church (Spanish)

Main Church (English)

SOUP AND STATIONS

Friday, February 24th

Friday, March 24th

Mother Seton Room at 6:00 PM

Registration required at

shgparish.org/soupandstations



Lent at Sacred Heart

During this penitential season, Masses at Sacred Heart will take on a more somber tone and a spirit of simplicity. After the entrance chant or hymn, we will pray the Confiteor and sing the Kyrie. Use of the organ and accompanying instruments will be more restricted (e.g. there will be no postlude).

We do not sing or say Alleluia, so that our Alleluias may be even more joyous come Eastertide. At the end of Mass, there will be no hymn. Instrumental music will accompany the recession.

Fasting and Abstinence

All Catholics 14 years of age and older are to abstain from eating meat on Ash Wednesday, Good Friday, and on all Fridays of Lent. All Catholics who are 18 years of age and older but not yet 59 years old are to fast on Ash Wednesday and Good Friday.

March 17th - Special dispensation from abstinence granted by Archbishop Lori

Parish Outreach for Lent

Baby Bottle Campaign

Beginning the first weekend in Lent (February 25th/26th), we will be collecting donations to benefit the Center for Pregnancy Concerns.

Donate via the envelopes in the Narthex or at cpcforhelp.org/SHG



Children's Easter Basket Donations

Collection for the underprivileged in our parish community and A.W.E, a group which journeys with asylum seekers and other forced migrants as they navigate the immigration legal process, begin to heal from past trauma and rebuild their lives.

Be on the lookout for our Giving Trees in mid-March.

Mato Grosso Food Drive

Beginning February 25th, we will be collecting food donations for Operation Mato Grosso, benefiting missions in 166 communities across Brazil, Bolivia, Ecuador and Peru.

Collections are limited to the following:

Pasta - February 25th/26th; Sugar - March 4th/5th; Flour - March 11th/12th

Rice - March 18th/19th; Canned Food - March 25th/26th; Cooking Oil - April 1st/2nd

Easter Flowers and Decorations

Flowers and decorations are an important part of our Easter season. You may wish to make a donation in honor/memory of a loved one. Envelopes are now available in the Narthex and our Parish Center. Please complete and return by Monday, April 3rd. The names of those honored and those contributing will be published in the Easter bulletin and Flocknote.

