

# Lent 2018

FEBRUARY						
S	M	T	W	T	F	S
			14  Ash Wed	15	16 	17
18	19	20	21	22	23 	24
25	26	27	28			
MARCH						
				1	2 	3
4	5	6	7	8	9 	10
11	12	13	14	15	16 	17
18	19	20	21	22	23 	24
25 Palm Sunday	26	27	28	29 Holy Thurs	30  Good Fri.	31 Holy Sat.
APRIL						
1  Easter	2	3	4	5	6	7

## Penitential Disciplines of Lent

The Christian faithful, during Lent, are clearly conscious of the need to turn the mind towards those realities which really count, which require Gospel commitment and integrity of life which, through self denial of those things which are superfluous, are translated into good works and solidarity with the poor and needy (Directory on Popular Piety and the Liturgy, #125).

In addition to choosing their own penitential practices, Catholics are also asked to observe the practices of fast and abstinence during the 40 days of Lent. The Lenten Fast and Abstinence Regulations are as follows:

1. Everyone 14 years of age or over is bound to abstain from meat (including poultry) on Ash Wednesday and all the Fridays of Lent.
2. Everyone 18 years of age and under 59 years of age is bound to fast on Ash Wednesday and Good Friday. (The obligation of fasting ceases with the celebration of one's 59th birthday.)
3. On Ash Wednesday and Good Friday, only one full meatless meal is allowed. Two other smaller meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted on these two days, but liquids, including milk and fruit juices are allowed. When health or ability to work would be seriously affected, the law does not oblige.
4. Catholics should not lightly excuse themselves from these prescribed minimal penitential practices.

### Altar Servers' Rehearsals

*(Families should plan for a rehearsal of 1-1/2 to 2 hours in length, and food for a small snack half-time during rehearsal)*

- Master of Ceremonies rehearsal:  
 Friday, March 9th at 5pm  
 Palm Sunday and Holy Thursday rehearsal:  
 Saturday, March 24th at 2:30pm  
 Good Friday and the Easter Vigil rehearsal:  
 Good Friday, March 30, at 9:30am

## LENTEN SCHEDULE

### Ash Wednesday

*Ashes will be distributed only at the Penitential Rite of this day's Masses.*

Masses: 10:00 am English  
 7:00 pm Bi-Lingual

### Prayer Opportunities

Parish Mini-Retreats See back for details  
 Way of the Cross Fridays 6:00 pm  
*(Each week, alternating stations in English & Spanish)*  
 Holy Rosary Tuesdays 7:00 pm &  
 After Weekday Masses

### Reconciliation (Confession)

30 minutes prior to every Mass  
 Saturdays 4:00 pm  
 Communal *(See Vicariate Newsletter)*  
 Good Friday (March 30th) 1:30 pm  
*(No confessions on Holy Saturday or Easter Sunday)*

### Holy Triduum

*All liturgical services during these 3 days will include both English & Spanish. No 8:00 am morning Masses.*

### Holy Thursday

Mass of the Lord's Supper 8:00 pm  
 Followed by all-night Adoration at the Altar of Repose until 9:15am

### Good Friday

Altar Servers' rehearsal 9:30 am  
*(for Easter Vigil)*  
 Confessions 1:30 pm  
 Holy Rosary, followed by 2:15 pm  
 Divine Mercy Chaplet & Novena\*  
*(Confessions continue during the above devotions)*  
 Celebration of the Passion 3:00 pm

### Holy Saturday

Preparatory Rites for those 9:30 am  
 to Enter into the Church  
 Blessing of Food Baskets and 11:30 am  
 Divine Mercy Chaplet  
 and Novena\*

**Easter Vigil** 8:30 pm

### Easter Sunday

Masses 9:00 am  
 11:00 pm (Spanish)  
 Divine Mercy Chaplet 5 minutes before each  
 and Novena\* Mass

\*Complete schedule and more information on back

### **Ash Wednesday & Good Friday**

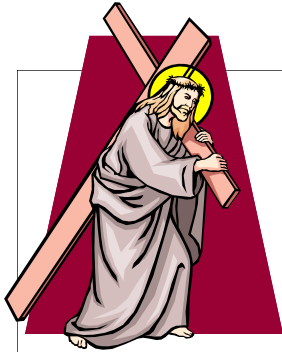
Days of Fast & Abstinence from meat (including poultry). Limit of one full meal for all ages 18-59.

### **Fridays of Lent**

Days of Abstinence from meat (including poultry) for all who have reached their 14th year.

### **Other Weekdays of Lent**

No obligation to fast; however, voluntary acts of self-denial are recommended.



## Parish Mini - Retreats Saturdays During Lent

Confessions ▪ Mass  
Breakfast ▪ Spiritual Talk  
Rosary ▪ Adoration ▪ Q&A

**Saturday, February 24**  
Teens Boys - In English  
*The Temptations of Jesus,*  
Lk4

**Saturday, March 3**  
Men - in English  
*The Man Born Blind, Jn4*

**Saturday, March 10**  
Teen Girls - In English  
*Resurrection of Lazarus, Jn9*

**Saturday, March 17**  
Adults - In Spanish  
*By Fr. Roberto*

**Saturday, March 24**  
Women - in English  
*The Samaritan Woman, Jn4*

### Retreat Schedule

7:30	Opportunity for Confessions
8:00	Holy Mass
8:40	Continental Breakfast
9:30	Spiritual Talk
10:30	Adoration with Rosary, then silence
	Opportunity for Confessions
11:15	Benediction
11:20	Questions & Answers
12:00	Final Blessing and Dismissal

Free-will offering appreciated  
(To help cover cost of breakfast and other expenses)

Please RSVP: (810) 724-1135  
(Not mandatory, but if you can, please RSVP by the  
Thursday before the retreat to help us plan & not waste)

Volunteers needed to assist with breakfasts;  
please call (810) 724-1135.

## The Divine Mercy Novena

The Novena, prayed with Chaplet each day, runs for 9 days, beginning on Good Friday, in preparation for Divine Mercy Sunday. It will be prayed publicly in the parish, and all parishioners are encouraged to participate in the Novena in private if you can not join us each day in church. The days and times of the Novena are outlined below. Red pamphlets for the Chaplet and Novena will be available in the Church in both English and Spanish.

### Novena Prayed at Sacred Heart

Good Friday	Following the 2:15 pm Rosary
Holy Saturday	11:45 am
Easter Sunday	5 minutes before each Mass
Weekdays of Easter	5 minutes before each Mass
Español	3pm, weekdays of Easter
Divine Mercy Sunday	3pm Holy Hour

Jesus asked that the Feast of the Divine Mercy be preceded by a Novena to the Divine Mercy which would begin on Good Friday. He gave St. Faustina an intention to pray for on each day of the Novena, saving for the last day the most difficult intention of all, the lukewarm and indifferent of whom He said:

*"These souls cause Me more suffering than any others; it was from such souls that My soul felt the most revulsion in the Garden of Olives. It was on their account that I said: 'My Father, if it is possible, let this cup pass Me by.' The last hope of salvation for them is to flee to My Mercy."*

In her diary, St. Faustina wrote that Jesus told her:

*"On each day of the novena you will bring to My heart a different group of souls and you will immerse them in this ocean of My mercy ... On each day you will beg My Father, on the strength of My Passion, for the graces for these souls."*

The daily novena prayer and intentions will be made available prior to the beginning of the Novena. You can read more about the Divine Mercy Novena at:

<http://www.ewtn.com/devotionals/mercy/novena.htm#ixzz1FTBVMumr>

