

Lent

2024 Schedule



SACRED HEART
Catholic Parish

www.sheff.org



Facebook: @SacredHeartCatholicParishEffinghamIL



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Mondays

Morning Mass

8:30am in church

Eucharistic Adoration

9:00am-8:00pm in church

Reconciliation

7:00pm-8:00pm in church

Tuesdays

Morning Mass

8:30am in church

Jesus: The Way, The Truth, The Life Study Group

9:15am in church narthex

A Biblical Walk Through The Mass Study Group & Soup Supper

6:15pm in church narthex

Wednesdays

School Mass - Everyone is invited

8:30am in church

Thursdays

Morning Mass

8:30am in church

The Lenten Companion Men's Bible Study

7:00pm in church narthex

Fridays

Morning Mass

8:30am in church

Stations of the Cross

9:15am in church - led by SHS students

5:30pm in church

Join Us For A Meal

Friday, February 16: Fish Fry

4:00-7:00pm in parish center

Friday, March 1: Fish Fry

4:00-7:00pm in parish center

Sunday, April 7: PTA Breakfast Easter Octave

7:00am - Noon in parish center

Wednesday, February 14: Ash Wednesday

Masses with distribution of ashes at

8:30am, 12:10pm, & 6:30pm

Misa en español 8:00pm

Wednesday, March 13: Lenten Retreat

5:30pm Soup & Social

6:30pm Presentation

7:00pm Parish Reconciliation

Friday, March 22: Living Stations

5:30pm in church; presented by SHS students

Wednesday, March 27: Living Stations

10:30am in church; presented by SHS students

Sunday, March 24: Palm Sunday

Saturday Mass at 4:00pm

Sunday Mass at 8:30am & 10:30am

Thursday, March 28: Holy Thursday

Mass at 6:30pm, followed by

Eucharistic Adoration until 10:00pm

Friday, March 29: Good Friday

Stations of the Cross at 12:10pm in church

Chaplet of Divine Mercy at 3:15pm in church

Good Friday Liturgy & Veneration of the Cross
at 6:30pm in church

Saturday, March 30: Holy Saturday

Blessing of Easter Baskets at 8:30am in
the church narthex

Easter Vigil at 8:00pm in church

Sunday, March 31: Easter

Mass at 8:30am & 10:30am

Join Us For Spiritual Growth

Join Us Weekly To Deepen Your Faith

Lenten Event Details

Eucharistic Adoration - 9:00am-8:00pm on Mondays

Join us for Eucharistic Adoration in the church. This is a great time to spend time in quiet prayer and reflection while being in the presence of our Lord.

Jesus: The Way, The Truth, The Life Study Group - 9:15am on Tuesdays

Jesus is more than a historical or theological figure. He is our Savior, our Redeemer, our Lord, and our God. *Jesus: The Way, the Truth, and the Life* is a new and fresh look at Jesus—who He is, what He is really like, what He taught, and what He did for our salvation. This encounter with Christ will inspire and empower you to center your entire life on Him as you come to know and love Him in an ever-deeper and more intimate way.

A Biblical Walk Through The Mass Study Group & Soup Supper - 6:15pm on Tuesdays

Discover the beauty, the riches, and the profound meaning of the Mass. Everything we say and do in the Liturgy is steeped in biblical language. *A Biblical Walk Through The Mass* explores the extraordinary biblical roots of the Liturgy and reveals what it all means and why it matters. This fascinating tour of the Mass will renew your faith and deepen your love for and devotion to the Holy Eucharist.

A light soup supper will be served at 6:15pm in the church narthex, followed by the study group discussion.

The Lenten Companion. Walking With Jesus to Jerusalem Men's Bible Study - 7:00pm on Thursdays

All men are invited to join the Men's Bible Study! This Lent, experience deeper peace and healing as Fr. Mark Touns immerses you in Christ's journey through His life, invites you to reflect on His suffering and death, and inspires you to celebrate in His resurrection. More than just a journal, *The Lenten Companion* will guide you, day by day, to an encounter with the person of Christ and help you arrive at Easter transformed by God's love.

Stations of the Cross - 9:15am & 5:30pm on Fridays

Join us for Stations of the Cross in the church each Friday. This is a great time to pause and remember the suffering and sacrifice Jesus gave for each one of us. We will go through each of the stations leading up to the crucifixion, death, and ultimately, the resurrection of our Savior, Jesus Christ.

Living Stations - Friday, March 22 & Wednesday, March 27

Our Living Stations will be presented by Sacred Heart School seventh grade students and is a very impactful and special presentation of the Stations of the Cross. The Living Stations bring to life the Passion of Jesus Christ. It is a spiritually moving experience and a very special Sacred Heart School tradition. Everyone is invited!

Lenten Retreat & Reconciliation

Spend an evening with us for food, fellowship, and spiritual growth. This is a great opportunity for reflection and penitence, helping us turn our hearts back to God, purify our souls, and prepare for the celebration of Christ's resurrection at Easter

Lenten Regulations

All the faithful are urged to develop and maintain a voluntary program of self-denial (in addition to the Lenten regulations that follow), serious prayer, and performing deeds of charity and mercy, including the giving of alms.

- 1. Abstinence** – Everyone 14 years of age and over should abstain from meat on Ash Wednesday and all the Fridays of Lent.
- 2. Fast** – Everyone 18 years of age and under 59 should fast on Ash Wednesday and Good Friday. On these two days of fast and abstinence, only one full meatless meal is permitted. Two other meatless meals, sufficient to maintain strength may be taken according to each person's needs, but together these two should not equal another full meal. Eating between meals is not permitted, but liquids (including milk and fruit juices) are allowed.

Please join us during Lent, or any time!

Call the parish office at 217-347-7177 with any questions or for more information.