

Lent

2025 Schedule




SACRED HEART
Catholic Parish

www.sheff.org

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Join Us Weekly To Deepen Your Faith

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

The Lenten Companion Study Group

9:15am in church narthex

Wednesdays

School Mass - Come Join Us

8:30am in church

Thursdays

Morning Mass

8:30am in church

The Lenten Companion Men's Bible Study

7:00pm in church narthex

Fridays

Stations of the Cross

8:30am in church - led by SHS students

5:30pm in church

Friday, March 7: Fish Fry

4:00-7:00pm in parish center

Friday, March 21: Fish Fry

4:00-7:00pm in parish center

Sunday, April 13: PTA Breakfast *Palm Sunday*

7:00am - Noon in parish center

Join Us For A Meal

Join Us For Spiritual Growth

Wednesday, March 5: Ash Wednesday

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

Lenten Retreat with Fr. Michael Trummer

Tuesday, April 8:

Finding Hope in a Troubled World

6:00pm Soup Social;

6:45pm Conference

7:30-8:00pm Eucharistic Adoration

Wednesday, April 9:

Finding Peace in Forgiveness

6:00pm Soup Social;

6:45pm Conference

7:30-8:00pm Eucharistic Adoration & Confession

Thursday, April 10:

Finding Healing in a Wounded World

6:00pm Soup Social;

6:45pm Conference

7:30-8:00pm Eucharistic Adoration

Friday, April 11: Living Stations

5:30pm in church; presented by SHS students

Wednesday, April 16: Living Stations

1:30pm in church; presented by SHS students

Sunday, April 13: Palm Sunday

Saturday Mass at 4:00pm

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

Thursday, April 17: Holy Thursday

Evening Mass of the Lord's Supper at 6:30pm

Friday, April 18: Good Friday

Stations of the Cross at 12:10pm in church

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

Saturday, April 19: Holy Saturday

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

Easter Vigil at 8:00pm in church

Sunday, April 20: Easter

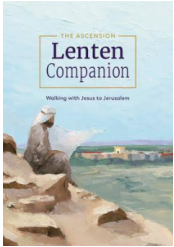
Mass at 8:30am & 10:30am

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.

The Lenten Companion, Walking With Jesus to Jerusalem



Study Group - 9:15am on Tuesdays in the church narthex:

Everyone is welcome to join the study group after our 8:30am Mass on Tuesdays

Men's Bible Study - 7:00pm on Thursdays in the church narthex:

All men are invited to join the men's bible study on Thursday evenings!

This Lent, experience deeper peace and healing as Fr. Mark Toups 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 - 8:30am & 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, April 11 & Wednesday, April 16

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

We invite you to our Lenten Retreat where we will enjoy food, fellowship, and spiritual growth together. Fr. Michael Trummer will be here to lead the retreat and share reflections with us at each night's conference. 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

*Come now, let us set things right, says the LORD:
Though your sins be like scarlet, they may become white as snow;
Though they be red like crimson, they may become white as wool.
~Isaiah 1:18*

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.