

Lent, Holy Week, Triduum and Easter Sunday at Sacred Heart—2017

ANAMNESIS: WE REMEMBER, WE CELEBRATE, WE BELIEVE

This year we will focus our attention on a key concept in liturgical theology called Anamnesis: the faithful recalling of God's saving deeds in the life, death and resurrection of Jesus. This memorial aspect of worship is not simply a passive process but one by which we can actually enter into the Paschal mystery and make God's saving love present and active in our lives now. The concept of Anamnesis will be a theme running through homilies and other parts of our Lenten liturgies. We will use the song "We Remember", by Marty Haugen throughout Lent and Holy Week to focus our attention on remembering God's love as a way of growing in faith and worshipping with gratitude.

ASH WEDNESDAY MARCH 1st

Every year on this day the Church begins a spiritual journey; a renewal and a rediscovery of our life with God. The journey is rooted in the words that we will hear when ashes are placed on us: "*Turn away from sin and believe in the Gospel.*" It is the message of Christ himself: turn away from darkness, evil and death and begin walking towards light, goodness and life. We commit to this journey by undertaking the traditional spiritual disciplines of prayer, fasting and almsgiving. We will celebrate Ash Wednesday at 6:30am and 12:15pm with a Liturgy of the Word and the distribution of ashes and at 9:00am and 7:00pm with Mass and the distribution of ashes.

FAST AND ABSTINENCE DURING LENT AND GOOD FRIDAY

Catholics in the United States are obliged to abstain from meat on Ash Wednesday and on all Fridays during the season of Lent. Catholics are also obliged to fast on Ash Wednesday, March 1st and Good Friday, April 14. Self-imposed observance of fasting on all weekdays of Lent is strongly recommended, as is abstinence from meat on all Fridays of the year.

Fasting: On a day of fasting, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal the other full meal. Eating between meals is not permitted, but liquids, including milk and juices, are permitted. The obligation of fasting binds Catholics who are 18 - 59 years old*

Abstinence: On days of abstinence eating meat is not allowed. The obligation of abstinence applies to those 14 years and older.*

**The law does not oblige when health or ability to work would be seriously affected.*

RITE OF SENDING AND RITE OF ELECTION

On the first Sunday of Lent, March 5th, Sacred Heart will celebrate the Rite of Sending at the 11:00 AM Mass with our 3 young Catechumens (Alec Jones, Asa Jones and Elle Dillon) who are preparing to receive the Sacraments of Initiation at the Easter Vigil and our Adult Candidates for Full Communion (Shannon and Angie Jones). The Rite of Sending is our parish's opportunity to affirm the catechumens as ready to be sent to the Archbishop for the Rite of Election, which will be celebrated at St. James Cathedral at 7:00 pm on Thursday, March 9th. At this rite, the catechumens publicly express their desire for baptism and inscribe their names in the book of the Elect and are then called "the elect". The elect then begin a Period of Purification and Enlightenment that will last through Lent leading up to the Easter Vigil. This period concludes with the celebration of the Sacraments of Initiation at the Easter Vigil when the elect receive the sacraments of Baptism, Confirmation and Holy Communion and the Candidates for Full Communion receive Confirmation and Holy Communion.

LENTEN REFLECTION BOOKS

Every parish family is invited to take a **2017 The Way of Faith** reflection book from the table in the Narthex to support daily prayer throughout the seasons of Lent, Triduum and Eastertime.

STATIONS OF THE CROSS

Stations of the Cross will be offered at 7:00 PM in church on Fridays March 10th & April 7th, as well as Saturday, March 4th at 11:00am, Friday, March 24th at 3:15pm and on Good Friday, April 14th at 3 pm. Individuals can pray the Stations of the Cross at any time when the church is open for private prayer.

PARISH LENTEN DAY OF PRAYER Saturday, March 4th, 2017

Schedule:

9am	Morning Prayer	
9:45am	<u>PRAYER: ESSENTIAL CONVERSATIONS WITH GOD</u> by Joan Williamson, Pastoral Assistant for Faith Formation at St. John the Baptist Catholic Community in Covington	
10:45am	Break, followed by two options for each session. You can participate in a group devotional prayer in Church or choose an individual prayer form at the designated locations.	
	<u>Devotional Prayer</u>	<u>Praying as an Individual</u>
11:00am	Stations of the Cross (Church)	or CRS Prayer Walk (Narthex)
12:15pm	Meal Prayer + simple soup lunch (Church Hall)	
1:00pm	Eucharistic Adoration (Eucharistic Chapel)	or Praying with Icons (Saints Room)
2:00pm	Rosary (Eucharistic Chapel)	or Labyrinth Prayer (Plaza)
3:00pm	Catholic Litanies (Eucharistic Chapel)	or Centering Prayer (Saints Room)
3:00pm - 4:30pm	Confessions	
5:00pm	Mass	
6:00pm	Simple Supper (Church Hall)	
7:00pm	We will end the day together in Church with a Praise & Worship Service led by the Praise Band.	

**Please join us for as much of the day as your schedule permits*

SACRAMENT OF PENANCE AND RECONCILIATION

Catholics are encouraged to celebrate the Sacrament of Penance and Reconciliation during Lent. **Individual confession** is available at Sacred Heart on Wednesday mornings (March 1, 8, 15, 22, 29 and April 5 & 12) from 8:00 - 8:45 AM; and Saturday afternoons from 3:00 - 4:30 PM. Individual confession is offered in the Reconciliation Chapel in the northeast corner of the narthex. There are guides for celebrating the sacrament near the entrance to the chapel. In addition to the individual scheduled times for the sacrament, you can contact Father Steve at the Parish Office for an individual appointment.

Communal Celebration of the Sacrament of Penance and Reconciliation (which includes the opportunity for individual confession) will be celebrated:

- March 11 at 10:30 AM @ *St. Monica (Mercer Island)*
- March 15 at 7:00 PM @ *St. Madeleine Sophie (Bellevue)*
- March 22 at 7:00 PM @ *St. Louise (Bellevue)*
- March 23 at 7:00 PM @ *Holy Family (Kirkland)*
- March 25 at 10:00 AM @ *Mary Queen of Peace (Sammamish)*
- March 27 at 7:00 PM @ *St. Jude (Redmond)*
- March 28 at 7:00 PM @ *Blessed Teresa (Woodinville)*
- March 29 at 7:00 PM @ *Our Lady of Sorrows (Snoqualmie)*
- April 5 at 10:00 AM @ *St. Louise (Bellevue)*
- April 5 at 7:00 PM @ *Sacred Heart Parish (Bellevue)*

OPERATION RICE BOWL

As part of our faith community's Lenten observance, we will participate in Catholic Relief Services' Lenten program, Operation Rice Bowl. For forty years, ORB has inspired Catholics in the United States to **pray, fast, learn and give** as we increase our understanding of our global community and connect that with the principles of Catholic Social Teaching. We encourage you to participate in Operation Rice Bowl at home with your family and loved ones. A rice bowl (with a Rice Bowl calendar and Rice Bowl envelope inside) is included in the February 26th bulletin. Additional Rice Bowl calendars, bowls and envelopes are available in the narthex of church. CRS Rice Bowl offers simple, yet powerful, ways for our parish, our parish school and parish families to bring Lenten spirituality to life. By participating in the traditional Lenten practices of prayer, fasting, and almsgiving through CRS Rice Bowl, Catholics in the U.S. are making a positive difference in the lives of our brothers and sisters who are most in need. Visit: crsricebowls.org for meatless recipes, photos, Stories of Hope, videos, family activities and an app. **Please write a check, payable to Sacred Heart Church, and place it in the CRS Rice Bowl envelope for collection on Holy Thursday.**

LENTEN FISH FRY DINNER

The Parish Life Committee is hosting a Lenten Fish Fry on Saturday, March 11th, in the Sacred Heart Gym from 6:00 - 9:00 PM. All Sacred Heart Parish and School members and their families and friends are invited to attend this fun evening where delicious fish and lots of community fun are on the menu! Childcare will be provided after dinner by our teens traveling to Tijuana as a fundraiser for their mission trip this summer. Tickets are available on-line through the parish website or at the parish office.

CHRISM MASS

The Chrism Mass on Thursday, April 6, at 7 PM at St. James Cathedral is celebrated with Archbishop Sartain, Bishop Elizondo and priests and parishioners from throughout the Archdiocese. During the Mass Archbishop Sartain blesses the oil of catechumens and the oil of the sick and consecrates the Sacred Chrism which will be used in the coming year in parishes throughout the archdiocese. Everyone is welcome to participate in the Chrism Mass at St. James.



Palm Sunday of the Lord's Passion, April 9

Saturday 5:00 PM and Sunday 8:30 AM Masses with Blessing of Palms.

11:00 AM Mass with Blessing of Palms and Outdoor Procession (begins in front of Moore Theatre).

[The Knights of Columbus will offer their traditional Palm Sunday Pancake Breakfast at 9am in the school gym.]

PASCHAL TRIDUUM

TRIDUUM: WHY THE THREE DAYS ARE SO IMPORTANT

Forty days of Lent prepare us for the Paschal feast. The Paschal Triduum (Three Days) is the heart of our liturgical year and celebrates the heart of our faith, the Paschal Mystery of Jesus Christ: his life, Passion, Death and Resurrection. One long feast, it goes from sundown to sundown, beginning with the Evening Mass of the Lord's Supper on Holy Thursday, through Good Friday, reaching its high point in the Easter Vigil, and ends Easter Sunday evening. The Great Easter Vigil is the preeminent liturgy of Easter and of the entire liturgical year.

HOLY THURSDAY, APRIL 13

Morning Prayer is at 9:00AM with the reception of the Holy Oils blessed and consecrated by Archbishop Sartain at the Chrism Mass. Our parish Oils are located in the Ambry in the narthex near the baptismal font.

Mass of the Lord's Supper is at 7:00 PM. During the Mass, 12 parishioners will have their feet washed by Father Steve. Please bring your CRS Rice Bowl offerings as well as your monetary donations for our parish Conference of St. Vincent de Paul Society. After Mass, everyone will be invited to join the procession with the Blessed Sacrament.

Adoration of the Blessed Sacrament on Holy Thursday will continue after Mass in the Blessed Sacrament chapel until night prayer at 10:00 PM. Everyone is invited to spend time in Adoration of Jesus, present in the Blessed Sacrament, after the Mass of the Lord's Supper until night prayer

GOOD FRIDAY, APRIL 14

Morning Prayer is at 9:00 AM. The church will be open after Morning Prayer until after the evening Celebration of the Lord's Passion.

Tre Ore (three hours in Latin) are Noon – 3:00 PM. There will be a brief communal prayer at Noon, 1:00 PM, and 2:00 PM; the rest of the hour will be in silence for individual prayer and meditation to mark the hours when Christ hung upon the cross.

Stations of the Cross are at 3:00 PM to mark the hour of the death of Christ.

Celebration of the Lord's Passion is at 7:00 PM. This liturgy includes the solemn veneration of the Cross and distribution of the Communion; this is the only day of the church year that Mass is not celebrated. All depart in silence, and those who wish may stay and pray in the church.

HOLY SATURDAY, APRIL 15

Morning Prayer is at 9:00 AM.

Easter Food Blessing is after Morning Prayer. People are invited to bring their Easter morning breakfast foods in a basket for Easter Food Blessing. The tradition of blessing foods for breakfast of Easter morning comes to us from Europe: Polish and Slavic people would bring a basket lined with embroidered white linen full of eggs, butter, rolls, ham, lamb, sausage, salt, horseradish, candles, sweets which was blessed and eaten on Easter Morning.

Visit: <http://easteuropeanfood.about.com/od/polisheaster/a/blessing-baskets-swieconka.htm>

Retreat for the Elect will be after the Easter Food Blessing until 11:00 AM. This retreat will give the Elect and their sponsors time to pray and prepare for the great Easter Vigil. Everyone is welcome to participate with the elect in this retreat.

Decorating for Easter will begin at 11:30 AM. All are invited to assist in preparing the church environment for Easter. There will be tasks for all ages and skills.

NO Individual confessions 3:00 -4:30 PM and NO 5:00 PM Mass on Holy Saturday

The Easter Vigil begins at 8:30 PM around the great Easter fire in front of the Moore Theater (in case of inclement weather, it will begin in the narthex). The Easter fire contains the pages from our Book of Prayer Intentions and old blessed palms. At the Easter Vigil liturgy, we will once again recount the story of our salvation. The elect will be baptized and confirmed and receive communion for the first time; and all the baptized will renew their baptismal promises.

EASTER SUNDAY, APRIL 16th

Masses are at 7:00 AM, 8:30 AM, & 11:00 AM. At each of the Easter Sunday Masses, all the baptized will be invited to renew their baptismal promises.



Please save this insert for future reference.