

## Lent, Holy Week, Triduum and Easter Sunday at Sacred Heart—2018

### **CREATE IN ME A CLEAN HEART, O GOD**

This year Lent begins on St. Valentine's Day (February 14<sup>th</sup>), and so we will focus our attention the next six weeks on creating new hearts for God; hearts that find meaning in the Paschal Mystery- the suffering, death and resurrection of Jesus. On Ash Wednesday, we will hear the words of the Prophet Joel: *Yet even now," declares the LORD, "Return to Me with all your heart, with fasting, weeping and mourning; and rend your heart and not your garments."*( Joel 2:12-13) We will sing the song "Create in Me", by Mary Rice Hopkins throughout Lent and Holy Week to focus our attention on our need for God's grace and mercy.

### **ASH WEDNESDAY FEBRUARY 14th**

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, February 14th and Good Friday, March 30th. 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 Sunday before Ash Wednesday, February 11th, Sacred Heart will celebrate the Rite of Sending at the 11:00 am Mass with our Catechumen, Ujvala Pereira who is preparing to receive the Sacraments of Initiation at the Easter Vigil. The Rite of Sending is our parish's opportunity to affirm that she is ready to be sent to the Archbishop for the Rite of Election, which will be celebrated at St. James Cathedral at 11am on Saturday, February 17th. At this rite, the catechumens from around the Archdiocese 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 on March 31<sup>st</sup> when Ujvala will receive the sacraments of Baptism, Confirmation and Holy Communion.

### **LENTEN REFLECTION BOOKS**

Every parish family is invited to take a **2018 Reflection Book: Pope Francis: Living Lent with Love** from the table in the Narthex to support daily prayer throughout the seasons of Lent, Triduum and Eastertime. There are also several wonderful on-line resources that will be highlighted in the Heartbeat for your consideration.

## STATIONS OF THE CROSS

Stations of the Cross will be offered at 7:00 PM in church every Friday in Lent: February 16<sup>th</sup>, 23<sup>rd</sup>, March 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup>, as well as on Good Friday, March 30<sup>th</sup> at 3 pm. Individuals can pray the Stations of the Cross at any time when the church is open for private prayer.

### **A Heart on Fire:**

#### **Deepening our Love of the Sacred Heart of Jesus**

#### **PARISH LENTEN DAY OF REFLECTION**

**Saturday, March 17<sup>th</sup>**

Father Jim Kubicki, SJ, pastor of St. Francis Mission in Saint Francis, South Dakota will lead our day of reflection. Our parish is entering into a sister parish relationship with St. Francis Mission, so this day will be a great opportunity to meet Father Kubicki. He was formerly Director of the Apostleship of Prayer in Chicago which encourages devotion to the Sacred Heart of Jesus. He is the author of [A Heart on Fire: Rediscovering Devotion to the Sacred Heart of Jesus](#).

There will be activities for children Kindergarten through 5<sup>th</sup> grade in the Youth Room during the morning; middle school children and older are invited to participate with the adults in the church; child care will be provided for pre-K children in the nursery.

#### Schedule:

9am	Morning Prayer (Adults and Children) Children will be dismissed after Morning Prayer for their activities
9:30am	<b>Context: The True Love Story</b>
10:00am	Time to reflect on images of the Sacred Heart
10:30am	<b>Meeting the Heart of Jesus in Word and Sacrament</b>
11:00am	Time to reflect on Scriptures on the Sacred Heart and to pray in the presence of our Eucharistic in the Blessed Sacrament Chapel
11:30am	<b>Living in Union with the Heart of Jesus</b>
12:20pm	Litany of the Sacred Heart (Adults and Children)
12:30pm	Lunch in the Parish Hall (Adults and Children)

*Registration is required so we can plan well. To register email Carol Guenther at [cguenther@sacredheart.org](mailto:cguenther@sacredheart.org) or sign-up at the Information Desk in the Narthex*

## **OPERATION RICE BOWL**

During Lent our community will participate in CRS Rice Bowl, a faith in action program that invites us to encounter our neighbor, as companions on the journey, through prayer, fasting and almsgiving. We will reflect on how an encounter with our neighbor can be transformative. We will see how our prayers, fasting and alms can support those worldwide who are forced to flee their homes find safety or better opportunities. As we prepare for this holy season, it is especially meaningful to come together in prayer as a family. Reflecting on the crosses of hunger, poverty and war carried by our brothers and sisters forced to flee their homes, we have an opportunity to also reflect on our roles in caring for them as members of our human family. A rice bowl (with a Rice Bowl calendar and Rice Bowl envelope inside) is included in the February 10<sup>th</sup>/11<sup>th</sup> bulletin. Additional Rice Bowl calendars, bowls and envelopes are available in the narthex of church. Read the stories of Hope and daily reflections to inspire your Lenten Journey. 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](http://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.**

## 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 (Feb. 21 & 28, March 7, 14, 21 and 28) from 8:00 - 8:45 AM; and Saturday afternoons from 3:00 - 4:30 PM. **There will be no Confessions on Holy Saturday, March 31<sup>st</sup>**. 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 1 at 7:00 PM @ *St. John Mary Vianney* (Kirkland)

March 3 at 10:30 AM @ *St. Monica* (Mercer Island)

March 7 at 7:00 PM @ *St. Louise* (Bellevue)

March 8 at 7:00 PM @ *Holy Family* (Kirkland)

March 12 at 7:00 PM @ *St. Jude* (Redmond)

March 13 at 7:00 PM @ *St. Theresa of Calcutta* (Woodinville)

March 14 at 7:00 PM @ *St. Madeleine Sophie* (Bellevue)

March 15 at 7:00 PM @ *St. Brendan* (Bothel)

**March 19 at 7:00 PM @ Sacred Heart Parish (Bellevue)**

March 21 at 7:00 PM @ *Our Lady of the Snows* (Snoqualmie)

March 22 at 10:00AM @ *St. Louise* (Bellevue)

## LENTEN FISH FRY DINNER

The annual Lenten Fish Fry is Saturday, March 10<sup>th</sup> in the School gym from 6:00-9:00PM. This is a fun, mid-lent, family event and our theme this year is **March Madness**. The evening includes a delicious fish dinner, a big screen for viewing some of the final games before tournament time and games for the kids including free throw contests by age group. 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 Information Desk in the Narthex.

## CHRISM MASS

The Chrism Mass on Thursday, March 22<sup>nd</sup>, at 7 PM at St. James Cathedral is celebrated with Archbishop Sartain and Bishop Elizondo, Bishop Mueggenborg 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, MARCH 25<sup>TH</sup>

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 9am-11am in the School Gym.

## PASCHAL TRIDUUM

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, March 29<sup>th</sup>

**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. Parishioners are invited to participate in the washing of the feet through a Sign-up Genius that will be sent through *The Heartbeat* on March 14<sup>th</sup>. Also, please bring your CRS Rice Bowl offerings this evening 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 11:00 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. A sign-up Genius to select a time to participate in Adoration will be sent through *The Heartbeat* on March 14<sup>th</sup>. Adoration will conclude with Night Prayer at 11:00PM

## GOOD FRIDAY, March 30<sup>th</sup>

**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, March 31<sup>st</sup>

**Morning Prayer** is at 9:00 AM.

**Easter Food Blessing** will take place after Morning Prayer. People are invited to bring their Easter morning breakfast foods in a basket for this special 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 and sweets which was blessed and eaten on Easter Morning. For more information, go to:

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

**Holy Saturday Retreat** will continue after the Easter Food Blessing until 11:00 AM. This retreat will help us all pray and prepare for the great Easter Vigil, along with Ujvala Pereira, our Elect, who will be baptized. All are welcome.

**Decorating for Easter** will take place from 11:30 am-3pm. 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. Ujvala Pereira will be baptized, confirmed and receive communion for the first time. All the baptized will have the opportunity to renew their baptismal promises at this Mass.

## EASTER SUNDAY, APRIL 1st

**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.*