

Lent & Holy Week Schedule

Sacred Heart C.C. † A.D. 2026

ASH WEDNESDAY, FEBRUARY 18TH

Liturgy of Word Service 8am, Mass: 12:10 p.m., 7:00 p.m.

TUESDAY, MARCH 10TH

At 5:30 p.m., we will have our Lenten Penance Service

FRIDAYS DURING LENT

(STARTING FEBRUARY 20TH & EXCLUDING GOOD FRIDAY)

Stations of the Cross at 5:30 p.m.

Followed by a Lenten Fish Fry in Parish Hall 5:00-7:00 p.m.

The Triduum

HOLY THURSDAY, APRIL 2ND

(No Noon Mass)

Mass of the Lord's Supper, 7:00 p.m., followed by adoration

GOOD FRIDAY, APRIL 3RD

(No Noon Mass)

Stations of the Cross, 12:00 p.m.

Liturgy of the Passion, 3:00 p.m., with veneration of the cross

HOLY SATURDAY, APRIL 4TH

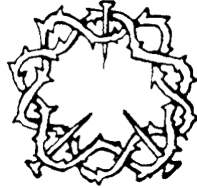
(No Confessions)

Easter Vigil Mass, 8:30 p.m.

EASTER SUNDAY, APRIL 5TH

Mass: 8:30 a.m., 11:00 a.m.

The Parish Office will be closed Holy Thursday, April 2nd, through Easter Monday, April 6th.



Lenten Regulations

DAYS OF FAST AND ABSTINENCE

ASH WEDNESDAY, FEBRUARY 18TH

GOOD FRIDAY, APRIL 3RD

DAYS OF ABSTINENCE

ALL FRIDAYS OF LENT

RULES OF FASTING

Fasting is to be observed by all 18 years of age and older who have not yet celebrated their 59th birthday. 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 another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

Note that when health or ability to work would be seriously affected, the law does not oblige. When in doubt concerning fast and abstinence, please consult the parish priests.

RULES OF ABSTINENCE

Abstinence is to be observed by all 14 years of age until death. Abstinence requires one to abstain from eating meat. Meat is considered to be the flesh and organs of mammals and fowl. Moral theologians have traditionally considered this also to forbid soups or gravies made from them. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted, as are animal-derived products such as margarine and gelatin which do not have any meat taste.

RECOMMENDATIONS FOR OBSERVING LENT

Lent should be a time of self-denial and penance, preparing the way for baptism or for the renewal of baptism at Easter. Besides doing what the Church requires, each person should voluntarily perform other acts of penance. Herewith, some suggestions:

- Daily participation in the Mass;
- Spending an hour in adoration before the Blessed Sacrament
- Daily recitation of the Rosary;
- Participation in the Stations of the Cross;
- Fasting at least once a week; and/or
- Personal service to the aged and/or the sick.