

CHURCH OF THE SACRED HEART, 149 SOUTH PLAINFIELD AVENUE, SOUTH PLAINFIELD, NJ

LENT TO EASTER 2017

DAILY MASS: Monday: 7:00PM preceded by Eucharistic Holy Hour at 6:00PM; Tuesday, Wednesday, Thursday, Friday, Saturday: 9:00AM

PARISH LENTEN PENANCE SERVICE: Saturday, April 1: 10:00 - 11:30AM

The Sacrament of Reconciliation is available every Saturday from 10:00 - 11:30AM & by appointment.

PARISH BOOK CLUB: Tuesdays: 1:00PM, Annex Building (soup & bread served) or Tuesdays: 7:30-8:30PM, Parish Center — BEGINNING March 7, *facilitated by Mrs. Louise Timko*, read and discuss "Resisting Happiness" by Matthew Kelly (RSVP to 908-756-0633 x143)

STATIONS OF THE CROSS: Friday evenings: 7:00PM (March 3 - April 7)

LENTEN FISH DINNERS: Fridays: 5:00 to 7:00PM in the Holy Savior Academy Cafeteria (March 3 - April 7) Admission: \$10/adults, \$9/Seniors, \$5/children, pay at door. *Take-out available.*



HOLY WEEK

PALM SUNDAY OF THE PASSION OF THE LORD — April 8, Saturday

Vigil: 5:00PM, April 9, Sunday: 9:00 & 11:30AM (11:15AM - *Palm Procession*)

MONDAY OF HOLY WEEK —

April 10, Mass: 9:00AM; † *Chrism Mass at St. Francis Cathedral: 7:30PM*

(*No Eucharistic adoration or evening Mass at Sacred Heart*)

TUESDAY AND WEDNESDAY OF HOLY WEEK — April 11 and April 12,

Mass: 9:00AM

THE SACRED TRIDUUM

- ✦ **HOLY THURSDAY**, April 13 — Morning Prayer - 9:00AM; MASS OF THE LORD'S SUPPER - 7:30PM; Night Prayer - 11:30PM
- ✦ **GOOD FRIDAY**, April 14 — Morning Prayer - 9:00AM; *Ecumenical Service of "The Seven Last Words of Christ, St. Stephen Lutheran Church - 12Noon-3:00PM; Stations of the Cross - 2:00PM* THE PASSION OF THE LORD - 3:00PM; *Rosary-Sorrowful Mysteries - 7:00PM*
- ✦ **HOLY SATURDAY**, April 15 — Morning Prayer - 9:00AM; Food Blessing - 12Noon
EASTER VIGIL — Mass: 8:00PM

EASTER SUNDAY — THE RESURRECTION OF THE LORD

April 16— Masses: 9:00AM & 11:30 AM; *Ecumenical Sunrise Service - 6:30AM at Spring Lake Park*



Dear Brothers and Sisters,

Lent always seems to come around so quickly! March 1 is Ash Wednesday already, and hence we begin our 40-day Lenten journey once again. In his annual message to the faithful this year, Pope Francis reminds us that, during Lent, we need to hear once more the voice of the prophets who cry out and trouble our conscience. At Mass on Ash Wednesday, in our first reading of the day, we will hear the prophet Joel beckoning us to "return to the Lord with our whole heart." Indeed, we return again on Ash Wednesday each year to put our whole heart before the Lord. As our foreheads are marked with the sign of the cross, we ask Him, throughout each of the 40 days ahead of us, to remake our hearts to be more like His own.

In his Lenten message released February 7, the Pope encourages us to change our hearts, saying, "This season urgently calls us to conversion," which will come about by "deepening our spiritual life through the means of sanctification offered us by the Church: fasting, prayer and almsgiving."

The Holy Father spends the rest of his message exploring the central themes behind the parable of the rich man and Lazarus, which he says, "Exhorts us to sincere conversion." He begins with our need to recognize other persons as gifts. "Lazarus teaches us that other persons are a gift. A right relationship with people consists in gratefully recognizing their value. Even the poor person at the door of the rich is not a nuisance, but a summons to conversion and to change," the Pope said. "Lent is a favorable season for opening the doors to all those in need and recognizing in them the face of Christ. Each of us meets people like this every day. Each life that we encounter is a gift deserving acceptance, respect and love."

The disciplines of Lent – prayer, fasting and almsgiving – are meant, of course, to help us to stay focused on our baptismal promises. We do this through communicating regularly and intensely with our Beloved, exercising self-control so as to emphasize the supreme importance of the spiritual over the material in our lives, and sharing generously with those in need. These three disciplines help us to avoid the temptation to show indifference of God and our neighbor and they push us away from focusing too much on ourselves. Moreover, these three disciplines are intended to turn us towards God and others, especially our brothers and sisters most in need; they help our hearts to become more like our Lord's.

Indeed, my brothers and sisters in Christ, as St. Paul reminds us in the second reading at Mass each Ash Wednesday, "Now is the acceptable time". Yes, God calls us to conversion and beckons us to deepen our spiritual lives by deepening our friendship with Christ; so on Ash Wednesday we clearly hear our Lord say to each of us: "Believe! Return to me . . . turn away from sin and be faithful to the Gospel."

I pray that this Lent we will all join with the Holy Father in prayer, "May the Holy Spirit lead us on a true journey of conversion, so that we can rediscover the gift of God's word, be purified of the sin that blinds us, and serve Christ present in our brothers and sisters in need." God bless you all.

The Most Reverend James F. Checchio, JCD, MBA
Bishop of Metuchen

LENTEN INSTRUCTIONS - 2017

1. The days of fast and abstinence are **Ash Wednesday** and **Good Friday**.
2. **All other Fridays** of Lent are **days of abstinence**.
3. The obligation of fast applies only to Catholics between the ages of 18 and 59.
4. Fasting in the Catholic tradition means to limit oneself to one full meal and two smaller meals which together are not equal to a full meal, so as to experience hunger.
5. The obligation of abstinence applies to all Catholics who have reached the age of 14.
6. Abstinence in the Catholic tradition means to abstain from meat.

► **The Memorial of St. Patrick falls on a Friday this year. For members of the faithful celebrating this Memorial and who desire it, Bishop Checchio has commuted the penitential obligation on March 17, to the obligation to abstain from meat on another day that same week.**

BISHOP CHECCHIO has now visited the 90 parishes served by the Diocese of Metuchen and is ready to share observations from his visits and his priorities and plans for the diocese. They will be published in Bishop Checchio's first pastoral letter to be presented in a special issue of *The Catholic Spirit* on March 2. Be sure to pick up a copy the weekend of March 4-5. The Pastoral Letter will be available on the diocesan website: diometuchen.org and on *The Catholic Spirit's* website: catholicspirit.com.



BestLentEver.com Sign up Now! You already have the book!

Sign up for Best Lent Ever, a FREE, video-based email program featuring internationally acclaimed speaker and *New York Times* bestselling author Matthew Kelly. From Ash Wednesday to Easter Sunday, Matthew will help you identify what stands between you and happiness ... and what to do about it. Are you ready for your best Lent ever? Best Lent Ever 2017 is based on Matthew Kelly's newest book, *Resisting Happiness*.

It's a true story about why we sabotage ourselves, feel overwhelmed, set aside our dreams, and lack the courage to simply be ourselves and how to start choosing happiness again.