



LENT 2020

Sacred Heart of Jesus Parish

5 East Main Street
Milford, Massachusetts

As we enter the great Season of Lent in preparation for the celebration of the glorious Feast of the Lord, Christ's victory over sin and death, we offer to all of you the opportunity to become spiritually enriched by these blessed Forty Days.

Lenten Regulations

Guidelines for Fast and Abstinence

Lenten fast and abstinence regulations for the Diocese of Worcester are as follows:

Abstinence from meat is observed by all Catholics fourteen (14) years of age and older on Ash Wednesday, Good Friday, and **all** the Fridays of Lent.

Fasting is observed by all Catholics who are eighteen (18) years of age and not yet fifty-nine (59) years of age on Ash Wednesday and Good Friday.

Those who are bound to fast may take only one full meal. Two smaller meals are permitted if necessary to maintain strength according to one's needs, but eating solid foods between meals is not permitted. Catholics should not lightly excuse themselves from these prescribed Lenten penitential practices.



— The Ashes imposed on our foreheads remind us not only of our need to be healed and reconciled from our sins but also our need to respond to the call for conversion.

— On Ash Wednesday, February 26th, the imposition of ashes will take place during Mass at 7:00 AM and 6:30 PM and also at a Liturgy of the Word Service at 3:30 PM.

- ALL SERVICES WILL TAKE PLACE IN THE UPPER CHURCH.

DAILY MASS — Jesus said: *“Come to me all you who are weary and burdened and I will refresh you.”*



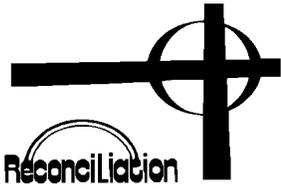
The Holy Sacrifice of the Mass, which makes present for us the great sacrifice of Christ at Calvary, is celebrated every Monday, Tuesday, Wednesday and Friday at 7:00 AM, and a Communion Service is conducted every Thursday at 7:00

AM. All take place in the Chapel of the Holy Spouses, Mary and Joseph.

ROSARY

The Rosary mysteries are prayed for personal, requested, and universal intentions Monday thru Friday at 7:30 AM in the Chapel of the Holy Spouses, Mary and Joseph.

SACRAMENT OF PENANCE (CONFESSION)



— Every Saturday 3:00 to 3:30 PM in the UPPER CHURCH.

Tuesdays In Lent

Every Tuesday in Lent the Sacrament of Penance will be available from 7:00 to 8:00 PM in the UPPER CHURCH.

During this hour the Blessed Sacrament will be exposed for adoration, individual prayer and meditation. The Sacrament of Penance is also available after the morning weekday Mass or by appointment during the regular office hours in the rectory. (Rectory telephone # 508-634-5435).

STATIONS OF THE CROSS



— Every Friday during Lent (except Good Friday) the Stations or Way of the Cross will take place at 7:00 PM in the Chapel of the Holy Spouses, Mary and Joseph.

— This ancient tradition and devotion meditates on the footsteps that Jesus took on the way to Calvary. This is a recommended Lenten devotion for all family members to attend.

FIRST FRIDAY DEVOTIONS

On the First Friday of each month we celebrate the devotion to the Sacred Heart of Jesus, from whence our parish takes its name. The day begins with Mass at 7:00 AM followed by exposition of the Most Blessed Sacrament and adoration until 12 noon. During these hours you are invited to come and spend some time in prayer, meditation and recitation of the Rosary each hour on the half hour. The faithful may write their own petitions and place them in a basket before the Blessed Sacrament. At 12 NOON, The Chaplet of Divine Mercy is prayed and the Blessed Sacrament is reposed. This devotion will take place in the Chapel of the Holy Spouses, Mary and Joseph.

VESPERS SERVICE Sunday, March 22nd at 4PM

On Sunday, March 22nd, we celebrate the Fourth Sunday of Lent. This day is commonly called "*Laetare*" (*Rejoice*) Sunday, taken from the first word found in the: *Introit*" or entrance hymn of the Mass for this day. At 4 PM Vespers, (Evening Prayer) will be chanted in the upper level of our church to celebrate this mid-way point in Lent. Vespers is one of the daily hours of prayer said throughout the universal Church by the clergy and faithful. We invite you to join us for this very peaceful and meditative prayer service for the season of Lent.

Our church is totally handicapped accessible