

Lent Resources

Bishop Robert Barron has a very good video called *Entering the Desert of Lent*. You can watch the 26 minute video on YouTube by searching the name.

Another Great Resource from Ascension Press

https://study.ascensionpress.com/leader_materials/lenten-companion

Daylight Saving Time

Reminder to turn your clocks forward one hour before going to bed on March 7th



Weekday Mass/Adoration

– Check out this treasure – ½ hr. mass at 9 a.m. on Wednesdays and Fridays. Start your day out with Jesus. Be inspired by the Word of God and Fr. Matthew’s great homilies, and receive the grace of God in the Eucharist! Eucharistic Adoration is the first Friday of the month at 8am and the third Wednesday of the month after the 9am mass.

Reconciliation Service/Adoration

– Tuesday, March 24, 6 p.m. –

Two priests will be available for the healing sacrament of reconciliation. Let God cleanse your soul. Receive his great mercy! Pray in adoration.



How to Find Time in the Day for Lent

The fast pace of your life may seem to leave little time and energy for the traditional Lenten practices. But you can weave moments of spiritual awareness and service into even the busiest of schedules. The trick is to see Lenten practice as part of, rather than in addition to, each activity of your ordinary hectic day.

The three foundational practices of Lent are prayer, fasting, and almsgiving. Here’s how to think about them in a new way:

Praying Daily

If you make a habit of saying a little prayer whenever someone irritates you, cuts you off in traffic, or makes life difficult; when someone does you a favor, you experience great and friendly service, or when something joyful happens to you—you will soon find yourself praying your way through the day. Try this simple practice and you will be observing the Catholic Church’s call for greater prayer during the Lenten season. You will also find that this habit makes your life flow smoother, your self more centered, and your Spirit more aware of God’s presence.

A Different Type of Fasting

There are many ways to fast. Why not fast from criticism, gossip, judging others, or passing on rumors? Why not abstain from unwarranted fear and anxiety? You can also tell that inner voice inside your head that criticizes you to abstain from eroding your ability to be the confident, blessed person God calls you to be. These are beautiful ways to observe the Lenten call to fasting and abstinence. In the book, *Praying Lent*, the authors offer suggestions on different ways to fast during Lent.

Give of Yourself

Daily life also offers countless opportunities to give of yourself to others (alms), and most don’t involve dipping into your wallet. Give encouragement to the doubting, give a word of praise to the insecure, show kindness to someone who could use a friend, and offer a word of thanks to those whose service of others often goes unappreciated. Give the gift of your attention to someone who simply wants to be noticed. Tell your children stories about people whose values you admire when you gather at mealtime. Don’t be stingy with your smiles—give them freely to everyone you meet. And most important, give your love to those close to you. Hug them, hold them, and tell them what they mean to you. In this way you open your heart to God and others.

So no matter how busy you are in life, with some greater awareness and new perspectives you can consciously pray, fast, and give of yourself this Lent—and you will be ready to celebrate when a joyful dawn breaks upon you Easter morning.

Source: www.loyolapress.com

Lending Library Available at Main Entrance

Did you resolve to read great Catholic material during Lent this year? Are you looking for Spiritual growth? Sacred Heart has provided a small bookshelf with books and updated DVD’s for anyone interested in borrowing items. There are many titles available. Please return any borrowed item back to the bookshelf when you are finished. If there is a book that you would like to keep or give to someone, please contact the parish office.

Guest Speaker Fr. John Girotti at St Mary Magdalene-Waupaca

Looking at God and God Looking at Us.

Discover-Follow-Worship-Share Jesus

Tuesday, March 3rd 6-7pm

N2845 Shadow Rd Waupaca

Stations of the Cross at 5pm in the Chapel, 5:30pm Soup will be served in the fellowship hall. Speaker to follow.

Fr. John W. Girotti is a priest of the Diocese of Green Bay, WI. Ordained in 2002, he was a parish priest for many years before earning a degree in Canon Law in 2015. Currently, he serves as Vicar for Canonical Services for the Diocese of Green Bay.

He enjoys teaching and preaching about following Jesus and living the Catholic faith. He regularly teaches and speaks about the Catholic faith, helping Catholics and those of other faiths to better understand and to follow the Way of the Lord Jesus.