

## LENT AT SACRED HEART

### SACRED HEART LENTEN OPPORTUNITIES

- Lenten Sabbath Suppers ~ Monday and Wednesday evenings
- “Come home to God’s Mercy” Reconciliation program~ Tuesday evenings
- Stations of the Cross followed by Lenten Lunches ~ Wednesday at Noon
- Men & Women’s Prayer groups ~ Thursday evenings
- Stations of the Cross with cluster parishes ~ Friday evenings
- Help for Haiti during Coffee And...
- Love Loaves

**Lenten Sabbath Suppers** -host homes will be open for companionship and fellowship to share your meal and your Lenten journey. To join a host family, call or email the host family to let them know that you will be joining them.

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**COME HOME TO GOD’S MERCY.. Reconciliation program.** During Lent, every Catholic parish will be open for the sacrament of reconciliation from 7-8:30PM. Come and share in God’s mercy!

**LENTEN LUNCHESES** will be held each Wednesday during Lent at noon following Stations of the Cross at 11:30. Fr. Bill will host each lunch in the parish house for companionship and fellowship. Please call or email Fr. Bill to let him know that you will be joining him. 508-473-1900 or [pebill72@yahoo.com](mailto:pebill72@yahoo.com).

**MEN AND WOMEN’S PRAYER GROUPS** - the men and the women’s prayer groups meet on Thursday evenings. For more information please contact Matt Smith (men) or Karen Martin Daige (women).

**STATIONS OF THE CROSS:** Join us with our sister parishes on Friday’s at 7PM during Lent. This wee stations will be held at St. Mary’s in Milford.

**HOW WE CAN HELP THE PEOPLE OF HAITI...**(an update from Catholic Relief Services.) Our hearts have been touched as we heard and saw pictures of the devastation experienced by the people of Haiti. We all want to take action and help our brothers and sisters and prayer is an essential way to help. We often think of sending blankets, clothes, food, medicines; yet, the logistics of receiving and sending this type of

assistance are not possible at this time. The best approach we can take right now is to support the organizations and people who are already in Haiti and who are active in the recovery efforts. Catholic Relief Services has been working in Haiti since 1954. You can help the people of Haiti through CRS by raising money to help provide desperately needed services and provisions. During the season of Lent, we will pray, fast and give alms for our brothers and sisters in Haiti. During Coffee and...there will be an opportunity to explore the ways in which we can help.

**LOVE LOAVES:** Love Loaves are available at the doors of the Church for those who would like to contribute to our St. Vincent de Paul Society. This is the only fund raiser to benefit our St. Vincent de Paul Society which uses its funds to provide the paper goods for the Mustard Seed, underwrite the cost of the Senior Dinner, donate the Fruit Baskets for our homebound parishioners, cover our membership in the Milford Food Pantry, and give financial help to those in need.

**LENTEN GUIDELINES FOR FAST AND ABSTINENCE:**

- **FASTING** is to be observed by all Catholics who are eighteen (18) years of age but 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.
- **ABSTINENCE** from meat is to be observed by all Catholics fourteen (14) years of age and older on Ash Wednesday, Good Friday and all the Fridays of Lent.