

Sacred Heart of Jesus

March 2017 Newsletter

It is hard to believe – it is already February 28, 2017 and Father Chris is on his way home today. Father Jose has done a wonderful job filling in for him and we are sad that he will be leaving us. Transitions can be awesome and difficult all at the same time!

March 1 signifies the beginning of Lent with Ash Wednesday – the beginning of a new season of the year. Lent is a time for repentance, prayer and fasting.

This Lent, start a new family Lenten Family Friday tradition. Instead of your kids dreading Fridays during Lent (because of the fasting and abstinence), try getting them to look forward to the evening as a time for the whole family to gather together in faith. Try to make Fridays a time to put down our devices, a time to talk more intentionally about Christ's message and mission, a time to slow down and pray together, even a time to explore some new meatless recipes as we engage in the penitential practices of the season. May God bless your family this Lent!

Another family Lenten tradition is the Stations of the Cross:

Stations of the Cross or the **Way of the Cross**, also known as **Way of Sorrows** or **Via Crucis**, refers to a series of images depicting Jesus Christ on the day of his crucifixion and accompanying prayers. The stations grew out of imitations of Via Dolorosa in Jerusalem which is believed to be the actual path Jesus walked to Mount Calvary. The Stations of the Cross service is to help the Christian faithful to make a spiritual pilgrimage through contemplation of the Passion of Christ.

Father Chris and Deacon Tom lead the Stations every Friday evening during Lent at 6:00 PM. This beautiful service is followed by Benediction. Please plan to attend with your family.

During Lent we also sponsor CRS (Catholic Relief Services) Rice Bowl Campaign – Action – Faith – Results. This program assists the poor and vulnerable overseas. It helps to teach people in countries like Mexico, Zambia, El Salvador, Ethiopia and many other countries how to plant and grow and prepare nutritious food to enable them to take care of and educate their families. Please remember to pick up a “rice bowl”, fill it with your change, dollars or a check and return it to the parish office. The rice bowls are located at the entrances of the church. For more detailed information on CRS Rice Bowl please check out their website at www.crsricebowl.org/.

A Lenten Prayer Called the Passion

Dear **Lord** Jesus, by Your Passion and Resurrection You brought **life** to the world. But the **glory** of the Resurrection came only after the sufferings of the Passion.

You laid down Your **life** willingly and gave up everything for us. Your body was broken and fastened to a Cross, Your **clothing** became the prize of soldiers, your blood ebbed slowly but surely away, and Your Mother was entrusted to the beloved disciple.

Stretched out on the Cross, deprived of all earthly possessions and human aid, You cried out to Your Father that the end had come. You had accomplished the work given You, and You committed into His hands, as a perfect gift, the little **life** that remained to You.

Lord, teach me to accept all afflictions after the example You have given. Let me place my death in Yours and my weakness in Your abandonment, Take hold of me with Your love, that same foolish love that knew no limits, and let me offer myself to the Father with You so that I may rise with You to eternal life.

God Bless.