

MY GUIDE TO LENT & EASTER 2023

Sacred Heart Church ✠ 722 N. Springfield St. ✠ Virden, IL 62690
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The season of Lent begins this year on Ash Wednesday, February 22, 2023, and ends just prior to the evening Mass of the Lord's Supper on Holy Thursday, April 6, 2023, when the Paschal Triduum begins. Lent is the principal penitential season in the Church year. All the Christian faithful are urged to develop and maintain a voluntary program of self-denial (in addition to the Lenten regulations which follow), serious prayer, and the performing of deeds of charity and mercy, including the giving of alms.

From a letter to parishes from the Vicar General of our Diocese, the Very Rev. Msgr. Hoefler

LENTEN REGULATIONS FROM THE DIOCESE OF SPRINGFIELD:

- **Abstinence**—Everyone 14 years of age and over is bound to abstain from meat on Ash Wednesday and all Fridays of Lent.
- **Fast**—Everyone 18 years of age and under 59 is required to fast on Ash Wednesday and Good Friday.

On these two days of fast and abstinence, only one full meatless meal is permitted. Two other meals, sufficient to maintain strength may be taken according to each person's needs, but together these two should not equal another full meal. Eating between meals is not permitted, but liquids (including milk and fruit juices) are allowed.

- **To disregard completely the law of fast and abstinence is seriously sinful.**

ST. PATRICK'S DAY:

St. Patrick's Day, March 17, this year falls on a Friday during Lent. Adhering to the obligation of abstaining from meat on this day as on the other Fridays of Lent is a commendable way to honor the heroic virtue and sacrifice of St. Patrick's life as a disciple of Our Lord. For a just cause in individual cases, a pastor can grant a dispensation from the obligation of observing a day of penance or can grant a commutation of the obligation into other pious good works (per canon 1245 of the Code of Canon Law). The faithful who are desirous of such a dispensation or commutation of the obligation to abstain from meat on Friday, March 17, should speak with their pastor.



From a letter to parishes from the Vicar General of our Diocese, the Very Rev. Msgr. Hoefler



LENT/EASTER 2023



ASH WEDNESDAY MASS

Wednesday, February 22

7:00 a.m.—Virden

6:00 p.m.—Auburn

7:30 p.m.—Girard

STATIONS OF THE CROSS

All Fridays during Lent

6:00 p.m.—Virden

(February 24, March 3, March 10, March 17, March 24, & March 31)

VATICAN INTERNATIONAL EUCHARISTIC MIRACLES EXHIBIT

Saturday, March 18

1:00 – 3:30 p.m.

Sunday, March 19

1:00 – 3:30 p.m.

Eucharistic Adoration in the church during exhibit hours

PENANCE SERVICE & CONFESSIONS

Wednesday, March 29

6:30 p.m.—Virden

REGULAR CONFESSION TIMES

Confessions will be available during normal times (before weekend Masses) or by appointment. To schedule an appointment, contact Fr. James at 217-438-6196 (rectory) or 217-438-6222 (office).

ADORATION AT SACRED HEART

- Adoration will be held as usual on Ash Wednesday.
- Adoration will close at 4:00 p.m. on Wednesday, March 29 for the Penance Service.
- No Adoration on Wednesday, April 5 because of Holy Week preparations.
- Adoration will be held as usual on Wednesday, April 12.

THE DIVINE MERCY NOVENA: *begins on Good Friday and ends on Divine Mercy Sunday*

Please join us in praying the Chaplet of Divine Mercy at Sacred Heart in Virden

- April 7 (Good Friday): 3:00 p.m.
- April 8 (Holy Saturday): 10:00 a.m.
- April 9 (Easter Sunday): 6:00 p.m.
- April 10-15 (Monday–Saturday): 6:00 p.m.
- April 16 (Divine Mercy Sunday): 9:40 a.m.





PALM SUNDAY (APRIL 2)

Regular Weekend Mass Schedule

HOLY WEEK/EASTER

Chrism Mass	Tuesday, April 4	6:30 p.m.—Cathedral, Springfield
Holy Thursday	Thursday, April 6	7:00 p.m.—Virden <i>with Adoration until 11:00 p.m. in the Parish Hall</i>
Good Friday	Friday, April 7	7:00 p.m.—Girard
Easter Vigil	Saturday, April 8	8:00 p.m.—Auburn
Easter Sunday	Sunday, April 9	8:00 a.m.—Auburn 9:30 a.m.—Girard 11:00 a.m.—Virden



ANNOUNCEMENTS:

- You are invited to pick up a “Way of the Cross” booklet and prayer pamphlets from the cart in the vestibule. May these items help to make your Lenten Season holy.
- Rice Bowls are available in the vestibule.
- If you would like to assist with leading the Stations of the Cross during Lent, please contact the parish office.
- Ash Wednesday: Volunteers Needed: We are in need of Servers, a Reader, and two Ushers for the 7 a.m. Ash Wednesday Mass. Please contact the parish office if you can help.

REGULAR WEEKLY SCHEDULE

Regular Weekend Mass Schedule:

Saturday: 4:00 p.m., Girard
 Saturday: 5:30 p.m., Auburn
 Sunday: 8:15 a.m., Auburn
 Sunday: 10:15 a.m., Virden

Regular Weekday Mass Schedule:

Tuesday: 6:00 p.m., Auburn
 Wednesday: 7:30 a.m., Virden
 Thursday: 7:30 a.m., Virden
 Friday: 7:30 a.m., Auburn

Regularly Scheduled Confession Times:

Before weekend Masses

ADORATION OF THE BLESSED SACRAMENT:

8:00 a.m.—11 p.m. on Wednesdays in Virden

**DURING LENT, WE ARE CALLED TO PRAYER AND TO PERFORM WORKS OF
CORPORAL AND SPIRITUAL MERCY...**

The Corporal and Spiritual Works of Mercy are actions we can perform that extend God's compassion and mercy to those in need.

Corporal Works of Mercy

The Corporal Works of Mercy are these kind acts by which we help our neighbors with their material and physical needs:

*feed the hungry, shelter the homeless, clothe the naked, visit the sick and imprisoned,
bury the dead, and give alms to the poor*

Spiritual Works of Mercy

The Spiritual Works of Mercy are acts of compassion, as listed below, by which we help our neighbors with their emotional and spiritual needs:

instruct, advise, console, comfort, forgive, bear wrongs patiently

IDEAS FOR WORKS OF MERCY:

Food Pantry Cereal Drive—Parish CCD Children are collecting Cereal for the Virden Food Pantry during Lent. You are invited to participate in this effort. A box will be available in the hallway by the restrooms. Other items are also needed by the food pantry (including *Peanut butter, Jelly, Canned fruit, Canned meats, Canned vegetables, Laundry detergent, Dish soap, Bar soap, Toilet paper*) - a box for these items is available in the vestibule closet.



Feed the hungry—Offer your Lenten fasting as a prayer for the hungry.

Visit the sick—Visit or send thoughtful notes to members of your parish or community who are sick, home-bound or in the nursing home.

Participate in Next the 40 Days for Life—The next 40 Days for Life will be held from Wednesday, February 22 until Sunday, April 2, 2023. *Calling all Prayer Warriors:* You can make a difference! Sign up to help with the prayer vigil in Springfield by calling 217-523-2700.

Participate in the Illinois March for Life—The Illinois March for Life will be held at the Illinois Capitol in Springfield on Tuesday, March 21 at Noon. For more information, visit illinoismarchforlife.org.

SUPPORT DIOCESAN SPECIAL COLLECTIONS DURING LENT:

The listing of charitable collections are as follows:

Ash Wednesday (February 22): *Church in Central and Eastern Europe*

2nd Sunday of Lent (March 2): *Catholic Charities*

4th Sunday of Lent (March 16): *Catholic Relief Services*

Good Friday (April 7): *Holy Land*

Easter Sunday (April 9): *Seminarians*

Throughout Lent: *Operation Rice Bowl*
(rice bowls are available in the vestibule)

**Watch the weekly bulletin for announcements
regarding these collections.**



**Please remember to
pray for
our RCIA Candidate
and
all those preparing to receive
the Sacraments of Initiation**



PRAYING AS A FAMILY THIS LENT

Sometimes, prayer can be frightening. We might not know what to say, or how much time it should take. It can be easy to get distracted and our minds often wander to the many thoughts and worries in our lives. Prayer isn't meant to be a scary task we feel forced to do. Prayer is an invitation from our loving Father to spend time with Him, to share our hearts, our struggles, our desires, and our fears with Him. The same way parents tell their children they can come to them to talk about anything, our Lord says the same to us. He is there, waiting for us, yearning for us. *Let this Lenten season be a time for you and your family to truly practice prayer - to spend time with Jesus and truly build a relationship with Him.*

FASTING IDEAS FOR YOUR KIDS THIS LENT

Fasting and Abstinence are two forms of sacrifice during the Lenten season in which we deny our desire for food (fasting) and meat (abstinence) so that we are better able to focus on Jesus.

Jesus tells us that prayer and fasting are two powerful weapons against evil, and we ought to make use of them in order to overcome sin in our lives and draw closer to Him.

In the fight against evil and sin, we need both these weapons. Prayer, without fasting, is like boxing with your hand tied behind your back. Fasting, without prayer, is just dieting! To be complete, they need each other! *Don't just fast from goodies this Lent! Truly fast from things that enable you to pray more!* Invite your children to really think about things they can fast from this Lent. They don't just have to fast from food! They can fast from anything that might be taking away from their relationship with the Lord.

Here are some ideas of things you and your kids can fast from this Lent:

- **Fast from video games during the week.** Spend that time playing games as a family.
- **Fast from TV** and spend more time reading, either on your own or as a family.
- **Fast from eating right away.** Before eating a meal, say a prayer then count to 40 to remember the 40 days Jesus spent in the desert.
- **Fast from complaining.** Every time you want to complain, say a prayer of thanksgiving for something good in your life.
- **Fast from hurtful words.** Only say something if it is kind and loving.
- **Fast from schoolwork on Sundays.** Do all your schoolwork ahead of time so Sunday can be a day focused on God.
- **Fast from dessert.** Don't eat any sweets after dinner.
- **Fast from being first.** Let others go ahead of you, whether in line at school or when talking about your day.
- **Fast from extra sleep.** Either get up a few minutes early, or stay up a few minutes late, and spend that time praying together as a family.
- **Fast from arguing.** Instead of fighting with a sibling or friend, simply forgive them and ask for their forgiveness.



YEAR OF THE *Eucharist* & CENTENNIAL CELEBRATION *of the* TRANSFER OF THE SEE

Join us for an international exhibition
of Eucharist Miracles that have occurred around the world.

The exhibit was designed and created by Carlo Acutis,
Servant of God, before he died.

These miracles recognized by our Church,
can help us develop a living relationship with Jesus in the Eucharist.

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THE EXHIBIT WILL BE HOSTED BY SACRED HEART, VIRDEN

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DATES:

March 18 from 1:00—3:30 p.m.

March 19 from 1:00—3:30 p.m.

Eucharistic Adoration in the church during exhibit hours.

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For more information,
call the parish office at 217-965-4545.

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While the exhibit is open to all at no charge,
donations will be accepted in order to maintain the collection.



*Carlo's exhibition
presents a selec-
tion of the main
Eucharistic Mira-
cles (about 136, collected in 166
panels 60x80, plasticised) which
occurred over the centuries in
various countries and are reco-
gnised by the Church. Through
these panels you can "virtually
visit" the places where the mira-
cles happened.*



Vatican International Exhibition EUCCHARISTIC MIRACLES OF THE WORLD



Eucharistic Miracle of
Bois-Seigneur-Isaac,
Belgium (1405). Relic
of the bloodstained
Corporal.



Santarém, Portugal. The
Monstrance contains a
relic of the Eucharistic
miracle which happened
in 1247. Here too, the
Host turned into Flesh.

DIVINE MERCY NOVENA

In a series of revelations to St. Maria Faustina Kowalska in the 1930s, our Lord called for a special feast day to be celebrated on the Sunday after Easter. Today, we know that feast as Divine Mercy Sunday, named by Pope St. John Paul II at the canonization of St. Faustina on April 30, 2000.



The Lord expressed His will with regard to this feast in His very first revelation to St. Faustina. The most comprehensive revelation can be found in her *Diary* entry 699:

I desire that the Feast of Mercy be a refuge and a shelter for all souls,
and especially for poor sinners.

On that day the very depths of My tender mercy are open.

I pour out a whole ocean of graces
upon those souls who approach the fount of My mercy.

Jesus asked that the Feast of the Divine Mercy be preceded by a Novena to the Divine Mercy which would begin on **Good Friday**.

We will be offering the Divine Mercy Novena at Sacred Heart beginning on Good Friday and ending on the Sunday of Divine Mercy (the Sunday after Easter). The schedule for this novena is noted in the Lent/Easter Schedule.

CHANGES TO THE ORDER OF PENANCE

This Lent, Catholics in the United States will hear something different in the confessional: the Order of Penance is changing, just a little...

The translation of the prayer of absolution, said by the priest, has changed slightly.

The prayer, familiar to Catholics, now says this:

“God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace. And I absolve you from your sins in the Name of the Father, and of the Son, and of the Holy Spirit.”

From Ash Wednesday, the new formula will read like this:

“God, the Father of mercies, through the death and resurrection of his Son has reconciled the world to himself and **poured out** the Holy Spirit for the forgiveness of sins; through the ministry of the Church may God **grant** you pardon and peace. And I absolve you from your sins in the Name of the Father, and of the Son, and of the Holy Spirit.”

You *may* begin to hear the new prayer of absolution beginning Ash Wednesday and by Divine Mercy Sunday, the new prayer becomes the only form permitted.

PAMPHLETS WITH THE “ORDER OF PENANCE” ARE AVAILABLE IN THE VESTIBULE





Sacred Heart Church, Virden

All You Can Eat!!

PANCAKE & SAUSAGE DAY

SUNDAY, FEBRUARY 26TH, 2023

8 a.m. to Noon

**Specialty selections include
Blueberry and
Chocolate Chip pancakes and
a locker sausage patty**

50/50 Drawing

**Adults—\$8
Children 6-12—\$5
5 & under—Free**

*All proceeds for the day benefit the
Parish Youth Faith Formation Program*



VIRDEN KNIGHTS OF COLUMBUS #2321: Serving Fridays of Lent, February 24–March 31 from 4:00 p.m. to 7:00 p.m. Dine-in, Drive-thru, & Take-out! On the menu is fried or baked fish, french fries or baked potato, coleslaw, baked beans & dessert for \$10.

HOLY CROSS PARISH CENTER, AUBURN: Serving from 5:00-7:00 p.m. on Fridays: March 3, 10, 17, 24 & 31. Dine-in and Carry-out.

LITTLE FLOWER CHURCH, SPRINGFIELD MEN'S CLUB: Fish Fry on Lenten Fridays beginning February 24 from 5:00–7:30 p.m. in Little Flower Parish Center.

ST. LOUIS PARISH CENTER, NOKOMIS: Serving every Friday during Lent in St. Louis Parish Center—February 24–March 31 from 4:30 p.m. to 7:00 p.m. (or until the food runs out). On the menu is their famous fried fish, baked fish, pizza, mac & cheese, baked beans, green beans, coleslaw, applesauce & desserts. Dine in or Carry-out. Prices: \$15 per meal or box of fish only \$25; children 5-11 \$7; 4 & under are free. All you can eat!!