

Lenten Prayer to recite as family before shared meal:

God of goodness and mercy, hear our prayer through our Lenten journey with you. Let us look into our heart and soul, noting when we have turned away from you. Guide us as we humbly seek to repent and return to your love. May humility guide our efforts to be reconciled with you and live forever in your abundant grace. Transform us this Lent, heavenly Father. Give us the strength to commit ourselves to grow closer to you each day.

Amen

Here is the Church's statement on fasting (from USCCB website): Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. Fridays during Lent are obligatory days of abstinence. The norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

Christian tradition can name some reasons for fasting:

- For the Christian, fasting is ultimately about fasting from sin.
- Fasting reveals our dependence on God and not the resources of this world.
- Fasting is preparation for the sacraments—for the reception of grace.
- Fasting is a means of saving resources to give to the poor.
- Fasting is a means of self-discipline, chastity, and the restraining of the appetites.

FORMED

Parishioners of St. John's, St. Isidore's and Sacred Heart now have access to FORMED --- an on-line platform with over 4000 Catholic videos, movies, educational topics and kids' programming. Browse the many options for movie night or find something to enhance your prayer life.

****Sign-up is easy and FREE at formed.org (use zip code 52314).****



Sign up to receive these prior to Lent at <https://daily.formed.org/lent>.

Sometimes, it feels like Lent is just about giving up chocolate. But deep down, we all desire to do something more for Lent—we just don't know how to do it.

How to Lent is a new series from the Augustine Institute that aims to equip Catholics with the tools to understand and practice the pillars of Lent: prayer, fasting, and almsgiving. Guided by Solenne Santiago and with the help of priests and religious, this series will challenge our pre-conceived notions about Lent, laying out a roadmap for entering the season with a purpose. Don't let Lent sneak up on you like it did last year. Instead, heed the call of St. John the Baptist by preparing for the Lord, using How to Lent to transform your spiritual life this Lenten season.

The Jubilee Prayer

Father in heaven, may the *faith* you have given us in your son, Jesus Christ, our brother, and the flame of *charity* enkindled in our hearts by the Holy Spirit, reawaken in us the blessed *hope* for the coming of your Kingdom.

May your grace transform us into tireless cultivators of the seeds of the Gospel. May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth, when, with the powers of Evil vanquished, your glory will shine eternally.

May the grace of the Jubilee reawaken in us, *Pilgrims of Hope*, a yearning for the treasures of heaven. May that same grace spread the joy and peace of our Redeemer throughout the earth. To you our God, eternally blessed, be glory and praise for ever.

Amen



Your Lenten alms change lives globally and in your own community.



Your donations help provide lifesaving support to more than 190 million people in more than 100 countries.



What does your donation provide?

\$60

for fish for a pond to feed a family.

\$80

for a baby goat to provide milk and income.

\$150

for a household garden for nutrition.

All adults and children are encouraged to participate in the Lenten Almsgiving CRS (Catholic Relief Services) Rice Bowl project. Through CRS Rice Bowl, faith communities in dioceses throughout the United States put their faith into action through prayer, fasting and almsgiving. Lenten alms donated through CRS Rice Bowl support the work of CRS in more than 100 different countries each year. Twenty-five percent of donations to CRS Rice Bowl stay in the local diocese, supporting hunger and poverty alleviation efforts. Since its inception in 1975, CRS Rice Bowl has raised more than \$320 million. What a great way to express our parish theme by 'Building our Parish through Love, Prayer, Service and Community'.

What if Lent could be about more than just giving stuff up? What if it could be a time of generosity as well as spiritual discipline? Children and adults are encouraged to perform one act of kindness each day: pray for a specific person, a phone call to someone homebound, shoveling snow, picking up groceries, hold the door open for someone, do a chore without being asked, return someone's cart at the store; the possibilities to be kind are endless!!



Are You Up for the Challenge?

March 5, 2025

Mass Times

8:30am and 7pm St. John the Baptist

5:30pm St. Isidore

Ash Wednesday

— Lent Begins

Friday, March 7, 2025 6pm
Sacred Heart Church OJ

Save the Date -- Recharging Your Spiritual Batteries

Lenten Parish Mission For St John and St Isidore
Sunday, March 9th and Monday, March 10th
6:30 p.m. at St John, Mount Vernon



In many ways, our spiritual life is a lot like a cell phone battery. There are times when our "spiritual battery" is fully charged. We're into the Scriptures, our prayer life is healthy, our spiritual appetite is good, and our passion and enthusiasm is running high. But then there are times when our "spiritual battery" is low or even dead. We have no hunger for God's word. We spend little or no time in prayer. Our spiritual passion is gone, and we're just going through the motions in our spiritual life.

This mission (through Scripture, stories, humor, and song) will offer six spiritual practices that we need to follow to recharge our spiritual batteries in order to renew our strength, restore our joy, release our anxieties, rekindle our hope, and reconnect us with God.

Presented by:
Deacon Allen Tatar
A dynamic and passionate
Catholic motivational speaker,
preacher, storyteller, musician
and evangelist.

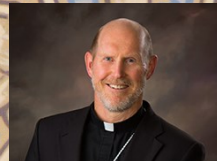
Stations of the Cross

One of the most powerful ways to enter the passion and death of Jesus is to pray the pious devotion, Stations of the Cross. Sacred Heart Church offers many opportunities:

Fridays of Lent, March 14, 21, 28, April 4, 11
6pm followed by Mass
Good Friday, April 18, 3pm
(outdoor-weather permitting)

Let us Pray for our Sacred Heart Confirmation Candidates as they continue studying Catholic teachings in readiness to receive the Sacrament during this Easter Season!

Confirmation & Pastoral Visit
by the Most Rev. Archbishop Thomas Zinkula
March 9, 10:30am
All Are Welcome!!



Reception to Follow Mass in the Church

29TH ANNUAL
CATHOLIC MEN'S
CONFERENCE

Keynote Speaker: Michael Gormley

ARCHDIOCESE
of DUBUQUE

Saturday, March 29, 2025
St. Pius X Catholic Church | Cedar Rapids

For more details and registration, visit:
www.ArchMensConference.org

Sacrament of Anointing of the Sick
Blessing Healthcare & First Responders

April 6, 2025 Mass

Lent

COMMUNAL PENANCE SERVICES

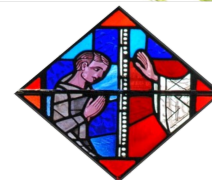
Sunday, March 30th 10:30am
Sacred Heart Church OJ

Sunday, April 6, 2025 2 pm
St. John the Baptist Catholic Church
Mt. Vernon, IA

HOLY WEEK Schedule 2025

Palm Sunday April 12/13

Sunday 10:30 am Sacred Heart OJ
Saturday 5 pm St. Isidore
Sunday 8 am St. John the Baptist



Wednesday April 16
Individual Reconciliation

3-4:30 pm St. Isidore
6-7:30 pm St. John

Holy Thursday April 17
Mass 7 pm Sacred
Heart Church OJ
and
St. John the Baptist



Good Friday April 18
2:30pm Stations of the Cross
3:00 Passion of our Lord
Sacred Heart Church OJ

2pm Outdoor Stations of the Cross
3pm Passion of our Lord
St. Isidore Catholic Church



**EASTER
VIGIL**

April 19, 8 pm
St. John the Baptist



Easter Sunday
April 20, 10:30am Mass
Sacred Heart Church
April 20, 8 am
St. John &
St. Isidore

