

OPPORTUNITIES  
AT SACRED HEART  
TO FOLLOW THE TRIPLE WAY

**HOLY TRIDUUM**

- ◇ Holy Thursday with foot washing, March 28, 6:30pm
- ◇ Good Friday Service, March 29, 3pm
- ◇ Easter Vigil with Baptism, March 30, 8pm

**WEEKLY OPPORTUNITIES**

- ◇ Stations of the Cross, Fridays of Lent, 6pm, SH Church, Scheduled for Feb 16, March 1, 8, 15, 22  
FOLLOWED BY  
Pitch-In Supper (vegetarian) in the Friary
- ◇ Viewing and Discussion of "The Chosen", Saturdays of Lent, 11am-12:30pm, Parish Hall, light lunch will be provided. Scheduled for Feb 17, 24, March 2, 9, 16
- ◇ Confession, Adoration of the Blessed Sacrament, Rosary, Benediction. Saturdays 4-4:30pm; Sundays 8-8:30am

**Sacred Heart Church  
Needs Your Help and  
Participation**

We are undergoing needed repairs to the roof, bricks, mortar, and other areas of the church to keep the building water tight. Would you prayerfully consider donating to help us maintain a beautiful site to worship for many years to come? Scan the QR code with your phone, visit [www.SacredHeartIndy.org](http://www.SacredHeartIndy.org), or contact the Parish Office



**The Triple Way  
2024 Lent**

For more information  
CONTACT THE PARISH OFFICE  
317-638-5551  
[Office@SacredHeartIndy.org](mailto:Office@SacredHeartIndy.org)  
[www.SacredHeartIndy.org](http://www.SacredHeartIndy.org)

**Sacred Heart Parish**  
1530 Union St.  
Indianapolis, IN 46225



**Lenten Opportunities  
2024**

The word Lent has an old English definition to mean "spring time." It is a time of renewal, budding forth spiritual fruits that will lead to Easter Joy at the celebration of the resurrection of the Lord.

# THE TRIPLE WAY

*Ancient Christian Teachings have long held in veneration a spiritual method of growth called the Triple Way. In synopsis, this is a progressive method in which we cultivate, plant seeds, and promote growth in the soul.*

## Purification:

*The Way begins with purification in which a person clears out the obstacles for growth. In this stage, a practitioner examines his/her habitual propensity towards sin and distractions from a holy life. He/she identifies activities and attitudes that must be corrected in order to advance on the spiritual journey. Self knowledge and a desire to be honest with oneself are necessary at this stage. There are a variety of ways to get to know oneself. We suggest getting to know the Meyers-Briggs and/or the Enneagram. Celebrating the Sacrament of Reconciliation is highly encouraged. The traditional disciplines of fasting,*

*and self denial are practical applications of this stage. We suggest fasting from the use of phone/computer/modern medias. Have you considered a dopamine detox?*

## Illumination:

*In this stage a person focus on receiving wisdom, enlightenment, and insight into the connectedness of all creation. Contemplation on nature as a way to appreciate the genius of God's work, affective scriptural reading, investigate on the ways of the saints, participating in efforts to care for nature and those in need are some examples of activities promoting the illumination stage.*

## Union:

*The goal of this stage is to enter gently and lovingly into union with God. Just as expressed through the Eucharist, a person unites himself/herself with God by following a few practices that have yielded results*

*for many throughout history. Spending time with God in Centering prayer, silence in front of the Eucharist, participating in Taize prayer are some examples of these activities. The goal here is to stop the mind from wandering and to spend time in silence to unite oneself with God, even while living in a busy and noisy world.*

## OPPORTUNITIES AT SACRED HEART TO FOLLOW THE TRIPLE WAY

### SINGLE TIME EVENTS

- ◇ *Ash Wednesday Mass, February 14, 6:30am & 6:30pm*
- ◇ *Anointing of the Sick after Mass, March 9 at 6pm, March 10 at 10am*
- ◇ *Palm Sunday Brunch, March 24, 10am, SH Hall*
- ◇ *Chrism Mass, March 26, 2pm, Sts. Peter and Paul Cathedral, 1347 N. Meridian Street, Indianapolis, IN 46202*