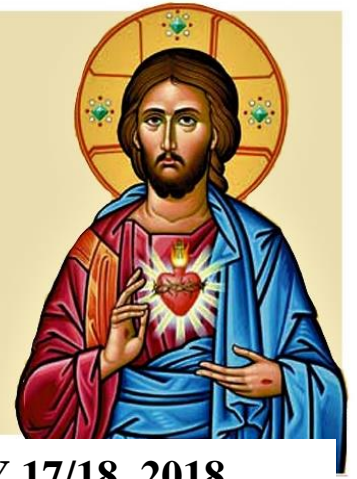


SACRED HEART HEARTBEAT

ENGLISH LANGUAGE
ROMAN CATHOLIC PARISH



7th SUNDAY OF ORDINARY TIME – FEBRUARY 17/18, 2018

PARISH MEETING — We are a parish of many backgrounds and at least three different places where we worship. But we are still one parish. Is it a good idea to meet, to be able to discuss as a group what we want, what we miss, what we might do together? February 26 has been tentatively marked for a meeting, but if it is NOT an idea that people want, please let Fr. John know in advance. No point having a meeting if no one comes. But if there is a positive response, absolutely. Let your voice be heard about whether you want your voice to be heard.



Pope Francis'

MONTHLY
PRAYER
INTENTIONS

FOR FEBRUARY

Say “No” to Corruption

That those who have material, political or spiritual power may resist any lure of corruption.

OUR PARISH PRAYS TOGETHER

Feel free to share your special needs and intentions, so they can be included here and all of our parish will join in praying with you. Individual names are welcome but not necessary.

For victims of natural disasters and violence
For family members who have died
For all those looking for work
For a woman concerned about her family
For those suffering from the cold and illness
For the end to abortions
For Fr. John's sister, Terry, with serious medical problems
For Ray Calderone's grandmother, who has died
For Fr. Jacques Masson, SJ who has died
For Aziza recovering from spine surgery

For Fr. McChesney's father, who has died
For the mother of Michael Marrah, who has died
For Shannon, with colon, liver and lung cancer
For those preparing for sacraments
For all those in pain
For justice for immigrants and refugees
For the safety of all who are traveling
For Fr. Predmore's mother, who is in hospice
For Fr. Peter Colapietro, who has died

COMING SPECIAL EVENTS AND CELEBRATIONS

February 16 – 12 Noon – English Mass at Jabal Weibde

February 17/18 – Mass celebrated in Latin

February 17 – Casual reception after Mass at Sweifieh

February 18 – 11:30 English Mass at Jabal Amman

February 18 – Fr. Gerald returns from vacation

February 19 – Ask Father John #3 (Paul and Vivian David's house, near St. Mary's Church)

February 20 – 7 PM, Lector workshop at the Jesuit Center

February 21 – ASH WEDNESDAY according to the Orthodox schedule

Ashes will be distributed following the 8:30 AM and the 6 PM Masses at the Jesuit Center

February 23 – Extraordinary Ministers of the Eucharist – Double session, 10AM to 12:30

February 24/25 – First Sunday of Lent

February 24 – Lenten Reflection session following the morning Mass

February 23-26 – Jesuit Provincial and Consultors visit Amman

February 25 – Birthday of Jesuit Novice Michael Ghobrial, nSJ

February 26 – Tentative date for Parish Meeting, 7 PM at St. Mary of Nazareth

February 27 – Extraordinary Minister of the Eucharist Workshop, Session A, 7 PM

March 1 – Fr. McChesney returns from the U.S.

March 2 – First Friday; Adoration of the Blessed Sacrament after the 8:30 Mass

March 3 - Lenten Reflection session following the morning Mass, 9 AM to 10:30 AM

March 3 – 4 PM - First Confessions for our First Communion candidates

RCIA Candidates – Penitential Rite

March 3/4 – Anointing of the Sick during Mass; please register if you wish to receive the Sacrament

March 4 – Novena to St. Francis Xavier begins – Patron of the Chapel at the Jesuit Center

March 4 – Fr. Linden goes to the U.S.

March 6 – Extraordinary Minister of the Eucharist Workshop, Session B, 7 PM

March 9 - Lenten Day of Recollection – 8:30 AM to 4 PM

March 10/11 - SECOND SUNDAY COLLECTION FOR SACRED HEART PARISH

March 10 - Lenten Reflection session following the morning Mass

March 10 – RCIA First Scrutiny

March 11 – Anniversary of the election of Pope Francis (2013)

March 12 – Canonization of St. Ignatius Loyola and St. Francis Xavier; end of the Novena

March 17 – Lenten Reflection session following the morning Mass

RCIA Second Scrutiny

Feast of St. Patrick, patron of Ireland

March 19 – Solemnity of St. Joseph, Husband of Mary

March 20 – First day of Spring

March 21 – Mother's Day in Jordan

March 24 – Lenten Reflection session following the morning Mass

RCIA Third Scrutiny

March 30 – Daylight Savings Time begins in Jordan

March 31 – Final Lenten Reflection session following the morning Mass

April 1 – Palm Sunday – Usual Mass schedule

HAVE YOU REGISTERED IN THE PARISH?

Go to www.jordanjesuits.org, go to the link for SACRED HEART PARISH and on the right side is a direct link so you can register on line.

Couldn't be easier. Thank you.

LENTEN ACTIVITIES

*A Preliminary Look at Some Activities during the Lenten Season.
Suggestions for other Lenten activities or practices are always welcome.*

Daily Mass - Whatever other penitential practices you might choose, daily Mass, when possible, is a wonderful way to grow closer to God during these days of preparation for Easter, as well as receiving the stimulation of the readings and homilies from the Jesuit priests. Mass is celebrated Monday through Saturday at 8:30 AM in the Chapel of St. Francis Xavier at the Jesuit Center, 43 Al Razi Street, Jabal Hussein, next to the Toledo Hotel.

Lenten Reflections – A weekly gathering to share reflections and explore the history and meaning of Lent. Each Saturday at the Jesuit Center, following the 8:30 Mass, from February 24 until March 31. All are welcome, no reservation necessary.

Daily Reflections during Lent – Available on request by email, and also available on the Parish Group page on Facebook. Those who have received them in the past will be automatically on the email list. Email Fr. John if you want to be added to the list.

Anointing of the Sick - During Mass on March 3 and 4, the Sacrament of Anointing of the Sick will be offered. If you would like to receive the Sacrament, please let Fr. John know, so appropriate arrangements can be made.

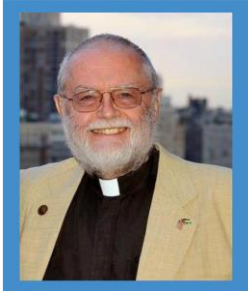
Lenten Day of Recollection – Friday, March 9 – 8:30 AM (Morning Mass) until approximately 4. Lunch is included. No charge for the day, but advance reservations **are** required. Fr. John and Fr. Robert will share the day.

During Lent we will also be conducting the “Scrutinies” for the Catechumens, and on March 3rd, the First Communion candidates will receive the Sacrament of Reconciliation for the first time. That ceremony will begin promptly at 4 PM in St. Mary of Nazareth Church, and all are invited to come and pray with the young people. A priest will also be available to hear confessions of adults while the candidates are making their First Confessions.

Sacred Space - Guided daily six-step prayer, taking about 10 minutes (or as much longer as you want). Run by the Irish Jesuits and available in Catalan, Chinese, Croatian, Czech, English, French, German, Hungarian, Indonesian, Irish, Italian, Japanese, Korean, Latvian, Lithuanian, Polish, Portuguese, Romanian, Russian, Slovenian, Spanish, and Swedish. Go to: <http://sacredspace.ie/#advice>

Mass Readings – Because we follow the Orthodox calendar during Lent and Easter, one week later than the Western Church, the usual links for Mass readings will be one week off. The Sunday readings will be posted on the website each week, so Lectors and others can easily access them. The link to the Universalis readings has the Orthodox calendar, but they do not carry the same translation of the readings that we use at Mass.

Pray the Rosary – The rosary is one of the most versatile and powerful prayers in our tradition. It can be adapted to particular saints or seasons, it can be prayed anywhere, with or without using the physical beads, it was given to us directly by the Blessed Mother (according to tradition), and as we prepare for the Passion and suffering of Christ, it is good to remember the sufferings that the Blessed Mother went through as well.



RAMBLINGS

OF THE REVEREND REDACTOR

When you come to this Newsletter in its next edition, we will be at the First Sunday of Lent and the penitential season will be under way. The ashes will already have been smooched on and later washed off our foreheads, we will have survived the fast and abstinence of Ash Wednesday and we are hopefully remembering that we don't eat meat on Friday during Lent. It does seem as though we have only just put away the Christmas decorations, we get barely a chance to pause and now we have to think about Lent and Easter. We move quickly from the Baby Jesus to Jesus working His way to Jerusalem and the Passion and His death on the Cross.

The public ceremonies are easy. We all know about Stations of the Cross, daily Mass, Benediction of the Most Blessed Sacrament and the Day of Recollection on March 9. We will be scheduling some times for adoration of the Blessed Sacrament in the Chapel, and there will be the weekly reflections each Saturday after the 8:30 Mass at the Jesuit Center. Our First Communion candidates will make their First Confessions, we will have Anointing of the Sick at Mass, and our candidates preparing for Baptism at Easter will go through the ceremonies of the Scrutinies. We start to look forward to the great celebrations of the Easter Triduum that are part of our tradition - Holy Thursday, Good Friday, and the Easter celebrations including the Great Vigil Mass that this year include Baptism, Confirmation and First Communion of a new Catholic. I hope many of our community will become involved in planning these and helping bring them to reality.

But I am more concerned with the private and personal dimension of Lent. There will be individual booklets to help each one work out his or her personal needs and areas of focus for the penitential season. There will be daily reflections delivered via email for those who wish them, and also available on our Facebook group page. I would encourage each of us, as part of our Lenten plan, to include more time for personal prayer, and I will be providing some information on techniques of prayer that might be helpful.

For many of us (and I include myself), the hardest part about prayer is the simple discipline of finding and making the time to pray. I would like to make two suggestions that might help in bringing us to spending time with God. I will post a schedule of times during which the small chapel will be available for private prayer. We will meet at a set time, and begin with an opening prayer. The rest of the time will be spent in silent prayer, in the presence of the Blessed Sacrament. At the end of an hour, we will have a closing prayer. The Blessed Sacrament will remain exposed as long as anyone wishes to stay. There is often great strength in simply praying together – in silence, but aware of the presence of others, and praying for one another.

For those who might be interested in sharing prayer during this season, I encourage forming small prayer groups. Each group can determine its own schedule and format, but usually once a week is a good schedule. The group can come together and reflect on a Scripture passage, engage in a prayer or reflection exercise, or some other approach. Then each member shares with the others their response to the exercise for that session. The prayer time is reverential, the discussion is confidential within the group, and while the group is free to set its own times and directions, usually 90 minutes is a good limit. I am available to help as needed but I should not be needed. You and God make a pretty good team.

And let us continue to pray for one another.

Fr. John's Email: pastorsh@jordanjesuits.org

Fr. John's Phone: Office: 06 461-4190, Ext 29

Mobile: 079 013-8985

Website: Jordanjesuits.org

Facebook: If you are on Facebook, go to Parish Group

MASS SCHEDULE

<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
Mon - Sat	8:30 AM	Jesuit Center
Saturday	5:00 PM	Sweifieh, St. Mary of Nazareth
Sunday	6:00 PM	Jabal Hussein, St. Jean Baptiste de la Salle (Al Razi Street)

WORKSHOP SCHEDULES

For anyone interested in becoming a Lector, or men interested in becoming an Extraordinary Minister of the Eucharist, workshop times are below. An RSVP is not required but appreciated, so we can be sure to have enough copies of materials. If you are interested and NONE of the scheduled dates is possible, please let Fr. John know so you can be notified if other dates are added.

LECTOR WORKSHOP (Attendance at one only)

Tuesday, February 20 – 7 PM

Monday - March 5 – 7 PM to 8:30PM

EXTRAORDINARY MINISTER OF THE EUCHARIST (2 Sessions required, A and B)

Friday – February 23 -A and B together – 10 to 12:30

Tuesday – February 27 (Session A) - 7:00 to 8:30 PM

Tuesday – March 6 (Session B) – 7:00 to 8:30 PM

ALTAR SERVERS

Because school schedules are so different, anyone who has made their First Holy Communion and is interested in becoming an Altar Server, contact Fr. John and we'll arrange a time for the workshop and for the practicum at the church. Adults may also serve.

OTHER AREAS OF SERVICE

Workshops not required – just a desire to be of help. While Fr. Sheehan is available as a resource, each group should run as independently as possible. If interested let Father know and your name will be added to be notified for future meetings.

CARE FOR THE POOR GROUP – Helps organize and run projects to reach out to those in need in and around our community. (See below for an update on activities.)

SPECIAL EVENTS – Individuals who arrange receptions and other special activities outside the celebration of Mass.

YOUTH PROGRAM – Just getting started, the idea being to see if there is interest in helping form a group for young adults from 18 to 30. So far there has been one meeting to explore options, and another will be scheduled if there is any interest. (NOTE: Fr. Sheehan has NOT been a “youth” for longer than many parishioners have been alive, so this is definitely an activity where others have to step up.)

MUSIC MINISTRY – There was a meeting on February 13. There will be a report at Mass and in the next edition of HEARTBEAT. If you are interested – let Fr. John know.

ASK FATHER JOHN (Part III)

On Monday, February 19, there will be another session of "Ask Father John," an open conversation about anything you want to know or ask. It will be at Paul and Vivian David's House, 9 Anwar Al Khatib Street, Sweifieh. Map on the right. Phone if you are lost – 079 588-9330.

A REFLECTION ON CHOCOLATE AND OTHER THINGS IN PREPARATION FOR LENT

In the beginning, God created the Heavens and the Earth and populated the Earth with broccoli, cauliflower and spinach, green and yellow and red vegetables of all kinds, so Man and Woman would live long and healthy lives.

Then using God's great gifts, Satan created Ben and Jerry's Ice Cream and Krispy Creme Donuts. And Satan said, "You want chocolate with that?" And Man said, "Yes!" and Woman said, "And as long as you're at it, add some sprinkles." And they gained 10 pounds. And Satan smiled.

And God created the healthful yogurt that Woman might keep the figure that Man found so fair. And Satan brought forth white flour from the wheat, and sugar from the cane and combined them. And Woman went from size 6 to size 14.

So God said, "Try my fresh green salad." And Satan presented Thousand-Island Dressing, buttery croutons and garlic toast on the side. And Man and Woman unfastened their belts following the repast.

God then said, "I have sent you heart healthy vegetables and olive oil in which to cook them." And Satan brought forth deep fried fish and chicken-fried steak so big it needed its own platter. And Man gained more weight and his cholesterol went through the roof.

God then created a light, fluffy white cake, named it "Angel Food Cake," and said, "It is good." Satan then created chocolate cake and named it "Devil's Food."

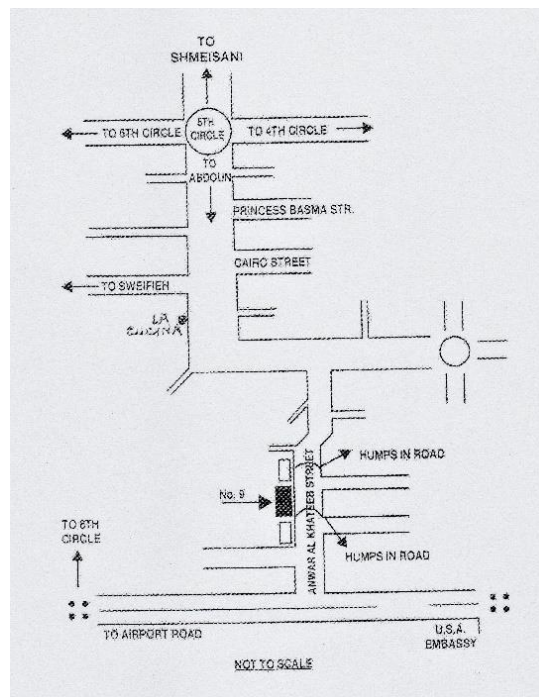
God then brought forth running shoes so that His children might lose those extra pounds. And Satan gave cable TV with a remote control so Man would not have to toil changing the channels. And Man and Woman laughed and cried before the flickering blue light and gained pounds.

Then God brought forth the potato, naturally low in fat and brimming with nutrition. And Satan peeled off the healthful skin and sliced the starchy center into chips and deep-fried them. And Man gained pounds.

God then gave lean beef so that Man might consume fewer calories and still satisfy his appetite. And Satan created McDonald's and its 99-cent double cheeseburger. Then said, "You want fries with that?" And Man replied, "Yes! And super size them!" And Satan said, "It is good." And Man went into cardiac arrest.

God sighed and created quadruple bypass surgery.

Then Satan created HMOs.



TEN THINGS TO DO FOR LENT

1. Remember the formula. The Church does a good job capturing certain truths with easy-to-remember lists and formulas: 10 Commandments, 7 sacraments, 3 persons in the Trinity. For Lent, the Church gives us almost a slogan—Prayer, Fasting and Almsgiving—as the three things we need to work on during the season.
2. It's a time of prayer. Lent is essentially an act of prayer spread out over 40 days. As we pray, we go on a journey, one that hopefully brings us closer to Christ and leaves us changed by the encounter with him.
3. It's a time to fast. With the fasts of Ash Wednesday and Good Friday, meatless Fridays, and our personal disciplines interspersed, Lent is the only time many Catholics these days actually fast. And maybe that's why it gets all the attention. "What are you giving up for Lent? Hotdogs? Beer? Jelly beans?" It's almost a game for some of us, but fasting is actually a form of penance, which helps us turn away from sin and toward Christ. Some people have given up Facebook in past years and found it a rich sacrifice.
4. It's a time to work on discipline. The 40 days of Lent are also a good, set time to work on personal discipline in general. Instead of giving something up, it can be doing something positive. "I'm going to exercise more. I'm going to pray more. I'm going to be nicer to my family, friends and coworkers."
5. It's about dying to yourself. The more serious side of Lenten discipline is that it's about more than self-control – it's about finding aspects of yourself that are less than Christ-like and letting them die. The suffering and death of Christ are foremost on our minds during Lent, and we join in these mysteries by suffering, dying with Christ and being resurrected in a purified form.
6. Don't do too much. It's tempting to make Lent some ambitious period of personal reinvention, but it's best to keep it simple and focused. There's a reason the Church works on these mysteries year after year. We spend our entire lives growing closer to God. Don't try to cram it all in one Lent. That's a recipe for failure.
7. Lent reminds us of our weakness. Of course, even when we set simple goals for ourselves during Lent, we still have trouble keeping them. When we fast, we realize we're all just one meal away from hunger. In both cases, Lent shows us our weakness. This can be painful, but recognizing how helpless we are makes us seek God's help with renewed urgency and sincerity.
8. Be patient with yourself. When we're confronted with our own weakness during Lent, the temptation is to get angry and frustrated. "What a bad person I am!" But that's the wrong lesson. God is calling us to be patient and to see ourselves as he does, with unconditional love.
9. Reach out in charity. As we experience weakness and suffering during Lent, we should be renewed in our compassion for those who are hungry, suffering or otherwise in need. The third part of the Lenten formula is almsgiving. It's about more than throwing a few extra dollars in the collection plate; it's about reaching out to others and helping them without question as a way of sharing the experience of God's unconditional love.
10. Learn to love like Christ. Giving of ourselves in the midst of our suffering and self-denial brings us closer to loving like Christ, who suffered and poured himself out unconditionally on cross for all of us. Lent is a journey through the desert to the foot of the cross on Good Friday, as we seek him out, ask his help, join in his suffering, and learn to love like him.

UPDATES

The Care for the Poor group would like to thank everyone who took part in the Advent Basket Program this year. The response was overwhelming, and the contributions of clothing, food, toys and cash were very inspiring. We are pleased to report that one truck, accompanied by several from the parish, went to Ma'en and delivered boxes and bags of food and blankets to ten families in special need. The rest of the donated items have been distributed to specifically needy families with the assistance of JRS (Jesuit Refugee Services) including families left homeless because of the recent building collapse. JRS has an ongoing program of home visits, and so they know first-hand where the needs are greatest and what of the donated materials are most useful. For your care and generosity, may God reward you and bless your families, and there are people all over the region who are grateful to the unknown benefactors who have made their lives a little bit better.

LENTEN PRACTICES

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics.

In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, 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.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

Corporal Works of Mercy

- Feeding the hungry
- Sheltering the homeless
- Clothing the naked
- Visiting the sick
- Visiting the imprisoned
- Giving drink to the thirsty
- Burying the dead

Spiritual Works of Mercy

- Converting sinners
- Instructing the ignorant
- Advising the doubtful
- Comforting the sorrowful
- Bearing wrongs patiently
- Forgiving injuries
- Praying for the living and dead