

LENTEN NOTES 2016

DAY BY DAY THROUGH LENT 2016

Sunday	Masses as usual and Stations of the Cross at 3pm.
Monday	to Friday Exposition in the Chapel 7am to 8am. Holy Mass 9am & 5.15pm (RPH).
Tuesday	Holy Mass 7pm. Prayer Group 7.30pm.
Wednesday	Holy Mass 9am Liturgy of the Word: 7.30pm
Thursday	Holy Mass 7pm.
Friday	Holy Mass 12 Noon & 5.15pm. (RPH) Lenten Soup Lunch 12.30pm Eucharistic Holy Hour First Friday 7pm – 8pm
Saturday	Holy Mass 10am Confessions 11am and Exposition, 10.30am to 12 noon.

SPECIAL DAYS, DATES AND EVENTS

Feb. 10 th	Ash Wednesday: Blessing and Distribution of Ashes at 9.30am & 7pm (Day of Fasting & Abstinence)
Feb. 13 th	Rite of Election for New Catholics, Lancaster Cathedral.
Feb. 19 th	Fast Day (CAFOD)
March 4 th	First Friday Holy Hour
March 5 th	Meeting & Reflection for Readers 2-4pm
March 12 th	Meeting & Reflection for Eucharistic Mins. 2-4pm
March 20 th	Palm Sunday -Blessing of Palms at all Masses.
March 24 th	Holy Thursday: 11.30am Chrism Mass at the Cathedral 7.30pm Mass of the Lord's Supper, Washing of Feet followed by 'Watching' until 10.30pm
March 25 th	Good Friday: 10am: Stations of the Cross 3pm Solemn Liturgy of the Passion (Day of Fasting and Abstinence)
March 26 th	Holy Saturday: 8.30pm Vigil and First Mass of Easter
March 27 th	EASTER DAY Masses as usual

Wednesday 10th February is ASH WEDNESDAY, the day on which the Season of Lent begins. These 'Lenten Notes' are designed to help you use this Season well, to develop your relationship with God. Inside there is information about what is going on in the parish during Lent and there are some hints and suggestions as to how you might personally use this special time.

Ash Wednesday is a day of fasting and abstinence.

Lent

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*Turn away from
sin and
be faithful
to the Gospel.*

WHAT DOES 'LENT' MEAN?

Our word 'Lent' is taken from the Anglo-Saxon and means 'Spring' or 'Lengthening.' Lent is that time of year when the days lengthen. The season begins on Ash Wednesday and culminates in the celebration of Easter. The 40-day Lenten Fast finds its origins in the scriptures. The Israelites had to tramp round the desert for 40 years but more importantly for us, Jesus fasted for 40 days in the wilderness before beginning his public life. Our Lenten observance imitates that of our Lord.

WHAT ARE YOU DOING FOR LENT?

Lent is that special time for renewing our Faith. It is a time to turn back to God and to the things that are really important. Below are some suggestions that might help you use this time well.

THE MASS: for us who are Catholic is very special, it is *the* place where we meet Jesus Christ in his Word, in the Bread of the Eucharist and in his People gathered together. During Lent WHY NOT TRY TO GET TO ONE OF THE DAILY Masses in church or nearby? See the bulletin for times.

THE STATIONS OF THE CROSS: Lent is a journey; it is a pilgrimage of faith with our Lord to God the Father. On each Sunday of Lent at 3pm the Parish will celebrate the Stations of the Cross. Come and unite yourself with Jesus in his journey to Calvary and to God. Alternatively, you could make the Stations' by yourself in the quiet of the church, just spending a few moments at each Station remembering our Lord's journey.

EXPOSITION OF THE BLESSED SACRAMENT: Prayer is a vital ingredient in any Lenten resolution. The Blessed Sacrament will be exposed every Saturday morning in the church from after the 10am Mass to 12 noon whilst Confessions are being heard. See '*Prayer from Divine Office*' below.

VISITING THE CHURCH: Of course, we can call into church during the day just to spend five quiet minutes in prayer. A Lenten objective would be never to be in the area of the church without calling in for a moment's prayer.

PRAYER FROM THE DIVINE OFFICE: All clergy and religious have to recite the Prayers from the Divine Office at least five times a day. During the weekdays of Lent (Monday to Friday inc) the side-Chapel will be open from 7am, the Blessed Sacrament will be exposed and, at 7.45am Morning Prayer will be celebrated. The Hour of Prayer will close at 8am.

RECITATION OF THE ROSARY: This is a Gospel Prayer, it takes place in church each day after the Morning Mass and before the noon Mass on Friday. It is recited for the intention of *Life*.

LENTEN LUNCHESES: Fridays are a special day of penance. After the Noon Mass 'Hunger Lunches' will be served in the Parish Hall. You will be served with a bowl of soup, a bread roll and a hot drink. Your donation (we suggest at least £1) will go to our efforts to support the Bosnia Project.

FIRST FRIDAY EVENING: 7 – 8pm a gentle time of prayer before the Blessed Sacrament with music and reflection. A must for Readers, Eucharistic Ministers and all who serve.

MERCY: Monday evenings at The Minster church; Lent Talks. 7.30pm

DAYS OF REFLECTION: Well half-days, actually! For **Parish Readers on Saturday 5th March; Parish Eucharistic Ministers on Saturday 12th March**, both 2 pm to 4pm. in the Side-Chapel. Lent is a special time for taking stock, for renewal; and those engaged in these important Ministries are required to do this regularly. Those engaged in both ministries will find the days quite different, geared to each ministry.

SPIRITUAL READING: In Lent we are called to nourish our minds with wholesome reading. You could always settle down with one of the Gospels or some other Bible reading. The Parish will supply a 'Walk with Me' Lenten edition.

PRIVATE ACTS OF PENANCE: These acts are between you and God. They may range from giving up sugar in tea to fasting for a whole day; from visiting a sick neighbour or relative to wearing a hair shirt! But whatever penance or other act you choose to do, make sure that it is not beyond your limit. Aim at little things, do them well and thus avoid disappointment.

A THOUGHT OR TWO FOR PARENTS: Lent is a good time to do spiritual things with children; they understand the importance of the spiritual when they see that it matters to their parents and when the whole family takes part. There are many things that you can do together as a family: a short time in prayer each night, a family visit to church, going together to Mass during the week, reading a bible story etc. Another thought – mums and dads, when you have dropped off your child at school just before 9am, if you have the time on Monday or Wednesday, why not call into church for the Mass at 9am? It would only take 20 minutes and is an excellent way to pray for your family. Or just pay a private visit? Many in our 'top class' will be coming to the Friday noon Mass, why not join them?

"WALK WITH ME": This publication will be distributed to adults in the congregation. It is a day by day journey through Lent for spiritual reading. For children there is a 'Calendar for Lent.'