

Cathedral Parish of St Mary & St Helen Parish Lenten Programme for 2024

Dear Friends in Jesus Christ,

We are about to embark upon our Holy Season of Lent once again. Lent is a Penitential Season, and it affords each one of us the opportunity to make little sacrifices. We may have decided to give up something for, or to do something extra, but Lent gives us the

opportunity to focus our attention on the spiritual aspect of our lives. It is that season of preparation to celebrate the greatest event in the whole history of the creation; that at a moment in time, Jesus Christ, truly God and truly man, triumphed over sin and death for the salvation of the whole of humanity. He continues to invite us to share in the Paschal Mystery. Every time we attend Holy Mass that 'saving action' is made real! We are invited to share His life, and Lent will be a wonderful opportunity to really make a deep commitment in faith to the Lord.



Fast



Give



Prepare



Pray



The three disciplines of Prayer, Fasting & Almsgiving are at the heart of the Lenten Season. How we respond to these is very personal. Whatever we decide to do is between ourselves and Almighty God. But I do encourage all of our parishioners to enter into the full

spirit of the season. You may like to take on something extra during Lent, e.g. reading a chapter of the Bible each day; spending additional time in private prayer; doing some spiritual reading - there are plenty of spiritual books in our libraries. Attending an additional Mass during the week; or praying the Rosary each day; or attending the Stations of the Cross devotions; or making a Holy Hour before the Blessed Sacrament. The decision is yours, but please don't Lent pass you by without doing something!

TIMES OF MASSES & SERVICES DURING LENT

ASH WEDNESDAY: **With Distribution of the Ashes at all Masses**
Cathedral 9.15am Please make a very special
Cathedral 1.10pm effort to attend one of the Masses
Cathedral 7.00pm **THIS IS A DAY OF FASTING
AND ABSTAINENCE**

SUNDAY MASSES

Cathedral 6.30pm. (Saturday Vigil Mass)
Cathedral 8.00am. Early morning Mass
Cathedral 9.30am. Parish Family Mass
Cathedral 11.30am. Parish Sung Mass
Cathedral 6.30pm Sunday evening Mass

MONDAY

Cathedral Mass 9.15am
Cathedral 6.30pm Holy Hour / Benediction / Confessions

TUESDAY

Cathedral Mass 9.15am

WEDNESDAY

Cathedral Mass 9.15am Followed by Holy Hour / Exposition

THURSDAY

Cathedral Mass 9.15am

FRIDAY

Cathedral Mass 9.15am
Cathedral **7.00pm Stations of the Cross/ Exposition**

SATURDAY

Cathedral Mass 9.15am.
Cathedral **10.00am Confessions in the Church.**
Cathedral 6.30pm Vigil Mass for Sunday

SUNDAY MASSES

Cathedral 8.00am Early Mass
Cathedral 9.30am Parish Family Mass
Cathedral 11.00am Parish Sung Mass
Cathedral 6.30pm Sunday Evening Mass

LENTEN DIARY 2024

14th February	Ash Wednesday. 4 Masses. See Newsletter. <i>Day of Fasting and Abstinence</i>
18th February	Rite of Election. 3.00pm. Brentwood Cathedral
21st February	Lenten Talk. Fr Timothy Radcliffe OP. Cathedral 7.30pm
23rd February	CAFOD Lenten Family Fast Day / CAFOD envelopes
28th February	Lenten Talk. Fr Jan Nawotnak. Cathedral 7.30pm
1st March	Women's World Day of Prayer
6th March	Lenten Talk. Austen Ivereigh. Cathedral 7.30pm
10th March	Laetare Sunday/ Mothering Sunday
13th March	Lenten Talk / Bishop Nicholas Hudson. Cathedral 7.30pm
18th March	Parish Lenten Penitential Service 7.30pm
23rd March	FHC Children's First Reconciliations 11am Cathedral

HOLY WEEK 2024 BEGINS

24th March	Passion Sunday / Palm Sunday.
27th March	Chrism Mass, Brentwood Cathedral, 11.00am

SACRED TRIDUUM

28th March	Triduum Begins. Mass of the Lord's Supper 8.00pm
29th March	Good Friday. Passion of Our Lord 3.00pm
30th March	Holy Saturday/ Easter Vigil, 7.00pm
31st March	<u>British Summertime Begins. Clocks forward 1 hour</u>
31st March	<u>Easter Sunday / The Resurrection of the Lord</u> 4 Masses: 8.00am, 9.30am, 11.30am, and 6.30pm All Masses are at the Cathedral.

RITE OF CHRISTIAN INITIATION OF ADULTS

This year on our Journey of Faith, ten members from the community have decided to go forward to the Reception of the Easter Sacraments. Some will be Baptised, and others will be received into full communion with the Church, Confirmed and receive the Holy Eucharist. Please keep them in your prayers over this Lenten Season. These final weeks of instruction will help to prepare them for the Joy of the Easter Vigil on Holy Saturday Evening 30th March 2024 at 7.00pm,

Practical Prayer guide & actions to take during Lent

- 1) **Make a serious Act of Contrition and Repentance of your sins before or during these 40 days of Lenten Journey, to be at peace with God. The Word of God says in 1 John 1:9, *'If we confess our sins, he is faithful and just to forgive our sins, and cleanse us from all unrighteousness'*. Also, make peace with whomever has offended you or you have offended. Matthew 6:14 says *'For if you forgive people their trespasses, your Heavenly Father will also forgive you.'***
- 2) **Endeavour to live a holy life during and after this Lenten period. Make 'holiness' your watch word.**
- 3) **Be charitable; visit the less privileged, sick & housebound, provide weekly to the Foodbank.**
- 4) **Render selfless services to God and support your parish & community; help with parish projects. Join the altar society, volunteer to become a catechist, volunteer for other charitable work.**
- 5) **Spread the Gospel of Jesus anywhere you find yourself through your word, actions, and lifestyle. Become a Living Gospel of Christ.**
- 6) **After these 40 days of prayer, believe that God has answered your prayers. God assured us in Numbers 14:28 that *'He will do to us whatever he hears us say.'***
- 7) **Equip yourself with the Word of God by reading your Bible daily. This will keep you in tune spiritually. Pray Lectio Divina or Spiritual Reading (there are many spiritual books in our Libraries).**
- 8) **Never go back to your past life. Continue to live as a son or daughter of God**


A Journey Through Lent