



## LENT 2024 AT ST LAWRENCE'S

### ASH WEDNESDAY, 14<sup>th</sup> February Day of Fasting and Abstinence

Mass with Imposition of ashes at 9.30am, 12.00noon, 6pm and 8pm (Polish).



### EUCCHARISTIC ADORATION

The Blessed Sacrament will be exposed Monday to Friday from 8.30am-9.25am, **starting Thursday 15<sup>th</sup> February**. Also on Saturday morning from 9.30am-10.45am



### STATIONS OF THE CROSS

Fridays at 10.00am, Saturday at 11.30am and Wednesdays at 7.30pm (Polish).

### DAILY REFLECTION BOOKLETS

**My Day by Day** booklets for personal daily reflection (using the daily Mass readings). Price £1.00 each. If you have not seen or used this booklet before, consider taking one for your Lenten reflection.

### FIRST FRIDAY DEVOTION TO THE SACRED HEART AND ADORATION BEFORE THE BLESSED SACRAMENT

**Friday 1<sup>st</sup> March** after Stations of the Cross. In the event of a Funeral, there will be alterations to the times of devotion and adoration.



### PARISH PRAYER HOME VISIT

Would you like a visit in Lent from one of the Clergy? This could be a time of prayer or reflection on a particular weekday during Lent. If so, please put your name and contact details on the list in the porch. There are limited places.



### SMALL FAITH-SHARING GROUP

Every Monday during Lent, starting **from 19<sup>th</sup> February** there will be a small faith-sharing group in the Presbytery after the 9.30am Mass. If you would like to be a part of this group please let Florie know. It will last 45minutes to an hour. We will be following a Diocesan Lenten resource "We Dare to Say". This will be led by a member of the Pastoral Team.

### PARISH PRAYER GROUP

The Parish Prayer Group meet on **Saturday 17<sup>th</sup> February and 16<sup>th</sup> March** for Worship and Prayer in the Parish Centre from 6.15-7.45pm.

### PASSION PLAY

There will be a play here in Church on The Passion organised by the Youth of St Michael & St Martin's Church on **Friday 22<sup>nd</sup> March at 7.00pm**. This is a free event and all are welcome/encouraged to attend.



### CAFOD FAMILY FAST DAY

CAFOD Family Fast Day is **Friday 23<sup>rd</sup> February**, a day when we eat simply and give generously to support families around the world. This Lent, please encourage your parish to help hardworking people like James the fisherman from Liberia who now has the equipment he needs to fish safely and sustainably – to find good fishing spots and return home safely. Use the CAFOD envelope to Gift Aid your donation, which boosts your donation by 25 per cent. The QR code on the envelope is also an easy way to jump to the CAFOD website to donate online. The collection will be taken up **the weekend of 24<sup>th</sup>/25<sup>th</sup> February**.

Theresa Butcher and Miriam McNeaney will give a brief talk the weekend of **17<sup>th</sup>/18<sup>th</sup> February**. Also available in the porch are some CAFOD collection boxes which you can take home and fill with your loose change during Lent. Please return any filled boxes to the presbytery by **24<sup>th</sup> March**.

### CAFOD'S WALK AGAINST HUNGER LENT CHALLENGE

This Lent, challenge yourself to walk 200km, and help give hunger its marching orders. Do 5k a day, your way, for 40 days, get sponsored and you'll conquer your 200km target in time for Easter – and help people around the world as they overcome poverty. To find out more or take part, go to: [walk.cafod.org.uk](http://walk.cafod.org.uk) or scan the QR code from the poster in the porch.

### LENTEN ALMS – The Cardinal's Appeal

Information to follow



### FLOWERS:

PLEASE DO NOT bring in flowers to decorate the altar or any of the statues or the side altars in Church during Lent.