

# LENT & EASTER

## ASH WEDNESDAY LENT BEGINS



Emphasizes our mortality and our need for ongoing repentance.

## PALM SUNDAY



Commemorates Jesus' triumphal entry into the city of Jerusalem.

## HOLY THURSDAY



Celebrates the Last Supper with the disciples and Passover.

## GOOD FRIDAY



We remember the Passion and Jesus' sacrifice for us on the cross.

## EASTER SUNDAY HE HAS RISEN!



Alleluia!  
The principal feast of the ecclesiastical year. Jesus has risen!

The 50 days of Easter take us to Pentecost

## DAYS OF FASTING

ASH WEDNESDAY  
GOOD FRIDAY

### WHAT IS FASTING?

One full meal and two smaller meals.

## DAYS OF ABSTINENCE

ASH WEDNESDAY  
GOOD FRIDAY  
EVERY FRIDAY DURING LENT

### WHAT IS ABSTINENCE?

No meat.

# 40

The 40 days of Lent are based on two accounts: the 40 years of wandering by the Israelites and our Lord's 40 days in the wilderness at which point He was tempted by Satan.

## PILLARS OF LENT

PRAYER  
FASTING  
ALMSGIVING

The key to understanding the meaning of Lent is simple: Baptism.



# LENT 2022

ST JOHN FISHER  
CATHOLIC CHURCH



**LENT** The point of Lent is to get rid of something which is keeping us from Jesus and to take steps which will bring us closer to him. The pillars of Lent are **Prayer, Fasting, and Almsgiving**. Pick one thing from each area to focus on during Lent. Choose things which will help to bring you closer to the Lord.

**PRAYER...** is an essential part of the Lenten experience. There is a saying that without prayer, fasting is just dieting. Without prayer, almsgiving is just social work. Prayer connects us with our loving God. During Lent, it is important to focus more time on prayer. This is a good time to develop a daily prayer habit, if you don't already have one. If you already have a prayer habit, consider adding to it. Or change it a bit, if your routine has become stale and dry.

**Pray Night Prayer, from the Liturgy of the Hours...** It's a really peaceful way to end the day. Some people think the Liturgy of the Hours is too "old fashioned" to use with young people and children, but many can appreciate it. Look up *Universalis* on line or on your phone. It's a free app which gives you the daily prayers of the Church, including Night Prayer. It's sure to help you, get a good night sleep.

**Start a Prayer Journal.** Lent is a time when we explore ways to deepen our prayer lives. A prayer journal is a good way to stay focused during prayer. This is an especially helpful practice for young people who are trying to develop a prayer routine.

**Pray the Rosary...** The Holy Rosary is one of the most misunderstood Catholic devotions. While some non-Catholics see it as worshipping Mary, it is in fact focused on Christ. The mysteries of the Rosary are based on important events in the life of

Christ. Leaflets on how to pray the Holy Rosary are available from the Repository Shop. If you would like some Rosary Beads, Fr Shaun has some previously loved beads, which are looking for a new home.

**Make a Gratitude List and pray with It** Gratitude can be one of the most fruitful forms of prayer. When we specifically notice things to be grateful for, we become aware of and acknowledge God's constant presence in our lives. Practising gratitude daily can change your whole attitude and it doesn't have to take up a lot of your time.

**Lighten your load and receive the Sacrament of Reconciliation,** Go prayerfully and thoughtfully to make your confession. For many of us, our Lenten and Advent journeys are not complete until we receive the Sacrament of Reconciliation. This is the place of victory. Every Confession is a win for Jesus. It's the place of victory, where we are loved and forgiven. Reconciliation is available each week on Saturday evening and on request; just ask!

**Attend the Stations of the Cross.** Stations of the Cross are a lovely Lenten tradition. In this devotion, we make the journey to Calvary with Jesus. We walk with him, focusing on how he suffered for us and his interactions with those he met on the way. Stations of the Cross take place every Friday evening (beginning 11th March) in church, at 7.00pm and last for about 30 minutes.

**Go to a weekday Mass.** During Lent, we are called to grow closer to our Lord by increasing and focusing our prayer life. We don't just go to Mass because we have to fulfil our Sunday obligation. We go because we understand, that we need the grace we receive, in order to be sustained, especially during this holy season. Try to step out of your usual routine and go to Mass in addition to a Sunday. Mass at SJF Tuesday –

Friday, is at 9.30am and Saturday at 10.00am

### **In need of peace and space to pray?**

After the morning school run, go and speak with Jesus, in the most Holy Sacrament of the Altar. Exposition and Benediction takes place each Friday at SJF, directly following the Holy Mass.

**FASTING...** Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays are days of abstinence from meat. During Lent, go beyond the required fasting...

**Fast from a second helping:** Try fasting from a second helping. Some of us have such an abundance of food while others in this world have so little. Start with a moderate first helping and then stop!

**Fast from your mobile phone:** There was a time before people had mobile phones. It might seem impossible to fast from your mobile phone, but you might discover you have more time to pay attention to other people, yourself and the Lord this Lent.

**Fast from the light:** There is only one true light in our world: Jesus Christ. Try fasting from light for an hour. Turn off your lights and lamps. Resist the urge to pick up your phone. At most, light a single candle. Then spend some time talking to and listening to Jesus Christ, the Light of the World.

**Fast from emails and texts:** We have become so dependent on emails and texts to connect with others. Try fasting from emailing and texting this Lent. When you receive an email or text, instead of replying in text, reply in kind, call the person or speak to them face to face.

**Fast from gossip:** Gossip impacts our relationships with each other and divides the Body of Christ. And it can easily become a bad habit and a false way to develop a feeling

of "belonging". So unless you are gossiping the gospel message, fast from gossip and criticism of others this Lent, you'll find it liberating and heart warming.

## **ALMSGIVING**

The third Lenten practice is almsgiving. Almsgiving is the act of giving to the poor. Through almsgiving, we share God's love with others and we recognize that the gifts we have are not really our own. If the thing you are fasting from leaves a little extra money in your pocket, then give that money to a worthy charity which helps the poor.

**Support our Food Bank Collection Point,** at the entrance of the church. This will directly help people in Shepperton.

**Have a Family Fast Day** on Friday 11th March - pick up a CAFOD envelope from the church. Support the Cardinal's Lenten Appeal, to help those who live on the margins.

If you really want to push yourself, give your time in direct service to another. As a charity ourselves, SJF is always in need of volunteers, who can share their gifts and skills. And who knows, you might receive a gift yourself. You might encounter Jesus in the faces of those you are serving.

**Go and say hello...** to someone who you haven't spoken to before, someone who you think may be new to the Mass you attend. Churches, even ours, can be cliquy and unwelcoming. Being generous to others, not just to those we know well, is a generous form of almsgiving.

**Hot Cross Buns to share.** Hot cross buns are traditionally served during Lent, particularly on Good Friday. The cross reminds us of the crucifixion of our Lord. The spices used in them are reminders of the fragrant spices used during burial. Make some and share them with someone experiencing a difficult time. You'll make all the difference to them.