

**LENT SMALL GROUPS** "*Rejoice and be Glad*" is the name the diocesan faith-sharing resource for this Lent. This begins on Tuesday 12th March after the morning Mass and then at the same time for the next 5 consecutive Tuesdays. Venue for the meetings: the Café-Bar. There will be booklets available for you to follow the course. All welcome!

### **SATURDAY MORNING OF RECOLLECTION**

Led by Fr Tim Dean

**Saturday 16th March** Beginning with Mass at 9.30am and finishing with lunch at 1.00pm. All welcome.

*There will be an extra opportunity for confessions on this day.*

### **OTHER DATES**

**This Year St Patrick's Day is not liturgically celebrated as it falls on a Sunday which takes precedence.**

**St Joseph's Day** Tuesday 19th March, Mass at 9.30am

**The Annunciation** Monday 25th March Mass at 9.30am

**Mothering Sunday** Sunday 31st March *Masses at the usual Sunday*

Please join us each day in saying *times*  
this prayer:

*Lord God, through Lent open our eyes to see all the right and wrong that we have done. Help us in our loving of one another, to make good decisions, to be strong and not give up. Stir us, strengthen us, teach and inspire us to both learn and live the Gospel with generosity and joy, imagination and courage for the sake of your world and in the name of Jesus. Amen.*

### **HOLY WEEK 2019**

**Palm Sunday**

14th April

**Maundy Thursday**

18th April

**Good Friday**

19th April

**Holy Saturday**

20th April

**Easter Sunday**

# St George's Catholic Church Sudbury



PRAY FAST GIVE

# LENT 2019

# LENT

**LENT** is a time of spiritual preparation for the great celebration of the Resurrection of Christ at Easter. The season lasts 40 days reflecting Christ's time in the wilderness, and concludes with the dramatic events of Holy Week. During this time, all Christians are called to a profound reflection and a deep examination of their spiritual lives.

**Baptism** is central to the Catholic understanding of Lent. Preparation for Baptism and for renewing baptismal commitment lies at the heart of the season. It was a time in the early church when people prepared themselves for Baptism at Easter and the community that supported them on the journey would renew their own Baptismal promises at Easter alongside the newly Baptised.

The three traditional practices of Lent are  
***prayer, fasting and almsgiving.***

## PRAYER

More time given to prayer during Lent will draw us closer to the Lord.

## FASTING:

Fasting is not just about developing self-control. It is often an aid to prayer, as the pangs of hunger remind us of our hunger for God. The prophet Isaiah insists that fasting with action is needed. "The kind of fasting I want is this: Remove the chains of oppression and the yoke of injustice, and let the oppressed go free. Share your food with the hungry and open your homes to the homeless poor. Give clothes to those who have nothing to wear, and do not refuse to help your own relatives." (Isaiah 58 6 – 7) Fasting should be linked to concern for those who are forced to fast by their poverty, those who suffer from injustice and those who are in need for any reason. It is linked to living out baptismal promises. By Baptism, we are given the responsibility of showing Christ's love to the world, especially to those in need. Abstaining from meat traditionally also linked Christians to the poor, who could seldom afford meat for their meals.

## ALMSGIVING:

This is linked to baptismal commitment in the same way. It is a sign of care for those in need and an expression of gratitude for all that God has given to us. Works of charity and the promotion of justice are integral elements of the Christian way of life which is begun at Baptism.

## OPPORTUNITIES AT ST GEORGE'S THIS LENT

**ASH WEDNESDAY** and the beginning of Lent — **WEDNESDAY 6th March**  
Masses with imposition of ashes at **9.30am, 12.30pm & 8.00pm**

### Ash Wednesday

Ash Wednesday, a day of fasting, is the first day of Lent. It occurs 46 days (40 weekdays plus 6 Sundays) before Easter. According to the gospels of Matthew, Mark and Luke, Jesus spent 40 days fasting in the desert, where he was tempted by Satan. Lent began as a mirroring of this, fasting 40 days as preparation for Easter.

Ash Wednesday gets its name from the practice of blessing ashes made from palm branches blessed on the previous year's Palm Sunday, and placing them in the sign of the cross on the heads of people to the accompaniment of the words "*Repent, and believe in the Gospel*" or "*Remember that you are dust, and to dust you shall return*". As Catholics we believe that we are called to continuously 'turn back' to God and live a holy life. The symbol is a reminder that this life is short and our real lives will begin when we are raised to New Life in the Communion of Saints.

## OPPORTUNITIES FOR PRAYER

### SUNDAY MASS

6.15pm (Saturday Vigil) 8.30am (said),  
9.45am (Family), 11.15am (Solemn),  
5.30pm (Folk)

### WEEKDAY MASS

9.30am

### EUCCHARISTIC ADORATION

Monday—Friday 9.00-9.30am  
Saturday 5.15—6.00pm

### CONFESSIONS

Saturdays 5.15-6.00pm

### STATIONS OF THE CROSS

Fridays in Lent at 10.00am (*after the 9.30am Mass*)

### HOLY ROSARY

After the Morning Mass each weekday  
(except Friday)

**LENT ALMSGIVING AT ST. GEORGE'S 2019** SUPPORTING THE FOODBANK AND OUTREACH TO THE HOMELESS BY THE FRANCISCAN FRIARS OF THE RENEWAL IN EAST LONDON

One of the apostolic missions undertaken by the Franciscan Friars of the Renewal is to serve the materially poor, most especially the destitute and homeless. By living in poor neighbourhoods, running homeless shelters, soup kitchens, and youth programs, friars strive to fulfil the command of the gospel and their Holy Father St. Francis to live among the poor, providing for their physical and spiritual needs.

**You may use the envelope attached as well as there will be a Sunday collection in support of this project.**