HOLY WEEK 2026

Palm Sunday
29th March

Maundy Thursday
2nd April

Good Friday
3rd April

Holy Saturday
4th April

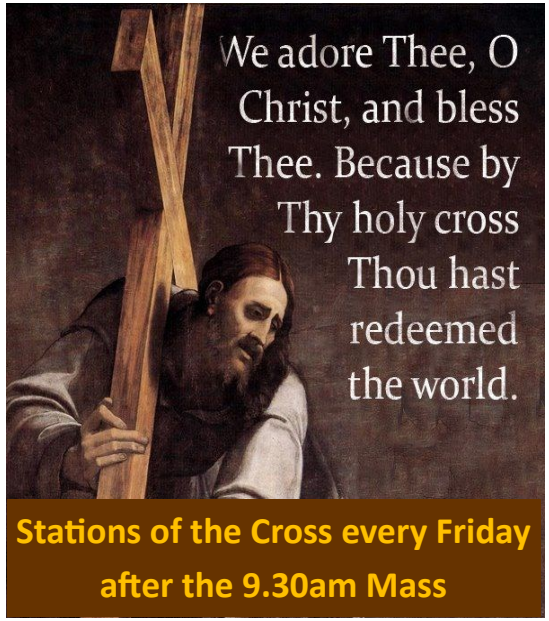
Easter Sunday
5th April



Please go on line and support our Confirmation candidates walking to support our Lent Charity.

https://letthechildrenlive.enthuse.com/pf/sponsoredwalk





Stations of the Cross every Friday after the 9.30am Mass

AN AFTERNOON OF PRAYER, PAINTING & CRAFTS DURING LENT

Monday 16th March 2.00pm-5.00pm
in the Russell Room
Just turn up bringing your own materials

A PRAYER FOR LENT 2026

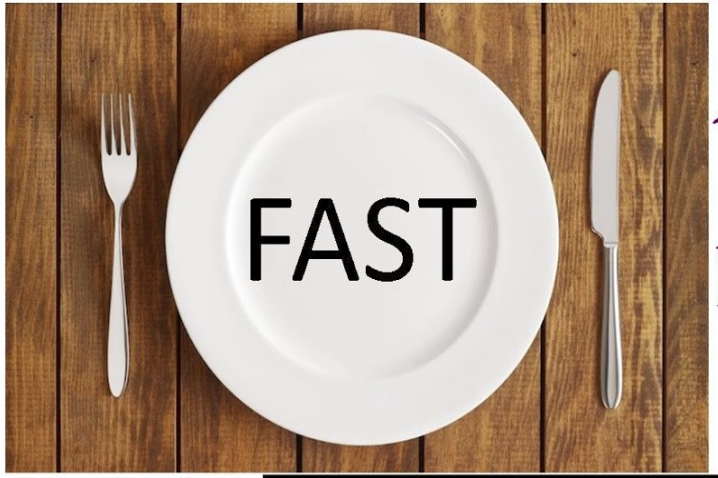
**O Lord, who has mercy upon all,
take away from me my sins,
and mercifully kindle in me
the fire of thy Holy Spirit.
Take away from me the heart
of stone,
and give me a heart of flesh,
a heart to love and adore You,
a heart to delight in You,
to follow and enjoy You, for Christ's sake, Amen**

St. Ambrose of Milan (AD 339-397)

PRAY

REPENT





40 DAYS





St George's, Sudbury



The purpose of Lent is to be a season of fasting, self-denial, spiritual growth, conversion, and simplicity. Lent, which comes from the Teutonic (Germanic) word for springtime, can be viewed as a spiritual spring cleaning: a time for taking spiritual inventory and then cleaning out those things which hinder our corporate and personal relationships with Jesus Christ and our service to him. Thus, it is fitting that the season of Lent begins with a symbol of repentance: placing ashes on us. However, we must remember that our Lenten disciplines are supposed to ultimately transform our entire person: body, soul, and spirit, and help us become more like Christ. There are a few basic tasks that traditionally have been associated with Lent. Many of these have a long history. These are **fasting, almsgiving**, and **prayer**. In addition, reading the Scriptures and the Church's Writings can help one grow during the holy season.

Fasting: The Church requires its members age 18 to 59 to fast on Ash Wednesday and Good Friday, unless a physical condition prevents otherwise. This means only one full meal is permitted in a fast day. The Fridays of Lent are days of required abstinence, meaning meat, and soups or foods made of meat, are not permitted. However, when we also "give something up" for Lent, we are embracing a form of fasting, an excellent spiritual discipline as Lent represents a spiritual training time to overcome evil. By giving these up, the person fasting learns to control a particular part of his or her life, which leads to greater self-discipline even when Lent is over. As such in Lent we are able to learn, examine, and get under control our material excesses.

Prayer: Lent is a good time to develop or strengthen a discipline of daily prayer. A good goal for Lent would be pray at both the morning and evening of each day. We can also find many excellent prayers for Lent from the Scriptures. The psalms have always been excellent for prayer, as is praying the rosary. Daily Mass or an extra Mass each week would be very rewarding. Even Stations of the Cross (you can easily do this at home or 'on line') are beneficial.

Almsgiving (Charity): While Lent is about giving something up (i.e. fasting), it is also about putting something positive in its place. The best way to remove vice is to cultivate virtue. Lent has been a traditional time of helping the poor and doing acts of charity and mercy.

PREPARING FOR THE SUNDAY GOSPELS IN LENT

FIRST SUNDAY OF LENT Sunday 22nd February Matthew 4:1-11

In Matthew, as in Luke, the devil presents three temptations to Jesus. The devil tempts Jesus to use his power to appease his hunger; he tempts Jesus to put God's promise of protection to the test; and he offers Jesus all of the kingdoms of the world if Jesus will worship the devil. In each case, Jesus resists the temptation, rebuking the devil with words from Scripture.

The account of Jesus' temptation in the desert is filled with allusions and parallels to the Old Testament, including the story of the people of Israel. The Israelites spent 40 years wandering in the desert in Exodus, for example, and Jesus spends 40 days in the desert. As the Israelites were tempted during the Exodus, so too is Jesus tempted.

As we start our journey through Lent, our Sunday readings call us to adopt the same confidence that Jesus had in the face of temptation: God's word alone will suffice; God's promise of protection can be trusted; God alone is God.

SECOND SUNDAY OF LENT Sunday 1st March Matthew 17:1-9

The story of Jesus' Transfiguration is told in the three Synoptic Gospels: Matthew, Mark, and Luke. In each of those Gospels, the Transfiguration follows Jesus' first prediction of his death and his teaching about the costs of discipleship. Jesus' Transfiguration is a promise of Jesus' glory, his Resurrection.

On a mountain in today's reading, a voice affirms that Jesus is God's Son in words reminiscent of the voice at Jesus' baptism. In addition, the appearance of Moses and Elijah on the mountain connects this story with God's relationship to the people of Israel. Moses and Elijah represent the Law and the Prophets, respectively. Together with Jesus, they represent God's complete Word. The Transfiguration occurs in the presence of just three of Jesus' disciples: Peter, James, and John. In Matthew's Gospel, those disciples are among the first whom Jesus calls.

THIRD SUNDAY OF LENT Sunday 8th March John 4:5-42

Jesus, an observant Jew of that time, was expected to avoid conversation with women in public. The animosity between the Jews and the Samaritans should have prevented the conversation as well. The woman herself alludes to the break from tradition: "How can you, a Jew, ask me, a Samaritan woman, for a drink?" Yet Jesus not only converses with the woman, he also asks to share her drinking vessel, an action that makes him unclean according to Jewish law.

After the conversation, the Samaritan woman becomes a disciple. Even though she is an outcast and not a Jew, she returns to her town to lead others to Jesus and to wonder whether she has found the Messiah. The Samaritan townspeople return with her to meet Jesus for themselves, and many are said to come to believe in him.

The significance of the encounter between Jesus and the Samaritan woman has many levels. The first is personal: The woman is herself converted to belief in Jesus as Messiah because. The second is social: Having come to know Jesus as the Messiah, the Samaritan woman becomes an evangelist to her own people.

The third level of the story is educational: Jesus uses his encounter with the Samaritan woman to teach his disciples that God's mercy is without limit.

FOURTH SUNDAY OF LENT Sunday 15th March John 9:1-41

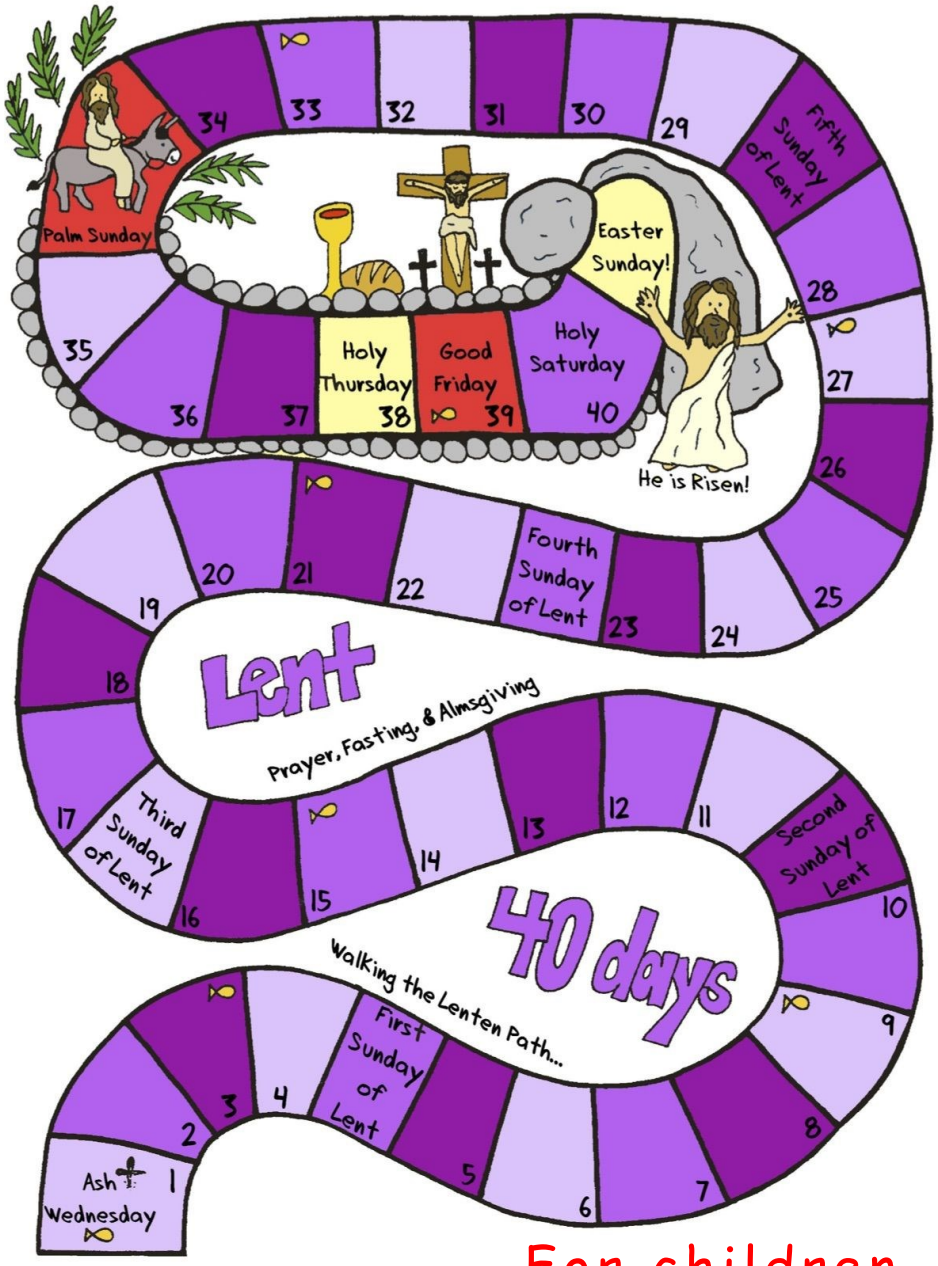
In today's Gospel, the healing of the man born blind invites us to focus on the physical and spiritual aspects of sight and light. The healing is controversial because Jesus heals on the Sabbath. The Pharisees, the religious authorities of Jesus' time, understood that the law of Moses forbade work (including healing) on the Sabbath. They also have trouble believing that Jesus performed a miracle. To determine whether the man was really born blind, the Pharisees question him and his parents. The man challenges the leaders of the synagogue about their assessment of the good that Jesus has done. In turn, they expel the man for questioning their judgment.

The final revelation and moment of enlightenment comes when the man born blind encounters Jesus again. Having heard the news of his expulsion, Jesus seeks out the man born blind and reveals himself to him as the Son of Man. In this moment, the man born blind shows himself to be a man of faith and worships Jesus. Jesus replies by identifying the irony of the experience of many who encounter Jesus: Those who are blind will now see, and those who think they now see will be found to be blind.

FIFTH SUNDAY OF LENT Sunday 22nd March John 11:1-45

Into this scene of confrontation, Mary and Martha, the sisters of Lazarus, send word to Jesus that his friend is ill. Jesus is said to love Mary, Martha, and Lazarus, but he delays his journey for two days. The delay heightens the drama and shows Jesus' obedience to God, who is to be glorified through Lazarus's resurrection. When Jesus finally declares that he will journey to Bethany, his disciples fear for his life. Thomas declares that he and the other disciples should prepare to die with Jesus.

The scene described at Bethany is a sad one. Martha meets Jesus weeping and saying that if Jesus had been there, Lazarus would not have died. Yet she remains confident that God will do whatever Jesus asks. Martha affirms her belief that there will be a resurrection of the dead in the last days. Then Martha's sister, Mary, comes to Jesus with the same confidence, saying that Jesus could have cured Lazarus. Just as Jesus calls for the stone to be rolled away from Lazarus's tomb, so too will the disciples find the stone rolled away from Jesus' tomb.



For children

Write in what you are going to do for God each day

OPPORTUNITIES AT ST GEORGE'S THIS LENT

Through our works of prayer, fasting, and abstinence, let us heed the prophet Joel's exhortation to return to God with our whole heart (2:12).

THE BEGINING OF LENT

ASH WEDNESDAY and the beginning of Lent — **WEDNESDAY 18th February**
Masses with imposition of ashes at **9.30am, 12.30pm & 8.00pm**

ASH WEDNESDAY is 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 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.

EACH WEEK

SUNDAY MASS	6.15pm (Saturday Vigil) 8.30am (said), 9.45am (Family), 11.15am (Solemn), 5.30pm
WEEKDAY MASS	9.30am
EUCHARISTIC ADORATION	Friday 9.00-9.45am & 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)

FEAST of St. Patrick 17th March
SOLEMNITY of St. Joseph 19th March
SOLEMNITY OF THE ANNUNICATION OF THE LORD 25th March

Have a look here for information about Lent:
https://hallow.com/lent/

OUR LENT CHARITY FOR 2026

LET THE CHILDREN LIVE
Life in its fulness for children in Colombia

Let The Children Live! is a charity registered with the Charity Commission (No.1159113) through which people can respond to the needs of children from the streets and shanty-towns of Colombia's cities, and in particular the city of Medellín. It aims both to safeguard the lives of children from the violence and poverty of the streets, and to make their lives worth living by giving them love, education and a future.





The charity was founded in 1992 by Fr Peter Walters, who first became involved with the street-children in 1982 when they helped him after he became temporarily stranded in Colombia. It is a charitable (not-for-profit) organisation and does not engage in political activity. "We recognise that the phenomenon of the street-children is the product of complex social problems to which there are no easy answers. Our aim is to support the Colombian people as they take the initiative in caring for the most disadvantaged of their children," says Fr Peter. "They are making the most of their limited resources, but they need support from abroad for this work to continue and grow.





Let The Children Live! is a Christian charity and is strongly pro-life. We believe that no human being is 'disposable' and that every person is precious to God. We are concerned to ensure that each child is cared for as an individual, with his or her own special needs and can experience life 'in all its fullness'. Thanks to the generosity of our supporters, the lives of many children have already been preserved and made worth living through the provision of love, care, education and training.

Fr PETER WALTERS WILL BE WITH US FOR THE WEEKEND OF 21/22 February and will speak at all Masses. There will be a collection for his work.

LENT IN YOUR HOME WITH CHILDREN & FAMILIES

Understanding the Sacred Season of Lent

Lent is a 40-day journey of spiritual renewal for Catholic families. We grow closer to Christ through prayer, fasting, and almsgiving.

Preparing Your Family for the Lenten Journey

To make Lent meaningful for children, create a home prayer space and plan family activities.

The Three Pillars: Prayer, Fasting, and Almsgiving

Lenten practices revolve around three pillars. Embracing these practices creates a rich spiritual experience. It brings us closer to God and each other. Let's make this Lent a time of growth and love for our families. We can deepen our faith and strengthen our relationships.

Family Rosary Guidelines

Praying the Rosary as a family can be powerful. Focus on the Sorrowful Mysteries during Lent. Choose a regular time each day to pray together. Keep sessions short for younger children. You can make them longer as children grow older.

Stations of the Cross for Children

The Stations of the Cross is a beloved Lenten tradition. At home, use picture books or online guides. Encourage children to think about Jesus' journey. Help them connect it to their own lives. These prayer practices can make Lent more meaningful for your family.

Fasting and Abstinence Guidelines for Families

The Church has set rules for fasting during Lent. While children don't have to fast, they can join in age-appropriate ways. Give up sweets or snacks/ Limit screen or media time/ Perform extra chores/ Practice kind words and actions

Teaching Children About Sacrifice and Service

Lent offers chances to teach children about sacrifice and service.

Children grow spiritually when they make meaningful Lenten sacrifices. The goal is to choose challenges that are doable yet impactful. This helps children understand the importance of sacrifice during Lent.

Making Almsgiving Meaningful

Children should see how their generosity can make a difference. "Lent is not just about giving up, but giving more of ourselves to others and to God."

These activities make Lent a time of growth and compassion. They shape children's hearts for service and sacrifice. Our Catholic family traditions can become more than just routines.

Lent is ideal for deepening our sacramental life. We can enrich our Catholic family activities by focusing on reconciliation, Mass, and Eucharistic adoration.

RISEtheatre

www.risetheatre.co.uk

RISE THEATRE'S PASSION PLAY

This performance is not recommended for children under 11 years old.

FRIDAY 13th MARCH at 7.30pm in the Parish Centre

In this dynamic one-hour play, journey from "The Word Became Flesh" (John 1:1–18) through key Gospel moments—Cana, the calling of Peter, the Miraculous Catch, and the Passion. Set to a contemporary soundtrack, the story is brought to life by four professional actors portraying 23 characters in a powerful performance.

A fast-paced, emotionally impacting & "spine tingling" performance



TICKETS ON SALE FROM THE PARISH OFFICE

Adults: £10 Children 11-16yrs: £6



MORNING OF REFLECTION & PRAYER

Saturday 21st March 2026

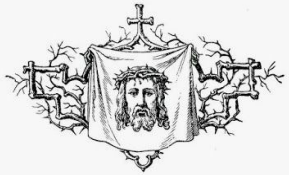
Canon John Poland

Liverpool Diocese

9.30am	Mass & homily
10.00am	Coffee (parish Centre)
10.30am	**First talk**
11.00am	Silence
	(opportunity for confession)
11.15am	The Sorrowful Mysteries of the Rosary
11.30am	**Second talk**
12 noon	Adoration of the Blessed Sacrament
	(opportunity for confession)
12.25pm	Benediction
12.30 pm	Bread and Soup Lunch (Parish Centre)

LENT IS COMING

Lent is a season of prayer and penance set apart by the Church to prepare us for Easter and to recall Our Lord's fast in the desert (cf. Matt 4:1-11, Luke 4:1-13). This season of preparation and sanctification can be fittingly accomplished through voluntary amendment of life, acts of penance, and works of charity. Lent is a time to learn to love our souls more than our bodies. Thus, every Christian should make a special effort to practice mortification and strive for holiness during the forty days of Lent.



DO NOT LET THIS TIME TO GROW IN HOLINESS PASS YOU BY!!

Consider the following categories on what you should do for Lent.

1. VOLUNTARY AMENDMENT OF LIFE: **Give up those things that you need to give up sooner or later, namely bad habits. Your goal here is to break a bad habit for ever and Lent is a good time to do it. Love your soul more than your body!**
Examples: Gossiping, surfing the web without real need, watching T.V., overeating, eating between meals, eating and drinking junk foods (e.g., soda), bad drinking habits, complaining, saying vulgar words, not getting up on time, using a snooze alarm, wasting time playing video games, going to movies, listening to base music, useless chattering on facebook, blogs, and the like, etc...

*In this category I am going to do*_____

2. ACTS OF PENANCE: **Perform some kind of penance. Your goal here is to train yourself to say "no" in little things so that you can say "NO" to big tempations later. You may resume doing the things you have given up here once Lent is over. Love your soul more than your body!**
Examples: Avoid eating or drinking something that you enjoy, such as desserts. Give up eating out, wasting resources, drinking alcoholic beverages, etc...

*In this category I am going to do*_____

3. WORKS OF CHARITY: **Perform some good and holy action(s). Your goal here is to strengthen your relationship with Christ and His Beloved Church. Ideally what you start here would continue in some way even after Lent is over. Love God more than yourself!**
Examples: Pray the Rosary every day, attend daily Mass as much as possible, read the Sacred Scriptures _____ minutes a day, spend _____ additional time every day with my family, read a life of a saint or saints, increase spiritual reading, make a daily visit to the Most Blessed Sacrament or some shrine of Our Lady.

*In this category I am going to do*_____

I plan on making a good confession by this day during Lent _____

SMALL GROUPS

WE DARE TO ASK

A resource for faith-sharing groups on our Baptismal Vocation



We Dare To Ask **is a resource for small group faith-sharing and for individual meditation, featuring five sessions on the theme of our Baptismal Vocation. Each session includes scripture, prayers and a reflection with questions. As we prepare to renew our baptismal promises at Easter, let us explore the depth of what baptism truly means.**

The rediscovery of the value of one's baptism is the basis of the missionary commitment of every Christian... he who lets himself be fascinated by Christ cannot do without witnessing the joy of following in His footsteps - Pope Benedict XVI

1 / CREATED IN LOVE, MADE IN GOD'S IMAGE
2 / LOVE REJECTED, THE MERCY OF GOD
3 / JESUS, THE BRIDGE OF MERCY
4 / LIVING IN CHRIST, GUIDED BY THE SPIRIT
5 / PART OF THE FAMILY OF GOD

TIME FOR STUDY, CONVERSATION & REFLECTION

Each Wednesday at 10.30am in the cafe/bar

Booklets available. All are very welcome.