

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!

Easter is an 8 day celebration leading to Easter Season, which ends on 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

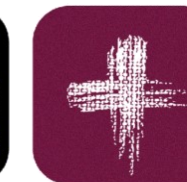
The key to understanding the meaning of Lent is simple: Baptism.



The Catholic Church of St Mary Magdalen Willesden Green



2022





The word Lent derives from the old English word for Spring, and I think that is particularly important for us this year as we begin to emerge from the difficult two years we have been living through. I hope that, as always, Lent will be a time for you grow closer to Jesus Christ, but maybe especially so this year. Our Church life is beginning to grow once more - it has been so good seeing more and more of you returning to Mass, and especially the families involved in the First Communion and Confirmation programmes. Try to use this holy season as a time to recommit to Sunday Mass. If you have time in the week, come to Eucharistic Adoration before the daily Mass and relax in the loving presence of Jesus Christ. Walk with Jesus on Friday evenings as we follow the stations of the Cross. This is a time for a spiritual spring clean, to get rid of the grime in our lives and follow Jesus more faithfully. Many of you will know that there are three things we try to do in Lent:

FASTING – on Ash Wednesday for adults aged between 18 & 59 (others as well out of devotion) to eat only one full meal. We also abstain from meat on Ash Wednesday and all Fridays. Many people also give something up for Lent – no chocolate for me! - and this is a form of fasting. It's a way of learning self-discipline.

PRAYER – This is a good time to get into the habit of daily prayer, at beginning and the end of each day. The Rosary can help us to pray, the Psalms can help us to pray. It's especially good to pray the Stations of the Cross. Our church is open in the day time for you to drop in for a moment of private prayer.

CHARITY – if we give something up, we can also put something positive in its place. This is a good time to help those in need both by giving money and also giving time. Both The Cardinal's Appeal and the *CAFOD* family fast day can help us to do this.

I pray that Lent will be a spring time of grace and growth for us all in our parish of St Mary Magdalen, Willesden Green.
Monsignor Roger

OPPORTUNITIES AT ST MARY MAGDALEN'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).

ASH WEDNESDAY and the beginning of Lent — **Wednesday 2 March**. Masses with imposition of ashes at **9:30am & 6:30pm**.

ASH WEDNESDAY is a day of fasting, and 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.

OPPORTUNITIES FOR PRAYER

Sunday Mass:	6:30pm (Vigil Mass of Sunday) 9:00am, 10:30am, 12 Noon and 6:30pm
Weekday Mass:	Monday—Saturday 9:30am
Eucharistic Adoration:	Monday—Saturday 8:15am—9:15am on weekdays.
Rosary:	After weekday Mass
Confession:	Saturday 10:00am—10:30am and 5.30pm—6:15pm and by appointment.
Stations of the Cross	Fridays at 6:30pm