

Parish of The Sacred Heart & St Oswald

Lenten Activities & Ideas 2018



The Season of Lent is a time when the Church invites us to keep these days with Praying, Fasting and Almsgiving. They all have to do with re-connecting our relationships with God, with each other and with ourselves.

LENT 2018

Lent is a wonderful opportunity for renewal. Why not choose some of the following to observe Lent with the Parish?

Mass & Distribution of Ashes-Wednesday 14th Feb.

10.00am – St Oswald’s Church

7.00pm – St Oswald’s Church

Early Morning Mass at 6.30am on the following Wednesdays: 21st February, 28th February, 7th March, 14th March and 21st March. *Breakfast will be provided in the Parish Hall after Mass, donations for our Lenten Project are appreciated.*

Parish Lenten Course ‘LET IT BE’ will take place in the Parish Hall at 7.00pm on the following Thursdays:

15th February, 1st March, 8th March, 15th March & 22nd March.

This CaFE DVD & book based course is presented by well known international speakers: Cardinal Vincent Nichols, Fr Raniero Cantalamessa, Rev Sandra Millar, Mgr John Armitage & Fr Jim McManus & others. The sessions cover

- Chosen by God
- The First Disciple
- Mother of All
- Queen of Heaven
- Help of Christians

‘Mary once gave us the Saviour of the world, today she helps us to be filled with the Spirit of God’.

Mass and Confessions—In addition to the weekday Masses there will also be Mass celebrated at 10am on Saturday mornings, immediately followed by the opportunity for individual confession.

Deanery Station Mass—Bishop Alan Hopes will celebrate our Deanery Station Mass on

Tuesday 20th February at 7.00pm

in St Oswald's Church.

There will be Exposition of the Blessed Sacrament from 6.00pm with the opportunity for individual confession. The Deanery Station Mass at 7.00pm will be followed by soup and refreshments.

Service of Reconciliation:

St Peter & All Souls on **Wednesday 28th March at 7.00pm**

St Lukes's - extra times for confession during Holy Week.

CAFOD Lenten Fast Day: Friday 23rd February. You are invited to give up some food/drink and donate the money saved to help those in need. If you are a taxpayer please use a GIFT AID envelope for your donation.

Lenten Project: Bishop Alan has advised that this year Lenten Alms will be collected for the work of:

- Aid to the Church in Need, and especially with its support for beleaguered Christians in Syria & Iraq.
- Don't Screen Us Out, which supports families of children with Down's Syndrome.

(Almsgiving Bags will be available).

Way of the Cross will be prayed in St Oswald's Church as follows:

6.00pm Friday 16th February

6.00pm Friday 23rd February

6.00pm Friday 2nd March

6.00pm Friday 9th March

6.00pm Friday 16th March

5.00pm on Wednesday 21st March -Way of the Cross for Children led by Sacred Heart School

6.00pm Good Friday 30th March

Friday Lunch Fundraisers — On Friday 16th February, 23rd February, 9th March & 23rd March, Mass will be celebrated at 12noon, this will be followed by lunch, consisting of soup/roll, with contributions for Lenten Alms.

Prayer: There will be Morning Prayer, instead of the Novena, on Friday before Mass and on Saturday evening there is Exposition of the Blessed Sacrament from 5pm with Evening Prayer at 5.40pm before 6pm Mass.

Lenten Booklets: The following booklet will provide you with a daily Lenten Journey of Prayer:

Lent Extra: £2.50

HOLY WEEK SERVICES

The Chrism Mass** is one of the highlights of the church year. It is the Mass which the Bishop celebrates with his priests and people during Holy Week, in the course of which, priests and deacons reaffirm their commitment to their vocation and the bishop blesses the Oils which will be used in parishes throughout the coming year. It takes place at St John's Cathedral, Norwich at **7.00pm on Tuesday 27th March.

Holy Thursday: 8.00pm Mass of the Lord's Supper
Watching until 10.45pm
10.45pm Evening Prayer

Good Friday: 3.00pm Solemn Liturgy of the Passion
6.00pm Way of the Cross

Holy Saturday: 8.00pm Solemn Easter Vigil

Easter Sunday: 10.00am Mass
12 Noon Mass (Sacred Heart School)