

THE PARISHES OF ST CUTHBERT, ST JOHN VIANNEY & OUR LADY OF THE ASSUMPTION

	<u>DAY BY DAY THROUGH LENT 2022</u>
Sunday	Masses as usual & Stations of the Cross at 3pm: SJV
Monday	to Friday Exposition in the Day Chapel SJV 7- 8am. Morning Prayer 7.45am SJV & 7am St C. Holy Mass 9.15am: SJV
Tuesday	Holy Mass 9.15am: SJV & 9.30am: OLA
Wednesday	Holy Mass 9.15am: Scripture Study SJV & 12noon: St C.
Thursday	Holy Mass 9.15am: SJV & 9.30am: OLA
Friday	Holy Mass: 9.15am: SJV & 12noon: St C
Saturday	Exposition of the Blessed Sacrament 11am-12noon: OLA & St C with Confessions and prayers for vocations

SPECIAL DAYS, DATES AND EVENTS

March 2 nd	Ash Wednesday: Blessing and Distribution of Ashes Masses: See front of leaflet (Day of Fasting & Abstinence)
March 4 th	First Friday Holy Hour 7-8pm SJV
March 5 th	Miraculous Medal Novena & Mass at SJV 9.30am. Rite of Election for New Catholics, Lancaster Cathedral.
March 11 th	Fast Day (CAFOD)
March 24 th	Service of Reconciliation 7pm St Cuthbert's
April 1 st	First Friday Holy Hour 7-8pm SJV
April 2 nd	Miraculous Medal Novena & Mass at SJV 9.30am.
April 10 th	Palm Sunday -Blessing of Palms at all Masses.
April 14 th	Holy Thursday: 11.30am Chrism Mass at the Cathedral 7.30pm SJV: Mass of the Lord's Supper, followed by 'Watching'
April 15 th	Good Friday: 10am: Stations of the Cross OLA. Solemn Liturgy of the Passion 3pm: SJV (Day of Fasting and Abstinence) 10am Ecumenical Walk of Witness with St Peter's Lytham Road, from St Cuthbert's
April 16 th	Holy Saturday 7.30pm Easter Vigil & First Mass of Easter
April 17 th	EASTER DAY Mass: SJV 9am & 11.15am; St C: 10am; OLA 10.30am

EASTER TRIDUUM: Holy Thursday, Good Friday & Easter Vigil all form one celebration over three days. Therefore, it is important that they are celebrated in one church. This year it will be SJV. In other years it's hoped that it will move from church to church

Wednesday 2nd March is ASH WEDNESDAY, the day on which the Season of Lent begins. These 'Lenten Notes' are designed to help you use this Season well, to develop your relationship with God. Inside there is information about what is going on in the parish during Lent and there are some hints and suggestions as to how you might personally use this special time.

Ash Wednesday is a day of fasting and abstinence.

Masses: SJV: 9.15am & 7pm;

OLA: 9.30am;

St Cuthbert's: 12noon

Lent

+

*Turn away from
sin and
be faithful
to the Gospel.*

WHAT DOES 'LENT' MEAN?

Our word 'Lent' is taken from the Anglo-Saxon and means 'Spring' or 'Lengthening.' Lent is that time of year when the days lengthen. The season begins on Ash Wednesday and culminates in the celebration of Easter. The 40-day Lenten Fast finds its origins in the scriptures. The Israelites had to tramp round the desert for 40 years but more importantly for us, Jesus fasted for 40 days in the wilderness before beginning his public life. Our Lenten observance imitates that of our Lord.

WHAT ARE YOU DOING FOR LENT?

Lent is that special time for renewing our Faith. It is a time to turn back to God and to the things that are really important. Below are some suggestions that might help you use this time well.

THE MASS: for us who are Catholic is very special, it is *the* place where we meet Jesus Christ in his Word, in the Bread of the Eucharist and in his People gathered together. During Lent why not try to get to one of the daily Masses in church or nearby? See the bulletin for times.

THE STATIONS OF THE CROSS: Lent is a journey; it is a pilgrimage of faith with our Lord to God the Father. On each Sunday of Lent at 3pm at SJV Stations of the Cross with Benediction, and 2pm at OLA. Also on Fridays at St C 11.15am. Come and unite yourself with Jesus in his journey to Calvary and to God. Alternatively, you could make the Stations' by yourself in the quiet of the church, just spending a few moments at each Station remembering our Lord's journey.

EXPOSITION OF THE BLESSED SACRAMENT: Prayer is a vital ingredient in any Lenten resolution. The Blessed Sacrament will be exposed every morning 7am-8am Mon-Fri at SJV & on Saturday morning 11am to 12 noon with Confessions and prayers for vocations at OLA & St C.

VISITING THE CHURCH: Of course, we can call into church during the day just to spend five quiet minutes in prayer. A Lenten objective would be never to be in the area of the church without calling in for a moment's prayer. SJV & OLA are open 8am – 5pm.

PRAYER FROM THE DIVINE OFFICE: All clergy and religious have to recite the Prayers from the Divine Office at least five times a day. During the weekdays of Lent (Monday to Friday inc) The Blessed Sacrament will be exposed in the Day-Chapel at SJV from 7am, 'till 8am. At 7.45am Morning Prayer will be celebrated. Morning Prayer too at St C at 7am with the NeoCatechumenal Community.

RECITATION OF THE ROSARY: This is a Gospel Prayer, it is recited publically at OLA Sat 5.30pm. But you can pray it privately at any time. The Sorrowful Mysteries are appropriate for Lent.

FIRST FRIDAY EVENINGS: 7 – 8pm SJV a gentle Eucharistic Holy Hour in the style of Medjugorje and Cenacolo before the Blessed Sacrament with music and reflection. A must for Readers, Eucharistic Ministers and all who serve.

THE WORD ON WEDNESDAY: Each week after the 9.15am Mass for an hour one of the priests will lead a gentle look at the following Sunday's readings.

SPIRITUAL READING: In Lent we are called to nourish our minds with wholesome reading. You could always settle down with one of the Gospels or some other Bible reading.

PRIVATE ACTS OF PENANCE: These acts are between you and God. They may range from giving up sugar in tea to fasting for a whole day; from visiting a sick neighbour or relative to wearing a hair shirt! But whatever penance or other act you choose to do, make sure that it is not beyond your limit. Aim at little things, do them well and thus avoid disappointment.

'MY DAY BY DAY': This publication will be distributed to adults in the congregation. It is a day by day journey through Lent for spiritual reading.

SERVICE OF RECONCILIATION: Will be held at St C 24th March at 7pm. Confessions are also available as per the usual schedule.

ECUMENICAL WALK OF WITNESS: from St Cuthbert's with Christians from other churches at 10am on Good Friday. Down Crystal Road to the Prom and then to South Pier for a very short Service of hymns and readings. Thence to Holy Trinity Church for hot cross buns and hot drinks.

A THOUGHT OR TWO FOR PARENTS: Lent is a good time to do spiritual things with children; they understand the importance of the spiritual when they see that it matters to their parents and when the whole family takes part. There are many things that you can do together as a family: a short time in prayer each night, a family visit to church, going together to Mass during the week, reading a bible story etc.

OTHER ACTIVITIES: This leaflet is by no means and exhaustive list of what is going on in our and other parishes and beyond. Please keep an eye on the weekly bulletin which will signal other events that we have been made aware of.