

Lent, 2006



The Season of Lent starts on Ash Wednesday, 1st March, 2006

Lent offers every Christian a challenge and an opportunity.

The challenge is to respond to a call for self-discipline, self-denial, penitence and charitable giving.

The opportunity is to deepen one's faith through study and prayer, both as an individual and as a member of a study group.

This leaflet outlines how you can accept the challenge and make the most of the opportunities available, leading up to Holy Week and Easter during which we hope to deepen our participation in the worship which takes us to the very heart of the Christian faith, the Cross of Christ.

The reasons for and nature of the Lenten observance.

1. It is for all Christians
2. It is preparation for observing Holy Week and celebrating Easter more fully
3. It is about growing in faith and devotion

These are achieved by a) deliberate acts of assessment of our state of spiritual health,
b) expressions of repentance for our short-comings,
c) prayers,
d) self-denial
e) attention to studying God's word.

What is on offer?

1) Sundays

Start on Ash Wednesday and then make attendance at the Parish Mass a priority.

Prepare for Sundays in advance using the material which will be provided.

The Sunday sermons will link to the weekly Lenten study groups and the Sunday Gospel readings.

2) Weekday worship

Decide to attend one of the weekday said masses on Tuesdays and Fridays at 7.00am. These will provide opportunities for reflection and meditation, especially during the Lenten period. These finish by 7.30am.

3) Lent Study Groups

These will be happening during the 5 weeks before Holy Week and will be on a variety of days and at different times of day. Joining the study groups allows you the time and space to speak about your own experiences and listen to others. There will be specific study notes for each week and these will be reflections of the Sunday Gospel readings, hopefully enhancing your understanding of the worship on Sundays. See the Notice Board for details.

4) Daily Prayer at home

A day-by-day prayer guide will be published on 26th February containing a pattern of prayer and reflection for every day. This can be used on your own or in a family setting.

5) Lent Lunches

Every Saturday there will be a Lent Lunch and an activity of speaker before the lunch. See below for details. This activity will allow you to make a charitable donation to Cancer Research UK, this year's Lenten charity, in memory of Ken Scantlebury.

6) Penitence is good for you

The general confession which we say at public services is, for most of the time, a satisfactory way of expressing our sorrow at our own sins and shortcomings.

If you feel the need for more than this, then Lent is an ideal time to take the matter more profoundly and seek a deeper penitential expression. Ask Neil for details.

7) Self-denial

As well as Lent Lunches, you will also have an opportunity to give more money, possibly the savings from your personal self-denial, to our charity. Lent boxes will be available for you to take home for this.

8) Individual arrangements

You may decide to read a book during Lent and make this part of your observance. There is a large number of suitable titles available from shops.

LENT LUNCH SERIES, 2006

Lent Lunches are an expression of our Lenten discipline as a Christian congregation. We use them:

- 1) to be together to deepen our faith and awareness of God's word and world;
- 2) to give alms to assist others in need - this year, we are supporting **Cancer Research UK** in memory of Ken Scantlebury;
- 3) to serve each other's needs in preparing simple food and sharing it together and with guests.

Diners are asked to pay more than the food costs and the surplus is our charitable giving.

Lunch is served from 12 noon to about 1pm

SATURDAY ACTIVITY TO ENJOY AROUND LUNCH THAT DAY

4th March **An Historical Walk** around Greenford led by Peter Hounsell, our Local Historian. Start at the Church at 10.30am

11h March **A Parish Working and Cleaning Day from 9.30am**
Join in cheerfully cleaning up for Easter with Holy Cross friends

18th March 11.30am **Jaqueline Fitzgerald** of Cancer Research UK
will speak about our Lent Charity, in memory of Ken Scantlebury in the Old Church

25th March 11.15am **40 years writing Poetry** – A dip into poetical work by **Neil Richardson**
Meet in the Old Church.

1st April At 11.30am, **Krystyna Palamarchuk** gives a piano recital in the New Church.

8th April 11.15am **Invitation Concert** in the New Church. Who is invited? Well you are to listen and the young people of our parish who play instruments or sing are invited to perform!
