

PARISH OF THE HOST HOLY TRINITY
St Henry Morse, Diss and Our Lady of Mount Carmel, Quidenham
LENT 2023

Lent is here Again! We are invited to journey through this Season to the most important Christian Festival of the Year - **HOLY WEEK AND EASTER**. Lent is not just about giving something up; it is also about doing something extra. Whatever we decide to do should be helping us "to die a little more to self". It is a Season of **Prayer**, and prayer acquires strength when accompanied by **fasting** and **almsgiving**. During Lent we have our eyes firmly fixed on Jesus and his journey to Jerusalem and we journey with him. Lent is about growing in love for God, for one another and for those most in need.

How is LENT 2023 going to be special for YOU? There are lots of ideas here but you may have your own too. Do You want to Fast this Lent? (in the words of Pope Francis) Fast from hurting words and say kind words; Fast from sadness and be filled with gratitude; Fast from anger and be filled with patience; Fast from pessimism and be filled with hope; Fast from worries and have trust in God; Fast from complaints and contemplate simplicity; Fast from pressures and be prayerful; Fast from bitterness and fill your hearts with joy; Fast from selfishness and be compassionate to others; Fast from grudges and be reconciled; Fast from words and be silent so you can listen.

ASH WEDNESDAY : 22nd February 2023

Today is kept as a day of **Fasting** and **Abstinence**. It is a day we should make every effort to join with our Parish Community at Mass and so get Lent off to a good start. At Mass we will be signed with the ashes, the traditional sign reminding us that this is a season of **Repentance** and **Renewal**. We are called to "Repent, and believe in the Gospel".

MASS TIMES: 8.00am Our Lady of Mount Carmel, Quidenham
10.00am & 6.00pm St Henry Morse, Diss (6.00 pm **Stations of the Cross**)

CAFOD LENT FAST DAY : Friday 3rd March 2023

The **CAFOD envelopes** will be distributed on the weekend **25th/26th February** for returning the following weekend. CAFOD's theme this Lent is: "Small Acts of Love; Make Big Things Happen - Fast, pray and give".

Lenten Penance Celebration /Confessions at St Henry Morse Church, Diss
Friday 10th March @ 6:40pm – Fr Alex

Parish Lent Course/Reflection Evenings at St Henry Morse Church, Diss
"Journey with the Lord in Lent"
Thursday 23rd March @ 7pm – Deacon David
Thursday 30th March @ 7pm – Deacon Patrick

Coffee available before we begin the evening sessions. The programmes last approximately 30 minutes; we will then have about 10/15 minutes of conversation finishing by 8.30pm. All are welcome.

A Day of Recollection at St Henry Morse Church, Diss
Saturday 1st April @ 11am-12pm – Fr Alex

DEANERY STATION MASS

Lenten Station Masses (not to be confused with Stations of the Cross) have long been celebrated in Rome and in recent years have become increasingly popular in other places. Bishop Peter Collins is going to celebrate a Station Mass in each of the deaneries of the diocese. The **Mass for OUR Deanery** will be on **Tuesday 14th March** at St Edmunds Church, Westgate Street, Bury St Edmunds (IP33 1QG). From 6.00pm there will be confessions in the church and following the Mass which begins at 7.00pm refreshment will be served in the crypt. It is important that we support this visit of the bishop to our deanery, so please make a note in your diary and don't forget to offer lifts to others who may like to attend but have no transport.

STATIONS OF THE CROSS

Will take place each Friday during Lent at 6.00pm.

CHRISTIAN AID LENT LUNCHESES

Will take place on the Fridays of Lent from 12.30-1.30pm. There will be homemade soups, cheese and bread; tea and coffee.

- **St. Mary's Parish Church:** Friday 24th February, 12.30pm-1.30pm
- **Diss Salvation Army:** To coincide with the worldwide day of prayer with the service to be held at the S A. Hall Friday 3rd March 12.30 – 1.30.
- **St Henry Morse RC Church:** Lent Lunch Friday 10th March, 12.30-1.30pm
- **URC and Methodist Church:** Joint Lent Lunch Friday 24th March, 12.30pm-1.30pm

OTHER IDEAS FOR LENT

- Attend a Mass during the week (see weekly newsletter for times)
- Read John's Gospel (or another book of the bible).
- Read a Spiritual Book over the weeks of Lent - e.g. "Walk with me"; or borrow a book from the spiritual library at church.
- Make the "Stations of the Cross" privately, or with a few friends each week of Lent.
- Spend a Quiet Day at Walsingham/ Quidenham.
- Think of something you could give up for Lent and the money you save give to Lenten Alms.
- Think of a good action to do for someone else on each of the days of Lent.
- **There are many other positive ideas once you start thinking about it!**

HOLY WEEK SERVICES

CHRISM MASS - this will take place on the **Tuesday of Holy Week (4th April)** in the **Cathedral of St John the Baptist**, Norwich at 12.00noon

Full details of the Services for Holy Week will be given later in Lent but the main Parish Services for the Triduum (Maundy Thursday, Good Friday and Holy Saturday Evening) are as follows:

Thursday 6th April: Mass of the Lord's Supper- **7.00pm -Diss** / 7.30pm Quidenham

Friday 7th April: Stations of the Cross - **2.30pm Diss** / 11.00am Quidenham

Friday 7th April: Celebration of the Lord's Passion - **3.00pm Diss** / 3.00pm Quidenham

Saturday 8th April: Easter Vigil – **8.00pm Diss** / 9.00pm Quidenham

Make the commitment NOW to be with the Parish Community for these wonderful services which truly celebrate our faith.

EASTER SUNDAY MASSES

10.00am - St Henry Morse, Diss / **10.30am** - Quidenham