

PARISH OF THE SACRED HEART

LENT 2014



It's Lent 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.

In 2014 how is LENT going to be special for YOU? There are lots of ideas here but you may have your own too.

ASH WEDNESDAY: 5th March

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 “turn away from sin and be faithful to the gospel”.

MASS TIMES

9.00am	St John of the Cross, Aylsham
10.30am	Sacred Heart, North Walsham
6.00pm	St Helen's, Hoveton.

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 Alan Hopes is going to celebrate a Station Mass in each of the deaneries of the diocese. The Mass for North Norfolk Deanery will be on Thursday 27th March at 7.30pm at the Church of St Joseph, Sheringham. From 6.30-7.15pm there will be confessions in the church and following the Mass refreshment will be served in the hall. It is important that we support this first official deanery 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. This will replace the Lenten Parish Stations Masses we have celebrated over the past few years.

CAFOD LENT FAST DAY Friday 14th March

The **CAFOD envelopes** will be distributed on the weekend 8/9th March for returning the following weekend. CAFOD's theme this Lent is: "Dig Deep". **Dig Deep** into our shared faith that commits us to the poor. **Dig Deep** into the reasons why 842 million people worldwide don't have enough food. **Dig Deep** in solidarity this Lent Fast Day.

CAMBODIA – Soups, Slides and Crafts on Saturday 22nd March 12.00-1.30pm at Sacred Heart Parish Hall. Tickets £3. Invite family and friends to come along. Full details in the newsletter



Parish Reflection Day

“The Joy of the Gospel”

Led by Fr David

Sacred Heart Parish Hall on Monday 7th April

The day will start at 11.00am (coffee from 10.30) and end at 3.00pm.

Please bring food for a shared lunch.

PARISH RECONCILIATION SERVICE

This will be similar to our Service in Advent with the opportunity for Individual Confession. It will be held at North Walsham on **Saturday 29th March at 11.00am.** *Do put the date in your diary.*

There will also be a Reconciliation Service at the church of Our Lady of Refuge, Overstrand Road, Cromer, on Saturday 12th April at 11.00am.



PARISH CHOIR FOR HOLY WEEK

For two years now we have formed a special “Holy Week Choir” made up of parishioners from our three churches. We plan to do the same again for 2014. The practices will be on:
Saturday 5 April at North Walsham at 2.00pm
Tuesday 8 April at Aylsham at 7.00pm
Monday 14 April at North Walsham at 7.00pm.
Please try and come to at least two practices. It would be very helpful if you could let John Bolger know at which services you hope to sing. Email: bolger@waitrose.com

Please do consider coming along. The choir is a very important part of our Holy Week Liturgies.

EVENTS AT ST JOHN OF THE CROSS, AYLSHAM

Churches Together in Aylsham have decided to follow the format of last year. There will be five lunchtime meetings consisting of a simple lunch (*soup and bread*) followed by a brief Reflection and Prayer. They begin at 12.30pm

Friday 14th March at the Quaker Meeting House. (*Venue to be confirmed*)

Friday 21st March at Emmanuel, Cawston Road premises.

Friday 28th March at St Michael's Parish Church.

Friday 4th April at Methodist Church Hall.

Friday 11th April at St John of the Cross Church.

Night Prayer (Compline) at St John of the Cross, on Wednesday 12th March at 7.00pm **and** at St Michael's Parish Church on Wednesday 9th April at 7.00pm

STATIONS OF THE CROSS will take place each Friday following the 9.30am Mass (*beginning on 7th March*). All are welcome. We will vary the reflections and prayers used.

EVENTS AT ST HELEN'S, HOVETON

Churches Together Lent Course: Almost every Christian struggles with prayer in some way. This Lent, we are exploring prayer and ways to pray through the Bible and our different church traditions.

Thursday 6th March: Source of Life: Prayer as a relationship.

Rev Matt Stone at Wroxham United Reformed Church.

Thursday 13th March: Source of Joy: Prayer as enjoying God.

Fr David at St Helens, Hoveton.

Thursday 20th March: Source of Light: Prayer as Listening.

Rev Jane Dodd at St John's C of E.

Thursday 27th March: Source of Wholeness: Prayer as Honesty.

Rev Matt Stone at Wroxham United Reformed Church.

Tuesday 3rd April: Source of Love: Prayer as care.

Fr David at St Helens, Hoveton.

STATIONS OF THE CROSS will take place on Wednesday mornings following the 9.30am Mass (*commencing on 12th March*).

EVENTS AT SACRED HEART, NORTH WALSHAM

LENT LUNCHESES

Will take place on the Thursdays of Lent from 12.30-1.30pm in the St Nicholas Room (*behind St Nicholas Church, North Walsham*) starting on 13th March and ending on 10th April. The lunch is a simple one of excellent homemade soup and bread, with fresh fruit. The cost is £3.50. Proceeds (*after expenses*) to Christian Aid. Each week there will be a short reflection from one of the Church Leaders of the town based around The Sermon on the Mount. These lunches are a very good way for the Christians of North Walsham to get to know each other better.

STATIONS OF THE CROSS will take place on **Fridays** of Lent at 12noon commencing 14th March.

OTHER IDEAS FOR LENT

- Attend a Mass during the week (*see weekly newsletter for times*)
- Come to Exposition of the Blessed Sacrament on a Thursday morning - a time of prayer and Adoration following on from the 9.30am Mass at North Walsham.
- Read St Matthew'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 your church.
- Make the “Stations of the Cross” privately, or with a few friends each week of Lent.
- Spend a Quiet Day at Walsingham.
- Think of something you could give up for Lent and the money you save give to **Lenten Alms**, which as a diocese will this year be divided between the local children's Hospices in East Anglia and the St Francis Leprosy Guild, which supports about eighty Leprosy Centres around the world, mainly in Africa and Asia. There is a designated Wall-slot at North Walsham and baskets at St John of the Cross and St Helens; or hand in at the end of Lent.
- 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

CHRISM MASS – this will take place on the Wednesday of Holy Week (*16th April*) in the Cathedral of St John the Baptist, Norwich at 7.30pm. Details of the coach going from the parish will be available soon.

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 and will take place at North Walsham:

Mass of the Lord's Supper – 7.00pm (*Thursday*)

Celebration of the Lord's Passion – 3.00pm (*Friday*)

Easter Vigil – 8.30pm (*Saturday*)

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

EASTER SUNDAY MASSES

St John of the Cross	Aylsham	9.00 am
St Helen's	Hoveton	9.00 am
Sacred Heart	North Walsham	11.00 am