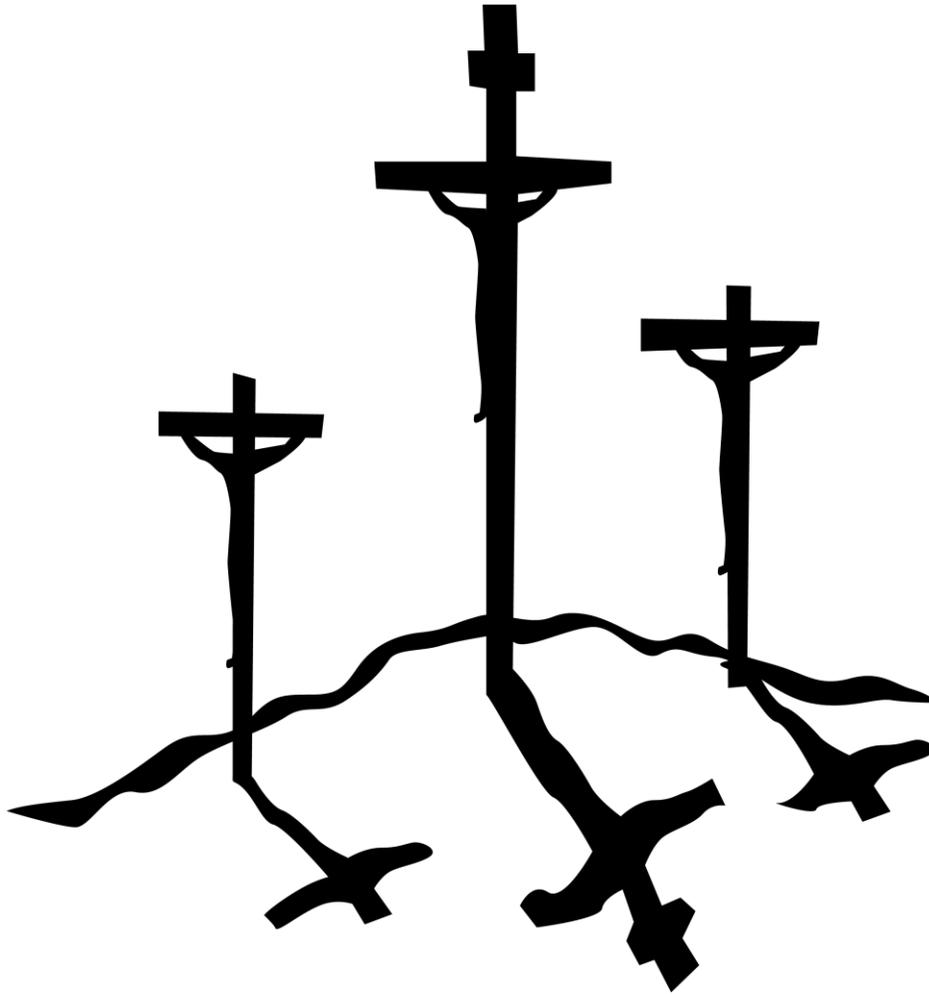


# Lent Holy Week & Easter



*In the shadow of the cross*

In the wood Green Team of St Michael's

# Ash Wednesday

14<sup>th</sup> February 2018

Joy is not the first emotion that strikes us when we begin our journey through Lent. Yet our liturgy and worship refers to Lent as a joyful season. Perhaps we are more accustomed to thinking of Lent as a difficult time, a time of struggle, where through acts of self-denial and sacrifice we attempt to walk a little closer with our Lord and Saviour. But is it really joyful?



Our joy does not spring from what we are giving up but what God is giving to us. The joy of Lent is present because it is a time when we prepare to celebrate the Easter mysteries with heart and mind renewed.

**TURN AWAY**  
from sin and  
**BE FAITHFUL**  
to the Gospel.



To assist us with our Lenten journey the Church invites us to make use of certain graces such as the gifts of prayer, fasting and almsgiving. The paradox of the Gospel is that in giving we receive. The more we give of ourselves in this holy season the more God will shower us with his blessings inviting us to walk with him in the risen life of Christ. With such love poured into our hearts we cannot but rejoice!

*Lord Jesus,  
You call us to repent and to believe  
For the kingdom of God is close at hand  
You teach us to do God's will. You invite us to follow you  
On the way of the cross*

*Lord, renew in us the grace of our Baptism  
Transform our thoughts, words and deeds  
So that we might turn away from sin and live the Gospel Amen*

## Sunday's in Lent



**Sunday Parish Mass** - Each and every Sunday we gather as the Lord's family at the central act of our life and worship, the Parish Mass. Our celebration of the Eucharist takes us deeper into God's love for us, and our Communion with the Lord, and each other, strengthens us for the week ahead. If nothing else perhaps we can make a Lenten rule to attend every single Sunday throughout Lent to the Easter celebrations.

Parish Mass	St Michael's Wood Green	10.30am
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Parish Eucharist	St Michael's Bowes	11am
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**Stations of the Cross** – Join us on Sunday evenings at 6.30pm for the Stations of the Cross. This powerful and demanding devotion enables us to understand the great cost of God's love for us and helps us enter into the mystery of Christ's suffering and death.

The Stations of the Cross conclude with Benediction at which we receive the Lord's own blessing to strengthen us to walk the road to Easter.



*We adore you O Christ and we bless you  
Because by your holy Cross  
You have redeemed the world*

## Lent extras: -

**Daily** – The Church is open for Morning Prayer which is offered each day at 9am and Evening prayer is kept at 5.15pm. The Mass is celebrated throughout the week in the team the times of which are on the notice board or contained in this Lent booklet.

### **Tuesdays in Lent. Eucharist at 11am - St Michael's Bowes**



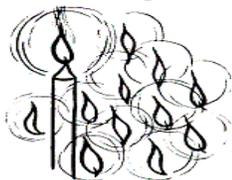
The Eucharist will be offered at St Michael's at Bowes followed by our Lent Course 'returning to God'.

### **Wednesdays in Lent. Mass at 12noon St Michael's W G**

The Church will be open for devotions from 11am in readiness for the Mass at Midday which will include a Lent reflection.

### **Thursday in Lent. Eucharist 7pm – St Michael's Bowes**

Following the Eucharist at 7pm there will be a repeat of the Tuesday Lent Course 'returning to God.' This enables those who work during the day to attend.



*"How can we live in harmony?  
First we need to know we are all madly in love  
With the same God."*

*St Thomas Aquinas*

## **Fridays mornings in Lent – Devotions around the Cross**

Friday is the day of the cross. On this day at 8.30am we are invited to fast, which is itself a powerful discipline, and concentrate on the mystery of the cross.



This simple and moving service begins the Friday fast. We gather around the Cross at St Michael's Wood Green to remember our Lord's passion and death and in adoration we venerate the Cross before receiving God's blessing.

## **Friday Evenings – Mass and breaking of the Fast – 5.30pm**

We gather back at St Michael's wood Green for Mass at 5.30pm which breaks our fast. Following the blessing we share in a simple spiced loaf and cup of hot chocolate.

## **Saturdays in Lent Mass at 12noon St Michael's W G**

Saturday is a day of rest and preparation for Sunday. From 10am the Church is cleaned and made ready for Sunday. The Mass at 12noon is the best way to thank God for the week that has passed and place into his hands the coming week that begins on Sunday.

**1<sup>st</sup> Sunday of Lent 18<sup>th</sup> February** – On the first Sunday of Lent we are encouraged to bring an Icon, a Cross, a rosary or any item of devotion. The aim is to have them blessed and rededicated with a view to placing them in a prominent place in our homes to aid us in our Lent devotions.

## What more can I do...

**Confessions** – The Sacrament of Confession is a beautiful Sacrament and offers us the opportunity to put right the things we know are wrong in our lives. There is nothing more debilitating than being weighed down by guilt and shame, we see it in the story Jesus told of the prodigal son in the holy Gospel (Luke 15:11-32). We also see in that same story the great love of the Father as he welcomes his son home. The Sacrament of Confession or reconciliation assures us of that same welcome and forgiveness from God our Father. The priest by the authority granted to him through Ordination, is there to assist us in Confession, offering helpful advice and spiritual direction but above all to announce God's forgiveness and blessing. Those who make Confession part of their way of life often speak about the joy and freedom it brings. If you would like to know more or would like to make your confession, please speak to Fr Ian who will happily help you.



**Fasting-** A traditional discipline for Lent is fasting. Jesus himself fasted before his public ministry and he expected his disciples to do the same. Fasting for some may mean missing a meal, for others it may mean missing out on morning coffee or afternoon tea, others may fast throughout the day. Our fasting teaches us humility and dependence on God. Friday is a traditional day for fasting in the Church and at St Michael's it begins and ends with worship.

**Act Charitably** – The purpose of all our Lenten disciplines is to draw us into the love of God by following the way of Christ and making room for the Holy Spirit to act in us and through us in the world. Often Jesus reminds us that our love for him must be reflected in our love for others. Charitable giving is one way of sharing our gifts and God's love with those whose needs are so much greater than ours.

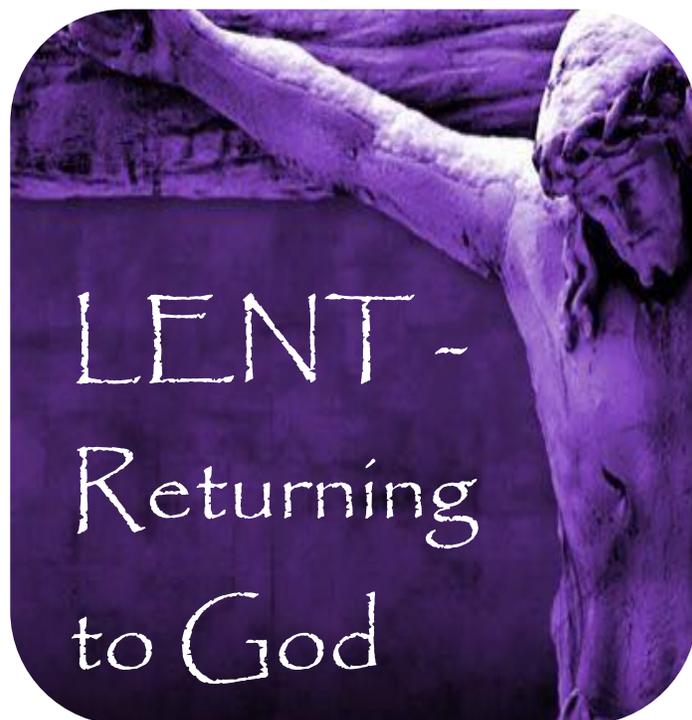
Please join us for a 6-week  
Reflective Lent course to  
stop take in the depth of  
God's love for us

at St Michael-At- **Bowes**

**Church**

**103 Palmerston**

**Rd. N22 8QX.**



“Come to me, all you who  
are weary and burdened,  
and I will give you rest.”  
Matthew 11:28

## ALTERNATE GROUPS ARE OFFERED DAYTIME OR EVENING TIME

On Tuesdays at 11:30 on 20 Feb, 27 Feb, 6 March, 13  
March, 20 March, 27 March

On Thursdays at 19:30 on 22 Feb, 1 March, 8 March, 15  
March, 22 March

To find out more write to Rev. YILDIRIM at [engnyldrm@gmail.com](mailto:engnyldrm@gmail.com) .

**Holy Week**  
**25th March – 1<sup>st</sup> April**



**Palm Sunday**

Parish Mass with Palm Sunday procession 10.15am  
6.30pm Stations of the Cross

**Monday 26th**

Stations of the Cross 7.30pm

**Tuesday 27th**

Mass 11.00am St Michael @ Bowes  
Followed by final Lent Group

**Wednesday 28th**

Mass 12noon with Holy Week reflection

**Maundy Thursday 29th**

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Mass, Foot Washing, Vigil 7.30pm  
Watch till midnight

**Good Friday 30th**

12 noon—3pm  
Stations, Veneration,  
Pre  
Sanctified Mass



**Holy Saturday 31<sup>st</sup>**

Easter Vigil 8.30pm

**Easter Sunday 1<sup>st</sup>**

Parish Mass 10.30am

