

Almsgiving

We all have our favourite charities and we try to support CAFOD in Lent at the fast day on **Friday 15th March** with the retiring collection on **16th/17th March**.

For our **Lent Alms** we are invited by Bishop Alan to support **Aid to the Church in Need**, supporting Christians throughout the world persecuted for their faith in countries such as Syria and Iraq, and the **Cambridge Nazareth Trust**, which supports the education of children living in the Holy Land. Thousands of Christians have emigrated from the Holy Land because of continuing difficulties. The number of 'living stones', direct descendants of the earliest followers of Jesus, are falling to crisis levels. Through education, the Cambridge Nazareth Trust hope to encourage Christian communities to play their part in the future development of their lands.

There will be a bucket or basket at the back of all our Churches during Lent for Lent Alms and during this time there will be no retiring collection for the Restoration fund.

St Mary's, Great Yarmouth and

St Peter's, Gorleston



Season of Lent
2019

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The season of Lent is forty days of preparation for our celebration of the great mysteries of the suffering, death and resurrection of our Saviour, Jesus Christ. During this time we renew our faith and enliven our relationship with God through prayer, fasting and almsgiving. Our journey of Lent reminds us of the forty years the people of Israel spent in the desert and the forty days Jesus spent in the desert in preparation for his public ministry. The gospels this year remind us of Jesus' time in the desert and his transfiguration, we hear his conversation with the Samaritan woman at the well, about healing the man who was born blind and raising his friend Lazarus from the dead. All help to prepare us to remember with love Jesus' suffering, death on the cross and resurrection to new life, by which we are Redeemed and freed from our sins.

Prayer

Weekday Mass is a very good anchor for our prayer during Lent, maybe you can get to Mass once during the week, as well as on Sundays. We have an early Mass on Fridays and an evening Mass on Tuesdays at 19:00 and Thursdays at 19:30, which may suit people at work, otherwise during the week Mass times are given on the newsletter.

Deanery Lenten Station Mass will be celebrated by Bishop Alan on **Thursday 4th April** at 19:00 at Our Lady Star of the Sea, Lowestoft. There will be Exposition of the Blessed Sacrament and Confessions from 18:00. Refreshments and a chance to meet Bishop Alan will follow at 20:00, finishing at 21:00.

Stations of the Cross will be celebrated each Friday in both parishes, at 19:30. They will be led by different people and groups each week. This is a wonderful devotion, following Jesus's journey with the cross.

Adoration of the Blessed Sacrament is available every Saturday at 10.00 in St Peter's, and at St Mary's every Thursday at 09:30. It offers a valuable time of quiet prayer in the presence of the Lord.

Strength In Our Weakness Lent Course led by Fr Alex at St Peter's on Thursdays: 14th, 21st, 28th March and 11th April at 17:00 for an hour.

Alive in Christ – Making Mission Possible In Your Parish (Café Resource) - Lent Course led by Fr Anthony at St Mary's for 4 weeks on a Tuesday morning at 10:45, starting on Tuesday 12th March.

Fasting

We can all do some fasting during Lent, perhaps from some of our favourite foods, maybe from some of our favourite activities, TV or computer time. Our fasting is something that we use to look out of ourselves towards God and towards other people. It helps to remind us to control our own appetites and desires and so to recognise that God provides and cares for us.

Lenten Lunches

There will be 4 Lent soup lunches at St Peter's from 12:00 on the following Fridays: 15th March, 29th March, 12th April and 19th April (Good Friday). Price is £3.00 with proceeds for Water Aid.

In St Mary's Presbytery the Lenten Lunches will be on Wednesdays: 13th March, 20th March, 27th March and 3rd April from 12.30 – 13.30. This is a chance for a light lunch, a chat with other parishioners and to support the Lent Alms charities.

