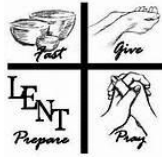


ST LAURENCE'S CHURCH, LONG EATON

**MAKING THE JOURNEY OF
LENT 2019**



ASH WEDNESDAY 6^h March
The First Day of Lent

10.00 am MASS with Imposition of Ashes (St Laurence)

7.00 pm MASS with Imposition of Ashes (Holy Trinity)

WEDNESDAYS IN LENT

9.15 am Stations of the Cross

10.00 am MASS

(this does **not** include Ash Wednesday)

FRIDAYS IN LENT

12 noon MASS

12.30 pm Soup Lunch in the Church Hall

*A donation is invited to support the work of the
Additional Curates Society*

LENT QUIET DAY

Saturday 23rd March 10 am – 4.30 pm

at Holy Cross Convent, Costock

Leader: Fr Tom Barnfather

Bring your own lunch, hot drinks provided

CHRISM MASS

The Bishop of Ebbwfleet will be holding his Chrism Mass at Lichfield Cathedral at 11.30 on Wednesday 17 April



LENT COURSE ON PRAYER

This year's Lent Course has been put together by Fr Tom Barnfather. It will run for 5 weeks on Wednesdays at 2pm at Holy Trinity Vicarage, Ilkeston. Starting on 13 March and ending on 10 April. All are welcome to attend at either venue.

LENT BOXES

These are also available for you to take and to use to make charitable donations of what you save during Lent as a result, perhaps, of giving up some luxury or having less to eat. All donations made will also go to The Additional Curates Society, one of the Anglican Church's home mission organisations and which encourages vocations to the priesthood and supports priests in needy areas. This money may be Gift Aided. Please do take a box.



Have you ever said ... "Oh! It's Lent again: I'd better give something up"?

Better by far to make a proper **LENT RULE**.

Here are some tips on making one.

A LENT RULE ... some suggestions

GIVE UP ... for example

something of food and drink (e.g. alcohol) or some personal pleasure.

TAKE UP ... for example

attending an extra weekday Mass, spending an extra time in private prayer, coming to Stations of the Cross, giving something extra for the Church and for those in need.

READ UP ... for example

have a Lent book, read through a book of the Bible with a commentary or use the daily reflections booklet suggested on the other side of this sheet **Forgiven at the Cross**.

OWN UP ...

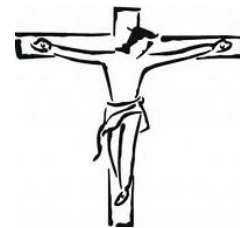
prepare to come to confession some time during Lent in preparation for Easter. If you have not done this before, speak to one of the clergy.

LOOK UP ...

never forget that Lent is a preparation for Easter, so always look up to the Cross - and beyond it - to Easter.

Why not write your own RULE on a piece of paper?

Bring it to Mass on Ash Wednesday (or to another Mass as soon as possible) and, when the bread and wine are brought to the altar at the Offertory, imagine your LENT RULE being put on the altar as your personal offering at the beginning of Lent ... and do your best to keep it!



You may like to pray this prayer each day in Lent to help you keep your rule:

Lord God, our light and our salvation,
we praise you for your gifts of life and faith.
We thank you for the desire that you have
planted in our hearts, our yearning to see your face.
Help us to meet you in prayer, to walk in your ways,
and to speak to others of our joy
and consolation in your presence.
Give us faithfulness in this present life
so that we may come to know and praise your beauty,
with all our brothers and sisters, in the life to come.
We make this prayer through Christ our Lord. *Amen*