

The Season of Lent is a period in which we are encouraged to pray and reflect on how we can deepen our personal relationship with Jesus and increase our understanding of our faith as we prepare to celebrate Christ's resurrection at Easter. To help us in this task, we are holding a series of Lenten activities to which you are all invited.

Friday Stations of the Cross

Stations of the Cross will be held every Friday in the church during Lent starting on **Friday, 23rd February at 7pm.**

Lent Lectures at Brentwood Cathedral: There will be a series of Lenten talks at **Brentwood Cathedral** on the subject of the Synod that took place in Rome in October given by four of the participants who were present. **Fr Timothy Radcliffe OP** will be speaking on Wednesday 21st February. **Revd Dr Jan Nowotnik** will be speaking on Wednesday 28th February. **Mr Austen Ivereigh** will be speaking on Wednesday 6th March. **Bishop Nicholas Hudson** will be speaking on Wednesday 13th March. This will be a wonderful opportunity to learn more about the Synod on Syondality. **Each talk starts at 7.30pm in the Cathedral.**

Lent Reconciliation Service: There will be a Reconciliation Service at Brentwood Cathedral on **Monday 18th March at 7.30pm.**

Easter Crafts Activity for Families on Palm Sunday, 24th March:

On Palm Sunday, 24th March at 2pm, Kristin, our Family Co-ordinator, will be holding an Easter crafts session for families in the Large Hall of the Pastoral Centre.

Families will be invited to create Easter baskets filled with crafts & goodies including decorative eggs, easter biscuits, chocolate nests and rosary keyrings. These baskets will then be blessed by Fr Dan at 2pm on Holy Saturday (30th March)

If you would like to take part in this please make sure that you email Kristin at kristindefreitas@brcdt.org There will be a charge of £5 per family to cover the cost of the craft items.

Walk With Me Children's Lenten Calendars:

These are available at the back of the church and are free of charge

My Day by Day Lenten:

These are available from the Church porch at a cost of £1.15

Confessions and Exposition of the Blessed Sacrament

Confessions are heard every Saturday morning from 11am-12pm, and Exposition of the Blessed Sacrament will be held on Sundays at 5pm.

Holy Week Services:

Maundy Thursday, 28th March:

Mass is at 7.30pm followed by a vigil in front of the Blessed Sacrament at the altar of repose until Midnight.

Good Friday, 29th March:

Children's Stations of the Cross will take place at **10.15am** in the church.

The Veneration of the Cross will take place at **3pm.**

Stations of the Cross will take place at **7pm.**

Holy Saturday, 30th March:

Confessions from 11am to 12pm in the Church

Blessing of Easter Food: **2pm** in the Church.

This is a tradition in many Eastern European countries where families bring to the church the food that they will eat on Easter Sunday.

Easter Vigil, Saturday 30th March:

The most important service in the Church's year will take place at **8pm**.

Easter Sunday, 31st March:

Please note that the clocks go forward an hour on this date.

Masses will be at **9am** and **11am**.

Friday Obligation:

A reminder that as Catholics we are obliged not to eat meat on Fridays.

"Lent is a time for a change of heart, a time for concern for others and a time for prayer which costs.

Each of these three parts to Lent must be present if the season is to have any real and lasting value." (Paul Frost)

Lent and Holy Week At The Most Holy Redeemer, Billericay

