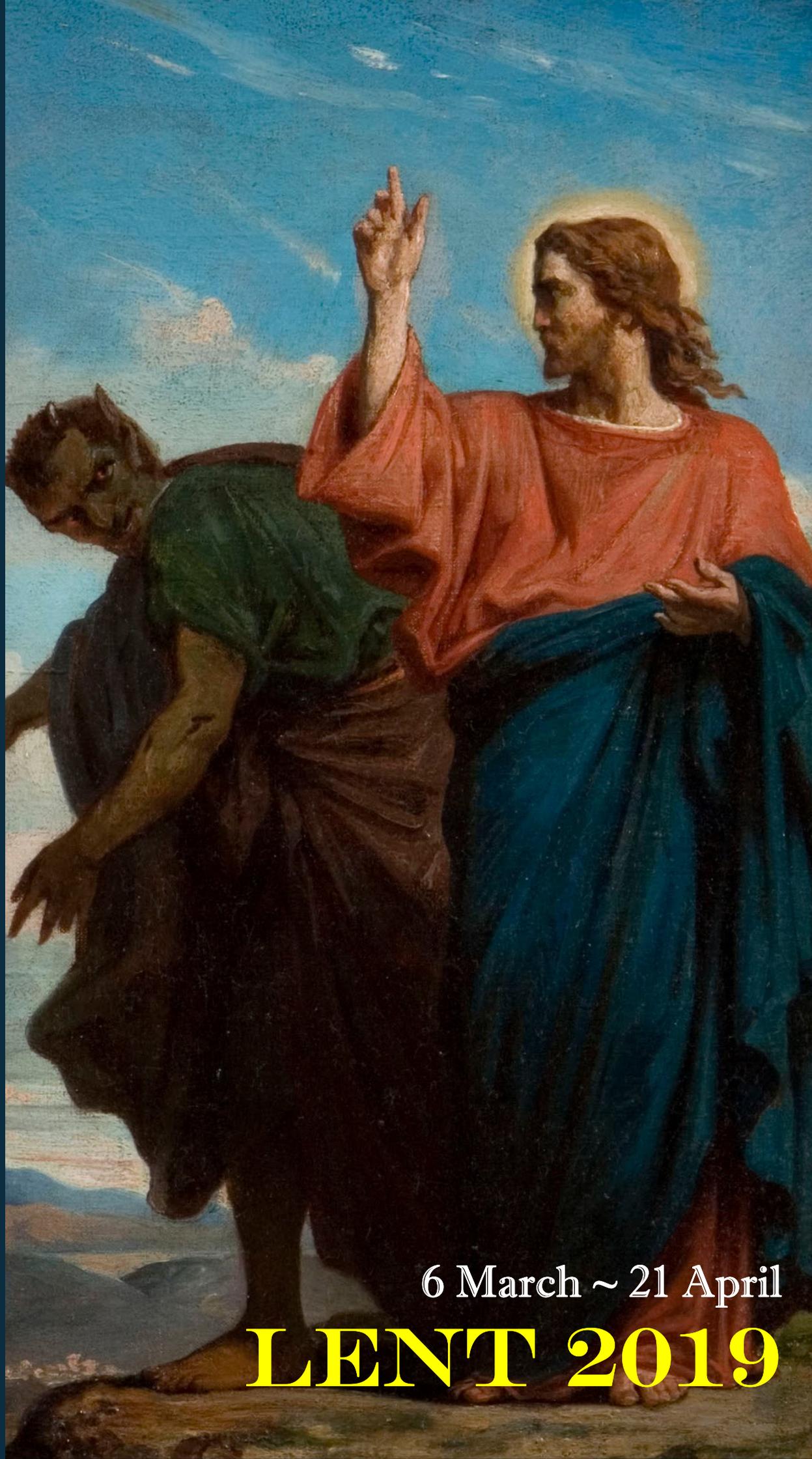


PARISH OF THE HOLY REDEEMER  
HUDDERSFIELD



6 March ~ 21 April

**LENT 2019**

## ASH WEDNESDAY MASSES

### **Various times on Wednesday 6 March**

Mass and the Distribution of Ashes will be at:

<b>9.30am</b>	Our Lady of Lourdes, Holy Family and St. Patrick's Churches
<b>10.45am</b>	St. Patrick's School
<b>12.15pm</b>	St. Patrick's Church
<b>7pm</b>	St. Patrick's Church

Throughout Lent, there will be the usual weekday and Sunday Masses in the parish.

## EXPOSITION OF THE BLESSED SACRAMENT

### **Various times throughout Lent**

Throughout Lent, there will be Exposition of the Blessed Sacrament **before all weekday morning Masses**, as well as at St. Patrick's Church on **Fridays 10am- 12noon** and **Saturdays 10.45am-12noon**, unless otherwise stated in the Parish Newsletter.

## SACRAMENT OF RECONCILIATION (CONFESSION)

### **Fridays & Saturdays throughout Lent (starting 8 March)**

The Sacrament of Reconciliation is available on **Fridays** at:

**6.30pm-6.45pm** Holy Family Church

and on **Saturdays** at:

**10.45am-11.45am** St. Patrick's Church

**5pm-5.45pm** St. Patrick's Church

**5.15pm-5.45pm** Our Lady of Lourdes Church

## LENTEN DAY OF RECONCILIATION

### **From 9am until 5.45pm on Saturday 6 April**

In addition to the times above, there will also be the traditional **Lenten Day of Reconciliation** at St. Patrick's Church.

Throughout the day, priests will be available to hear your Confession at any point during the day (except during the time of the lunchtime Mass, **12noon-12.30pm.**)

## STATIONS OF THE CROSS

### **Various times on Lent Fridays (starting Friday 8 March)**

**Stations** is a way of meditating upon the suffering and death of Christ. It will be available at the following times and places:

**10am** Our Lady of Lourdes Church

**6.45pm** Holy Family Church

**7pm** St. Patrick's Church (**except 5 April - due to 40 Hours**)

## VESPERS & BENEDICTION WITH LENTEN REFLECTION

### **3.30pm on Lent Sundays (starting on Sunday 10 March)**

**Vespers** is the Evening Prayer service of the Catholic Church. It includes a hymn, psalms and prayers, all contained in a booklet. In addition, there will be a Lenten reflection as well.

Vespers will conclude with Benediction; the whole service takes approximately thirty minutes, and will take place in St. Patrick's Church on the Sunday afternoons of Lent, from the **first Sunday of Lent** and up to and including **Easter Sunday (21 April.)**

## FORTY HOURS

### **From 2pm on Friday 5 April until 7.30am on Sunday 7 April.**

**Forty Hours' Devotion** is a time of grace and a period of Exposition of the Blessed Sacrament and continuous silent prayer before the Lord and will be held in St. Patrick's Church. Please sign up to the rota, which is available now (at least two people need to be present for each hour.) The church will not be open to 'passers by' during darkness.

## 'WALK WITH ME' PRAYER BOOKLETS FOR ADULTS

*Available from the weekend of 2-3 March*

**Walk with Me** is a **FREE** booklet of daily meditations, which encourages prayer and reflection. They are written in an easy and accessible style. The booklet will be available at the back of each of the churches while stocks last. Please take a copy and use it throughout the Lenten period.

## 'MY DAY BY DAY' PRAYER BOOKLETS FOR JUNIORS & INFANTS

*Available from the weekend of 2-3 March*

Once again there will be the Junior and Infant versions of the Lenten booklet **My Day by Day**; these are also **FREE** and available at the back of church while stocks last!

## 'WALK WITH ME' CHILDREN'S LENTEN CALENDARS

*Available from the weekend of 2-3 March*

**Children's Lenten calendars** are also available. These A4 sheets will help infant and junior school children follow Christ through Lent until his resurrection at Easter. Once again these items are **FREE** from the back of church, and available while stocks last!

## FASTING

*Ash Wednesday and Good Friday*

These are days of **fasting and abstinence**, but we should try to mark *each Friday* by fasting, and indeed the whole of Lent. This can mean doing without a meal, eating less or more simply. During the whole of Lent this can mean giving up certain treats such as sweets, crisps, alcohol, television etc. This reminds us of our hunger for God.

## CAFOD: LENTEN FAST DAY

*Fast Day: Friday 15 March & Collection: weekend of 16-17 March.*

The traditional **CAFOD Lenten Fast Day** is on *Friday 15 March* and will be followed a retiring collection over the weekend of *16-17 March* for you to donate to CAFOD.

There will be envelopes available, for those who wish to Gift Aid their donation, from the weekend of *2-3 March*. Those donating should be aware that the government is offering to fully match Gift Aid donations made this Lent, so every pound will be doubled.

## CAFOD: GOURMET SOUP KITCHEN

*Saturday 16 March*

In addition to the **Lenten Fast Day** collection, there will also be a fundraising **Parish Gourmet Soup Kitchen**, which will be in the St. Martin de Porres Parish Centre at 30 New North Road on *Saturday 16 March* from **12.30pm**. **All** are welcome.

## LENTEN DAYS FOR MINISTERS

*Day for Readers: Saturday 23 March*

*Day for Extra-Ordinary Ministers of the Eucharist: Saturday 6 April*

These **Lenten Days of Reflection and Training** provide an opportunity for those who undertake these very special ministries of the Church, to reflect on the responsibilities of their ministry, the message of Lent, and the needs of the parish.

Both of these events will be held in which will be in the St. Martin de Porres Parish Centre at 30 New North Road and will run from **10.30am-1.30pm**, with an opportunity to attend Mass together at **12noon**, followed by a buffet lunch.

## PRAYER

*Throughout Lent*

We are all asked to set aside time each day in prayer, this is even more important during Lent. So please remember to make room in your daily schedule for the Lord.

## ALMSGIVING: MARY'S MEALS

### *Throughout Lent*

**Almsgiving** is one of the three pillars of Lent, a commitment to help practically our fellow Christians.

This year we will be sponsoring the work of **MARY'S MEALS** - an international movement to set up school feeding projects in communities where poverty and hunger prevent children from gaining an education. **Mary's Meals** provides daily meals in school for over 391,000 children in Africa, Asia, Latin America and Eastern Europe.

So we are asking you, at the beginning of Lent, to put aside in your homes an **Almsgiving Bowl**, and in it collect your Lenten offerings over the weeks of Lent and then bring the collected contents of the bowl on ***Palm Sunday weekend (13-14 April.)***

Find out more about **Mary's Meals** on their website: [www.marysmeals.org.uk](http://www.marysmeals.org.uk)

## POPE FRANCIS' 2019 LENTEN MESSAGE

Each year God gives us this joyful season when we prepare to celebrate the paschal mystery with mind and heart renewed, as we recall the great events that gave us new life in Christ. We can thus journey from Easter to Easter towards the fulfilment of the salvation we have already received as a result of Christ's paschal mystery - "for in hope we were saved" (Rom. 8:24).



The celebration of the Paschal Triduum of Christ's passion, death and resurrection, the culmination of the liturgical year, calls us yearly to undertake a journey of preparation, in the knowledge that our being conformed to Christ is a priceless gift of God's mercy. When we live as children of God, redeemed, led by the Holy Spirit and capable of acknowledging and obeying God's law, beginning with the law written on our hearts and in nature, we also benefit creation by cooperating in its redemption.

The path to Easter demands that we renew our faces and hearts as Christians through repentance, conversion and forgiveness, so as to live fully the abundant grace of the paschal mystery. Lent is a sacramental sign of this conversion. It invites Christians to embody the paschal mystery more deeply and concretely in their personal, family and social lives, above all by fasting, prayer and almsgiving.

**Fasting** - learning to change our attitude towards others and all of creation, turning away from the temptation to "devour" everything to satisfy our voracity and being ready to suffer for love, which can fill the emptiness of our hearts. **Prayer**, which teaches us to abandon idolatry and the self-sufficiency of our ego, and to acknowledge our need of the Lord and his mercy. **Almsgiving**, whereby we escape from the insanity of hoarding everything for ourselves in the illusory belief that we can secure a future that does not belong to us. And thus to rediscover the joy of God's plan for creation and for each of us, which is to love him, our brothers and sisters, and the entire world, and to find in this love our true happiness.

Dear brothers and sisters, the Lenten period of forty days spent by the Son of God in the desert of creation had the goal of making it once more that garden of communion with God that it was before original sin. May our Lent this year be a journey along that same path, bringing the hope of Christ also to creation, so that it may be set free to obtain the glorious liberty of the children of God. Let us not allow this season of grace to pass in vain! Let us ask God to help us set out on a path of true conversion. Let us leave behind our selfishness and self-absorption, and turn to Jesus. Let us stand beside our brothers and sisters in need, sharing our spiritual and material goods with them. In this way, by concretely welcoming Christ's victory over sin and death into our lives, we will also radiate its transforming power to all of creation.

*Franciscus*