

LENT IN THE PARISH OF OUR LADY AND ST JOSEPH 2019

Lent is the Church's annual period of purification and enlightenment. It is the final stage of preparation for those who are to be baptized (or received into full communion) at Easter. All of us join during the forty days of Lent with those preparing to become full members of the Church. We support them by our prayers and example, and seek with them an ever deeper knowledge and love of Christ, in the mystery of his life, death and glorious resurrection.

ASH WEDNESDAY: March 6th:

MASS (with Imposition of Ashes) at 9am (Cromer), 10.30am (Sheringham) and 7pm (Sheringham).

Ash Wednesday (along with Good Friday) is a 'Day of Fasting and Abstinence'. On Ash Wednesday (and Good Friday) we reduce the amount of food that we eat ('fasting') and we do not eat meat ('abstinence'). In doing this, we seek to turn our attention away from ourselves and our own comfort and look rather to God.

On all Fridays in Lent – and also throughout the year – we abstain from meat. This Friday abstinence is a reminder to us of Our Lord's Saving Passion and an expression of our solidarity with Catholics throughout the world.

PARISH LENT PROGRAMME

TUESDAYS at 2.30pm and 7.30pm (St Joseph's) (March 12th, 19th and 26th and April 2nd and 9th) and THURSDAYS at 2.30pm (Our Lady of Refuge) (March 7th, 21st and 28th and April 4th and 11th).

A Series of four talks, with discussion, on the 'Theology of the Body' (with special reference to the single and widowed); with Talks by Br Duncan (Monk of Quarr) on the Liturgy of Holy Week on April 9th and 11th.

SUNDAYS IN LENT at 3pm: Stations of the Cross in both churches, followed by Benediction, when Priests are available.

MONDAYS IN LENT 9.30am - 10am: Exposition of the Blessed Sacrament at St Joseph's.

TUESDAYS IN LENT: Lent Lunches in St Joseph's Hall: 12.30pm - 1.15pm: March 12th, 19th and 26th: April 2nd and 9th.

WEDNESDAYS IN LENT 9.30am – 10am: Exposition of the Blessed Sacrament at Our Lady of Refuge

FRIDAYS IN LENT: An extra weekday Mass at 6.45am (Sheringham and Cromer in alternate weeks)

DATES FOR YOUR DIARIES

Friday, 1st March: WOMEN'S WORLD DAY OF PRAYER

Service in Cromer at the Anglican Parish Church at 2pm
Service in Sheringham at the Lighthouse (Baptists) at 2pm

Monday, 11th March: Norwich Deanery Clergy Meeting & Lunch in the Hall at St Joseph's (10.30am – 2.30pm)

Wednesday, 13th March: First Holy Communion
Candidates' First Confessions at St Joseph's at 6pm.

Friday, 15th March: CAFOD LENT FAST DAY.

Thursday, 21st March: Bishop Alan celebrates the Norwich Deanery Station Mass at St George's, Sprowston Road, Norwich at **7pm** (Adoration and Confessions from 6pm – 7pm) Refreshments afterwards.

HOLY WEEK

Palm Sunday: 14th April

MASSES (with Blessing of Palms):

Saturday 6pm at Our Lady of Refuge, Cromer

Sunday 9am at Our Lady of Refuge, Cromer

Sunday, 11am at St Joseph's, Sheringham

Tuesday in Holy Week: 16th April

CHRISM MASS AT ST. JOHN'S

CATHEDRAL, NORWICH at 7pm NB time

Maundy Thursday: 18th April

**MASS OF THE LORD'S SUPPER AND WATCH
UNTIL MIDNIGHT at 7.30pm at St Joseph's**

Good Friday: 19th April

Good Friday is a day of Fasting and Abstinence

**'Churches Together in Sheringham' Walk of Witness:
assemble at 11.15am outside St Peter's Church.**

**Cromer – an event outside the Parish Church at a time
to be announced.**

**CELEBRATION OF THE LORD'S PASSION at
3pm at St Joseph's**

7.30pm: Stations of the Cross at Our Lady of Refuge

8pm: Confessions at Our Lady of Refuge

THE EASTER VIGIL

**Saturday, 20th April at 8.30pm at
St Joseph's**

EASTER DAY:

**Sunday, 21st April: Mass at Our Lady of
Refuge, Cromer at 9am; and at St Joseph's,
Sheringham at 11am.**

Confession times before Easter:

Saturday, 13th April from 9.30am -
10.30am (St Joseph's)

and 3pm - 4pm (Our Lady of Refuge);

Good Friday, 19th April 8pm (Our Lady of
Refuge)

*THIS YEARS LENT ALMS: All Alms collected
in the Diocese this Lent will be divided
equally between AID TO THE CHURCH IN
NEED (for Relief Work in Syria & Iraq) and
the CAMBRIDGE NAZARETH TRUST.*

*Other charities (both international and
local) will continue to be funded,
according to the means agreed by the
Parish Finance Committee.*