

Almsgiving

We all have our favourite charities and we try to support Cafod at Lent at the fast day on Friday 19th February with the retiring collection on 20th /21st February.

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, Iraq, and Palestine, and the SVP initiative “**40 Nights of Nightstop**” providing emergency accommodation for homeless young people. Read about it on the noticeboard and at www.uk.depaulcharity.org/lentappeal

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 no retiring collection for the Restoration fund.

You may wish to use this prayer from Aid to the Church in Need to support their work in your prayer as well.

Lord, the plight of your people in the Middle East is grave and the suffering of Christians is terrible and frightening. Therefore, we ask you Lord to save your people from all fear and violence. Grant t

hem patience and courage to continue to witness to their Christian values with faith, hope and charity. Lord, peace is the foundation of all life. Give them peace and stability. Help them live with one another without fear and anxiety, with dignity and joy. We ask this through Jesus Christ, the Light of this world. Amen.

St Mary's, Great Yarmouth and St Peter's, Gorleston



Season of Lent

2016

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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 of Jesus time of temptation in the desert, his transfiguration, of Jesus commenting on some tragic events, the parable of the Prodigal Son, the woman caught in adultery and finally Jesus suffering and death on the cross. Our time of Lent helps us to be aware of God's mercy and love for us, it gives us a time to journey with God in preparation for our celebration of Easter. We enter the season with a generous heart and open ourselves to God's love and to his working in our lives.

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 also an evening Mass on Thursdays at 19:30 in St Peter's, which may suit people at work, otherwise during the week Mass times are given on the newsletter.

Friday 07.00 Mass:

St Peter's, Gorleston: 19th Feb, 4th March 18th March
St Mary's, Great Yarmouth. 26th Feb, 11th March

Deanery Lenten Station Mass will be celebrated by Bishop Alan on **Thursday 3rd March** at 19:00 in St Peter's. 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.

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.

Daily meditation books are available at the back of church to help you, they give a short reading for each day and are only £1 each.

Adoration of the Blessed Sacrament is available every Thursday at 18:45 and Saturday at 09.30 in St Peter's, a valuable time of quiet prayer in the presence of the Lord.

Four Part Lent Course on the Mercy of God led by Fr Philip will explore the mercy of God as we find it in the gospels of Lent, in line with the Year of Mercy. This course will be available during the morning at St Mary's on Mondays following the 10:00 Mass and in the evening at St Peter's on Thursdays following the 19:30 Mass.

St Mary's dates:-15th February, 22nd February, 7th March & 14th March

St Peter's dates:-18th February, 25th February, 10th March & 17th 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: 26th February, 4th March, 18th March and 25th March (Good Friday).

In St Mary's there will be 3 Lent lunches on Wednesdays 17th Feb, 9th March and 23rd March in the Presbytery from 12.30 – 13.30. This is a chance for a light lunch, a chat with other parishioners and to support those in need.

