

Almsgiving

We all have our favourite charities and we try to support CAFOD in Lent at the fast day on Friday 10th March with the retiring collection on 11th/12th March.

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 **Medaille Trust**.

The Medaille Trust is a charity founded by groups of Religious congregations in 2006 to work against the evils of human trafficking in response to the plight of thousands of people who are being trafficked into the UK each year. The Trust has been a significant provider of support and safe house provision for the victims of human trafficking since then and continues to deliver outstanding care ten years on.

The primary mission of The Medaille Trust is the empowerment of women, men and children, who have been freed from the human-trafficking and the modern day slavery industry in the UK, enabling them to regain their dignity and self-worth. We do this by providing safe housing and offering opportunities for physical and psychological healing, rehabilitation and protection to the victims in our care.

Since 2006 the Trust continues to grow and meet the needs of the increasing number of victims identified in the UK. Now, 10 years on The Medaille Trust operate from 7 safe houses offering a total of 61 bed spaces to women, men and children. Our current range of safe house provision offers 3 dedicated women's houses, 3 male houses and 1 specialist family centre.

With our range of safe houses located across the country the trust can offer a warm and safe home with a loving team of staff to assist with the 1st stage of the victim's recovery.

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.

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



Season of Lent 2017

Season of Lent

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 us of Jesus' time in the desert and his transfiguration, we hear his conversation with the Samaritan woman at the well, about healing the man who was born blind and raising his friend Lazarus from the dead. All help to prepare us to remember with love Jesus' suffering, death on the cross and resurrection to new life, by which we are Redeemed and freed from our sins.

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 an evening Mass on Tuesdays and Thursdays at 19:30, which may suit people at work, otherwise during the week Mass times are given on the newsletter.

Deanery Lenten Station Mass will be celebrated by Bishop Alan on **Monday 27th 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 Saturday at 10.00 in St Peter's, a valuable time of quiet prayer in the presence of the Lord.

Bible Timeline Lent Course led by Fr Philip at St Peter's for 8 weeks on a Thursday evening at 18:00, starting on **Thursday 2nd March**.

Strength to Strength Lent Course led by Fr Anthony at St Mary's for 6 weeks on a Monday morning at 10:45, starting on **Monday 6th 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: 10th March, 24th March, 7th April and 14th April (Good Friday). Price is £2.50 with proceeds for Water Aid.

In St Mary's Presbytery on Wednesdays 15th March, 29th March and 12th April from 12.30 – 13.30. This is a chance for a light lunch, a chat with other parishioners and to support the Lent Alms charities.

