

# **LENT**

# **2020**

**PARISH OF ST.FELIX, FELIXSTOWE**

Each year the Church invites us to prepare ourselves for our annual celebration of the Dying and Rising of Our Lord Jesus Christ. We do this during the six weeks of Lent. This holy season originates in the time of prayer and fasting undergone by adults preparing for baptism at Easter. In due course the whole Church came to share in this exercise. It is a time for spiritual awakening and growth. We aim to discipline ourselves so as to develop both self-control and an enhanced awareness of the place of God in our lives. A good Lent enables a good keeping of Holy Week, the crown of the Christian Year. And a good Holy Week deepens in a wonderful way our relationship with the Christ who has died for us, and who has risen that we might have new life.

The Gospel at Mass on Ash Wednesday gives us our Agenda for Lent : we hear Our Lord bid us to Pray, to Fast, and to give Alms. What is listed below is aimed at helping us to work together through this Lenten Agenda.

## **ASH WEDNESDAY**

**February 26th**

**( A day of Fasting and Abstinence)**

The first day of Lent, when all of us should begin our Lenten observance at the Altar. Mass, with the Imposition of Ashes ( a sign that we are taking upon ourselves the disciplines of Lent) will be offered at

9.30am (St.Felix)

11.0am (The Convent)

7.30pm (St.Felix)

## **PRAYER**

### ***STATIONS OF THE CROSS***

In which we walk with Our Lord from Pilate's House to the place of his entombment. We witness in a vivid way the depths of both his suffering and of his love. There will be Stations

Every Sunday during Lent at St.Felix, 4.30pm  
and on Wednesdays at the Convent at 5.0pm,  
beginning on Ash Wednesday

***STRENGTH TO STRENGTH***  
***A CaFE Course on the practical benefits of***  
***daily prayer***

**The Course will take place in the Hall on Tuesday**  
**Afternoons during Lent, 2.0pm to 3.30pm**

<b>Tues. 3rd</b>	<b>Pray for the Day</b>
<b>Tues. 10th</b>	<b>Food for Thought</b>
<b>Tues. 17th</b>	<b>The Life of Prayer</b>
<b>Tues .24th</b>	<b>Lord, teach us to pray</b>
<b>Tues. 31st</b>	<b>Give us this day</b>

***THE PARISH PRAYER GROUP***

Meets each Monday in Lent at the Presbytery, 2.30pm-3.30pm

**FASTING**

***LENT LUNCHESES IN AID OF CAFOD***

These will be held on Fridays during Lent,  
at 12.30pm in the Hall, following Mass at Noon.  
Beginning on Friday March 28th.

**ALMSGIVING**

With the diocese, we will be supporting the following good  
causes during Lent this year :

***CAFOD*** By means of the Lent Lunches, and the Retiring  
Collection on Sunday March 8th, following the

