

- Been irregular at Sunday Mass? Why not decide to come as a family each week?
- Maybe try praying a decade of the Rosary as a family, few times a week?

Go deeper through spiritual reading. How about –

- *Time for God*, Jacques Philippe (the Jacques Philippe books are small, easy to read and packed with great help for growing spiritually)
- *The Creed in Slow Motion*, Martin Kochanski (know the foundations of our faith!)
- *Kisses from Katie*, Katie Davis (Need inspiration? An amazing story of what God did for thousands with a simple yes from an 18-year-old)
- *How God became King*, N.T. Wright (Very readable Biblical history!)
- *I Believe in Love: A Personal Retreat Based on the Teaching of St. Therese of Lisieux* (A great self-guided retreat throughout Lent)

Get involved in some practical outreach-

- Volunteer with the Church's social arm, *Caritas* (www.caritasvs.org)
- Fast once a week on bread and water: pray for a favourite cause or, simply give up something and donate the saved money to the poor or a charity like Aid to the Church in Need (www.acnuk.org)

Some great Catholic Apps/Podcasts –

- **Catechism in a Year:** A follow up to the Bible in a Year podcast with Fr Mike Schmitz (another option to pick!): start exploring the Catechism or your Bible with a great guide!
- **Pray as you Go:** Struggling to find dedicated, quiet time? Produced by the Jesuits, has wonderful daily meditations, examen and lots more!
- **Hallow:** An all-encompassing Catholic devotionals and meditation app. Set reminders, join praying groups or just connect with God by yourself. Free to try.
- **Magnificat:** The e-version of the very popular monthly missal, with readings, profound reflections and prayers. Free to try for 3 months.
- **Laudate:** Another free, well-loved all rounder, with reflections, devotions, prayers, Free to use.

HOLY TRINITY CATHOLIC CHURCH BROOK GREEN

LENT 2023

'We are Pilgrims on a Journey' The Journey to Easter



Shrove Tuesday, 21st February – the day before Lent starts.
Confessions available at 6.30 pm after Mass.

Ash Wednesday, 22nd February –
Mass with Imposition of Ashes at 9.30 am and 6.00 pm (sung.)

Sunday 26th March Passiontide Begins

Sunday 2nd April Holy Week Begins

In Lent we prepare to renew our Baptismal Promises at Easter, by:

Our prayer, *a sign of our dependence on God*

- *Stations of the Cross*: Wednesdays at 6.30 pm and Fridays at 9.30 am
- *Adoration of the Blessed Sacrament*: Mondays 6.30 – 7.00 pm.
- *Rosary*: Tuesday at 6.30 pm and Divine Mercy on Thursday, 9:30 AM
- Church open for individual prayer daily during the daytime.
- Variety of Lenten prayer and meditation booklets on sale of CTS stand in porch
- Pope's Lent Message – copies available

Our self-denial, our *sorrow for sin and our willingness to turn back to God*

- Ash Wednesday and Good Friday are Days of Fasting (one main meal and one snack only) and Abstinence (from meat)
- Every Friday is a Day of Abstinence (from meat.)
- We should also choose our own form of self-denial. Money saved from it can be for:

Our Almsgiving, our *gratitude for God's mercy by showing mercy to others.*

- *CAFOD Lent Fast Day*, Friday 3rd March (Collection on Sunday 5th March.
- *Cardinal's Lenten Alms* in support of Caritas Projects for the needy in the Diocese. Envelopes for both can be handed in throughout Lent.
- Collection at Maundy Thursday Mass of the Lord's Supper.

Foodbank Collection of non-perishable foodstuffs (Sunday 26th March)

Special Days in Lent

Saturday 20th March **Feast of St Joseph, Mass 6 PM**

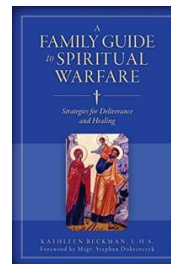
Saturday 25th March **Annunciation of the Lord**, mass at 9.30am.

Sunday 26th March **Mothering Sunday**

(Flowers distributed to children to give to their mothers)

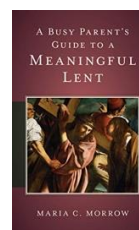
BIBLE TIMELINE COURSE If you've always wanted to read your bible but have not been able to understand the different books, the course will help to uncover the bigger story, the big picture in the Bible. After this you will know what each book is about and how to read them! Wednesdays at 8 PM in the parish centre.

Some Featured Books:



A Family Guide to Spiritual Warfare

Lent is a time of spiritual warfare: and these attacks come to families. Kathleen Beckman, part of the US Bishop's exorcist's team shows how to protect your family by cultivating a civilization of love — and how to withstand the spiritual attacks that inevitably come to destroy the life you create. On Kindle for £7.81



A Busy Parent's Guide to a Meaningful Lent

Being a busy parent doesn't mean you (and the whole family) can't do Lent well! Maria C. Morrow, a parent and theologian gives a quick, easy, all-in-one Lenten resource that starts your day off with Scripture, reflection, prayer - and achievable ideas to help busy parents make the most of Lent. On Kindle for £13.05



'Walk with Me for Kids' – Lenten activity booklet £1. On sale in church.

And some more ideas:

It's a great time to begin/revive your prayer life –

- Spend 15 mins each day reading the Gospel of Matthew meditatively
- Come to the *Bible Timeline* Course - and join one of the devotions listed above
- Pray a rosary or at least a decade each day for someone in need or a good cause
- Simply spend 15 mins in silent prayer, at home or in the Church