

St Mary's Parish Halifax



LENT

‘Come back to me with all your heart’ (Joel 2:12)

Lent is a holy season when we are invited to focus, through Prayer, Fasting and Almsgiving, on renewal of heart and conversion. Lent is also a time of preparation for the celebration of the central mysteries of our faith at Easter. ‘Lent’ comes from an old English word meaning springtime. Let us ask the Lord drive away the cold and dark that can hold us back in our friendship with God. We also pray for peace in the world, and especially in Ukraine and the Holy Land at this serious and difficult moment.

Prayer

Stations of the Cross

We will pray the Stations of the Cross on Tuesday evenings after the 7:00pm Mass at St Alban’s. On Friday evenings at 6:30pm at St Mary’s we will make the Stations followed by Benediction of the Blessed Sacrament. (*Beginning Friday 16th February*)

Confession

In addition to the regular times of confession, the sacrament will be available after all Sunday morning Masses. The date of the Deanery Day of Confessions will be published in due course.

Parish Recollection

There will be a Lenten day of recollection on Saturday 9th of March. We will begin with Mass at 12:15pm followed by a talk from Fr Simon Lodge. There will be an opportunity for Confession and we will conclude with Benediction of the Blessed Sacrament.

Fasting

Fasting means the amount of food we eat is reduced. Abstinence means we abstain from eating meat.

Ash Wednesday and Good Friday are obligatory days of **fasting and abstinence** for Catholics. In addition, Fridays during Lent are obligatory days of **abstinence**.

When fasting, a person is permitted to eat one full meal, as well as two smaller meals that combined together are not equal to a full meal.

Almsgiving

We will collect our Lenten alms this year for **Aid to the Church in Need**. This charity supports and looks after Catholics around the world in areas where they are persecuted or oppressed for the faith.

Please collect your donations over the course of Lent and bring them with you to Mass on Maundy Thursday.



LENT SCHEDULE 2024

14 Feb	Ash Wednesday (Fasting and Abstinence)
18 Feb	First Sunday of Lent
25 Feb	Second Sunday of Lent
3 March	Third Sunday of Lent
9 March	Parish Recollection – beginning with 12:15 Mass
10 March	Fourth Sunday of Lent – Mothering Sunday
17 March	Fifth Sunday of Lent
24 March	Palm Sunday – Holy Week begins
27 March	Chrim Mass at Leeds Cathedral – 11:00am
28 March	Holy Thursday – Mass of the Lord’s Supper 7.00pm
29 March	Good Friday – Solemn Liturgy 3.00pm (Fasting and Abstinence)
30 March	Holy Saturday – Easter Vigil 7.00pm
17 April	Easter Sunday – Masses 9.30, 11.00

*Stations of the Cross each Tuesday in Lent at 7:30pm St Alban’s
Friday in Lent at 6:30pm St Mary’s
(Beginning Friday 16th February)*

