

## Our Lent Collection

This year our Lent collection in the Diocese is split between Aid to the Church in Need, supporting persecuted Christians in the Middle East and SVP East Anglia to buy and refurbish a second house in the Diocese for the homeless.

**Aid to the Church  
in Need**

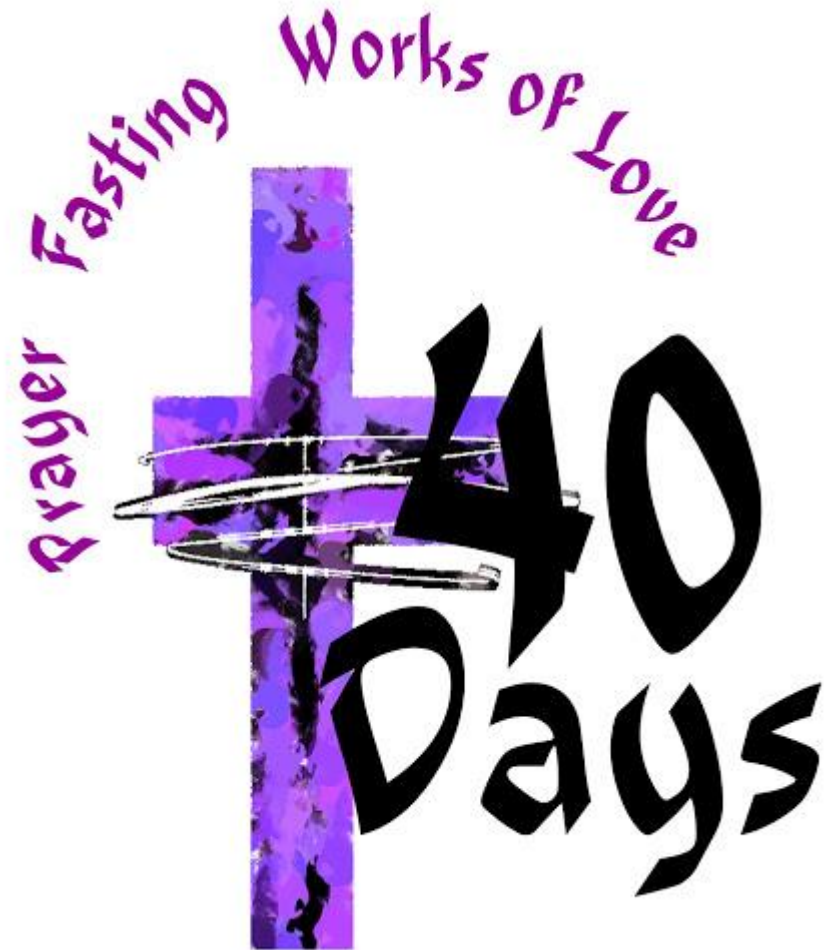


St Vincent  
de Paul Society

England and Wales

Turning Concern into Action

## St Michael's Parish, Season of Lent 2020



## Lent Course: The God who Speaks

There will be a four-session course called “The God who Speaks” which follows the Exhortation of Pope Benedict XVI on the Word of God. This short course invites us to see how the Church understands the Bible; each session has a time of *Lectio Divina* using the gospel of the following Sunday as the basis of meditation and prayer. This will be offered on Mondays during the day and in evening each week in the hope that more of you will be able to come to these sessions.

The daytime sessions will be with a soup lunch

Monday 2<sup>nd</sup> March, 12.30 – 14.00

Monday 9<sup>th</sup> March, 12.30 – 14.00

Monday 16<sup>th</sup> March, 12.30 – 14.00

Monday 30<sup>th</sup> March, 12.30 – 14.00

The evening sessions will be the same day at 19.30 – 20.00, all sessions in the Good Shepherd Room

THE  
G O D  
W H O  
S P E A K S

## Stations of the Cross

There will be Stations of the Cross every Friday at 18.30 to follow Jesus on the way of the Cross and meditate on his journey of suffering to the cross. Each week a different version of the meditations will be used so as to deepen our devotion to this journey of Redemption.



## Adoration of the Blessed Sacrament

There will be Adoration of the Blessed Sacrament every Thursday morning after Mass from 10.00 – 11.00. This will simply be a time of silent prayer which you are invited to attend to listen to and wait on God. During this time, you may wish to use the Scripture readings for the following Sunday as a help for your prayer, they are available in the Parish Mass Book. You are welcome to stay for as long as you are able, or just pop in for a few minutes.

## Fasting

Lent is also a time of fasting from something we do in our life and by our fasting we draw our attention to God each day because we are doing without something that is usually part of our life. Fasting is very much part of our faith and is found many times in the Bible, people fasting for a particular intention before God and using their fasting as an intense form of prayer.