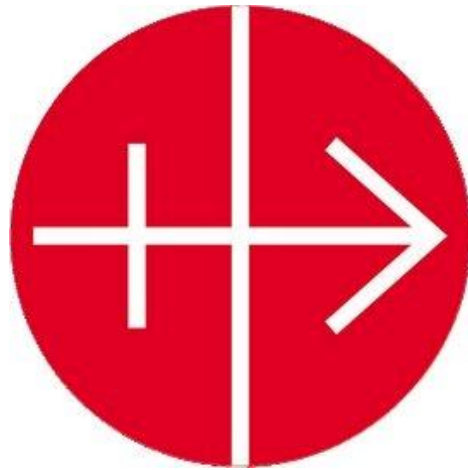


## Our Lent Collection

This year our Lent collection 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. This collection will be made during March.

## St Michael's Parish, Season of Lent 2021

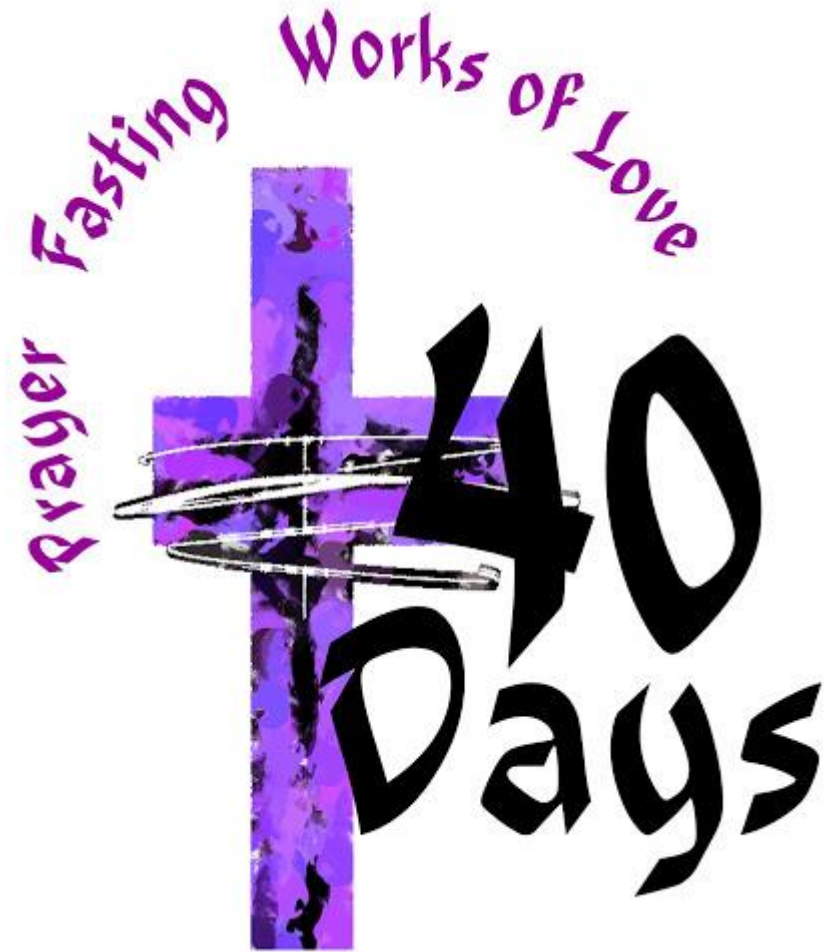
**Aid to the Church  
in Need**



St Vincent  
de Paul Society

England and Wales

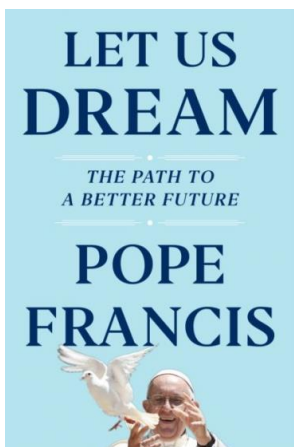
Turning Concern into Action



## Lent at St Michael's

Lent will be different this year because of the covid restrictions and peoples' fears. It is possible for those who wish to attend events at Church, we can be socially distanced both in the church and in the GS Room. Those who do not feel ready to venture out yet can join most events via live stream or zoom, please ask if you do not know how to do this. Stations of the Cross will be a challenge and may have to take place in the GS Room with pictures on the screen to enable others to join via technology. As we get nearer to Easter, I hope we will be able to meet to celebrate our Easter Liturgies in person this year, but we must wait and see.

## Lent Course: Let us Dream



Our Lent course this year will have three sessions based on a new book by Pope Francis entitled "Let us Dream"; it is the Pope's reflections on the pandemic and the dream that we can come out this crisis a better world. In order to do this, we have to see clearly, choose well and act right, he encourages us to dream that all this is possible, that society and the world will be a better place. Three sessions on the Pope's book will be bracketed with a talk on Lent

in general, looking at the Sunday gospel readings as a whole; we will finish with a closer look at Holy Week.

These sessions will be on Mondays at 14.30, they will be live streamed on YouTube, they will be available for you to view when convenient for you in the usual place.

## Stations of the Cross

There will be Stations of the Cross every Sunday at 18.00 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 to deepen our devotion to this journey of Redemption. Available on zoom, please ask for the invitation. It is not possible to do the Stations in the usual live stream because of moving the camera.



## Adoration of the Blessed Sacrament

There will be Adoration of the Blessed Sacrament every Thursday morning after Mass from 10.00 – 10.45. this will simply be a time of silent prayer which you are invited to attend to listen to and wait on God. The midweek meditation will bring this time of prayer to a close each week.

## 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.