

The Cathedral of
St John the Baptist

Lent & Easter 2019

at the Cathedral



The Cathedral of St John The Baptist Trust. Reg Charity No: 1152820



Introduction from Canon Paul

On Ash Wednesday, we begin the solemn season of Lent, this time of forty days of preparation for the saving events of Holy Week and Easter. It is a time given to us for a deepening of prayer, penitence, and almsgiving, that we may worthily celebrate the Resurrection of the Lord. Please do make a resolution to increase your devotion to the Lord, and we can do this by attending another Mass during the week, Stations of the Cross etc. Please do support the two charities which we will be collecting for this Lent: **Aid to the Church in Need & Cambridge Nazareth Trust** (supporting Education in the Holy Land).

May God bless you, and help you keep a Holy Lent.

Canon David Paul

MASSES DURING LENT

All Mass times during Lent will be as usual, with the addition of:

Wednesdays at 7:30am

ASH WEDNESDAY · 6th March

Blessing and distribution of Ashes at each Mass

0730 · Mass

1000 · Sung Mass

1230 · Mass

1900 · Solemn Sung Mass

DEVOTIONS FOR LENT

Stations of the Cross

Fridays at 1230 & 1930

LENT LUNCHESES · Fridays during Lent

Following Friday 1230 Stations of the Cross, do join us in the Cathedral Hall for simple Lent soup lunches, raising money for our Parish Project in Tambogrande.

THE OFFICE OF READINGS

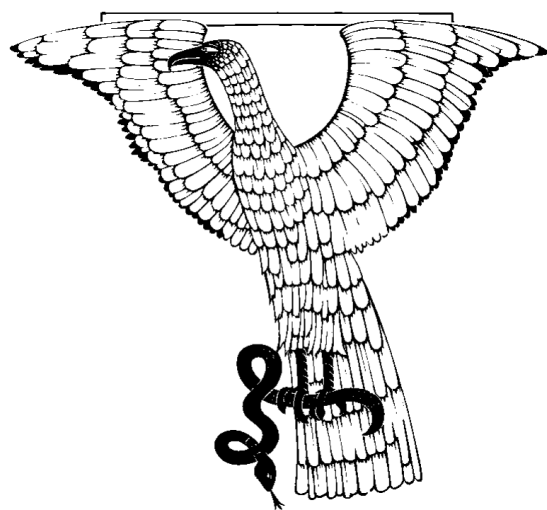
*On Good Friday and Holy Saturday, the Cathedral Schola Cantorum will sing the Office of Readings at 10am, including the **Tenebrae Responsories** by Tomas Luis da Victoria.*

DEANERY STATION MASS · 21st March

*The Annual Station Mass will be held this year in **St George's Church, Sprowston**. There will be the Sacrament of Reconciliation and Adoration from 1800, Mass at 1900, and Soup & a roll at 2000.*

PARISH LENTEN READING

On the Cathedral Bulletin each week, there will be some suggested reading from the Gospel of St John. Please take this opportunity to read the Holy Scriptures in preparation for the Easter Celebration.



Carmelite Reflections for Lent

in the Narthex – 6-6.50pm

You are invited to take a little time out - less than an hour - to explore Carmelite prayer as part of your Lenten preparation. This series of short reflections, led by Secular members of the Order of Discalced Carmelites, is intended to give a brief insight into Carmelite spirituality and how it can help us all on our journey in faith. Each evening is designed to stand alone and give time for silent prayer, leading on to Mass in the Cathedral at 7pm for those who can stay.

Tuesday 19 March

"The Carmelite Rule: a scriptural mosaic" & "Mary, Queen of Carmel"

Tuesday 26 March

"Teresian Spirituality – St Teresa of Avila and St John of the Cross"

Tuesday 2 April:

"The love that leads to Calvary" & "Led by the Holy Spirit"

HOLY WEEK LITURGIES

Monday to Wednesday in Holy Week:

1000-1100 · Confessions

1000 · Mass

1030 · Adoration

1100 · Benediction

Tuesday 16th April

1900 · Mass of Chrism

THE SACRED PASCHAL TRIDUUM

Thursday 18th April · Maundy Thursday

0940 Sung Morning Prayer

1000 Sung Office of Readings

1930 Mass of the Lord's Supper

followed by watching until Midnight, when Night Prayer will be read.

Friday 19th April · Good Friday

0940 Sung Morning Prayer

1000 Sung Office of Readings

1100 Children's Stations of the Cross

1500 Solemn Liturgy of the Passion

1930 Stations of the Cross *with Veneration of the Relic of the True Cross*

Saturday 20th April · Holy Saturday

0940 Sung Morning Prayer

1000 Sung Office of Readings

2000 Solemn Vigil and First Mass of Easter

Sunday 21st April · Easter Sunday

0900 Mass

1000 Solemn Mass

1730 Mass in the Cathedral

