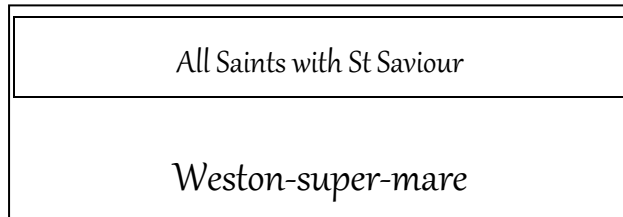




Arms of St Saviour



Arms of All Saints

4<sup>th</sup> February 2024

Dear Friends,

On Sunday the countdown towards Lent begins. This Sunday is called Septuagesima, which is followed by Sexagesima and Quinquagesima. What lovely words!

On Ash Wednesday, 14<sup>th</sup> February, there is a Mass at 10am with the Imposition of Ashes at St Saviour's Hall, and Mass at 6pm with the Imposition of Ashes at All Saints Church.

Our Lent course, led by the Revd Canon Nicola Stanley, entitled 'How to Prayer better' will be offered at 4pm each Monday of Lent other than 11<sup>th</sup> March when there will be homework set! This is to take place at St Saviour's Hall. I hope you will want to support this course. We all need to learn how to pray better!

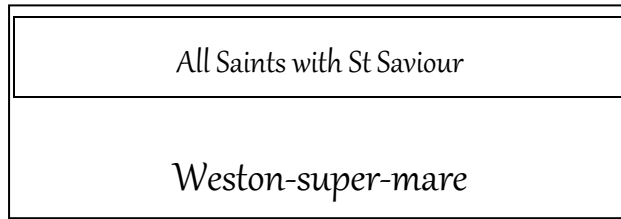
There will be Stations of the Cross on Saturday mornings after the 10am Mass.

I am available to hear your confession by appointment.

'Lent may originally have followed Epiphany, just as Jesus' sojourn in the wilderness followed immediately on his baptism, but it soon became firmly attached to Easter, as the principal occasion for baptism and for the reconciliation of those who had been excluded from the Church's fellowship for apostasy or serious faults. This history explains the characteristic notes of Lent – self-examination, penitence, self-denial, study, and preparation for Easter, to which almsgiving has traditionally been added.



Arms of St Saviour



Arms of All Saints

Now is the healing time decreed  
for sins of heart and word and deed,  
when we in humble fear record  
the wrong that we have done the Lord.

*(Latin, before 12th century)*

As the candidates for baptism were instructed in Christian faith, and as penitents prepared themselves, through fasting and penance, to be readmitted to communion, the whole Christian community was invited to join them in the process of study and repentance, the extension of which over forty days would remind them of the forty days that Jesus spent in the wilderness, being tested by Satan.' (*'Times and Seasons' introduction to the season of Lent.*)

May God grant us all a happy and holy Lent, renewal of body, mind and spirit, and a deeper sense of our calling.

Fr Brendan