

Ideas for using Lent well

Those attending All Saints will be given a letter from the Bishop about his 2012 Lent Call "Faith Hope Love" suggesting ways to use lent well.

There are many, many ways of incorporating a few minutes for quiet, reflection and prayer in your day – here are just a few suggestions

Switch your radio off for 5 minutes on your daily commute,
Take an extra 5 minutes in the bath
Say a quick prayer for those you see in the day
Walk a slightly longer route to or from home
Pray as you do housework or prepare meals

You could also:

- Get a notebook or scrapbook and add a favourite prayer, reading, poem or religious picture each day.
- Each day keep a line from the Lord's prayer in your mind and reflect on it during the day.
- Review the day
This Ignatian prayer is a short reflection back over the day, recalling events and taking note of your feelings.
 1. Become aware of God's presence.
 2. Review the day with gratitude.
 3. Pay attention to your emotions.
 4. Choose one feature of the day and pray from it.
 5. Look toward tomorrow.
- Giving
Think about which charities or causes you support regularly and whether you have updated your giving recently, if not think about increasing your giving or supporting an additional charity. This may not just be a financial donation; you could offer your time and talents as well.
- Stewardship
Think about how you could reduce your impact on the environment; are your TVs left on standby? could you reuse your carrier bags or recycle more? could you plant some vegetables?

Other Resources

Talking to someone about your spiritual journey can be very helpful. The clergy at All Saints are always happy to meet and chat with you and help to guide you in your Christian life.

Internet resources

- Sacred Space www.sacredspace.ie
Daily prayers and reflections (also available on Facebook)
 - Pray as you go www.pray-as-you-go.org
Daily prayer mp3 downloads available directly, through iTunes or as a smart phone app. Lasting around 12 minutes these combine music, Scripture and some questions for reflection.
 - Southwark Diocese Website www.southwark.anglican.org
including details of the Bishop's Lent Call "Faith Hope Love".
 - Church of England website Daily Prayer www.churchofengland.org/prayer-worship/join-us-in-daily-prayer/feedarea/CofEPrayerWindow.aspx
 - Love Life Live Lent www.livelent.net
Love Life Live Lent is a new way of marking Lent. Instead of giving up chocolate or going on a detox, it encourages people to undertake a simple act of generosity each day. The actions are small and fun to do, but make a real difference in homes, families and communities. There are ideas and resources for churches, schools and families.
- ### Books
- There are many books available for daily reflections, Lenten reflection and prayer. For suggestions please speak to the clergy, friends in the congregation or Church House Publishing (www.chpublishing.co.uk). Many are available as e-books or smart phone apps. Fr Dave orders books through the year with a daily scripture reading and reflection.

Contacts

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Lent 2012

Wednesday 22nd February – Saturday 7th April



The season of Lent lasts from Ash Wednesday until Easter Saturday. It is often thought of as a rather sombre season with its traditional elements of self-examination, penitence, self-denial, study, almsgiving and preparation for Easter. However it is so much more than that, with its simplicity and times for prayer and reflection it is an opportunity to grow in your relationship with God.

We hope that the worship and events at All Saints during Lent, as well as other available resources and suggestions in this booklet will support and encourage you.

Whether you would like to give something up, or take something on, we pray that Lent is a fruitful and blessed season for you all.

*"Christ give you grace to grow in holiness,
to deny yourselves, take up your cross, and follow him."
(Lenten blessing)*

Regular Worship & Prayer

Our regular pattern of worship and prayer continues throughout Lent except palm Sunday (see below):

Sundays

8.00 am Low Mass
9.00 am Children's Mass
10.30 am High Mass

Tuesday-Saturday:

10.00 am Low Mass

The week-day services last less than half an hour, and are held in the Lady Chapel. Enter through the South Porch, which is under the tower.

Services during Lent

Wednesday 22nd February 7.30 pm

Ash Wednesday

Ashes are an ancient sign of penitence; from the Middle Ages it became the custom to begin Lent by being marked in ash with the sign of the cross. You are invited to receive the ashes as a sign of the spirit of penitence with which we shall keep this season of Lent.

*“Remember that you are dust, and to dust you shall return.
Turn away from sin and be faithful to Christ.”*

Sunday 26th February

1st Sunday of Lent

Services as usual

Sunday 4th March

2nd Sunday of Lent

Services as usual

Sunday 11th March

3rd Sunday of Lent

Services as usual

Sunday 18th March

4th Sunday of Lent

Services as usual

Sunday 25th March

Passion Sunday

Services as usual

Sunday 1st April

Palm Sunday

The Children's Mass and High Mass will be combined into a High Mass at 9:30 am followed by the Annual Parochial Church Meeting.

*“Hosanna to the Son of David, the King of Israel.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.”*

Thursday 5th April

Maundy Thursday

8:00 pm Mass of the Last Supper followed by silent vigil before the Altar of Repose until 5.00 am

During this service we gather around an altar in the centre of the Nave and follow the events the night before Jesus died. He washed his disciples' feet, took and blessed bread and wine instituting the Eucharist and then they went to the Garden of Gethsemane.

*“I give you a new commandment, says the Lord:
Love one another as I have loved you.”*

Friday 6 April 2012

Good Friday

9.30 am Stations of the Cross (suitable for children)
10.30 am Veneration of the Cross and Mass of the Presanctified
11.45 am Silent Procession of Witness through Carshalton High Street
12.00 noon Ecumenical Service at the War Memorial

*Eternal God, in the cross of Jesus
we see the cost of our sin and the depth of your love:
in humble hope and fear may we place at his feet
all that we have and all that we are,
through Jesus Christ our Lord.*

Saturday 7 April 2012

Easter Eve

8.00 pm Lighting of the New Fire and Paschal Proclamation

The Easter Vigil marks the end of the emptiness of Holy Saturday, and leads into the celebration of Christ's resurrection. The Easter fire and the Paschal candle are lit then we hear the Old Testament stories foretelling our salvation.

The singing of the Exultet, the ancient hymn of triumph and rejoicing, links this night of our Christian redemption to the Passover night of Israel's redemption out of Egypt.

*“Rejoice, heavenly powers! Sing, choirs of angels!
O Universe, dance around God's throne!
Jesus Christ, our King, is risen!
Sound the victorious trumpet of salvation!”*

Sunday 8 April 2012

Easter Day

8.00 am Low Mass
9.00 am Children's Mass
10.30 am High Mass

*“Alleluia. Christ is risen.
He is risen indeed. Alleluia, alleluia, alleluia.”*

Groups & Events during Lent

Women's World Day of Prayer

Friday 2nd March

8 pm – 9 pm

The Women's World Day of Prayer has been prepared by the Christian women of Malaysia and is entitled “Let Justice Prevail”.

The Carshalton ecumenical service will be hosted by All Saints this year. A service will also be held at 1.30 p.m. at the Salvation Army Citadel.

Quiet Day

Saturday 10th March

A mini retreat led by Joan Zunde providing space and time to consider our discipleship. There are introductions to various topics within an overall theme, but no constraint to make you follow the guidelines offered.

Lent Reflection Evening

Tuesday 13th March

7 pm – 9 pm

An evening beginning with mass followed by Lenten reflections and ending with Compline. A simple supper will be provided – please sign the sheet at the back of church or let Alex Lindsay know if you expect to attend.

If you would like to come but can't arrive for 7 p.m. please speak to Alex Lindsay (07711 656200).

Stations of the Cross

Fridays

A short meditation on the Stations of the Cross at 12 noon.

Churches Together in Carshalton Study Groups

“The way to freedom”

In these groups we will meet weekly with our friends from other local churches around the Carshalton area.

For details please contact Leona Rawson on (020) 8395 9022.

Peace and Prayer

Evenings

8.15 – 9.00 pm in the Lady Chapel.

We will begin with a time of quietness followed by a short service of Compline. The ancient office of Compline is a service of quietness and reflection before rest at the end of the day.

Please note these evenings will be ‘ad hoc’, varying from week to week; please listen for details in the notices or ask Alex Lindsay (07711 656200) when these will take place.
