



# The Parish of St Alphage, Burnt Oak

## 10 Ways to do Lent right!

Lent is a 40-day season in which we meditate on the Lord's Passion [suffering] and death, seek repentance for our sins, and strive to grow in holiness. Below are 10 ways to do Lent right! Take a look now to hit the ground running.

### 1. MARK THE BEGINNING OF LENT

Lent begins on **Ash Wednesday [February 18th]** on this day we recall the Lord beginning his time in the wilderness, and begin our sacred fast. The best way to mark Ash Wednesday is to come to Mass where, as well as receiving the Lord in Holy Communion, we place ash on our foreheads as a reminder that we come from, and shall return to, the earth because of sin, yet Christ grants us eternal life.

*Low Mass 11am, Sung Mass 7pm.*

### 2. COME TO MASS

Christians must **be at the altar every Sunday**, let's re-use Lent to ensure we are strong in this commitment, if you can't make 11am, there is a Low Mass at 8am. To make the most of Lent, **why not add coming to one of the mid-week Masses?**

### 3. STATIONS OF THE CROSS

A beautiful devotion meditating on the steps the Lord took from his trial before Pilate to his being laid in the tomb. *Friday 6:30pm, followed by Low Mass (7pm).*

### 4. MAKE YOUR CONFESSION

It has been the tradition of Christians since the earliest days to use this time to **make their sacramental confession** to a priest, at the beginning of Lent and especially in the week leading up to Easter. Fr Luke is very happy to guide you on this if you haven't done it before or recently. Make an appointment!

### 5. STUDY

Take some time each day/week of Lent to **do some godly study**. You could focus on some biblical reading, or take up a devotional book. Fr Luke is happy to suggest things.

There is also the opportunity for some communal study with our **Lent Course** in which we will look at types [pre-figures] of Christ in the Old Testament e.g. Adam. *Tuesdays 18:30 (following the 18:00 Mass).*



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## 10 Ways to do Lent right! *Continued:*

### 6. PRAYER

Lent is a wonderful time to re-focus (and perhaps re-align) ourselves with God by improving our prayer life. Can you ensure you are saying your prayers each day? Have a set time you say them and remember to pray for others, to pray for forgiveness and to give thanks.

### 7. FASTING

A *primary* characteristic of Lent is that we **give up some of the pleasures of this world** - traditionally meat, but can be anything that is a world pleasure that we will notice is gone and gets in the way of our obligations to God and each other. Note it is very admirable to “take something up” too and this is to be encouraged, but the central character of Lent is to deny ourselves by fasting; including that the Church also tells us we ought to **abstain from meat on Ash Wednesday, Fridays, and Good Friday**.

### 8. ALMSGIVING

Lent is also a time to consider the needs of others and our charitable giving. Is there a **charity or cause** you could **support financially** (or with your time)? You could use the money saved from your fasting, for instance.

### 9. LENT HOLY HOUR

On **Friday 20th March** here in Church there will be **Lent Holy Hour**. This will consist of a short address at **18:30** followed by a period of **silent prayer before the Blessed Sacrament** and then **Low Mass of the Holy Cross at 19:10**. The Lord asks his disciples in the garden before his arrest, “*could you not keep watch with me an hour?*”

### 10. ENSURE HOLY WEEK IS HOLY!

**Holy Week**, the week before Easter, (**beg: 29th March**) is the most important week of the year for Christians. In it we meditate on the Lord’s entry to Jerusalem through to his suffering, death and resurrection. It really is important to participate as fully as we can. Mark the dates and times of the various liturgies in your diary and come along! *See the Holy Week Programme published elsewhere.*