

**ASH WEDNESDAY – 14<sup>th</sup> February** - marks the beginning of our Lenten journey as a United Benefice in 2024.

There will be a Sung Benefice Eucharist at **Woodbridge at 7.30pm**, including the Imposition of Ashes, for the start of this Penitential Season, and some beautiful, reflective music.

**HOUSE GROUPS** – New this year! Please choose one of the following days/times to suit you, to share thoughts and learning from our LENT BOOK (see overleaf). Location of group will be advised when you ‘sign up’ :

- **Mondays 10.30am from 19th February to 18th March**
- **Wednesdays 3pm from 21st February to 20th March**
- **Thursdays 7pm from 22nd February to 21st March**



(followed by a Plenary session for all groups to get together on **Saturday 23rd March at 10am in SMH**)

**WORLD DAY OF PRAYER - Friday 1st March at 2.30pm in St Mary’s, Woodbridge.** The special liturgy has been written by the women of Palestine, prior to the recent conflict in Gaza and Israel. Not to be missed.

**‘LENTEN’ MESSY CHURCH** – for children and their parents/carers is on **Saturday 16th March 10.30am to 12.30pm** in St Mary’s House followed by a shared lunch.



**OUR LENTEN CHARITY** again this year, for both our churches and every age group, is for our twinned Diocese of Kagera. You will receive a “Bishops’ Lent Appeal” booklet in both our churches, and they will also be available from our Church Shop.

**STATIONS OF THE CROSS** - This is a thoughtful ‘Prayer Walk’ around St Mary’s Church to understand more how Christ’s suffering relates to the suffering in our world today, and how our prayers help us to focus on the ‘Via Dolorosa’:

- **Friday 23rd February 6pm to 6.45pm**
- **Friday 8th March at 6pm to 6.45pm**
- **Friday 22nd March at 6pm to 6.45pm**



**PASSIONTIDE EVENSONG** - **Sunday 17th March at 5.30pm** with the ‘Jubilate Singers.’ All welcome.

[**GOOD FRIDAY** - **3pm** Haydn’s ‘Seven Last Words from the Cross’ (with meditations from Fr Nigel) by The Sudbourne Ensemble]

**THIS YEAR'S LENT BOOK** chosen by the Archbishop of Canterbury has already received rave reviews. It is called 'Tarry Awhile' by Dr Selina Stone.

This will form the basis of our Lent House Group discussions (see overleaf) and is on sale in our Church Shop.

Fr Nigel has volunteered to offer coffee 'n' chat in St Mary's House, from **10am** on **Saturday 23<sup>rd</sup> March**, to discuss what you thought of it. It will be a great way to jump into Holy Week!

#### **LENT LUNCHESES at St Mary's House**

- Friday 8th March
- Friday 15th March
- Friday 22nd March

in aid of Kagera, our Link Diocese.  
**12.30 to 2pm. All welcome.**

**SUNDAY SERMONS IN LENT** will take the theme of "Movers & Shakers" - of the Christian Faith! There will be special 'guest preachers' as posted in our weekly e-News.

**To contact the Parish Office:**

Tel: 01394 388820

Email: [parish.office@stmaryswoodbridge.org](mailto:parish.office@stmaryswoodbridge.org)

## **LENT PRAYER**

Lord Jesus,  
desert dweller,  
help us now,  
at this time of Lent,  
to accompany you.

If we have grown soft,  
cushioning our lives  
with excuses,  
expose us to the toughness  
of your way.

If we have grown lazy,  
cushioning our minds  
with easy, thin thoughts,  
expose us to the rigour  
of your truth.

As we walk,  
God, be our way.  
As we learn,  
God, be our truth.  
As we grow  
God, be our life.

We pray in Jesus' name.

**AMEN**



## **OUR BENEFICE LENT PROGRAMME 2024**



[www.stmaryswoodbridge.org](http://www.stmaryswoodbridge.org)

