

LENT 2021

FAST-ALMSGIVING-PRAYER

PRIVATE PRAYER – ST BERNARD’S CHURCH

The church will be open during the
Saturday’s of Lent from 1.30pm to 5pm.

We would ask you to wear a mask
and wipe down your seat before leaving.
Thank you

THROUGHOUT LENT

Sunday masses Vigil 6pm, 9am, 11am, 12.30pm
Morning Mass 10am
Weekly Divine Mercy Chaplet (sung) Friday 7-7.30pm

Join the Parish Lenten Course – based on the book
**HOW TO PRAY: A SIMPLE GUIDE FOR NORMAL
PEOPLE** by Pete Greig

Available from Amazon.uk Kindle Edition £3.99

- A. Each week watch a video
- B. Each week read a chapter
- C. Each week join a ZOOM group (optional)

*REGISTER BY EMAIL THIS WEEK WITH THE OFFICE
For details on the course and tips on using ZOOM
go to - stmarysonthehill.online*

Join a Diocesan Lenten Course on Lectio Divina.

The Living Church team will be facilitating a 5 week Lectio Divina programme written especially for Lent in Lockdown.

- We have three options for you to join in;
- Monday at 7pm beginning on Monday 15th Feb
 - Thursdays at 1:30pm beginning on Thursday 18th Feb
 - Thursdays at 7pm beginning on Thursday 18th Feb

To join simply send an e-mail
to livingchurch@downandconnor.org we will send you
the zoom link.

Daily Reflections – thoughts for each day of Lent.

Download DAILY REFLECTIONS FOR LENT – NOT BY
BREAD ALONE.

Available from Amazon.uk Kindle Edition £0.72

OR

Download BRINGING LENT HOME WITH POPE
FRANCIS

Available from Amazon.uk Kindle Edition £2.05

Rediscover the Stations of the Cross
STATION TO STATION by Gary Jansen
A Book with an Ignatian Journey through the Stations
of the Cross.
Available from Amazon.uk Kindle Edition £4.99

Prayer App for your phone

Pray as you Go.

If you are out & about why not
download this free app and
listen to 15 mins of prayer
driving to work, on the bus, or just out for a walk.



FASTING

It is an ancient spiritual tradition to fast on Ash
Wednesday and the Fridays of Lent. Depending on
our age and well-being you might consider fasting
from Thursday 7pm to Friday 7pm on just liquids and
a small breakfast.

Adults might consider taking a Lenten pledge to
abstain from alcohol for all of Lent – a heroic sacrifice
and good example for young people.

The following prayer can be said daily;

*"I promise in honour of the Sacred Heart of Jesus and
with the help of the Blessed Virgin Mary to abstain
from all alcoholic drink until the end of Lent."*

Children traditionally fast from sweet things but
could also 'fast' from TV or computer games.

ALMSGIVING

You can donate to TROCAIRE online

Trocaire.org

"Don't forget the poor"

PRAYING

*"Essentially, everything becomes a part of this
dialogue with God (which is prayer). Every joy
becomes a reason for praise, every trial is an
opportunity to ask for help. Prayer is always alive in
life, like embers of fire... Even when the mouth does
not speak, the heart talks."* POPE FRANCIS