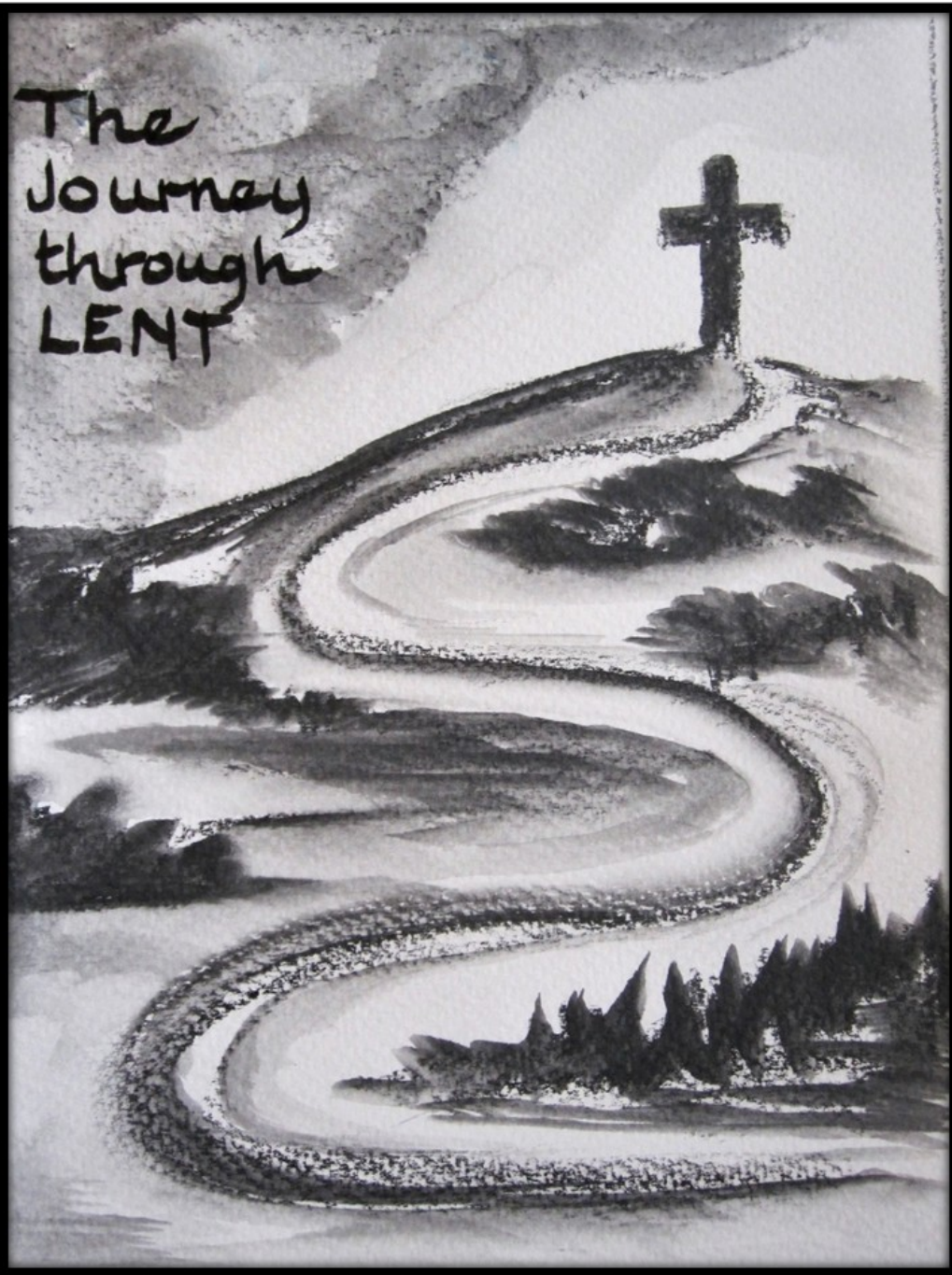


The
Journey
through
LENT



What will you take to help you on the journey?

ST MARY'S PARISH CHURCH, RINGMER LENT, HOLY WEEK AND EASTER 2018

Lent – the 40 days from Ash Wednesday to Easter - has been observed throughout the Christian Church for centuries as a special time of preparation. Many Christians give up certain types of luxuries as a form of penance - 'giving up something for Lent'. But others may choose to 'Take up something for Lent'.

In this leaflet we list the things on offer at St Mary's to help you to 'take something up'. You may choose to read a Lent book, you can buy one or borrow one from the Lent book stall. You may like attend the Lent course on *The Year of Prayer*, or attend an extra service; the *Way of the Cross* is being offered again this year.

During Lent we have some simple lunches arranged, the donations are given to St Mary's Disaster Fund.

During Holy Week there are services every day with a Three Hours Meditative service on Good Friday, where you can come for a short time or stay the whole three hours.

As we did last year we will greet Easter morning with a special ceremony. At 8.00am we gather outside the church porch to light a new Pascal Candle signifying the resurrection. The candle is then carried into the dark church as 'the light of Christ'. The congregational candles are lit and The Exultet (the Easter Song of Praise) will be sung by a cantor standing near the candle. This leads into the first Eucharist of Easter.

After this there will be a simple breakfast in the Church Room for those who wish to stay.

At the 10.00am Family Service there will be the Floral Cross standing by the Chancel step to be decorated, so please bring flowers to add to it before the service.

Lent Book Stall

This will be available after each service on Sundays 4th, 11th and 18th February

Ash Wednesday – 14th February

10.30am - Said Eucharist for Lent with the imposition of ashes

Lent Course – The Year of Prayer

We are following the Diocesan Lent Course on Thursdays in the Church Room. 15th February 'Prayer & Unity' with Richard Vincent, 22nd 'Prayer in Challenging Times' with Anne Franklin, 1st March 'Prayer and Discipleship' with Richard Vincent, 8th March 'Prayer as life evolves' with Anne Franklin, 15th March 'The Joy and Excitement of Prayer' with John Howes and 22nd March, 'Prayer, repentance & forgiveness' with Anne Stamper. Each session starts at 3.30pm with tea and finish around 5.00pm.

The Way of the Cross

A short meditative service from Common Worship based on the Stations of the Cross. 5 – 5.30pm in church on Tuesdays, 20th and 27th February, 6th, 13th, 20th and 27th March.

Lenten Prayers

These will be on Wednesdays in church at 11.30am on 21st and 28th February and 7th, 14th and 21st March.

Simple Lent Lunches 12noon to 2pm in aid of St Mary's Disaster Fund

Friday 16 th February	12noon	at	18 Christie Avenue
Friday 23 rd February	12noon	at	57 Harvard Road
Friday 2 nd March	12noon	at	'Southdown', Gote Lane
Friday 9 th March	12noon	at	Broyle Gate Farmhouse, Lewes Road
Friday 16 th March	12noon	at	The Firs, Lewes Road

Mothering Sunday - 11th March

10.00am - Eucharist for Mothering Sunday with posies

Palm Sunday - 9th April

10.00am - Assemble on the Green for the start of this service which will include the Liturgical Reading of the Passion

6.30pm - A Meditative Service for Palm Sunday

HOLY WEEK

Monday - 26th March

11.00am - Julian Prayer

Tuesday - 27th March

5.00pm - The Way of the Cross

Wednesday - 28th March

11.00am - Eucharist

Maundy Thursday - 29th March

7.00pm - Eucharist with washing of hands

Good Friday - 14th April

12noon-3.00pm - Three hour devotion

Holy Saturday - 31st March

10.30am - 'Happy Easter from St Mary's' to shoppers
in the precinct

Easter Day - 16th April

8.00am - Greet Easter morning,
followed by the first Eucharist of Easter
10.00am - Family Service with Baptism, & Floral Cross
6.30pm - Eucharist for Easter

An Art Exhibition by the St Mary's Art Groups is open on
Good Friday, Holy Saturday and Easter Monday from 10.30 –
4.30pm and Easter Sunday from 2.30 – 4.30pm.