

THE ROMAN CATHOLIC PARISH OF THE HOLY FAMILY

# LENT & HOLY WEEK 2023

## LITURGIES & ACTIVITIES

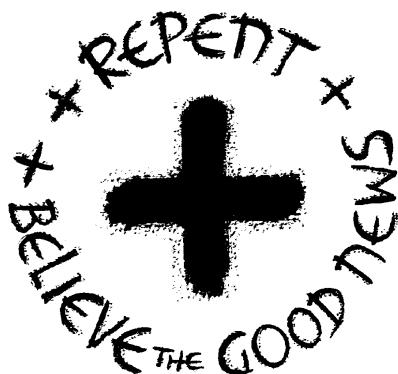
The Immaculate Conception of Our Lady,  
Rosevean Road, Penzance, Cornwall. TR18 2DX.

01736 362619

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

Sacred Heart & St. Ia,  
Tregenna Hill,  
St. Ives, Cornwall. TR26 1SE.

St. Joseph the Worker,  
Commercial Road,  
Hayle, Cornwall. TR27 4DE.



### Welcome happy fast of Lent.

Lent is time. Forty days of time for God. Time when we can look at our lives and see how we can return to a right relationship with Him. Time is given to all of us. How we use it, is the question. Listening and reflecting on the Word of God is a sure way of growing in his grace. This leaflet shows many opportunities across the parish that we can use to help us in this holy season. I hope you will **all** faithfully take as full a part as possible in the Lenten programme so that we can all be renewed in the Easter Mystery.

*Canon Philip.*

## **Lent begins:**

**ASH WEDNESDAY – 22<sup>nd</sup> February**

*A Day of Fasting & Abstinence.*

### **MASS TIMES:**

**Penzance:** 10 a.m. & 7.00 p.m. (*with selected verses from Allegri's famous Miserere*)

**St Ives** 12 Noon. **Hayle** 10 a.m.



**In Prayer to God, Almsgiving for others, Fasting for self.**

## **STATIONS OF THE CROSS - Fridays during Lent, throughout the Parish.**

**Penzance:** 10.30 a.m. *The Immaculate Conception of Our Lady,*

**St Ives:** 10.00 a.m. *Sacred Heart & St. Ia.*

**Hayle:** 11.00 a.m. *St. Joseph's*

## **LENT LUNCHES**

**Penzance:** **Saturdays 12 - 1.15 pm** Money goes to Christian Aid or CAFOD

25<sup>th</sup> February: YMCA & Quakers, Alverton Road

04<sup>th</sup> March: Wesley Rock Church, Heamoor

11<sup>th</sup> March: High Street Methodist Church

18<sup>th</sup> March: St Peter's, Newlyn

25<sup>th</sup> March: St Thomas' Heamoor

01<sup>st</sup> April: Catholic Church, Rosevean Road

**CAFOD – LENT FAMILY FAST DAY - Friday 3rd March 'Growing in Strength Rooted in Love.** Have a simple meal and give & save lives

## **EXPOSITION OF THE BLESSED SACRAMENT – Watch & Pray**

in Hayle: Fridays from 10.30 – 11 a.m.

Stations of the Cross in Penzance: Mondays after 10 a.m. Mass.

**CHORAL EVENING PRAYER & BENEDICTION – *The Office of the Church***  
**On Sunday 19<sup>th</sup> March 6.00 p.m. – *Immaculate Conception of Our Lady, Penzance.***

*If you have not been before or it has been a while since you last came to this monthly service, why not make a special effort to come and sing the Psalms and spend some time before the Lord in the Most Blessed Sacrament of the Altar*



1<sup>st</sup> two meetings a **CAFOD DVD “*The Letter*”** which features Pope Francis and ‘*Laudate Si*’

**CAFÉ LENT COURSE ‘LET IT BE DONE UNTO ME ACCORDING TO YOUR WORD**

**How Mary helps us to be filled with God.** An inspirational 5 session exploration of Mary, past and present. Input from famous experts plus engaging testimonies and filmed on location in places such as the Holy Land, Lourdes, Montserrat and Ephesus. There is also an accompanying book available

**Lent Groups will meet: St Ives** at Tim & Gerri’s on Mondays, 4.30 p.m. -phone to let them know 795012  
**Penzance** in the Parish Hall on Thursdays at 10.35 a.m. and 7.30 p.m.

**Hayle** after Mass on Tuesdays in the Hall

**Penance - SACRAMENT OF RECONCILIATION – Confessions**

**Penzance:** Saturdays 4.15 - 4.45 p.m. **St Ives:** Sunday 19 March 8.30 a.m. *or a Wed. morning.*

**Hayle:** after Mass on 2<sup>nd</sup> Saturdays, or before or after Mass on Tuesdays

**Parish Reconciliation Liturgy will be in Penzance on Monday 3<sup>rd</sup> April** after 10 a.m. Mass and, and also from 6 - 7 p.m.

*Alternatively, you can ring the Presbytery to make an appointment; 01736 362619*

**Reflection: 20 Fasts and...**

Fast from judging others  
Fast from darkness  
Fast from anger  
Fast from bitterness  
Fast from emphasis on difference  
Fast from thoughts of sickness  
Fast from worry  
Fast from pessimism  
Fast from negatives  
Fast from complaining  
Fast from pressures  
Fast from gossip  
Fast from problems you cannot solve  
Fast from self-pity  
Fast from apathy  
Fast from not what *Saint who?* can do for you  
Fast from laziness  
Fast from criticism  
Fast from fears  
Fast from the Satan

**20 Feasts for Lent:**

*Feast on Christ living in them*  
*Feast on the reality of light*  
*Feast on patience*  
*Feast on forgiveness*  
*Feast on the unity of life*  
*Feast on the healing hand of God*  
*Feast on the providence of God*  
*Feast on optimism*  
*Feast on affirmation*  
*Feast on appreciation*  
*Feast on reflective quietness*  
*Feast on actual facts*  
*Feast on prayer that achieves*  
*Feast on compassion for others*  
*Feast on enthusiasm*  
*Feast on what you can do for your parish*  
*Feast on doing it yourself*  
*Feast on praise for effort*  
*Feast on courage*  
*Feast on Jesus as Saviour*

**HOLY WEEK 2<sup>nd</sup> – 9<sup>th</sup> April 2023**

**PALM SUNDAY – 2<sup>nd</sup> April** *Including the Blessing of Palms.*

**Penzance:** 5.00 p.m. (*Saturday - 1<sup>st</sup> Mass of Sunday*)

**Hayle:** 6.30 p.m. (*Saturday - 1<sup>st</sup> Mass of Sunday*)

**St Ives:** 9.00 a.m.

**Penzance:** 11.00 a.m. with Procession from the Presbytery

**MONDAY** in HOLY WEEK 3<sup>rd</sup> April

**MASS – 10.00 a.m.** *in Penzance.*

**TUESDAY** in HOLY WEEK 4<sup>th</sup> April

**MASS – 10.00 a.m.** *St Joseph's, Hayle*

**SPY WEDNESDAY** in HOLY WEEK 5<sup>th</sup> April

**MASS OF THE SACRED CHRISM – 12 noon** *in Plymouth Cathedral. All welcome.*

*(Train is the best way to go; and is only 10 minutes walking on the level to the Cathedral)*

**THE SACRED TRIDUUM:** *in the Parish Church, Penzance.*

**MAUNDY THURSDAY: 6<sup>th</sup> April**

**MASS OF THE LORDS SUPPER – 7.30 p.m.** *including the Mandatum.*

*(Watch of the Passion until 11pm, closing with Night Prayer.)*

**GOOD FRIDAY: 7<sup>th</sup> April** *Day of Fasting & Abstinence.*

**OFFICE OF READINGS & MORNING PRAYER – 10.00 a.m.** (*Sung, Lady Chapel*)

*(Walk of Witness in Penzance from 11.30 a.m.)*

*(Walk of Witness in St. Ives – 11.30 Preceded by Stations of the Cross 10 a.m.)*

*(St Joseph's, Hayle – Church open 12 – 1 p.m. Personal Stations)*

**SOLEMN CELEBRATION OF THE LORD'S PASSION – 3.00 p.m.**

**HOLY SATURDAY: 8<sup>th</sup> April**

**THE GREAT EASTER VIGIL: 9.00 p.m.** *including baptism and reception of candidates.*

**EASTER SUNDAY: 9<sup>th</sup> April – Including renewal of Baptismal Promises.**

**Penzance:** 11.00 a.m.

**St Ives:** 9.00 a.m.

**Hayle:** 11.00 a.m.

*(Special care should be taken to ensure that the Sacred Triduum is celebrated with adequate liturgical resources and only in the Parish Church – from the Pastoral Re-organisation Document, Plymouth Diocese.)*