

THE ROMAN CATHOLIC PARISH OF THE HOLY FAMILY

LENT & HOLY WEEK 2024

LITURGIES & ACTIVITIES

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

01736 362619

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 – 14th February

A Day of Fasting & Abstinence.

MASS TIMES:

Penzance: 12 noon. & 7.00 p.m. (*with selected verses from Allegri's Miserere*)

St Ives 10 a.m. **Hayle** 11 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: 10.30 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*

17 th February:	YMCA & Quakers, Alverton Road, Penzance.
24 th February:	St Pol de Leon Church, Paul.
2 nd March:	High Street Methodist Church, Penzance.
9 th March:	St Thomas' Church, Heamoor.
16 th March:	St Peter's Church, Newlyn.
23 rd March:	Madron Methodist Church.

CAFOD – LENT FAMILY FAST DAY – *Friday 23rd February*
'James risks LOSING everything to feed his family.'

EXPOSITION OF THE BLESSED SACRAMENT

Hayle: Fridays from 10.30 – 11 a.m. Stations of the Cross

S Ives: Fridays from 9.30 – 10.30 a.m. Stations of the Cross

CHORAL EVENING PRAYER & BENEDICTION – The Office of the Church
On Sunday's 18th Feb & 17th March 6.00 p.m. –Immaculate Conception, 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



“We dare to say” a Lenten Course on the “Our Father” which the Bishops’ Conference have created for our use. It comes in the form of a booklet and is a substantial work, which I hope we will find helpful. **Pope Francis** has asked all Catholics to make 2024 a year of Prayer in preparation for the **Holy Year of 2025**.

Please do join one of the groups across the parish if at all possible

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 10.30 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’s 8.30 a.m. *or Wednesday mornings.*

Hayle: after Mass on 2nd Saturdays, or before or after Mass on Tuesdays

Parish Reconciliation Liturgy will be in Penzance on Monday 18th March 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 24th -31st March 2024

PALM SUNDAY – 23/24 March *Including the Blessing of Palms.*

Penzance: 5.00 p.m. (*Saturday - 1st Mass of Sunday*)
Hayle: 6.30 p.m. (*Saturday - 1st Mass of Sunday*)
St Ives: 9.00 a.m.
Penzance: 11.00 a.m. *with Procession from the Presbytery*

MONDAY in HOLY WEEK 25th March

MASS – 10.00 a.m. *Immaculate Conception, Penzance.*

TUESDAY in HOLY WEEK 26th March

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

SPY WEDNESDAY in HOLY WEEK 27th March

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: 28th March

MASS OF THE LORDS SUPPER – 7.30 p.m. *including the Mandatum.*
(Watch of the Passion until 11pm, closing with Night Prayer.)

GOOD FRIDAY: 29th March *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: 30th March

THE GREAT EASTER VIGIL: 8.00 p.m. *including reception of candidates.*

EASTER SUNDAY: 31st March – *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.)