THE ROMAN CATHOLIC PARISH OF THE HOLY FAMILY

LENT & HOLY WEEK 2024

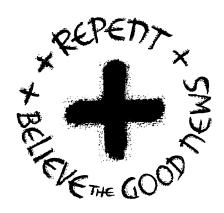
LITURGIES & ACTIVITIES

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:

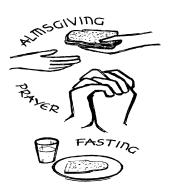
ASH WEDNESDAY – 14th February

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

17th February: YMCA & Quakers, Alverton Road, Penzance.

24th February: St Pol de Leon Church, Paul.

2nd March: High Street Methodist Church, Penzance.

9th March: St Thomas' Church, Heamoor. 16th March: St Peter's Church, Newlyn. 23rd 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*.)