

# LENT

# 2026



## ASH WEDNESDAY

18th February

**Mass & Ashes**

St Bernard's Church

**7.30am, 9.45am & 7pm**

*Note: there will be no 7.30am mass in St Marys on the Hill on Ash Wednesday or during Lent.*

## PARISH LENTEN COURSE- Parish Centre

Wednesdays of Lent 7-8.30pm

25th Feb, 4th, 11th, 18th & 25th March.

### **LOOKING AT THE GOSPELS**

Bring along a bible (or New Testament), have a cup of tea, learn, discuss & pray together.

Register with QR code or the parish website.

## STATIONS OF THE CROSS AT CALVARY

**A Friday challenge.**



**Each Friday of Lent 6.30am (approx. 15/20mins)**

we will pray the Stations of the Cross

**OUTSIDE at the Statue of Calvary in St Bernard's grounds.** Bring a battery candle if you have one.

In very poor weather we will gather in St Bernard's Church.

## BE STILL IN THE PRESENCE OF THE LORD

Learn and practice Contemplative Meditation

**Monday to Thursday in**

**St Bernard's Church from 7.30-8am.**

Begin the day by learning how to come to 'Stillness of Body & Stillness of Mind' in the presence of the Lord before the Blessed Sacrament.

This ancient prayer of the Church is going through a renewal in recent years and can be compared to a form of Christian Mindfulness.

## MORNING PRAYER OF THE CHURCH

The Divine Office will be prayed on **Mondays-Wednesdays-Fridays** before morning mass 9.30 am starting Monday 10th March.

## SATURDAYS OF LENT

Adoration of the Blessed Sacrament before mass in the main body of the Church will begin at 9.15am followed by the Rosary at 9.30am, Mass 9.45am.

Confessions will also be heard during this time.

## DIVINE MERCY CHAPLET: PRAYED & SUNG

A quiet time for prayer and reflection in front of the image of the Divine Mercy, Friday evenings 7.00-7.30pm.

Confessions will also be heard during this time.

## A THOUGHT FOR THE DAY: Booklet



Walk with Me booklets provide a thought for each day of Lent. Booklets are available in the porchway of St Bernard's Church £1 for adults.

## A THOUGHT FOR THE DAY: Digital

**Download this FREE Apps to your smartphone**



**Lection365** is an APP for adults which you can download to your smart phone. It gives a thought for the morning, midday and a night prayer.

Play it first thing in the morning, on the way to work in the car or when you get some quiet time before going to bed.