

Bridport Catholic Parish

The keeping of Lent 2017

WELCOME to our leaflet about the keeping of Lent this year in church and in the home.

It is a time of GROWTH, DISCIPLINE, CHARITY, QUIET and PRAYER

*O kind Creator bow thine ear
To mark the cry, to know the tear
Before thy throne of mercy spent
In this thy holy fast of Lent.*

*Our sins are many, this we know;
Spare us, good Lord, thy mercy show;
And for the honour of thy name
Our fainting souls to life reclaim.*

St Gregory the Great [d.604]

Lent begins ...

Ash Wednesday – March 1st,

a day of fasting and abstinence.

SCHOOL MASS [with Imposition of Ashes]:
Bridport Parish Church at 9.30am and
SUNG MASS at 7pm



and continues ...

**The Parish Mass is
every Sunday
at 10am
at St Mary & St Catherine
Bridport**

**The First Mass of Sunday
is at 6pm on Saturdays**

**on March 4th & 18th and April 1st at
Beaminster**

**on March 11th and
April 8th at Chideock**

and on March 25th at Bridport

*Stations of the Cross will be on
Wednesdays at Bridport at noon
Thursdays at Beaminster at 7pm
Fridays at Chideock at 11am*

Friday, March 10th
is CAFOD Family Fast Day. Special gift envelopes will be made available.

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Our Parish Lent calendar has been devised to help all members of the parish family keep Lent in solidarity with each other.

A separate leaflet nearer the time will give details of the arrangements for **Holy Week and Easter.**

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Fasting & abstinence.

Fasting means reducing the amount of food we eat; Ash Wednesday & Good Friday are days of fasting; the rule does not apply to those under 18 or over 60.

Abstinence (all weekdays of Lent) means we give up meat or another particular kind of food, drink or form of amusement. This rule is for all over 14.

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For reflection

Lent is a time for giving up something valuable so we can remember how great a blessing it is.

Lent is a time for taking up something valuable

so we can remember to bring some blessing to others.

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A prayer for Lent

Lent calls us to repentance. But if our repentance doesn't involve a change of heart, it will not lead to a change of life. It will be like decapitating weeds while leaving their roots intact. But if we change our hearts, then our lives will change.

LORD, grant that, enlightened by the word of God, and nourished by the food of the Eucharist, we may turn our hearts away from evil and set them firmly on pleasing you.

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For further reflection

Moses was filled with wonder at the sight of a bush on fire, but not consumed by that fire. It's a poor faith that needs miracles to sustain it. Those who are attuned to God do not need to see miracles. They are conscious of living in a world that is sustained by God's power and every part of which speaks of him.

Elizabeth Barrett Brown wrote: *'Earth crammed with heaven, and every bush afire with God. But only he who sees takes off his shoes; the rest of us sit around and pluck blackberries.'*

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**May the Lord, who conquered the evil one, keep you brave and strong.
May God, who has given us his love, comfort and strengthen you in everything good you do.
May the Holy Spirit accompany you on your Lenten journey to the joys of Easter.**

May almighty God bless you.

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