



## PARISH OF THE MOST HOLY TRINITY

(*St Henry Morse, Diss and Our Lady of Mount Carmel, Quidenham*)

### LENT 2025

***Lent is here with us once again!*** We are invited to journey through this season to the most important Christian Festival of the Year - **HOLY WEEK AND EASTER.**

Lent is not just about giving something up; it is also about doing something extra. Whatever we decide to do, this should help us 'to die a little more to self'. It is a Season of **Prayer**, and prayer acquires strength when accompanied by **Fasting** and **Almsgiving**. During Lent we have our eyes firmly fixed on Jesus and His journey to Jerusalem and we journey with Him. Lent is about growing in love for God, for one another and for those most in need.

**How is LENT 2025 going to be special for YOU? There are lots of ideas here but you may have your own too. Do You want to Fast this Lent? In the words of Pope Francis:** *'Fast from hurting words and say kind words; Fast from sadness and be filled with gratitude; Fast from anger and be filled with patience; Fast from pessimism and be filled with hope; Fast from worries and have trust in God; Fast from complaints and contemplate simplicity; Fast from pressures and be prayerful; Fast from bitterness and fill your hearts with joy; Fast from selfishness and be compassionate to others; Fast from grudges and be reconciled; Fast from words and be silent so you can listen.'*

### **ASH WEDNESDAY: 5<sup>th</sup> March**

Today is kept as a day of **Fasting** and **Abstinence**. It is a day we should make every effort to join with our Parish Community at Mass and so get Lent off to a good start. At Mass we will be signed with the ashes - the traditional sign reminding us that this is a season of **Repentance** and **Renewal**. We are called to "Repent and believe in the Gospel".

**MASS TIMES:** 8.00am Our Lady of Mount Carmel, Quidenham  
9.30am & 6pm St Henry Morse, Diss

*Lenten Penance Celebration / Confessions*

*(St Henry Morse Church, Diss)*

*Wednesday 19<sup>th</sup> March @ 10:30am*

*Parish Lent Course / Zoom Reflection Evenings*

*( St Henry Morse Church, Diss)*

*“Journey with the Lord in Lent”*

*(St Henry Morse Church, Diss)*

*Thursday 13<sup>th</sup> March @ 6.30pm*

*Thursday 20<sup>th</sup> March @ 6.30pm*

*The programmes are approx 35min,  
including questions and contributions  
Conversation, finishing by 7.35-40pm.  
All are invited.*

DEANERY STATION MASS

**Lenten Station Masses** (*not to be confused with Stations of the Cross*) have long been celebrated in Rome and in recent years have become increasingly popular in other places. Bishop Peter Collins is going to celebrate a Station Mass in each of the deaneries of the diocese. The Mass for OUR Deanery will be on **27th March** at Our Lady Immaculate & St Etheldreda, Newmarket, CB8 8LT. From 5.00pm, there will be confessions in the church, then the Mass begins at 6.00pm, afterwards refreshment will be served in the crypt. It is important that we support this visit of the bishop to our deanery, so please make a note in your diary and don't forget to offer lifts to others who may like to attend but have no transport.

## STATIONS OF THE CROSS

During Lent, parishioners are invited to join Fr Alex for Stations of The Cross. There will be three opportunities to do each week, with the first service being on **Friday March 7<sup>th</sup>.....**

At St Henry Morse Church

**Fridays at 6pm and Wednesdays after 9.30am Mass.**

**Also, on Tuesdays at 6pm ONLINE VIA ZOOM**

If you would like to join the Tuesday Service,

- a. You will need the Zoom application on your computer; if you do not have it already, you can download it from the Zoom website – simply type ZOOM into your browser and follow the instructions.
- b. You will need the Zoom link to the service; this can be obtained by emailing this address:

[PARISH@HOLYTRINITYDISS.COM](mailto:PARISH@HOLYTRINITYDISS.COM)

The link to the weekly sessions will remain the same throughout Lent, and so you will only need to request the link once.

Do please request your link well in advance, as it may not be possible to help you gain access if you leave it to the last moment.

## CHRISTIAN AID LENTEN LUNCHESES 2025

These lunches will take place on the Fridays of Lent from 12.30pm to 1.30pm. Homemade soups, cheese and bread; tea and coffee.

**St Mary's Parish Church Diss:** 12:30pm Friday 7th March  
(then World Day of Prayer)

**Salvation Army Hall, Sunnyside Road Diss** 12:30pm Friday  
14th March

**St Henry Morse Church: 12.30pm Friday 21<sup>st</sup> March \*\***

**United Reformed Church, Mere Street.** 12:30pm Friday 28th  
March -

**we will host the Lenten Lunch at our Church \*\***

## OTHER IDEAS FOR LENT

- Attend a Mass during the week (*see weekly newsletter for times*)
- Read John's Gospel (or another book of the Bible).
- Read a Spiritual Book over the weeks of Lent - e.g. "Walk with me"; or borrow a book from the spiritual library at church.
- Make the "Stations of the Cross" privately, or with a few friends each week of Lent.
- Spend a Quiet Day at Walsingham.
- Think of something you could give up for Lent and the money you save give to **Lenten Alms**.
- Think of a good action to do for someone else on each of the days of Lent.
- **There are many other positive ideas once you start thinking about it!**

## **HOLY WEEK SERVICES**

**CHRISMMASS** - this will be celebrated on Tuesday of Holy Week (*15<sup>th</sup> April*)  
in the Cathedral of St John the Baptist, Norwich at 11.30am

Full details of the Services for Holy Week will be announced later in Lent,  
but the main Parish Services for the Triduum (*Maundy Thursday, Good  
Friday and Holy Saturday Evening*) at St Henry Morse are as follows:

*Maundy Thursday (17<sup>th</sup> April):*

**Mass of the Lord's Supper - 7.00pm**

**(QUIDENHAM) 1930 MASS OF THE LORD'S SUPPER**

*Good Friday (18<sup>th</sup> April):*

**Stations of the Cross - 2.30pm**

**Celebration of the Lord's Passion - 3.00pm**

**(QUIDENHAM) 0830 office of readings and lauds.  
1130 Stations of the Cross  
1500 THE PASSION OF THE LORD**

*Holy Saturday Easter (19<sup>th</sup> April):*

**1000 Blessing of Easter Baskets (Polish Community) swieconka  
Easter Vigil – 8.00pm**

**(QUIDENHAM) 0730 office of readings and lauds.  
2000 THE EASTER VIGIL**

*EASTER SUNDAY MASSES (20<sup>th</sup> April):*

**St Henry Morse, Diss 10.00 am -  
(QUIDENHAM) 10.30 am**

Make the commitment NOW to be with the Parish Community for these three  
wonderful Services which truly celebrate our faith.