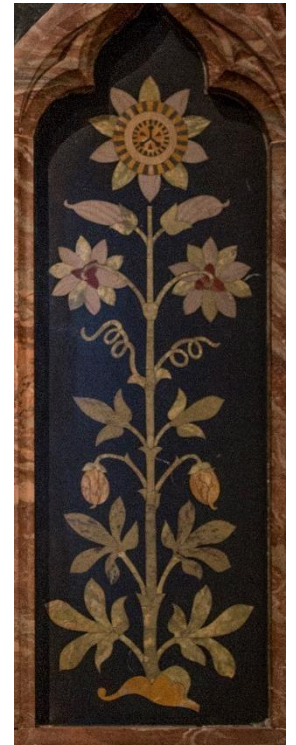




LENT,  
HOLY  
WEEK  
&  
EASTER  
2025

# WHAT IS LENT?

Lent is a time of preparation – lasting 40 days - for the events of Holy Week & Easter. Easter was traditionally the time when baptisms were celebrated, and the time when those who had become separated from the communion of the Church because of their serious sins were restored to the Church's fellowship. This means that Lent has a solemn character. It is the season of the year where the disciplines of penitence, self-examination, self-denial & study are practised. Almsgiving has also traditionally been associated with Lent.



Originally these Lenten disciplines were adopted by candidates for baptism and penitents preparing themselves to be readmitted to communion, but it became the custom for the whole Christian community to join in the process of study, preparation and repentance. The Lenten disciplines happened over forty days to remind Christians of the forty days that Jesus spent in the wilderness, being tested by Satan.



Ashes are an ancient sign of penitence, and from the Middle Ages it became the custom to begin Lent by being marked in ash with the sign of the cross. It is for that reason that the first day of Lent – Ash Wednesday – is so called. Liturgical dress is at its simplest during Lent. Churches are kept bare of flowers and decoration. The *Gloria in excelsis* is not said or sung. The joyful word *alleluia* is not used. However, the Fourth Sunday of Lent (known as *Laetare Sunday*) was provided as a day of relief from the rigours of fasting - it is the day on which in more recent times the Church has kept *Mothering Sunday*.

As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate the story of Christ's suffering and death, and the reading of the Passion Narrative gives to the Fifth Sunday of Lent its name - Passion Sunday. From this day, images in church are veiled: a further stripping back of ornamentation in preparation for the desolation of Good Friday.

# MASSES & EVENTS IN LENT

## ASH WEDNESDAY – 5<sup>th</sup> March

- 10.00am – Holy Mass & Imposition of Ashes @St. Anthony's  
11.15am – Liturgy of the Word & Ashes @St. Teresa's School  
2.30pm – Liturgy of the Word & Ashes @St. Lawrence's School  
7.00pm – Solemn Mass & Imposition of Ashes @St. Teresa's



### Monday Afternoons in Lent

Lent Scripture Study

'Come & See'

2.00pm – 3.00pm

@St. Teresa's - Porch

### Monday Evenings in Lent

Lent Meditation's

Mass at 6.30pm, Meditation at 7.05pm

@St. Teresa's - Porch

### Thursday Evenings in Lent

Lent Meditation's

Mass at 6.30pm, Meditation at 7.05pm

@St. Anthony's – Day Chapel

### Stations of the Cross throughout Lent

Walk with our Lord as he journeys to Calvary for you

Tuesdays – 9.15am @ St Anthony's

Fridays – 6.30pm @ St. Teresa's

## **A Day with the Lord – 15<sup>th</sup> March**

**@ St. Teresa's**

**9.00am – 10.30pm**

We come before our Lord Jesus, truly present in the Blessed Sacrament, to worship him and to bring before him our prayers. This extended time of prayer before the Lord is truly a grace filled time. Sign up sheets for an hour slot can be found in the church porches.

## **A NIGHT OF LIGHT – 15<sup>th</sup> March**

**7.30pm – 10.30pm**

During the 24 Hours with the Lord, we will hold 'A Night of Light' as we invite people who are passing St Teresa's to come into Church to pray, to light a candle, to talk.

## **Prayer Walk & Rosary – Saturday 22<sup>nd</sup> March**

Join us as we walk together through Jesmond Dene to the Lady Chapel where we will pray the rosary together. We will be sticking to public footpaths so the route should be suitable for all. However, if you would like to meet us at the Lady Chapel for the Rosary you are more than welcome. We will leave St Teresa's at 11am with the Rosary beginning at 12noon.

## **Parish School Takeover Mass Mothering Sunday – 29/30<sup>th</sup> March**

## **Parish Reconciliation Service – Thursday 10<sup>th</sup> April**

**6.30pm @ St. Teresa's**

As we journey towards Holy Week, we recognise our need for forgiveness. By coming before God in the Sacrament of Reconciliation we receive the love and mercy of God, with the assurance that our sins have been forgiven. A number of priests will be present from across the deanery.

# HOLY WEEK

13<sup>TH</sup> APRIL – 20<sup>TH</sup> APRIL



ULTIMATELY, IN THE BATTLE  
AGAINST LIES AND VIOLENCE,  
TRUTH AND LOVE HAVE NO OTHER  
WEAPON THAN THE WITNESS OF  
SUFFERING.

– POPE BENEDICT XVI



THEN GRANT US, LORD,  
THIS WEEK TO TRACE  
THY PASSION AND THY LOVE,  
AND BY THINE ALL-INSPIRING GRACE  
UPLIFT OUR HEARTS ABOVE

# PALM SUNDAY

13<sup>th</sup> April

*The first day of Holy Week begins with much ceremony as palm crosses and branches are blessed & carried in the open air, and we go in a loud procession through the local streets and into Church, recalling the Triumphal Entry of Christ into Jerusalem on the first Palm Sunday.*

- 5.30pm – Vigil Mass & Blessing of Palms @St. Anthony's  
11.00am – Solemn Mass & Blessing of Psalm @St. Teresa's  
5.00pm – Solemn Vespers & Benediction @ St. Teresa's



## MONDAY, TUESDAY & WEDNESDAY OF HOLY WEEK

14<sup>th</sup>, 15<sup>th</sup> & 16<sup>th</sup> April

- 5.30pm – Adoration & Confessions  
6.30pm - Holy Mass  
7.15pm - Holy Week Meditation  
7.45pm - Compline



## SPY WEDNESDAY

16th April

- 11.00am – Chrism Mass  
St. Mary's Cathedral

*Join the clergy of the Diocese as they renew their priestly vows during the Mass of Chrism. During this Mass Bishop Stephen will bless and consecrate the sacred oils for use within the diocese over the coming year.*

# MAUNDY THURSDAY

17<sup>th</sup> April

*The events of Maundy Thursday are dramatic. At the Chrism Mass the priests of the Diocese renew their priestly promises and the Bishop blessed the oils to be used for the Sacraments for the coming year. In the Mass of the Lords supper we commemorate how Christ on the first Maundy Thursday instituted the Holy Eucharist at his Last Supper. We also commemorate how he washed the feet of The Twelve as an example of his servanthood, and how our Lord then went in obedience to the Garden of Gethsemane to pray and to await his betrayal. The service ends abruptly with the stripping of the altars and a silent Watch until Midnight.*

**9.00am – Tenebrae  
Morning Prayer & Office of Readings  
@ St. Teresa's**

**7.00pm - Mass of the Last Supper & Watch until Midnight  
@ St. Anthony's**

# GOOD FRIDAY

18<sup>TH</sup> APRIL

**9.00am – Morning Prayer @ St. Teresa's**  
**9.30am – Stations of the Cross @ St. Teresa's**  
**3.00 pm – The Liturgy of the Passion @ St. Anthony's**



# HOLY SATURDAY

SATURDAY 19<sup>TH</sup> APRIL

**9.00am – Morning Prayer** @ St. Teresa's  
**9.30 – 11.00am - Confessions** @ St. Teresa's

Cleaning and Preparation of the Church

10.30am

*The church is made spic and span for the greatest night of the year. In preparing the Church, so to we prepare ourselves to keep the great feast of Easter. This seemingly mundane activity is full of expectancy and excitement: come along and lend a hand.*

**8.15pm – The Solemn Easter Vigil** @ St. Anthony's

*'Most blessed of all nights,*

*chosen by God to see Christ rising from the dead!'*

*This most glorious of services begins outside in darkness with the lighting of a new fire, from which the Paschal (Easter) candle is lit— the symbol of the Resurrection—and brought into the empty church.*

*A hymn of praise called the Exsultet is sung to the Resurrection, and a sequence of readings follows which takes us from Creation to Resurrection.*

*The Easter Acclamation is proclaimed: 'Christ is Risen!', a merry noise is made, and the first Mass of Easter is celebrated.*

*In addition the waters of the Font are blessed and our baptismal vows renewed.*

# EASTER DAY

SUNDAY 20<sup>TH</sup> APRIL

**11.00am – Solemn Mass of Easter**

*The Resurrection is proclaimed with great joy at the High Mass on Easter morning.*

**5.00pm – Solemn Vespers & Benediction**