

*There are at least 40 million victims of modern day slavery in the world today, and tens of thousands in the UK. In one of the wealthiest countries in the world, in a capital city heralded for its history and culture, modern slavery is thriving...Behind those statistics there are real people.*

**Our collection at special services during Lent, as well as retiring offerings during Holy Week will go to this appeal.**

### **Lent Study – Wednesday's in Lent**

This will take place on Wednesday's during Lent. In each session we will look at different wisdoms of our faith. The sessions at St Anne's will include input, silent reflection and discussion. Each session will last 1 hour, and the at 8pm we will have communion for those who would like to stay.

For our middle session we will attend a talk by Rowan Williams at St Paul's Cathedral.

**13th March** – 7pm Lent Study

**20th March** – 7pm Lent Study

**27th March** – **Jesus Christ: The Unanswered Questions at St Paul's Cathedral 6.30-8pm**

**Rowan Williams with Bishop Sarah**

**3rd April** – 7pm Lent Study

**10th April** – 7pm Lent Study

### **Stations of the Cross**

Is traditionally a series of meditations which follow through the story of the last hours of Jesus life. The 14 stations follow Jesus journey generally focusing on images, as well as listening to the story. Each station ends with a prayer. *This will take place on Sunday 24th March and 7th April at 5 pm .*

### **Lent Retreat – Quiet Day**

Saturday 23rd March we will have a *Quiet Day* at St Anne's. There will be focused meditation and reflection as well as much silence as we reflect on our Lenten Journey. We will start at 10am – 3 pm. A simple lunch will be provided.

Please sign up in church. Cost £5

### **Holy Week Devotion**

The Days between Palm Sunday and Easter Day are important days of devotion – please join us!

#### **Monday 15th April**

**7pm** The Rosary Said at St Anne's

**7.30pm** Reflection with Eucharist at St Anne's

#### **Tuesday 16th April**

**7pm** The Rosary Said at St Anne's

**7.30pm** Reflection with Eucharist at St Anne's

#### **Wednesday 17th April**

**7.30pm** Tenebrae Service (church open from 7pm)

*Tenebrae is a traditional service during Holy Week –*

*The name Tenebrae is the Latin word for "shadows."*

*One of the most conspicuous features of the service is the gradual extinguishing of candles until only a single candle, (Christ) remains.*

#### **Thursday 18th April**

**10.30am** Chrism Mass at St Paul's

**7.30pm** Mass of the Last Supper followed by Vigil

#### **Friday 19th April**

*St Anne's and St Andrew's will be open for quiet meditation all day until the end of services*

**10am - Creative Meditation** in Trinity Chapel (all age) as we sit before the Altar of Repose

**12noon – 3pm** Meditation on Last words

*(Feel free to come and go during this time as suits you. )*

**3pm The Liturgy** at St Anne's

#### **Saturday 20th April**

From **10am – 1pm** – Come help prepare the church

**8pm** Easter Vigil Mass at St Anne's

Followed by bubbly and chocolate

#### **Sunday 21st April**

**9.30 am** Festal Mass at St Anne's with Easter Egg

Hunt and Celebration after the service.

**St Anne with Holy Trinity, Brondesbury  
125 Salusbury Road, London. NW6 6RG**



**LENT**

## **Keeping a Holy Lent** *What can I do in 2019?*

### **The meaning of Lent**

**Lent is not a time to make yourself miserable.** Often we can be encouraged to think that the season of Lent is all about people giving up their favourite treats with the thought that in doing so we will lose some weight and get a little healthier. For some of us it is also associated with often rather dreary Lent Groups and study, additional services and soul searching. Neither approach really does justice to the wonderful opportunity of the 40 days that run from Ash Wednesday to Easter Eve (Lent begins on Ash Wednesday, and ends on Easter Eve, the forty days comprising the intervening weekdays, as Sundays do not count!)

#### **So what is it really all about?**

Over the last 2000 years, three main elements have gone into the making of Lent. They are:

1. *Preparation for Easter Baptism.* The early Church (especially in Jerusalem, 4th century) came to use the forty days building up to Easter as a time to prepare their new converts for Baptism. For these converts, Lent was a time of great and joyful anticipation.
2. *Time for penance and reconciliation with the Church.* Since early times, Lent has also been used as a time when those who have fallen away from the Church were prepared for re-admission to Holy Communion and full active membership. This often involved confession and penance and in the process forgiveness and restoration brought a deep sense of peace and security.
3. *A fast in preparation for Holy Week and Easter.* This, too, has been popular since earliest times, and normally meant giving up food or some food until the evening of each day. The point was not to punish oneself, but to abstain, in order to both focus the mind in prayer to God, and to appreciate the real value (if any) of what one was depriving oneself. The value of the food uneaten was often offered as a gift to the poor or the Church.

### Lent is Joyful

Lent is therefore about joyful anticipation, about renewed peace and a new focus on prayer and charity. It is a time of hope and happiness as we cleanse and renew ourselves to be ready to celebrate the wonderful news of the resurrection on Easter Day.

If you would like to get more from the season then you might also want to attend one of the additional services of prayer being held or come along to one of the regular weekday services. Any member of the clergy will also be happy to talk to you about prayer, the spiritual journey and how we grown in faith. On this journey we are invited to spend time praying, reflecting and being charitable.

Above all we would like you to be joyful, to remember that as members of the Church God calls us into a relationship with our Creator which is fresh and full of life and hope. Wishing you a happy and holy Lent.

### Opportunities During Lent 2019

#### Ash Wednesday - 6th March 2019

Is the start of Lent and in one of the most important days in the church calendar.

Traditionally Ash Wednesday has been seen as a Holy Day of Obligation—a day when we make every effort to go to church. Our main service on Ash Wednesday is at **7.30pm at St Anne's**. The service will include the imposition of ashes. There will also be a Said **Mass with imposition of ash at 8.30am** at St Anne's.

If you are unable to make this service, there will be lots of services on this day throughout London.

#### Personal Reflection—40 bags in 40 days

In 2019 we are inviting one another, once again, to take part in **40 bags in 40 days**. It is a process which allows us to reflect on what is necessary in our lives - where we focus on cleaning one area per day. In this one area you challenge yourself to declutter, simplify, decrapify, and get rid of things you don't need. The goal is **one bag a day** but you can have more or less. It doesn't need to just be

material things, it could be emails or issues or even concerns. The idea is to remove in a small way each day during Lent those things which distract us from faith and living a whole life.

Start small—bag size may vary. Maybe choose one draw or activity you are going to clear, rather than a whole room. Allow what you choose to inform your prayer life—what does our clutter tell us about our relationship with God? How might God inform our living in the days ahead?

### Fasting

The point of fasting is about offering to God the devotion that motivated it and we are encouraged to offer to charity the money saved. The time not spent in preparing and eating can be used for prayer or spiritual reading. A fast can simply be not eating meat or a fuller fast of leaving out a meal or two.

### Confession and Reconciliation

Confession is a spiritual discipline. Individual Confession is meant to compliment and build on the general confession that we share in each week - its very personal assurance of God's continuing love can be a powerful way of addressing spiritual questions. It is a common Lenten practice.

### Charity

There is also a suggestion about fasting, and about charitable giving. If you do fast you might like to donate what you have saved on food to Charity. Alternatively, you may just want to focus on your giving in Lent. Our Parish Lent Charity is **Bishop of London's Lent Appeal. – which this year is Ending Modern Slavery.** As Bishop Sarah explained