



## *Lent 2024*

### **Lent Course**

The Church of England reflections this year are titled **Watch and Pray** and invite us to seek God in both familiar and unfamiliar places this Lent: in darkness and in quiet; in movement and migration; in the healing and transforming work of the Spirit; in the weeping of Holy Week and in the joy of Easter morning.

We will meet to discuss each week's readings on Thursday mornings from 10.30 - 12pm at the Vicarage. Do come along, no need to book! The dates of the meetings are

22nd February

29th February

***No meeting on 7th March as Liz on retreat.***

14th March

21st March

# ***Services for Lent, Holy Week and Easter***



## **Ash Wednesday**

**14th February 10.30am Wroxham**

A quiet service of Holy Communion, with imposition of ashes available if wished. This service marks the start of Lent

## ***Palm Sunday***

**24th March 10.00am Belaugh**

Begin the service either in church, or at the Staithe to walk up in procession.

Palm crosses are blessed and we join together in a dramatic reading of the Gospel of the Passion of Christ.



## ***Reflective services for Holy Week***

***All at 7pm Hoveton St Peter***

## ***Monday 25th March***

### ***Evening Worship with music and readings.***

A quiet time of reflection to lead us into Holy Week

## ***Tuesday 26th March***

### ***Taize service.***

The chants and music of the Community of Taize are appreciated for their ability to help us pray. Come and join in with familiar music, and maybe learn a new song or two. All within a gentle service of night prayer.

## ***Wednesday 27th March***

### ***Celtic Communion***

A service of Holy Communion in the Celtic Tradition.  
A new way of experiencing something familiar.

## ***Maundy Thursday***

***28th March 7.30pm Wroxham***

We join in a service of Holy Communion, to remember the Last Supper shared by Jesus his disciples. At the end of the service the altar is stripped leaving the chancel bare, symbolising the loss of Jesus to arrest and crucifixion.



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## ***Good Friday***



***29th March***

***10am Hoveton St John Walk of Witness***

Join us as we walk as Churches Together between our various buildings, witnessing to Christ's sacrifice for us.

***2pm An hour at the Cross***

A service of music and readings to help us reflect on the last hour of Jesus' life, and his death on the cross.

## ***Holy Saturday***

***30th March 7.30pm Tunstead***

***Easter Vigil and First Communion of Easter***

An ancient service, full of symbolism. We hear readings telling of God's saving grace, kindle the Easter Fire and light the new Paschal Candle. We renew our Baptism Vows and share the first Communion of Easter.



## ***Easter Day***

***31st March 10am Wroxham***

Having journeyed through Lent and Holy Week together, we join as a Benefice to celebrate Easter Sunday. The Paschal Candles of the churches are lit, Baptism promises renewed, and Communion shared.

## **Lent Addresses at the Cathedral**

Throughout his ministry Jesus gave vivid descriptions of his identity and purpose.

Set in the context of the Eucharist, this year's Lent addresses will explore the 'I am' sayings of Jesus for the insights they give into his own sense of self-awareness and the meaning of his ministry amidst the complexities and challenges of today.

### ***21 Feb: Jesus the Bread of Life in a Hungry World***

(John 6:25-40)

The Very Revd Andrew Braddock, Dean of Norwich

### ***28 Feb: Jesus the Good Shepherd in a World of Conflict***

(John 10:11-18)

The Rt Revd Ian Bishop, Bishop of Thetford

### ***6 Mar: Jesus the Resurrection in a World of Loss***

(John 11:17-44)

The Venerable Keith James, Archdeacon of Norwich

### ***13 Mar: Jesus the Way, the Truth and the Life in a World of Broken Promises***

(John 14:1-14)

The Revd Penny Warner,  
Chaplain Norfolk and Norwich University Hospital

### ***20 Mar: Jesus the Vine in a World Searching for Love***

(John 15:1-17)

Canon Susanna Gunner, Public Preacher and Chaplain to the King

### **Prayers for Healing, Wholeness and Reconciliation**

After each Lenten address and Communion, prayers for healing and wholeness will be offered in St Luke's Chapel.

Those wanting to partake in the ministry of reconciliation (confession) will be able to do so in St Andrew's Chapel from 7pm before each Lent Address and Eucharist.