

LENT 2026

ST MARY THE VIRGIN,
HENLEY-ON-THAMES

WITH

ST NICHOLAS,
REMENHAM

Why Lent?

Lent is the period of forty days leading up to Easter. By long tradition it has been a period of preparation for Easter; we could almost think of it as a sort of spiritual spring-cleaning, or a decluttering of the heart. It might sound like hard work, but it really isn't; it can rather be liberating, even strangely joyful.

It is a time for simplicity: we might give up certain luxuries, and adopt a discipline of fasting; contemporary environmental concerns add a new impetus to the traditional Christian focus on living lightly.

It is a time for reconciliation: we admit to ourselves, to others, and to God, the things we have done which have not been good, and the good we have left undone, and we attempt to make amends. And we in turn offer forgiveness to those who have hurt us.



And it is a time of growth: we may take on a pattern of regular spiritual reading, prayer, and participation in the Eucharist; and we can use the money we have saved by giving up luxuries to give to those who are in need.

The Fourth Sunday of Lent (Laetare or Refreshment Sunday) is traditionally a day of relief from the rigours of the Season; this break from austerity is the background to the modern observance of Mothering Sunday on this day.

With its emphasis on reconciliation, Lent is a particularly good time to make a confession; please talk to Fr Jeremy if that is something you would find helpful.

Ash Wednesday ~ Wednesday 18th February

- 9am Morning Prayer and Litany (BCP) (St Mary's)
- 12noon Holy Communion (BCP) with Imposition of Ashes (St Mary's)
- 7.30pm Choral Eucharist with Imposition of Ashes (St Mary's)

The First Sunday of Lent ~ Sunday 22nd February

- 8am Holy Communion (BCP) (St Mary's)
- 9.30am Sung Eucharist with Junior Church (St Mary's)
- 11.15am Sung Holy Communion (BCP) (Remenham)
- 4pm Evening Prayer (BCP) (St Mary's)

The Second Sunday of Lent ~ Sunday 1st March

- 8am Holy Communion (BCP) (St Mary's)
- 9.30am Sung Eucharist with Junior Church (St Mary's)
- 11.15am Sung Matins (BCP) (Remenham)
- 4pm Evening Prayer (BCP) (St Mary's)

The Third Sunday of Lent ~ Sunday 8th March

- 8am Holy Communion (BCP) (St Mary's)
- 9.30am All Age Eucharist Church (St Mary's)
- 11.15am Sung Holy Communion (BCP) (Remenham)
- 4pm Evening Prayer (BCP) (St Mary's)



Mothering Sunday ~ Sunday 15th March

- 8am Holy Communion (BCP) (St Mary's)
9.30am Sung Eucharist and Junior Church (St Mary's)
11.15am Sung Matins (BCP) (Remenham)
4pm Choral Evensong (BCP) (St Mary's)

St Joseph of Nazareth ~ Thursday 19th March

- 10am Holy Eucharist (St Mary's)

The Fifth Sunday of Lent ~ Sunday 22nd March

- 8am Holy Communion (BCP) (St Mary's)
9.30am Sung Eucharist and Junior Church (St Mary's)
11.15am Sung Holy Communion (BCP) (Remenham)
4pm Evening Prayer (BCP) (St Mary's)

The Annunciation of Our Lord to the Blessed Virgin Mary ~ Wednesday 25th March

- 12noon Holy Eucharist

Church Cleaning Day at St Mary's ~ Saturday 28th March

- 9.30am Holy Eucharist
10am Cleaning begins
12.30pm Light Lunch

Palm Sunday ~ Sunday 29th March

- 8am Holy Communion (BCP) (St Mary's)
9am Procession of Palms from the Market Place to St Mary's
9.25am Liturgy of Palms (outside, weather permitting) and
Sung Eucharist with Junior Church (St Mary's)
11.15am Sung Matins (BCP) (Remenham)
4pm Evening Prayer (BCP) (St Mary's)



Weekdays in Lent (please check the church noticeboard—weekday services do occasionally vary):

Morning Prayer is usually said at St Mary's Tuesday to Friday at 9am.

Other weekday services and devotions during Lent are as follows:

Tuesdays

6pm Holy Eucharist (St Mary's)

Wednesdays

12noon Holy Eucharist (St Mary's)

Thursdays

10am Holy Eucharist (St Mary's), followed by coffee and Bible Study

11am Silent Prayer / Bible Meditation (Chantry House)

12noon Churches Together in Henley Lent Lunches
(at Christ Church URC)

Fridays

9am Morning Prayer and Litany (St Mary's)

Stations of the Cross is a much-loved devotion in which we follow Jesus on the way of the Cross, and are drawn more deeply into His suffering and His compassion. You can join in this devotion at St Mary's at 11am on Fridays 27th February and 6th, 13th and 20th March; and at Sacred Heart Roman Catholic Church at 10.30am on Fridays 20th February and 27th March. With thanks to The Revd Canon Paul Fitzpatrick and Sacred Heart Church for allowing us to share this devotion with them on two Fridays in Lent.

12noon Holy Eucharist (St Mary's) *but not on 20th February*
(Requiem on last Friday of the month)

Confessions

If you wish to make a confession, please make an appointment with Fr Jeremy: rector.hwr@btinternet.com 01491 577340

The cover image is of the East Window at St Nicholas Church, Remenham.

