



ST MARGARET'S ILKLEY



Lent Booklet
2026

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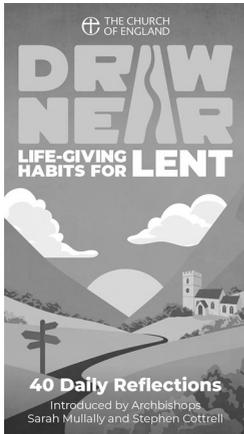
You are welcome to keep this booklet with you throughout the season, as a handy guide to our liturgies and special events, and as a resource for prayer and reflection.

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Church of England Lent Book 2026

Draw Near: Life-Giving Habits for Lent

introduced by the Archbishops



“Draw Near is the official Church of England booklet for Lent 2026. It invites you to develop a rhythm of life that will help you grow as a disciple of Christ day by day, especially as we prepare to celebrate the mystery of God’s saving love at Easter. Each week a different contributor explores an activity central to Christian discipleship: worship, prayer, Scripture, communion, service to others and sharing the good news. For each day of Lent it offers daily Bible readings, images, short reflections, prayers and practical responses to help you draw near to God this Lent and beyond.”

For more Lent book recommendations, see page 10.

LENT DIARY

FEBRUARY

Wed 18	Ash Wednesday	11.00 am Low Mass <i>with the imposition of ashes</i> 7.30 pm High Mass <i>with the imposition of ashes</i>
Thur 19		<i>[No Mass at 11.00 am today]</i> 12.30 pm Lunch Club
Fri 20		6.30 pm Stations of the Cross <i>at Sacred Heart</i>

Sun 22	Lent I	8.00 am Low Mass 10.45 am High Mass 6.30 pm Choral Evensong
Tue 24		2.30 pm Communion at Abbeydale 5.00 pm Holy Hour 6.00 pm Contemplative Mass
Wed 25		2.00 pm Communion at Mayfield View
Thur 26		11.00 am Low Mass <i>with social time</i> 7.30 pm Lent Study Group I <i>in the hall</i>
Fri 27		2.30 pm Stations of the Cross <i>at St Margaret's</i>

MARCH

Sun 1	Lent II <i>Stewardship Sun.</i>	8.00 am BCP Holy Communion 9.00 am Breakfast Praise 10.45 am High Mass 6.30 pm Choral Evensong
Tue 3		5.00 pm Holy Hour 6.00 pm Contemplative Mass
Thur 5		11.00 am Low Mass <i>with social time</i> 7.30 pm Lent Study Group II <i>in the hall</i>
Fri 6		12.30 pm Organ Recital 6.30 pm Stations of the Cross <i>at Sacred Heart</i>
Sat 7		6.30 pm Plainchant Mass

Sun 8	Lent III	8.00 am Low Mass 9.15 am Family Mass 10.45 am High Mass 6.30 pm Choral Evensong
Tue 10		5.00 pm Holy Hour 6.00 pm Contemplative Mass
Thur 12		11.00 am Low Mass <i>with social time</i> 7.30 pm Lent Study Group III <i>in the hall</i>
Fri 13		2.30 pm Stations of the Cross <i>at St Margaret's with music from Christopher Rathbone</i>
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Sun 15	Lent IV <i>Mothering Sunday</i>	8.00 am Low Mass 9.15 am Family Mass (<i>Mothering Sunday</i>) 10.45 am High Mass (<i>Lent IV</i>) 6.30 pm Choral Evensong
Tue 17		2.00 pm Communion at Straven House 5.00 pm Holy Hour 6.00 pm Contemplative Mass
Thur 19		11.00 am Low Mass <i>with social time</i> 7.30 pm Lent Study Group IV <i>in the hall</i>
Fri 20		6.30 pm Stations of the Cross <i>at Sacred Heart</i>
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Sun 22	Lent V	8.00 am Low Mass 10.45 am High Mass 6.30 pm Readings and Music for Passiontide
Tue 24		2.30 pm Communion at Abbeydale 5.00 pm Holy Hour 6.00 pm Contemplative Mass
Wed 25	Annunciation	2.00 pm Communion at Mayfield View 7.30 pm High Mass <i>followed by drinks</i>
Thur 26		11.00 am Low Mass <i>with social time</i> 7.00 pm Contemplative Mass 7.30 pm PCC Meeting <i>in the hall</i>
Fri 27		2.30 pm Stations of the Cross <i>at Middleton Lodge <u>Calvary</u></i>
Sat 28		9.30 am Church cleaning

HOLY WEEK

Sun 29	Palm Sunday	8.00 am Low Mass 9.15 am Family Holy Week Service 10.45 am Procession and High Mass 6.30 pm Solemn Evensong
Mon 30		9.00 am Morning Prayer 6.30 pm Evening Prayer 7.00 pm Address and Low Mass
Tue 31		9.00 am Morning Prayer 6.30 pm Evening Prayer 7.00 pm Address and Low Mass
APRIL		
Wed 1		9.00 am Morning Prayer 6.30 pm Evening Prayer 7.00 pm Address and Low Mass
Thur 2	Maundy Thur.	9.00 am Morning Prayer <i>(no Low Mass or Evening Prayer)</i> <u>7.30 pm Liturgy of Maundy Thursday</u>
Fri 3	Good Friday	9.00 am Morning Prayer TBC Churches Together in Ilkley Walk of Witness <u>1.45 pm Liturgy of Good Friday</u> <u>3.15 pm</u> Evening Prayer
Sat 4	Holy Saturday	9.00 am Morning Prayer 6.30 pm Evening Prayer <u>8.00 pm Easter Liturgy</u>
Sun 20	Easter Day	8.00 am BCP Holy Communion 9.15 am Family Mass 10.45 am High Mass 6.30 pm Solemn Evensong and Benediction

SPECIAL SERVICES AND EVENTS

Ash Wednesday

Wednesday 18 February, 11.00 am and 7.30 pm

The imposition of ashes will be offered at Low Mass at 11.00 am and the High Mass at 7.30 pm (with beautiful music by our choir and organist). Come and make a commitment to keeping a good and holy Lent.

Readings and Music for Passiontide

Sunday 22 March, 6.30 pm

On Passion Sunday, in place of Evensong, we will hold a service of poems, readings and music on the theme of the Passion, with anthems from the choir and hymns. More details to follow.

The Annunciation of Our Lord to the BVM

Wednesday 25 March, 7.30 pm

Join us for High Mass on this beautiful feast as the cycle of the mystery of the Incarnation begins again. We're delighted to welcome Br Michael Jacob SSF as our guest preacher. Mass will be followed by drinks.

Holy Week

Sunday 29 March to Sunday 5 April

We observe this holiest week of the Church's year in all the richness of our catholic tradition, and there are many acts of worship through the week. Members of the congregation are encouraged to attend as much as possible, **and to make a supreme effort to attend the liturgies of the Sacred Paschal Triduum (Thursday, Friday and Saturday)**. The week begins with services on Palm Sunday, including our Procession and High Mass at 10.45 am, and there is Morning and Evening Prayer and Mass daily. Please see the diary on page 5 for the full schedule, and the notice immediately following this one. →

The Sacred Paschal Triduum

Thursday, Friday and Saturday of Holy Week

This is the climax of the Holy Week observances, and we celebrate some of the most moving and powerful liturgies of the whole year.

Thursday: 7.30 pm Liturgy of Maundy Thursday followed by the Watch

Friday: 1.45 pm Liturgy of Good Friday

Saturday: 8.00 pm Easter Liturgy

This is what a member of the congregation felt about their first experience of the Easter Liturgy a couple of years ago (the service lasts about one hour and 15 minutes).

I came not knowing what to expect but I, like many there, was staggered, totally unprepared for what followed.

We started in the garden outside, in darkness, when the new fire was kindled and the **Paschal Candle** lit. All then moved into the parish hall to hear the stories of three of God's saving deeds from the Old Testament: Jonah and the whale, the saving from fire of Shadrach, Meshach and Abednego, and the Exodus of Moses and the Israelites from Egypt. The Procession of the Paschal Candle followed, the priest leading choir and congregation from the parish hall through almost total darkness, carrying their hand candles. As these were lit from the paschal candle Fr Alex moved to the pulpit to sing the ancient **Exultet** "*Rejoice now, all you heavenly choirs of angels...*"

"**Alleluia, Christ is risen**" was thundered out by Fr Alex as the great Reredos opened out from side to side revealing its full glory. And in one voice all in the large choir and congregation responded with a cacophony of instruments and the organ in full volume.

Then followed the singing of the **Gospel** reading of the discovery of the empty tomb, followed by the **Renewal of Baptismal Vows** with all gathered around the font as the priest dipped the paschal candle three times into the water. After the people had been sprinkled with baptismal water the paschal candle led the procession eastwards and all returned to their seats for the **Liturgy of the Sacrament**.

Finally, Handel's great hymn *Thine be the glory* was followed by the thundering organ voluntary *Incantation pour un Jour Saint* by Jean Langlais.

All who were there were left sitting in wonder, hardly able to believe what had been witnessed and heard in our parish church.

REGULAR SERVICES AND DEVOTIONS

Why not take up a new holy habit in Lent? There are plenty of things to choose from below, as well as our other regular services such as Morning Prayer at 9.00 am Monday to Friday, and the Low Mass at 11.00 am on Thursdays.

Holy Hour and Contemplative Mass

Tuesdays in Lent at 5.00 pm (Mass at 6.00 pm)

On Tuesdays in Lent the Lady Chapel will be opened from 5.00 pm for Exposition of the Blessed Sacrament, and you are welcome to spend time in silence in the presence of Christ in the sacrament (arrive at any time). Some prayer resources will be available. The simple and prayerful Contemplative Mass follows at 6.00 pm.

Lent Study Group

Thursdays 26 February, and 5, 12 and 19 March at 7.30 pm

This year we will use as our guide Scott Hahn's seminal work, *The Lamb's Supper: the Mass as Heaven on Earth*. Hahn was a protestant minister who underwent a dramatic conversion to the Catholic faith when attending Mass one day. He has since written a number of acclaimed theological books.

"With unique scholarship, style and exuberance Scott Hahn reveals a long-lost secret of the Church: the early Christians' key to understanding the mysteries of the Mass was the New Testament's Book of Revelation. With its bizarre imagery, its mystic visions of heaven, and its end-of-time prophecies, Revelation mirrors the sacrifice and celebration of the Eucharist."

This book "will enable readers to see the Mass with new eyes, pray the liturgy with renewed heart, and enter into the celebration of the Eucharist more enthusiastically and intelligently than ever before."

You're welcome to buy the book, but we will make the relevant chapters available to read in advance, on the Sunday preceding each group, and we will end each session with Compline.

Lent Evensong Sermon Series

Sundays in Lent at 6.30 pm

Lent is a wonderfully rich time for readings, poetry, art, and choral music. At Choral Evensong on Sundays one of our regular preachers will reflect on 'icons of the Passion.'

22 February: Temptation of Christ (Monastery of St Macarios) - Catherine Gibson

1 March: St Pelagia the Penitent - Fr Marc

8 March: Christ and Abbot Mena - Fr Alex

15 March: The Virgin Hodegetria ('she who leads the way') - Revd Isobel
(22 March: *A Service of Readings and Music for Passiontide*)

29 March: An icon of the Passion - Fr Kenneth

Stations of the Cross

Fridays in Lent, alternating between Sacred Heart and St Margaret's

We join with our Roman Catholic brothers and sisters in this joint witness through Lent. When at St Margaret's, Stations will be at 2.30 pm; when at Sacred Heart, Stations will be at 6.30 pm (for locations each week, see the Lent Diary).

On **Friday 13 March** at St Margaret's the service will include a special set of musical reflections on some of the stations, composed and played by our very own Christopher Rathbone.

On **Friday 27 March** we meet at the Calvary at Middleton Lodge, and share the devotion there. (NB: if the weather is really bad, we will meet at St Margaret's).

Churches Together in Ilkley Lent Talks

Time and location TBC - please look out for notices in the pew sheet

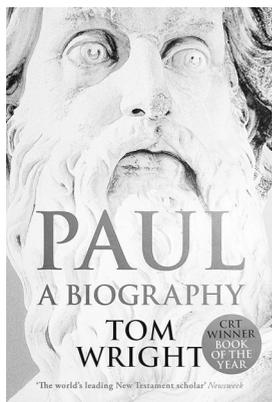
These have not been confirmed at the time of printing, but usually in Lent there is at least one lunch with a talk, and a collection for charity. We will advertise details in the pew sheet when known.

LENT BOOK RECOMMENDATIONS

Paul: A Biography

Tom Wright

recommended by Catherine Gibson

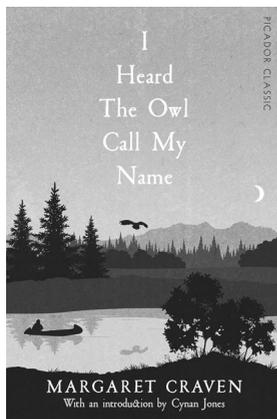


First published in 2018, and currently published by SPCK Publishing (£13.95 in paperback from Amazon). It is a very readable account which places Paul in his cultural and historical context; and sheds much light on his thinking and psychology.

I Heard The Owl Call My Name

Margaret Craven

recommended by Revd Isobel



This is the first short novel of the Canadian author, who died in 1980, and it was inspired by her time among the Anglican Mission Communities who were working among the American Indians of British Columbia. The story is that of a young ordinand who does not have long to live, who was sent by his bishop to serve in the remote village of Kingcome, among the Tsawataineuk tribe. Fully accepted and integrated into the life of the village and so living at one with nature, he gives his life to them, and finds no conflict between the ancient nature-based spirituality of the Indians on the one hand, and their recently-

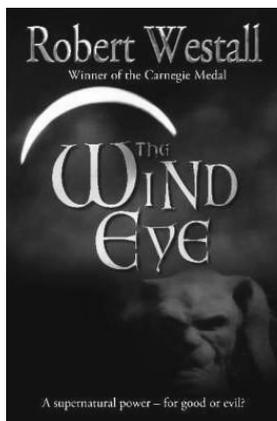
adopted Christian ways and values on the other. But a sense of transience pervades, as the village is threatened by encroaching civilisation, and the old ways are fragile, as is the ordinand himself.

This is a very gentle read, as we journey with the ordinand as, in the words of the summary on the back cover, he learns enough of life to die.

The Wind Eye

Robert Westall

recommended by Fr Alex



“On the sombre coast of Northumberland, near the Farne Islands, a family holiday starts off with the usual rows and bickering. Then, without warning, strange things start to happen...”

This short book is written with teens in mind, but like all the best literature for young people it has a lot to say to adults too. The story centres on the discovery of a “weird boat” that the locals claim belongs to St Cuthbert (even though he died over thirteen hundred years before) and which has the power to move within time.

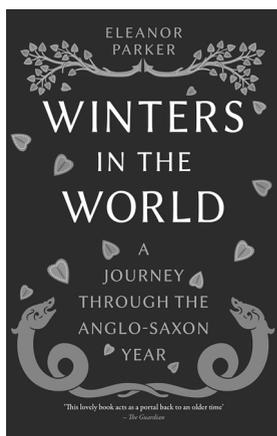
The book deals with themes of family, faith, identity, the power of place, and sainthood (like Aslan of Narnia, St Cuthbert is depicted as both “dangerous and good”). It is a delight for anyone with a devotion to St Cuthbert, and that magical North East coast.

Winters in the World:

Eleanor Parker

A Journey Through the Anglo-Saxon Year

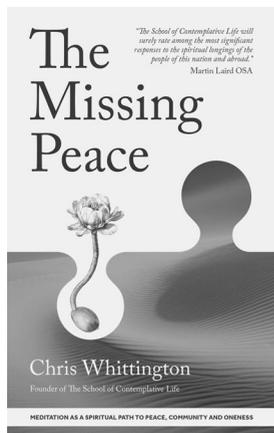
recommended by Fr Alex



“A beautifully observed journey through the cycle of the year in Anglo-Saxon England, exploring the festivals, customs and traditions linked to the different seasons. Drawing on a wide variety of source material, including poetry, histories and religious literature, Eleanor Parker investigates how the Anglo-Saxons felt about the annual passing of the seasons and the profound relationship they saw between human life and the rhythms of nature.”

I’m fascinated by the roots of words and traditions, and this is a beautiful window into our nation’s early history and many things we take for granted today. A great companion for the whole year.

The Missing Peace



Chris Whittington
recommended by Catherine Beaumont

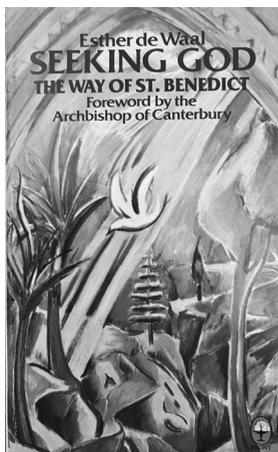
Chris Whittington is the founder of The School of Contemplative Life, an online community which meets twice a week to learn, meditate and share together. He also runs workshops and retreats around the country. *The Missing Peace* is a collection of 43 reflections on the practice and history of Christian meditation.

Drawing on ancient wisdom traditions, including The Desert Fathers and Mothers, as well as contemporary writers, the overriding message is that we do not need to search for God as God is always present with us. We cannot become separate from God because God is

our life and our very being. The regular practice of silent prayer and contemplation, helps us to quieten the noise of our busy minds and to become more aware of the God within us. Regular meditation practice is transformational leading to an understanding of oneness with God, with each other and with all creation, which in turn leads us towards the path of peace.

The reflections contained within *The Missing Peace* are informative, accessible and practical. I would recommend this book as an introduction to contemplative prayer, or as a companion to those who have established a regular practice of Christian meditation.

Seeking God: The Way of St Benedict

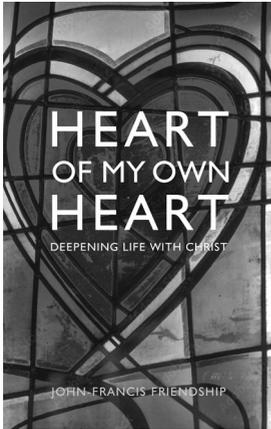


Esther de Waal
recommended by Fr Kenneth

The spirit of St Benedict transcends the centuries and unites all believers in Christ. In *Seeking God*, Esther de Waal shows how this Rule, practical and totally relevant for today, can guide us towards a growth into wholeness, a balance in every aspect of our being—body, mind, and spirit—through which we can become truly human and truly one with God.

Heart of My Own Heart

*John-Francis Friendship
recommended by Fr Marc*



I first picked up this text last year in preparation for some Lent devotional reading—I was not disappointed! Friendship offers us a deep, yet easy-to-read invitation into the profundities of the interior life that is both ideal for the six weeks of Lent, yet need not be read in one sitting, but rather picked up as is desirable and meditated upon, eg alongside your daily prayer/devotional time.

Its focus is the heart of Jesus as this is opened up to us in various ways through the Christian tradition, holy scripture, art, iconography, etc.

Previously, I had always found descriptions of the sacred heart something of a struggle to engage with, but Friendship welcomes the reader into a variety of possibilities to enable this, culminating in a rich offer of hospitality from the “heart or [our] own hearts,” who calls us gradually to reshape our hearts that our selves may be transformed in him and shaped for the greater purposes of his good will for us.

In a period when close work on our relationship with the Christ who calls us is requisite, *Heart of My Own Heart* is stimulating and companionable literature: soul food for the 40 days’ journey ahead.

A SIMPLE OFFICE

This can be used on any day through Lent, perhaps at midday, or whenever you feel drawn to pray. You might like to set aside part of a room for prayer, light a candle, and spend some time in silence before the office.

*If you are praying the office with someone else, one person can say the words in normal type, and the other person(s) can say the words in **bold** type.*

PREPARATION

O God, make speed to save us.

O Lord, make haste to help us.

Hear my prayer, O Lord, and give ear to my cry;

hold not your peace at my tears.

Blessed are you, God of compassion and mercy,
to you be praise and glory for ever.

In the darkness of our sin,
your light breaks forth like the dawn
and your healing springs up for deliverance.

As we rejoice in the gift of your saving help,
sustain us with your bountiful Spirit
and open our lips to sing your praise.

Blessed be God, Father, Son and Holy Spirit.

Blessed be God for ever.

THE WORD OF GOD

PSALMODY

SUNDAY

Psalm 51. 11 - end

Make me a clean heart, O God, :
and renew a right spirit within me.

**Cast me not away from your presence :
and take not your holy spirit from me.**

Give me again the joy of your salvation :
and sustain me with your gracious spirit;

**Then shall I teach your ways to the wicked :
and sinners shall return to you.**

Deliver me from my guilt, O God, the God of my salvation, :
and my tongue shall sing of your righteousness.

**O Lord, open my lips :
and my mouth shall proclaim your praise.**

For you desire no sacrifice, else I would give it; :
you take no delight in burnt offerings.

**The sacrifice of God is a broken spirit; :
a broken and contrite heart, O God, you will not despise.**

O be favourable and gracious to Zion; :
build up the walls of Jerusalem.

**Then you will accept sacrifices offered in righteousness,
the burnt offerings and oblations; :
then shall they offer up bulls on your altar.**

Glory to the Father, and to the Son, and to the Holy Spirit :
as it was in the beginning is now, and shall be for ever. Amen.

Turn to page 20

MONDAY

Psalm 3

Lord, how many are my adversaries; :
many are they who rise up against me.

**Many are they who say to my soul, :
'There is no help for you in your God.'**

But you, Lord, are a shield about me; :
you are my glory, and the lifter up of my head.

**When I cry aloud to the Lord, :
he will answer me from his holy hill;**

I lie down and sleep and rise again, :
because the Lord sustains me.

**I will not be afraid of hordes of the peoples :
that have set themselves against me all around.**

Rise up, O Lord, and deliver me, O my God, :
for you strike all my enemies on the cheek
and break the teeth of the wicked.

**Salvation belongs to the Lord :
may your blessing be upon your people.**

Glory to the Father, and to the Son, and to the Holy Spirit :
as it was in the beginning is now, and shall be for ever. Amen.

Turn to page 20

TUESDAY

Psalm 6

O Lord, rebuke me not in your wrath; :
neither chasten me in your fierce anger.

**Have mercy on me, Lord, for I am weak; :
Lord, heal me, for my bones are racked.**

My soul also shakes with terror; :
how long, O Lord, how long?

**Turn again, O Lord, and deliver my soul; :
save me for your loving mercy's sake.**

For in death no one remembers you; :
and who can give you thanks in the grave?

**I am weary with my groaning; :
every night I drench my pillow and flood my bed with my tears.**

My eyes are wasted with grief :
and worn away because of all my enemies.

**Depart from me, all you that do evil, :
for the Lord has heard the voice of my weeping.**

The Lord has heard my supplication; :
the Lord will receive my prayer.

**All my enemies shall be put to shame and confusion; :
they shall suddenly turn back in their shame.**

Glory to the Father, and to the Son, and to the Holy Spirit :
as it was in the beginning is now, and shall be for ever. Amen.

Turn to page 20

In the Lord have I taken refuge; :
 how then can you say to me, 'Flee like a bird to the hills,

**'For see how the wicked bend the bow and fit their arrows to the string, :
 to shoot from the shadows at the true of heart.**

'When the foundations are destroyed, :
 what can the righteous do?'

**The Lord is in his holy temple; :
 the Lord's throne is in heaven.**

His eyes behold, :
 his eyelids try every mortal being.

**The Lord tries the righteous as well as the wicked, :
 but those who delight in violence his soul abhors.**

Upon the wicked he shall rain coals of fire and burning sulphur; :
 scorching wind shall be their portion to drink.

**For the Lord is righteous; he loves righteous deeds, :
 and those who are upright shall behold his face.**

Glory to the Father, and to the Son, and to the Holy Spirit :
 as it was in the beginning is now, and shall be for ever. Amen.

Turn to page 20

Help me, Lord, for no one godly is left; :
 the faithful have vanished from the whole human race.

**They all speak falsely with their neighbour; :
 they flatter with their lips, but speak from a double heart.**

O that the Lord would cut off all flattering lips :
 and the tongue that speaks proud boasts!

**Those who say, 'With our tongue will we prevail; :
 our lips we will use; who is lord over us?'**

'Because of the oppression of the needy, and the groaning of the poor, :
 I will rise up now,' says the Lord,
 'and set them in the safety that they long for.'

**The words of the Lord are pure words, :
like silver refined in the furnace and purified seven times in the fire.**

You, O Lord, will watch over us ☉:
and guard us from this generation for ever.

**The wicked strut on every side, :
when what is vile is exalted by the whole human race.**

Glory to the Father, and to the Son, and to the Holy Spirit :
as it was in the beginning is now, and shall be for ever. Amen.

Turn to page 21

FRIDAY

Psalm 32

Happy the one whose transgression is forgiven, :
and whose sin is covered.

**Happy the one to whom the Lord imputes no guilt, :
and in whose spirit there is no guile.**

For I held my tongue; :
my bones wasted away through my groaning all the day long.

**Your hand was heavy upon me day and night; :
my moisture was dried up like the drought in summer.**

Then I acknowledged my sin to you :
and my iniquity I did not hide.

**I said, 'I will confess my transgressions to the Lord,' :
and you forgave the guilt of my sin.**

Therefore let all the faithful make their prayers to you in time of trouble; :
in the great water flood, it shall not reach them.

**You are a place for me to hide in; you preserve me from trouble; :
you surround me with songs of deliverance.**

'I will instruct you and teach you in the way that you should go; :
I will guide you with my eye.

**'Be not like horse and mule which have no understanding; :
whose mouths must be held with bit and bridle,
or else they will not stay near you.'**

Great tribulations remain for the wicked, :
but mercy embraces those who trust in the Lord.

**Be glad, you righteous, and rejoice in the Lord; :
shout for joy, all who are true of heart.**

Glory to the Father, and to the Son, and to the Holy Spirit :
as it was in the beginning is now, and shall be for ever. Amen.

Turn to page 21

SATURDAY

Psalm 61

Hear my crying, O God, :
and listen to my prayer.

**From the end of the earth I call to you with fainting heart; :
O set me on the rock that is higher than I.**

For you are my refuge, :
a strong tower against the enemy.

**Let me dwell in your tent for ever :
and take refuge under the cover of your wings.**

For you, O God, will hear my vows; :
you will grant the request of those who fear your name.

**You will add length of days to the life of the king, :
that his years may endure throughout all generations.**

May he sit enthroned before God for ever; :
may steadfast love and truth watch over him.

**So will I always sing praise to your name, :
and day by day fulfil my vows.**

Glory to the Father, and to the Son, and to the Holy Spirit :
as it was in the beginning is now, and shall be for ever. Amen.

Turn to page 21

SHORT READING

SUNDAY

Romans 6. 3 - 5

Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his.

Turn to page 22

MONDAY

Joel 2. 12 - 14

Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain-offering and a drink-offering for the Lord, your God?

Turn to page 22

TUESDAY

1 Corinthians 9. 24 - end

Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable garland, but we an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

Turn to page 22

WEDNESDAY

Romans 7. 21 - 25a

I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

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THURSDAY*Isaiah 58. 6 - 9a*

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rearguard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

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FRIDAY*Matthew 6. 1 - 4*

Jesus said to the disciples, 'Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.'

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SATURDAY*Luke 10. 38 - end*

Jesus entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to Jesus and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

PRAYER

You can offer your own prayers, keep silence, or listen prayerfully to some music or reading; or this form of prayer may be used:

In penitence and faith let us make our prayer to the Father
and ask for his mercy and grace.

For your holy people,
that they may triumph over evil and grow in grace,
we pray to you, O Lord:
Lord, have mercy.

For candidates for baptism and confirmation,
that they may live by every word that proceeds from your mouth,
we pray to you, O Lord:
Lord, have mercy.

For the leaders of the nations,
that you will guide them in the ways of mercy and truth,
we pray to you, O Lord:
Lord, have mercy.

For the needy,
that they may not be forgotten,
nor the hope of the poor be taken away,
we pray to you, O Lord:
Lord, have mercy.

For the sick in body, mind and spirit,
that they may know your power to heal,
we pray to you, O Lord:
Lord, have mercy.

For the poor in spirit,
that they may inherit the kingdom of heaven
and see you face to face,
we pray to you, O Lord:
Lord, have mercy.

Let us commend the world, for which Christ suffered,
to the mercy and protection of God.

COLLECT

Teach us, good Lord, to serve you as you deserve;
to give and not to count the cost;
to fight and not to heed the wounds;
to toil and not to seek for rest;
to labour and not to seek for any reward,
save that of knowing that we do your will.
Amen.

LORD'S PRAYER

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power, and the glory
for ever and ever.
Amen.**

CONCLUSION

May God bless us and show us compassion and mercy.
Amen.

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