

**Lent 2025**

**St Oswald’s**

**Norbury**

Introduction to the Season

The observance of a season of preparation before Easter arises from the traditional place of Easter as the main occasion for baptism and for the reconciliation of those who had been excluded from the fellowship of the Church. The characteristic notes of Lent are self-examination, penitence, self-denial, study, almsgiving and preparation for Easter.

Traditionally, people give something up for Lent, often donating money saved to charitable causes. But for many the important aspect is to take time to study and reflect on what their faith means to them. Here we offer some things that you might join in with this Lent.

The most important thing for us all is to do something that will help us to grow in faith. This might involve study in a group; a decision to read a particular book during the season; a commitment to pray daily at a particular time; to study some works of religious art; you might make an extra effort to visit someone who needs a friend; you can support the Bishop’s Lent call. There are many possibilities. Choose to do one thing, and follow it faithfully.

I hope and pray that, whatever you decide to do, this season of Lent will be a time of great blessing for you.

With love and prayers

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**Ash Wednesday:** *Wednesday 5th March*

Start Lent well by attending a service of Holy Communion with the imposition of ashes.

10:30am Said Holy Communion

7:30pm Sung Eucharist

**Mid- week Eucharist**

*****Every Wednesday at 10:30am followed by refreshments.*

If you don’t normally come to this short ‘said’ service, Lent is a good time to make the extra effort to join us.

**Lent Study Groups**

**‘Soul Food’ with Downsview Methodist Church**

**Wednesday Evenings,** 19th March – 9th April

7:15 for 7:30pm in St Oswald’s hall.

*Each week we will spend just over an hour or so exploring themes of what sustains us using the lectionary Gospel passage and psalm for the previous Sunday.*

**‘Searched Me Out and Known Me’**

**Tuesday Evenings in Lent and Holy Week,** 8pm by Zoom.

*This study will be based on Charlie Bell’s book of the same title. This too will explore a selected psalm with each session following a Lenten theme. Participants are encouraged to purchase a copy of the book (available from Amazon) and to read the reflections in preparation for an online discussion.*

*A Church of England resource with daily reflections.*

*More details of this and other resources for Lent on* [*www.churchofengland.org/lent*](http://www.churchofengland.org/lent) *where you can sign up for daily texts or emails or download a smartphone app.*

**Regular times of prayer**

**Prayer during the Day**

*A short form of prayer that can be used at any time of the day.*

*A smartphone app ‘Time to Pray’ is available.*

**Morning Prayer (on Zoom)***: 9am Monday- Friday, 9:15am Saturday*

Prayer with scripture and intercession for the needs of the world.

**5 minutes at 6 (on Zoom)***: 6pm every day*

Two or three prayers for the day, the Lord’s Prayer and the Grace.

*The Zoom meeting for online sessions will be Meeting ID: 894 2688 5041 Passcode: 3KwYNH (nb this is not the Sunday service link)*