

# LENT 2024

## Saint Michael & All Angels



### SINGING GOD'S SONG: THE PSALMS

As he died on the Cross, Jesus cried out 'My God, my God why have you forsaken me?'. These words are from Psalm 22. Jesus was steeped in the Psalms – those 150 poetic songs which express every possible emotion from deepest despair to greatest joy. They have been central to Jewish worship for millennia, and have been used by Christians in worship ever since the days of the Apostles. Today we hear a Psalm every week at the Eucharist, and they are the basis of Morning and Evening Prayer. But what do we know about them? How well do we understand them? This year's Lent theme responds to these questions. The beauty and virtues of the Psalms are obvious, and who would be without the comforting image of the Lord as Shepherd in Psalm 23, or memorable verses like 'worship the Lord in the beauty of holiness'? But we also need to grapple with the more challenging aspects such as the cursing of enemies and the language of God's anger. Can this be a spiritual help to us too? I believe they can if only we explore a little more deeply these poems from a culture and world very different from our own. So my prayer this Lent is that we will learn to appreciate the Psalms anew, singing God's song, just as Jesus did himself.

*Father Stephen, Vicar*

# WORSHIP and PRAYER

Join us for our regular pattern of daily prayer as well as special services throughout the season.

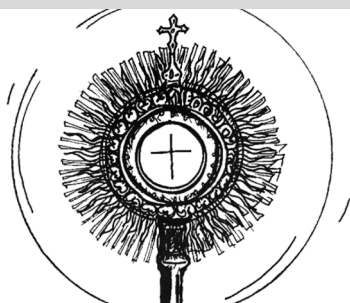
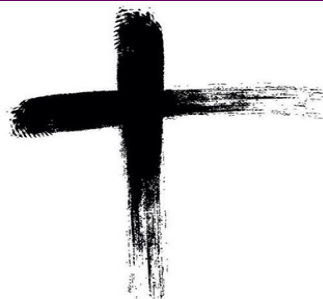
## Ash Wednesday

*14th February*

**12 noon Low Mass**

**8pm Sung Mass**

both services with imposition of ashes  
as we begin our journey through Lent  
together.



## Mondays in Lent

*Holy Hour 7-8pm*

Silent Prayer with the Sacrament.  
Come for as long or short a time as  
you wish and at any point during the  
hour and enjoy a time of silence in  
the presence of Christ.

## Fridays in Lent

*Stations of the Cross 6pm*

Reflective service of meditation on  
Christ's story of the Cross using a set of  
stations by Janet McKenzie. These  
powerful images help us to engage with  
Christ's suffering in a new way.



## Confession

*Sacrament of Reconciliation*

Confession times will be advertised in  
Holy Week, but can be made at any  
time during Lent - just contact one of  
the clergy, who can also advise if you  
have not done this before.

*"The Psalms must be read as poems to be understood ... otherwise we  
shall miss what is in them and think we see what is not."*

C S Lewis

# LENT SERMONS

## *'My favourite Psalm'*

Our guest preachers from far and wide, will share a personal reflection on what a particular Psalm means to them and encourage us to see the Psalms in a new light.

**Lent 1** 18<sup>th</sup> February: **Fr James Hutchings** - *Psalm 42*

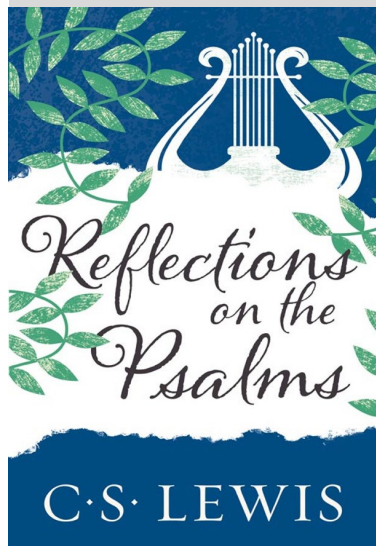
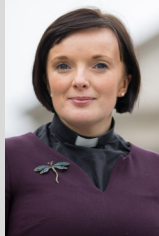
**Lent 2** 25<sup>th</sup> February: **Fr Martin Calderbank** - *Psalm 139*

**Lent 3** 3<sup>rd</sup> March: **Sarah Cooper** (licensed lay reader) - *Psalm 27* -

**Lent 4** 10<sup>th</sup> March: **Fr Stephen Stavrou** - *Psalm 23*

*Mothering Sunday All Age Mass with blessing and giving of flowers.*

**Lent 5** (17<sup>th</sup> March): **Mthr Sally Hitchiner** - *Psalm 103*



## LENT BOOK

### **'Reflections on the Psalms'**

*by C.S. Lewis*

*"I know of no book on the Psalms that can compare with this for interest and helpfulness." - The Tablet*

A classic set of personal reflections which illuminate and inspire, written by one of the greatest communicators and theologians of recent times. Lewis engages with some of the most challenging aspects of the Psalms as well as some of the most appealing.

*A small number of books are available from the Parish Office during the week and after church on Sundays (£10). Otherwise copies can easily be ordered online.*

## LENT GROUPS

A cross between a discussion group on our Lent Book (above) and Bible study on a different Psalm each week. You can mix and match between groups as they cover the same material, and each stands alone so you can come to one or all.

**Mondays 8.00pm** - led by Fr James Marston, at 13 Cleveland Road:

26<sup>th</sup> Feb, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> March. *Preceded by Silent Prayer in church at 7pm* (optional).

**Wednesdays 11.00am** Led by Fr Stephen in the Community Centre at church:

28<sup>th</sup> Feb, 6<sup>th</sup>, 13, 20<sup>th</sup> March. *Followed by Mass* (optional)

*'My heart is ready O God, my heart is ready' - Psalm 46.10*

# LENT LUNCHES

Food and Fellowship  
*21st Feb and 17th March*

Lent Lunches of soup, bread and cheese with (optional) donation.

**Wednesday 21st February**  
immediately following the Noon Mass

**Sunday 17th March**  
Hosted by Cherry and Nigel Milne  
from Noon.

*Indicating attendance in advance is very helpful for catering - email the Parish Office*



## LENT EXCURSION

New Lambeth Palace Library  
*Tuesday 27th February 11am*

The library of the Archbishops of Canterbury goes back a millennium, but has recently been re-homed in an award-winning new building beside Lambeth Palace. Join us as we visit the highlights of the collection with a guide and a special focus on Psalters. Cost £10 each - *book in advance via Parish Office.*



## ON MY DESERT ISLAND

Interviews on life and faith  
*6pm Sunday Evensong in Lent*

The popular series returns with three interviews of 'castaways' in the famous desert island discs format

18th Feb: **Lizzie Hackett-Brown**

25th Feb: **Jeff Black**

3rd March: **Father Stephen Stavrou**

