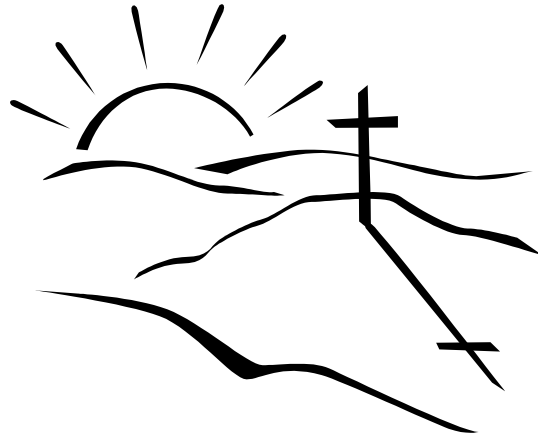


# Catholic Parish of St Edward the Confessor, Romford



## Living Lent in Lockdown - A Lent of giving, not giving up!

For the last year, for many people, it is as if we have been on Calvary – on the cross with Jesus – in a never-ending Good Friday where grief, stress, bereavement and uncertainty have been the dominant themes, just as they were in Jerusalem all those years ago.

There is an immediate consolation in that – Jesus understands all that we are going through, not in an abstract way but because he experienced it, too. Jesus carries whatever cross we carry. Jesus walks with us and within us, in the darkest moments of crucifixion and tomb, out into the hope and light of Resurrection glory.

With all that we have already suffered and given up over the last year, and with all that has been taken from us, I encourage you to focus this Lent in a way which nurtures and sustains you, a Lent lived in anticipation of the Risen Lord. **A Lent of giving, in hope and joy, not a Lent of giving up.**

In this parish you will find opportunities to **start the day with Jesus**, in a special Mass for school students and home-workers, every Thursday at 8am. You could enjoy a **Lenten Lockdown Lunch** with a friend, as a way to connect with others, and raise charitable funds. It may be that you want to **Walk for Water** with Cafod, or join the **Sponsored Sleepout** with the BCYS and homeless charities. You can contribute **40 days of food for others**. There is the opportunity to pray online **Stations of the Cross** each week, recognising where Jesus walks with us. Our **hearts of hope** are purple for Lent, with hope-filled quotes that will change each week. There will be an online **penitential service** later in Lent, and we will give details about **Holy Week** as soon as there is fuller guidance from the Government and the Bishops.

**More details about all the Lenten opportunities are on the second page,  
with regular updates on the website.**

**Find whatever suits you, live it with hope,  
and prepare to celebrate the glory of the Risen Lord.**

## **Lenten opportunities 2021**

*For more information – and for details for **Ash Wednesday and Holy Week** - have a look at the dedicated website page:*

***<https://stedwards-romford.org.uk/lent-and-easter-2021/>***

### **Start the day with Jesus. Mass each Thursday, 8am**

On your way to St Peter's school? Working from home? Home-schooling, as a primary or secondary school pupil? This is for you! Once a week, find a different rhythm by coming to Mass for a little oasis of peace and prayer.

### **Enjoy a Lockdown Lenten Lunch – any lunchtime**

There's a long tradition in the parish of people gathering for lunch on Saturdays in Lent. A simple lunch of soup and bread, with donations offered to charity. We can't gather this year, so why not make some tasty soup at home, then use Zoom, WhatsApp, Facetime or simply a phone call to connect with one or more friends while having lunch. Donations from having a simpler lunch can be made to the Brentwood Catholic Children's Society by dropping cash marked "bccs" into the presbytery or via bank transfer or online donation – details at <https://www.bccs.org.uk/donate>

### **"Walk for Water" with Cafod – throughout Lent**

Cafod's 2021 Lent appeal (including **Fast Day on 26<sup>th</sup> February**) focuses on those who have to walk miles for water each day, often using water sources that are unclean. Cafod supplies pumps, taps, water tanks, and filters to communities, and transforms lives – something even more urgent when sanitation is a key way to stop the transmission of Covid-19. Could you raise money by walking 10,000 steps a day each day in Lent? Full details at <https://walk.cafod.org.uk/>

### **Stations of the Cross – Fridays at 7pm**

Jesus' journey to the cross is full of characters who have much to say to us in a time of pandemic: Simon of Cyrene, Veronica, the soldier who witnesses the crucifixion and declares Jesus is the Son of God. We consider Jesus' falls, his words of forgiveness from the cross, and the moment when Mary cradles him in her arms, after his death. Using different texts for reflection each week, join Fr Dominic and parish readers online for Stations of the Cross each Friday in Lent at 7pm (or whenever suits you). The links for each week will be on the website and in the newsletter.

### **"Forty days of Food for others"**

Food banks continue to be a lifeline for many families in our community. This Lent, why not make a list of 40 items – basics, essentials, treats, toiletries – and sort out one item each day, so that you arrive at Mass on Easter Sunday with a wonderful "hamper of hope" to donate to the food bank.

### **#SleepOutToHelpOut – Sponsored Sleepout 26<sup>th</sup>/27<sup>th</sup> March**

Next winter charities on the front line in our Diocese supporting those who are homeless will need significant funds. Could you spend one night outside, raising sponsorship to support these charities and the Brentwood Catholic Youth Service? Register to access an evening of online input on 26<sup>th</sup> March, then sleep out in your garden (no tents!) from midnight until 7am on 27<sup>th</sup> March. Full details and registration: <https://bcys.net/events/sleepout2021/> Fr Dominic will be taking part in this – more details of sponsoring him, as well as sponsoring young people in the parish, will be in the newsletter.