



*Lent, Holy Week &
Easter*

ST SAVIOUR'S, PIMLICO

2025

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What is Lent?

Lent is the period of the church year that leads up to Holy Week and then Easter, the most important Christian feast.

It is a time when we remember Jesus being deserted by his followers and dying on the Cross. It is therefore a time of great solemnity when we reflect on our own mortality and try to renew our relationship with God.

Lenten themes

There are three disciplines traditionally associated with Lent:

- **Prayer** – when we are to examine how we talk and listen to God. For example, we might ask if we prioritise coming to church each Sunday, or whether we only come if we have nothing better to do.
- **Fasting** – as well as holding back on certain types of food and drink are there other ways we can practice some restraint? For some people this might mean limiting or even suspending the use of social media.
- **Almsgiving** – it is sometimes said that the last part of a person to be converted is their wallet. In a world where both locally and globally there is now so much hardship, can we put our beliefs into practice and give generously to assist others?

Customs

Throughout Lent the church takes on a **different appearance**:

- The **music** reflects the penitential nature of the season. The Gloria and Alleluia are omitted, and there is greater use of **silence**. It is so important to minimise chatter before Mass as it puts other people off, and as the old line reminds us, we should *talk to God before Mass and afterwards to each other*.
- Our **vestments and coloured hangings** are solemn **purple** for much of Lent and there are no beautiful displays of flowers. For Christians this is a time of simplicity, when we try to grow in humility and focus on what matters most. Together, we acknowledge our sinfulness and our need for God's forgiveness.
- From the 5th Sunday of Lent, Passion Sunday, all the statues, images and crucifixes are **veiled** as we journey towards **Holy Week** and the cross. We see the dramatic action intensify as the time of Jesus' suffering and death draws close.

Holy Week

On Palm Sunday we remember Jesus' triumphal entry into Jerusalem with a procession around St George's Square after **crosses made of palm leaves** are blessed. In the evening we have a special service of **healing and wholeness**, including the opportunity to be anointed with holy oil.

On **Monday, Tuesday and Wednesday of Holy Week** we have Mass both at lunchtime and in the evening, and we follow the traditional devotion of the **Stations of the Cross**.

Our Lenten journey culminates with the **Easter Triduum**, commemorating Christ's Passion in one continuous act over three days:

- On **Maundy Thursday** we celebrate the Lord's **Last Supper** and remember Jesus' washing his disciples' feet. We share his agony in the Garden of Gethsemane and keep watch at the **Altar of Repose** until midnight.
- On **Good Friday** we journey with Christ to the cross and share the suffering of his crucifixion and death. Until the afternoon liturgy we are all encouraged to fast.
- On **Holy Saturday** we have a day of emptiness, recalling Jesus lying in the tomb, cold and dark, and how the first disciples experienced despair.
- On **Easter Sunday** we celebrate the joy of his **Resurrection**. We gather before sunrise for the **Dawn Vigil**, and first Mass of Easter. We return in the morning for the glorious **Sung Mass**. And then, because it is such a special day, we crown our celebrations with the beautiful service of **Evensong & Benediction**.

You are warmly invited to join us for services, courses and reflections this Lent and particularly during Holy Week and the Easter Triduum.



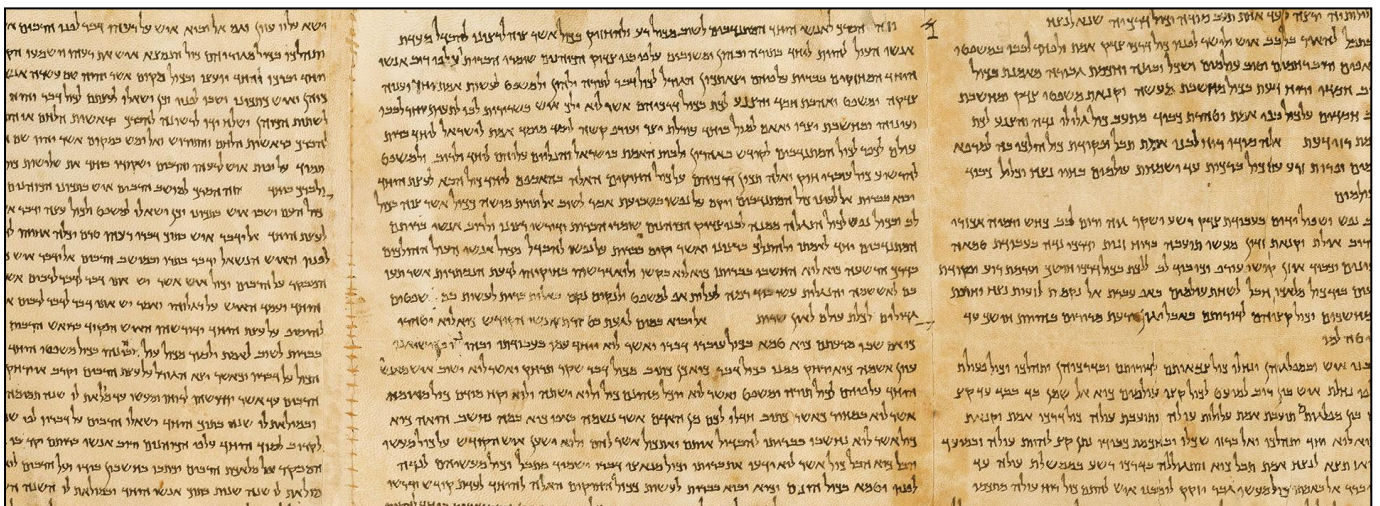
Study Course – The Pentateuch

The Pentateuch, also known as the Torah or the Five Books of Moses, is the foundational section of the Old Testament in Christian theology. It consists of Genesis, Exodus, Leviticus, Numbers, and Deuteronomy and is traditionally attributed to Moses. These books recount the creation of the world, the origins of humanity, God’s covenant with Abraham, the story of Israel’s enslavement in Egypt, their miraculous deliverance under Moses, the giving of the Law at Mount Sinai, and Israel’s journey to the Promised Land.

For Christians, the Pentateuch is crucial as it establishes key theological themes such as God’s sovereignty, human sin, divine justice, and salvation through faith. It also foreshadows the coming of Christ, particularly through prophecies, the sacrificial system, and the law, which Jesus fulfils in the New Testament. The Pentateuch lays the groundwork for God’s redemptive plan, shaping Christian understanding of sin, grace, and covenant relationship with God.

The group will take place virtually on five Wednesday evenings at 8:00 pm from 12 March, led by Fr Matthew Catterick. No prior knowledge is assumed and, should you wish to do so, you are welcome to turn off your camera and just listen.

If you are interested in joining us, please email the Parish Office via office@stsp.org.uk and we will provide you with a Zoom link.



Session One	12 March	Genesis	<i>God establishes the Covenant</i>
Session Two	19 March	Exodus	<i>The Promised Land</i>
Session Three	26 March	Leviticus	<i>Rules binding us to God and each other</i>
Session Four	2 April	Numbers	<i>Wilderness wanderings</i>
Session Five	9 April	Deuteronomy	<i>Obedience, fidelity and hope</i>

What are the Stations of the Cross?

The Stations have formed part of Christian devotion at Passiontide for many centuries because they enable us to engage actively with the path of suffering walked by Jesus.

They originated when early Christians visited Jerusalem and wanted to follow literally in the footsteps of Jesus, tracing the path from Pilate's house to Calvary. They would pause for prayer and devotion at various points. Eventually those pilgrims brought the practice back to their home countries and ever since then Christians of differing traditions have used this form of devotion.

In the late fourteenth century the Franciscans were given the responsibility for the holy places of Jerusalem and they erected tableaux to aid the devotion of the visitors. These kinds of images are now commonplace inside churches, and occasionally outside them.

The Stations of the Cross are a pilgrimage through which many seek healing and hope, for themselves and for others. As you enter this drama of death and reconciliation, you become a witness to its message, a recipient of its grace, and an intercessor for all in need.



Throughout Lent we follow the Stations of the Cross at St Saviour's each Friday at 12:00 pm. For those who wish to stay on, there is also Mass at 12:30 pm.

At 7:00 pm on Fridays we will following the Stations of the Cross with our neighbours:

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|----------|---------------|
| 7 March | St Gabriel's |
| 14 March | Holy Apostles |
| 21 March | St Saviour's |
| 28 March | Holy Apostles |
| 4 April | Holy Apostles |
| 11 April | St Saviour's |

Our Lenten Journey 2025

Lord, I ask you to be with me
in this Holy Season of Lent.

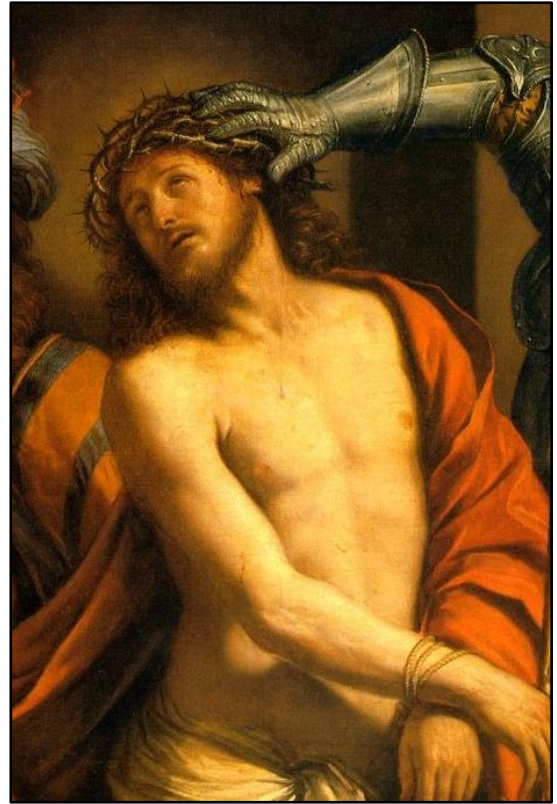
Be close to me,
as I seek you in prayer:

Be encouraging to me,
as I try to amend my ways.

Be forgiving to me,
as I seek to forgive others.

Help me, Lord, in all I do this Lent,
that it may be a truly Holy Season,
a time of blessing,
so that I may rejoice in your love this Easter.

Amen.



Regular Services During Lent

Sundays

- 8:00 am Said Mass
from the traditional Book of Common Prayer
- 10:30 am Sung Mass
with sermon and Diddy Disciples for children 0-6 yrs on dates advertised
- 5:00 pm Evening Prayer
on the first Sunday of each month

Weekdays

- 8:30 am Morning Prayer
daily prayers and a reading from the Bible. Lasts about 20 minutes.
- 12:00 pm Stations of the Cross (Fridays from 7 March)
a walk around church, following Jesus' journey to the cross.
- 12:30 pm Said Mass
daily prayers, readings and Holy Communion. Lasts about 20 minutes.
- 5:30 pm Evening Prayer (Not Fridays)
daily prayers and a reading from the Bible. Lasts about 20 minutes.

How to Make Your Confession

The basic requirement for a good confession is to have the intention of returning to God like the "prodigal son" and to acknowledge our sins with true sorrow before the priest.

Sin in my Life

The Gospels show how the forgiveness of our sins is so important. The lives of the saints often reveal that the person who grows in holiness has a much stronger sense of sin, sorrow for sins, and the need of God's forgiveness.

Remember

If you need help - especially if you have never made your Confession before – please tell the priest, who will be very happy to help you by "walking" you through the steps.

Before Confession

Be truly sorry for your sins. The essential act is contrition - a clear rejection of the sin committed and a resolution not to commit it again. This is a sure sign that your sorrow is truly meant. It does not mean that you will never sin again – we are all human – but seeking forgiveness helps us to face up to the reality of when we go wrong.

Examination of Conscience

Preparing for Confession is important. Many people write lists, to help them remember what they intend to say. The clergy are always keen to offer confidential advice.

During Confession

You can either kneel or sit alongside the priest, face-to-face. Most people find it useful to follow the words on a printed card. If it is the first time for you, tell the priest.

Say the sins that you remember. Start with the one that is most difficult to say.

After confessing all the sins you remember, you may conclude by saying, "I am truly sorry for these and all the sins I cannot now remember."

Listen to the words of the priest. They will assign you some penance. Doing the penance helps us to reflect on the loving generosity of God. When invited, read the prayer of sorrow printed on the card.

At the End of Confession

Listen to the words of absolution, the sacramental forgiveness of the Church through the ordained priest. As you listen to the words of forgiveness you may make the sign of the cross with the priest. They will finish by saying, "Go in peace, the Lord has put away your sins. And pray for me, a sinner too." It is important to remember that the priest is a penitent too – like Jesus, they are not judging you, and want you to be free.

After Confession

Do your assigned Penance. Resolve to return to the Sacrament of Confession again. It is the ordinary way for us to have our sins forgiven. This sacrament is a powerful help to get rid of our weaknesses, grow in holiness, and lead a balanced and holy life.

Special Dates to Note

Shrove Tuesday (4 March)

12:30 pm Said Mass

To prepare for Lent, after Mass we burn last year's Palm Crosses to make the ash for Ash Wednesday, and then have pancakes in the Pimlico Room

Ash Wednesday (5 March)

12:30 pm Said Mass with imposition of ashes

7:00 pm Sung Mass with imposition of ashes

Mothering Sunday (30 March)

8:00 am Said Mass (BCP)

10:30 am Sung Mass with blessing and distribution of spring flowers

Palm Sunday (13 April)

8:00 am Said Mass (BCP)

10:30 am Sung Mass with the outdoor Blessing of Palms and Procession

5:00 pm Service of Wholeness and Healing

Monday to Wednesday of Holy Week (14, 15, 16 April)

8:30 am Morning Prayer

12:30 pm Said Mass

6:30 pm Stations of the Cross

7:00 pm Said Mass

Maundy Thursday (17 April)

7:00 pm Sung Mass - with foot washing, procession of the Blessed Sacrament to the Altar of Repose, and Vigil until midnight

Good Friday (18 April)

2:30 pm Silent Prayer

3:00 pm Liturgy of the Lord's Passion - with Veneration of the Cross and Communion
followed by hot cross buns in the Church Hall

Easter Sunday (20 April)

5:30 am Lighting of Easter fire, Dawn Vigil and First Mass of Easter
followed by breakfast in the Church Hall

10:30 am Easter Day Sung Mass and Baptisms

5:00 pm Choral Evensong & Benediction