

ALMSGIVING

Jesus teaches us that almsgiving is about making the needs of others our own. This could mean giving up TIME to visit a sick or lonely person, spending more time with our family, or giving practical help to a charity.

We might give up POSSESSIONS by clearing out unused clothes, books etc and donating them to charity.



We might save MONEY and donate it to CARIS Islington and towards the cost of music provision at St Silas ' through our 'Smartie Tube Challenge'.



CARIS Islington provides a free bereavement service for adults and children, and organises the Islington Churches Cold Weather Shelter.

OTHER OPPORTUNITIES

Benediction of the Blessed Sacrament

Benediction of the Blessed Sacrament will take place on **Sunday 10th March** at 12.30 p.m. (after the Parish Mass)

'The Passion'

This ambitious dramatisation of Jesus' last days in Jerusalem was first shown on TV in 2008.

An episode will be shown after Stations of the Cross on the following dates:

- 15th March : Arrival
- 22nd March : Conspiracy
- 29th March : Passover & Crucifixion
- 5th April : Resurrection

We had intended to watch these episodes in 2018, but the plan was rather disrupted by adverse weather conditions.

Mass with Ministry of Healing

A Mass with Healing Ministry will take place on **Saturday 13th April** at 12 Noon.

'Marks of Discipleship'

Join with Jonathan, Bishop of Fulham for 4 Saturdays of worship, teaching and renewal. Details from church.

- 16th March : Regenerate : Baptism
 - 23rd March : Attentive : Scripture
 - 30th March : Nourished : Eucharist
 - 13th April : Incorporate : Prayer
- (Each Saturday in a different part of London)

St Silas, Pentonville
with All Saints

Lent 2019



www.saint-silas.org.uk

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Why Lent ?

The Bible tells us that Jesus spent a period of 40 days in the wilderness, preparing for his public ministry. We spend a period of 40 days preparing for our celebration of Easter. We pay particular attention to the disciplines of prayer, fasting and almsgiving.



Ash Wednesday

Lent begins with Ash Wednesday on 6th March

12 Noon : MASS

7.00 p.m. SUNG MASS

At each Mass, ashes made from last year's Palm Crosses will be blessed and those present are invited to come forward to be marked on the forehead with the sign of the Cross.

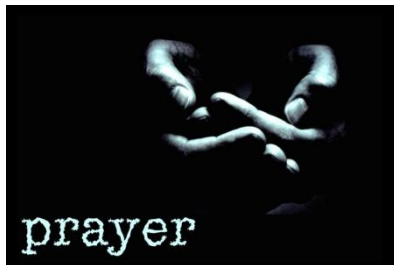


Ash Wednesday is traditionally kept as a day of fasting and self-denial, when we have only one main meal and do not eat meat.

PRAYER

Pay more attention to your personal prayer. Some suggestions :

- Commit yourself to 15 minutes of prayer each day
- Make use of booklets from church with suggestions for Bible reading and prayer
- Spend time in prayerful Bible reading
- Consider making your Confession – make an appointment with Fr Rayner – full guidance available



Make a greater commitment to communal prayer at church. Some suggestions :

- Attend Mass on Ash Wednesday
- Attend Mass every Sunday during Lent. There will be a series of sermons on 'Marks of Discipleship : Baptism, Scripture, Eucharist, Prayer'
- Attend Stations of the Cross (Fridays @ 6.30 pm from 15th March)
- Attend a weekday Mass each week
- Join in the Rosary Prayers. (Tuesdays @ 6.15 p.m., before Mass)

FASTING

The Church asks us to fast on Ash Wednesday and Good Friday. This means having only one main meal. We are also encouraged to abstain from eating meat on Ash Wednesday, Good Friday and all Fridays during Lent.



During Lent you might also fast from :

- A favourite food or drink
- Buying new clothes, jewellery, CDs or DVDs
- Gossip or dishonesty
- Spending money on entertainment
- One evening of TV per week.

Any TIME you save can be used for prayer, Bible study or practical support for the church or a charity.

Any MONEY you save can be donated through our Smartie Tube Challenge. Half the money raised will go to CARIS Islington, a local charity which runs a free bereavement service for adults and children and the Islington Churches Cold Weather Shelter. The other half of the money will go towards the cost of music provision at our Sunday Mass and on special occasions.