

HOLY WEEK AND EASTER



SUNDAY 24 MARCH - PALM SUNDAY

- 7.45am Mass
8.45am Holy Eucharist (Saint Raphael's Fern Tree)
10.15am Procession of Palms and High Mass
Choir of All Saints
5.00pm Meditation in Music and Readings

MONDAY 25 MARCH - MONDAY IN HOLY WEEK

- 6.00pm Mass

TUESDAY 26 MARCH - TUESDAY IN HOLY WEEK

- 10.00am Mass (*Vaucluse Gardens*)
6.00pm Mass

WEDNESDAY 27 MARCH - WEDNESDAY IN HOLY WEEK

- 10.00am Mass
12noon Mass (Saint John's Hospital Chapel)

THURSDAY 28 MARCH - MAUNDY THURSDAY

- 10.00am Maundy Thursday Liturgy for Collegiate Anglesea Campus
1.30pm Ecumenical Service for Holy Week (*Vaucluse Court*)
7.30pm Mass of the Last Supper with the Washing of the Feet,
Procession of the Blessed Sacrament and Stripping of the Altar.
8.45pm Watch in the Garden of Repose

FRIDAY 29 MARCH - GOOD FRIDAY

- 9.00am Solemn Liturgy with Holy Communion (*Choir of All Saints*)
11.00am Stations of the Cross
(beginning at *St Francis Xavier RC Church, South Hobart*)
5.00pm Tenebrae and the Taking Down from the Cross

SATURDAY 30 MARCH - HOLY SATURDAY

- 5.30pm Children's Easter Garden Liturgy
7.30pm Lighting of the New Fire, Paschal Vigil
and First High Mass of Easter



SUNDAY 31 MARCH - EASTER DAY

- 7.45am Mass
8.45am Festival Eucharist (*Saint Raphael's Fern Tree*)
10.15am Procession and High Mass
with Renewal of Baptismal Vows
7.00pm Songs of Praise for Easter Day
*with the Choir of All Saints, Organ,
Brass Ensemble and Percussion.*

A

Programme for Lent 2013



The Parish of All Saints
South Hobart

*All services are at All Saints Church
unless otherwise indicated*

What is Lent?

Lent is the period of seven weeks before Easter when Christians prepare to remember the death and the resurrection of Jesus Christ, the Son of God.

The season can be traced back as far as the third Century and takes its duration from the time that Jesus spent in the wilderness after his baptism. In the Christian Church, the forty days of Lent consist of the days from Ash Wednesday to Easter Day, not including the Sundays. They were always regarded as “little Easters”.

For Christians, Lent is a time to remember our faults, a time of penitence and reconciliation, a time to take on as special discipline so that we may take another step on our pilgrimage. For some it is also a time to get ready to affirm their individual faith through baptism or confirmation. In this parish Lent prepares us to re-affirm our Baptismal Vows at the Easter Vigil or at the Easter Masses.

The following pages offer a programme to help make Lent meaningful for each of us, to allow us to stretch ourselves spiritually by taking on a particular discipline and to re-form our spiritual life and journey.

A Prayer for Lent

Blessed Saviour,
who in your hours of desolation hung upon the cross,
stretching forth your loving arms:
embrace us in those arms,
that your cross may be our cross;
so that we may embrace all who are desolate
and for whom you died and rose again,
that all people may live like you
in the image and likeness of your Father,
to whom with you and the Holy Spirit
be glory for ever more. Amen.

twenty-four hours. Recall as much detail as you can: where you were; what you did; what you said; what was said to you; how you felt, etc.

- Call to mind two or three things from the day for which you would like to thank God;
- Call to mind two or three things from the day which caused you concern, anxiety or worry, and offer them to God;
- See if you can identify one point during the day where God touched your life: where God was revealed to you; where God spoke to you.

4 IMAGE AND ICON

Choose a favourite painting, icon, piece of sculpture or photograph. Look carefully at the image and go through these three phases:

- Look steadily and with concentration at the image. You may offer a prayer, silently or aloud;
- Close your eyes and take the image to your mind. Think about it. The prayer now will be silent, with any words spoken inwardly;
- Let the image sink down and be lost in your heart, the centre of your being. The prayer may now be wordless and image-less.

5 PRAYER THROUGH MUSIC

Choose a piece of music that will help you become still. Play it.

- Silence 2 minutes
- Then play a piece of music that expresses the glory and wonder of creation or of God.
- Silence 2 minutes.
- Play a piece of music that expresses joy, adoration or thanksgiving.
- Silence 2 minutes.
- End by saying a short prayer affirming your commitment to grow closer to God.

Some suggested activities for Lent ...

Some of these activities might be helpful to you in your Lenten pilgrimage this year. You might like to try one exercise or practical suggestion each week between Ash Wednesday and Easter Day.



1 WAYS INTO STILLNESS

Relax -

Tense your muscles and then relax them. Do this with all the different parts of your body in turn.

A word or phrase, steadily repeated, such as -

"Lord, have mercy on me"; "Jesus"; "my Lord and my God"; "Peace".

An object to look at -

a flower, cross, picture, stone or candle.

A mental picture -

Jesus, the Father, the cross, a peaceful scene of land, sea or sky, a favourite place.

Music

a tape (song or instrumental); sing a verse of a hymn or song (Taizé chants can be helpful).

A verse of scripture, repeated or written out to look at -

Psalm 46:10, Matthew 11:28, John 14:27

2 TAKING A PRAYER WALK

Walking helps us to focus and centre-down and is an ideal way to begin to pray. You might like to try some of these thoughts around favourite areas:

- Your real journey is an interior one
- Walk at your own pace and look at the buildings and people around you
- Take with you the cry, or the song, in your heart, the people you love, and your own dreams
- At each turning consciously 'drop off' a worry, or a hurt, or a mask you wear
- Listen to the sounds around you, and think of what they remind you.
- Think of a picture from your walk to hold in your memory to write about or draw later, or simply to hold in your mind.
- End with a prayer offering the walk to God

3 THE LAST TWENTY FOUR HOURS

Spend some time slowly going back over the events of the past

SUNDAY MORNINGS IN LENT

"LOVE LIFE, LIVE LENT"

Lent provides space to reconsider who and what we are as followers of Jesus, do a health-check on our discipleship, recall our baptism with a sense of seriousness and purpose, re-focus our passion for God, our praying, our pursuit of justice in the world, our care for our fellow human beings.

Sunday 17 February - Lent 1

"Living Gratefully"

Sunday 24 February - Lent 2

"Living by Grace Alone"

Sunday 3 March - Lent 3

"Love Life, Live Lent"

Sunday 10 March - Refreshment Sunday

"To Make an End is to Make a Beginning"

Sunday 17 March - Passion Sunday

"Love Being"

WEEKDAYS IN LENT

Tuesday 10.00am Mass
(Vaucluse Gardens on 19 February; 5, 19 March)
1.30pm Mass
(The Court 26 February; 12, 26 March)
6.00pm Meditation Group
7.30pm Study Group
(Eagle Centre weekly from 19 February)

Wednesday 10.00am Mass
11.00am Study Group
(Eagle Centre, weekly from 20 February)
12 noon Mass *(Hospital Chapel)*

Friday 1.30pm Mass
(The Lodge on 15 February; 1, 15, 29 March)
6.00pm Mass

Saturday 5.15pm Meditation Group
6.00pm Mass

SUNDAY EVENINGS IN LENT

Sunday 17 February at 5:00pm

Taizé Prayer for Lent

Sunday 24 February at 5:00pm

Stations of the Cross and Benediction

Sunday 3 March at 5:00pm

Evensong and Benediction

Sunday 10 March at 5:00pm

Choral Evensong and Litany

Sunday 17 at 5:00pm

Taizé Way of the Cross

Sunday 24 March -

Palm Sunday at 5.00pm

*Meditation on the Passion of Christ
in Words and Music*

REFRESHMENT SUNDAY

also called

MOTHERING SUNDAY

SUNDAY 10 MARCH 2013

7.45am Mass
8.45am Eucharist (Fern Tree)
10.15am High Mass
with Mothering Sunday
Procession
5.00pm Choral Evensong and
Benediction

*Blessing of Simnel Cake and posies at
all morning Masses.*

*Make this a day when you invite your
friends and families to celebrate our
earthly mothers, our spiritual mother,
the Church and Mary, Mother of the
Lord.*

STUDY GROUPS IN LENT ...

join us in the Eagle Centre for

“LUKE THROUGH LENT: STUDIES IN LUKE’S GOSPEL”

Sunday mornings at 9.00am
from 17 February 2013

Tuesday evenings at 7.30pm
from 19 February 2013

Wednesday mornings at 10.50am
from 20 February 2013

Week 1

Luke’s Salvation History and the Infancy Narratives

Week 2

Today the Scriptures have been fulfilled: The Ministry begins

Week 3

He Set His Face Towards Jerusalem: The Travel Narrative

Week 4

They Seized Him and Led Him Away: The Passion Narrative

Week 5

The First Day of the Week: The Resurrection and Beyond

All material provided. \$5.00 donation to cover printing costs

SATURDAY EVENINGS ...

CHRISTIAN MEDITATION

SATURDAYS AT 5.15PM IN THE CHURCH FOLLOWED BY MASS AT 6.00PM

The introductory reflections will centre on the things that Jesus carried on his journey to Calvary: his followers’ disappointments, the hopes of God; the sins of the world; our sorrows; a broken heart.

TUESDAYS AT 6.00PM IN THE EAGLE CENTRE

Join members of the World Christian Meditation Community in their weekly meditation. The John Main process is a practice that leads to the silence of ‘pure’ prayer, contemplative prayer, without words and images. We learn that “as we live so we pray”. It is a powerful practice.

AFTERNOON RETREAT IN LENT

Saturday 9 March 2012

from 3.30pm

“The Seven Last Words”

by Franz Joseph Haydn

The Seven Last Words are the most powerful utterances of Jesus made during the hours on which he hung on the cross. They have been collected from all the Gospels and have, for many years, been the foundation of the traditional Good Friday Three Hours’ Devotion.

Haydn wrote one movement to reflect each saying. He portrays the desolation and the human need contrasted with the resignation and sense of completion of his work on earth to an extent that will allow us to enter into the final hours of the Saviour.

The work was originally composed in 1786 for a full orchestra, but in 1787 he produced a version for String Quartet. This is the version that we will hear and reflect with.

Each movement will be introduced with a reflection on each ‘word’ and followed by prayer. There will be space for extended silence for personal reflection and a break for afternoon tea.

Bring something light to share for afternoon tea. Tea, coffee, juice will be provided. Invite others to join you.

Some Resources for Lent

Fr David will have a selection of books for people to borrow and return available in the Lower Hall after Mass on Sundays or in the Eagle Centre during the week. It is a good discipline to reflect on a book of daily readings or on a particular spiritual book. Lent is about new growth.