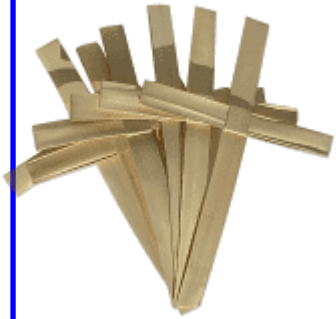


## **“Walk with Me” Children’s Calendar for Lent 2024**

Available from the back of the Church  
Please pick up one for the children in your family.  
It aims to guide them through with daily reminders through  
this special time in our church calendar.

**WORLD DAY OF PRAYER**  
**Friday 1<sup>st</sup> March**  
**Venue TBA**



**SUNDAY – 24th March**

**BLESSING OF PALMS AT ALL MASSES**

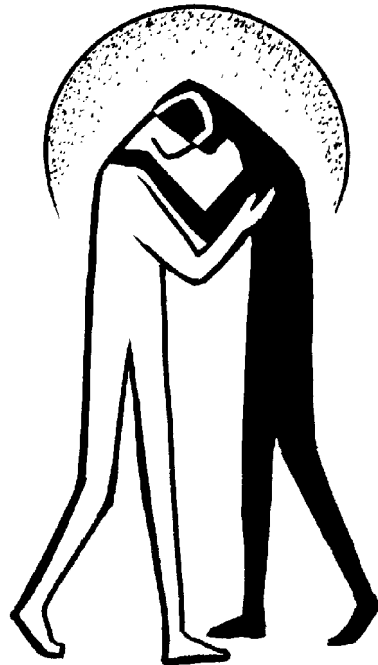
*Note:* for 11.30 Mass: please assemble in  
the Becket Centre for the Blessing of  
Palms before processing into the church.

**MONDAY 25th March**

**SERVICE OF RECONCILIATION  
AT ST THOMAS’: 7.30PM**

Please make use of this grace filled  
time to avail yourself of the sacrament  
of Penance (Confession) on this spe-  
cial occasion.

A number of priests will be available  
after the service to hear confessions.  
There will be no further public times  
before Easter for celebrating this  
sacrament.



## **St Thomas of Canterbury**

**Woodford Green  
IG8 0RB**

**LENT 2024**

Christian spirituality proposes a growth marked  
by moderation and the capacity to be happy  
with little. It is a return to that simplicity which  
allows us to stop and appreciate the small  
things, to be grateful for the opportunities which  
life affords us, to be spiritually detached from  
what we possess, and not succumb to sadness  
for what we lack.

This implies avoiding the dynamic of dominion  
and the mere accumulation of pleasures.

*Laudato Si 222*

## FASTING & ALMSGIVING

The special features of our days during Lent are that we devote more time to prayer, make it a time of fasting from something (in addition to the normal Friday fasting) and giving to charity (almsgiving) what we save from such fasting



### FAMILY FAST DAY

**FRIDAY 23rd February**

CAFOD envelopes will be available at the back of Church

### PARISH LENTEN RETREAT

**24th February 3—5pm**  
Becket Centre

***“Lord teach us how to Pray”***

A time to reflect on why and how we pray



### Other activities/resources

#### BRENTWOOD CATHEDRAL LENTEN TALKS:

A series of 4 talks on the recent Synod on Synodality, which took place in Rome last October has been organised for the Holy Lenten season this year. The dates these will take place at the Cathedral are as follows:

<b>Wednesday</b>	<b>21<sup>st</sup></b>	<b>February</b>
<b>Wednesday</b>	<b>28<sup>th</sup></b>	<b>February</b>
<b>Wednesday</b>	<b>6<sup>th</sup></b>	<b>March</b>
<b>Wednesday</b>	<b>13<sup>th</sup></b>	<b>March</b>

All the Talks will take place at Brentwood Cathedral at 7.30pm. They will be recorded and available in due course.

#### Pilgrims of Prayer

This Pilgrims of prayer booklet, produced by the Institute of Jesuits, introduces exercises that you may find useful to practise prayer.

[Pilgrims of Prayer - Catholic Bishops' Conference \(cbcew.org.uk\)](https://www.cbcew.org.uk)

#### Young Peoples Stations of the Cross

Caritas Diocese of Brentwood and the Brentwood Catholic Youth Service invite you to celebrate the Way of the Cross from the official celebrations of World Youth Day Lisbon 2023, it is a youthful and contemporary approach to the Stations, with each of them focused on a specific fragility of young people today, across the globe. This is available on our website <https://www.stthomaswoodford.org/files/>

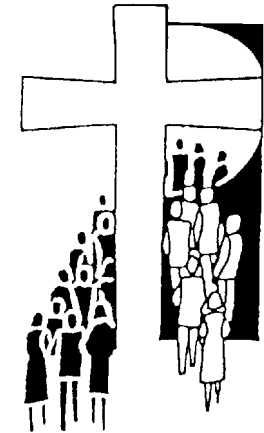
## WEEKDAY MASSES DURING LENT

**10am St Thomas'**

**9.30am Chigwell**

## STATIONS OF THE CROSS

7.30pm at St Thomas's  
on Fridays in Lent.



## LENTEN LUNCHES



Fridays in Lent  
**(16th February—22nd March)**,  
in the Becket Centre 12.30 to 2pm.  
Homemade soup with French bread  
Cost will be £5.00

All funds raised will be sent to Mary's Meals