



Boost your prayer life online this Lent by using the excellent 3 Minute Retreat, which you can access from the Holy Innocents website

[www.holy-innocents.org.uk](http://www.holy-innocents.org.uk)

There is a new meditation for every day and it takes only a couple of minutes of your time. It's a great way to refresh your prayer life or learn afresh how to pray.

## A Prayer to use in Lent

Almighty and everlasting God, you hate nothing that you have made and forgive the sins of all those who are penitent.

Create and make in us new and contrite hearts, that we, lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect forgiveness and peace.

We ask this through Christ our Lord. Amen

## Holy Week Services

The Services of Holy Week are the most important of the whole Christian Year. Here is our Holy Week schedule. Please make a note of the dates so you don't double book!

**Palm Sunday**  
28th March

**Blessing of Palms and Parish Mass**

10.00 am at HI  
11.15 am at the Reservoir on Mount View Road for HT

**5 pm Holy Week Vigil & Benediction** at Holy Innocents

Monday 29th

7.30 pm Mass at HI

Tuesday 30th

7.30 pm Mass at HT

Wednesday 31st

9.30 am Mass at HI

7.30 pm Mass at HI

**Maundy Thursday**  
1st April

**8.00 pm Mass of the Lord's Supper and Watch at the Altar of Repose till Midnight** at Holy Trinity

**Good Friday**  
2nd April

**11.15 am Stations of the Cross for Young People** at HI

**12.00pm Liturgy** at HI  
**3.00pm Liturgy** at HT

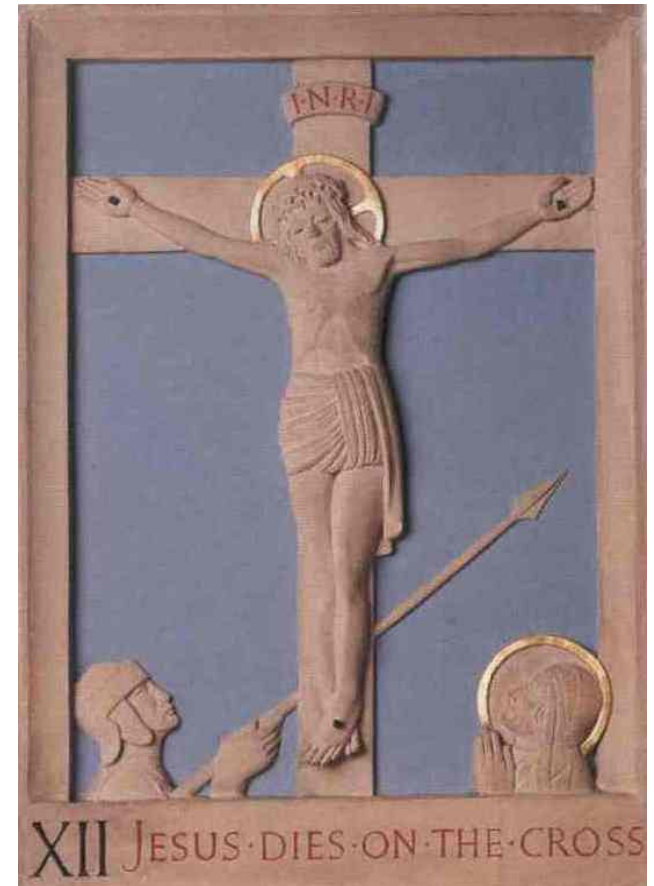
**Holy Saturday**  
3rd April

**8.30pm Easter Vigil** at Holy Innocents

**Easter Day**  
4th April

**Parish Mass**  
10.00 am at HI  
11.30 am at HT

## Holy Trinity & Holy Innocents



## Lent & Holy Week 2010

# What is Lent?

In the early days of the Church, Lent was a time of special preparation for new believers who were going to be baptised at Easter.

Lent begins on Ash Wednesday, 17th February. And we still keep these 'forty days and forty nights' as a time to get ready to celebrate Holy Week and Easter, the most important days of the year for Christians.

Lent is also a time when we make a real effort to love God a bit better.

It's a bit like giving our spiritual lives a good spring clean.

So Christians give up some of their precious time and take on something extra, like going to an extra Mass or study group during the week.

This leaflet tells you all the things that will be happening this Lent in our two Parishes.

We hope there is something extra that appeals to you and will help you prepare for Holy Week and Easter and grow closer to God.

With our best wishes and prayers for a good and holy Lent, from

**Fr Philip, Fr Patrick  
& Fr Tim**



## Ash Wednesday

17th February  
Mass 9.30 am  
at Holy Innocents

Sung Mass 8.00 pm  
at Holy Trinity

## Lent Sundays at 5pm

Each Sunday in Lent we will meet for Evening Prayer & Benediction at 5pm.

Look out for the venue on the weekly bulletin or on our website

## Stations of the Cross

This year we will join our friends from Hornsey Parish Church and St Peter in Chains for Stations of the Cross on **Friday evenings** at 7.30pm, starting at St Peter in Chains on Friday 26th February. Check the weekly bulletin for the venue on subsequent weeks.

Stations is a beautiful Lent devotion that lasts about 40 minutes.

# Homegroups

## Favourite Bible Passages

This Lent we will be learning in our Homegroups about some of the most beautiful passages in the entire Bible, passages to cherish and treasure and even perhaps learn by heart!

- Lent 1 The Lord's My Shepherd  
Psalm 23
- Lent 2 In the Beginning was the Word  
John Chapter 1
- Lent 3 Blessed are the pure in heart  
The Beatitudes: Matthew Ch 5
- Lent 4 The greatest of these is Love  
I Corinthians 13
- Lent 5 Whatever is honourable  
Philippians Chapter 4

### When and Where?

Wednesdays  
after the 9.30 am Mass at Holy Innocents

Thursdays  
at 8pm at Holy Trinity Vicarage