


LENT UNTIL PALM SUNDAY (13th Feb -23rd March 2013)

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---|---|--|--|-----------------|
|  | | | 13 ASH WEDNESDAY 7.30pm - Service of Forgiveness and Healing , Swainsthorpe Church | 14 VALENTINE | 15 Emmanuel Gp 10am - Contact Shirley 470369 House of Prayer , Newton Flotman School 7.30-9 | 16 |
| 17 LENT 1 <i>Luke 4.1-13</i> | 18 | 19 7.30-9 House of Prayer , Tasburgh Contact Andrea 471529 | 20 7.30pm - Compline , Tasburgh Church | 21 | 22 Emmanuel Group 10am - Contact Shirley Brookes on 470369 | 23 |
| 24 LENT 2 <i>Luke 9.28-36</i> | 25 | 26 | 27 7.30pm - Compline , Tasburgh Church | 28 | 1 March ST DAVID House of Prayer , Newton Flotman School 7.30-9 | 2 |
| 3 LENT 3 <i>Luke 13.1-9</i> | 4 | 5 7.30-9 House of Prayer , Tasburgh 471529 | 6 7.30pm - Compline , Tasburgh Church | 7 Easter Messy Church (for children and adults together)- 3.30-5 - Contact Sally 470762 | 8 Emmanuel Gp 10am - Contact Shirley 470369 | 9 |
| 10 LENT 4 MOTHERING SUNDAY <i>Luke 15.1-3, 11b-32</i> | 11 | 12 | 13 7.30pm - Compline , Tasburgh Church | 14 Prayer in Cathedral w Archbishop Justin 12-5.30 “ Lectio Divina ” - Christian Meditation for all at Newton Flotman Rectory 7.30-9 | 15 Emmanuel Gp 10am - Contact Shirley 470369 House of Prayer 7.30-9, Newton Flotman School | 16 |
| 17 LENT 5 Passion Sunday <i>John 12.1-8</i> | 18 | 19 7.30-9 House of Prayer , Tasburgh 471529 | 20 7.30pm - Compline , Tasburgh Church | 21 | 22 Emmanuel Gp 10am - Contact Shirley 470369 | 23 ST GEORGE |

Lent ...is a time in which we come back into a listening position. It invites us to reflect upon the temptation of Christ and encourages us to enter a time of prayer and preparation for Easter. It is a deeply reflective time – looking at our lives, our relationships, and our work – asking us to change to live more obediently to the Lordship of Jesus. The above offers a weekly reading and special opportunities to pray and learn throughout Lent. Overleaf there are details of the Diocesan Lent Project and events in Holy Week. Identify some things you could do to keep a holy Lent.

HOLY WEEK (24th-30th March 2013)

... is the time that we enter fully into the story of the last week of Jesus' life. It is a remembering time. We listen to the stories, hear the emotion, perhaps even taste the agony of His journey of suffering. Our readings focus on the events from the Triumphal Entry to the burial of Jesus' body. We also focus on the last words and phrases of Jesus...and above all, we remember.

| PALM SUNDAY | FIG MONDAY | BRIDEGROOM TUESDAY | SPY WEDNESDAY | MAUNDY THURSDAY | GOOD FRIDAY | HOLY SATURDAY | EASTER SUNDAY |
|--|--------------------------------------|--------------------------------|---|--|--|----------------------|--|
| 24 Newton 11am Swainsthorpe 9.30 Tasburgh 9.30 Tharston 8am Saxlingham 11 Shotesham 9.30am | 25 Compline Newton Flotman 7.30pm | 26 Compline Tharston 7.30pm | 27 Compline Tasburgh 7.30pm | 28 Passover Supper at the Trinity Shotesham 7pm | 29 All Age Good Friday Tasburgh 11am Stations of the Cross Saxlingham 3pm Tenebrae Swainsthorpe 9pm | 30 | 31 Newton 11am & 6.30pm Swainsthorpe 9.30am Tasburgh 9.30 Tharston 11am Saxlingham 9.30am Shotesham 11am |
| <i>Luke 19.28-40</i> | <i>Mark 11.20-25</i> | <i>Matthew 22.1-14</i> | <i>Luke 22.3-6 John 13:21-33, 36-38</i> | <i>Luke 22. 7-53 John 13:1-35</i> | <i>Luke 22.54-23.49</i> | <i>Luke 23.50-56</i> | <i>Luke 24.1-35</i> |

This year's Diocesan Lent Project focuses on two charities in Uganda:

World Shine Foundation is building a dormitory at Rwentobo school in a poor part of west Uganda so children won't have to walk up to 6 miles to school every day which can be dangerous. A team of over 20 people, mainly from our benefice went to Rwentobo school last summer. The Oasis of Life started by Norwich Christians is building a medical centre in Northern Uganda aiming to bring hope.



O God of all the nations, we thank you for our place in your worldwide church, for all that we share with your people in every land. We thank you for the chance to give, and also for the chance to learn from those whose lives may be very different from our own, but in whose faces your image shines. In this season of Lent we pray for the people of Uganda: for the establishment of the clinic at Lira to bring hope and healing to lives damaged and broken through brutality & violence; and for Rwentobo School, working to provide a safe haven for children vulnerable to abuse; working to raise up a new generation of leaders who will follow you and serve their nation. Open our hearts, O Lord. Give us the humility to learn, the generosity to give, and the desire to grow in love for you, for we ask this in the name of your Son, our Saviour, Jesus Christ. Amen