

**Assistant Priests:** Fr. Damian Esene, Fr Simon Peter Lubulwa

**Deacon:** Rev. Ian Black

**Parish Office hours:** 10am – 12 noon Tuesday and Friday

**Catholic Schools** St Francis Primary School: Queen's Road, Maidstone, ME16 0LB

01622 771540

St Simon Stock Secondary School: Oakwood Park, Maidstone, ME16 0BP

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## REPENT AND BELIEVE THE GOOD NEWS



We have arrived at the Season of Lent yet again. As we know this will begin on Ash Wednesday, 2nd March. Mass shall be celebrated at 6.30am, 10.30am and 8.00pm. We receive the ashes this day from palms that have been burnt from last year's Palm Sunday and they show our need to humble ourselves before God and turn from our sinfulness. This year, the ashes shall be distributed on the forehead as we have always done before (last year being the exception). The day

of Ash Wednesday is a day of fasting and abstinence, so we are all encouraged to stick to three meals this day without meat and without our mid meal snacks and treats. Hopefully we are of good enough conscience to know how to observe this day as faithfully as we can.

As well as fasting - giving up a pleasure that we enjoy (maybe too much) - we are encouraged to give more time to God in worship and prayers - whether individually, as a couple or a family. On Friday evenings throughout Lent at 7.15pm, we shall be praying the Stations of the Cross followed by an opportunity to attend 8.00pm Mass. The 8.00pm Mass shall only take place during Lent. There is also an opportunity for a retreat at home which is mentioned later in our newsletter.

Charity is the third of our threefold observance of Lent - to reach out to others. Why not try this as an idea.....

**LENT PENNY POT APPEAL:** Thinking about what you might do for Lent?

Thinking what you could do with those little bits of loose change? Why not join in the St Francis' Lent Penny Pot Appeal. Simply take an empty coin jar, or similar, and during