



The annual season of Lent provides us all with an opportunity to renew our practice of the Christian Faith. The humble acknowledgement on Ash Wednesday, *'Have mercy on us, O Lord, for we have sinned!'*, marks a new start, a turning to the Lord afresh and a commitment to journey forward, learning from past mistakes and sins, and walking in a different way.

The celebration of the Sacrament of Reconciliation is an important part of this journey, and we are all urged to avail ourselves of this great means of unburdening ourselves of those past actions that weigh on our spirits.

The renewed journey that begins in Confession is impossible to follow alone. We need the support, insight and encouragement of each other. The Lent Reflections this year, which aim to deepen our understanding of the Passover, will be an opportunity to encounter afresh in God's Word and in the symbols associated with the Passover that Our Lord Himself celebrated, rediscovering the God who hears our cry, who comes to our aid, and who leads us out of slavery into a new and wonderful life as His beloved sons and daughters. I hope as many of you as possible will try to attend the four sessions which culminate in the celebration of the Passover Meal during the week before we mark the Passover of the Lord Jesus Christ, hopefully with greater understanding and a stronger hope. Above all we need God to be in our lives, we need to spend time with Him, deepening our relationship. We can deepen our intimacy in prayer before the Blessed Sacrament, in pondering the Sunday readings at Mass, and in daily prayer.

Fasting helps us to put aside those things which sometimes we put before God and others in our daily list of priorities. More often than not, they ultimately fail to satisfy. Authentically loving relationships with God and with other human beings are a sure way to happiness, because when all else passes away, love remains. Almsgiving, is a token of our growing in love and compassion for each other—and should be viewed as hearts reaching out to hearts, open to give and to receive, for none is too poor to have nothing to give and none too rich to be unable to receive!

May God bless us with a fruitful Lenten journey to the joy of Easter & Pentecost.

Fr. Mark.

Wednesday 22nd February **ASH WEDNESDAY**



10.00

Mass & Imposition of Ashes
at Our Lady of Pity, Swaffham.

19.00

Mass & Imposition of Ashes
at Our Lady of Pity, Swaffham.

Friday 24th February

07.30

Early Morning Mass

followed by simple breakfast in the Presbytery.

Saturday 25th February

09.30

Exposition of the Blessed Sacrament & Confessions.

LENT I

17.00

Vigil Mass of Sunday Lent I at Watton.



Sunday 26th February

08.30

Mass at Our Lady of Pity, Swaffham.

09.15

First Holy Communion Programme Session 1

10.30

Sung Mass at Our Lady of Pity, Swaffham.

16.00

Rite of Election at St. John's Cathedral, Norwich

Tuesday 28th February

10.00

Mass followed by Coffee/Tea in the Parish Rooms.

Friday 3rd March

CAFOD LENT FAST DAY

07.30

Early Morning Mass at Our Lady of Pity followed by a simple breakfast in the Presbytery/Parish Rooms.

19.00

Stations of the Cross at Our Lady of Pity, Swaffham.

Saturday 4th March

09.30

Exposition of the Blessed Sacrament & Confessions.

12.00noon

Mass at Oxburgh Hall.



HOLY WEEK LITURGIES

PALM SUNDAY OF THE PASSION OF THE LORD

Saturday 1st April

17.00

Blessing of Palms & Mass at Watton.

Sunday 2nd April

08.30

Blessing of Palms & Mass at Our Lady of Pity, Swaffham.

10.30

Palm Sunday Procession & Mass
at Our Lady of Pity, Swaffham.

Tuesday 4th April

19.00

CHRISM MASS at St. John's Cathedral, Norwich.

Wednesday 5th April

SPY WEDNESDAY

09.15

Mass at Our Lady of Pity.

10.00

Confessions *(Please note this is the last opportunity to make your Confession until after the Masses of Easter Day!)*

Thursday 6th April

HOLY THURSDAY

08.45

Sung Morning Prayer at Our Lady of Pity.

THE EASTER TRIDUUM at Our Lady of Pity, Swaffham

19.00

MASS OF THE LORD'S SUPPER

Watch at the Altar OF Repose until Midnight.

Friday 7th April

GOOD FRIDAY

08.00

Sung Morning Prayer at Our Lady of Pity.

15.00

SOLEMN LITURGY OF THE PASSION

Saturday 8th April

HOLY SATURDAY

08.00

Sung Morning Prayer at Our Lady of Pity.

20.30

THE GREAT VIGIL & FIRST MASS OF EASTER

Sunday 9th April

EASTER DAY

08.30

MASS OF EASTER DAY at Our Lady of Pity, Swaffham.

10.30

MASS OF EASTER DAY at Our Lady of Pity, Swaffham.

Wednesday 29th March

- 10.00 **Mass** at Our Lady of Pity followed by
Exposition of the Blessed Sacrament & Confessions
- 12noon **Lenten Lunch at the Presbytery** at the Presbytery.
All welcome for a simple lunch of soup, bread & cheese.
- 19.00 **'PREPARING FOR THE PASSOVER OF THE LORD'**
Session 5: Celebration of the Sedar Meal
in the Parish Rooms.

Friday 31st March

- 07.30 **Early Morning Mass** at Our Lady of Pity followed by a simple
breakfast in the Presbytery/Parish Rooms.
- 19.00 **Stations of the Cross** at Our Lady of Pity, Swaffham.

Saturday 1st April

- 09.00 **Mass** at Our Lady of Pity, Swaffham.
- 10.00 **Celebration of First Reconciliation** at Our Lady of Pity

Catholic Parish of Our Lady of Pity, Swaffham

'PREPARING FOR THE PASSOVER OF THE LORD'

LENT REFLECTION 2023

7.00pm

OUR LADY OF PITY PARISH ROOMS

WEDNESDAY 8th MARCH
Session 1: 'Unleavened Bread'

WEDNESDAY 15th MARCH
Session 2: 'Green Herbs & Spring Lamb'

WEDNESDAY 23rd MARCH
Session 3: 'Bitter Herbs, Milk & Honey'

WEDNESDAY 29th MARCH
Session 4: Celebration of the Passover Meal



LENT II

- 17.00 Vigil Mass of Sunday Lent II at Watton.

Sunday 5th March

- 08.30 **Mass** at Our Lady of Pity, Swaffham.
- 09.15 **First Holy Communion Programme** Session 2
- 10.30 **Sung Mass** at Our Lady of Pity, Swaffham.
- 16.00 **Stations of the Cross** at Our Lady of Pity, Swaffham

Tuesday 7th March

- 10.00 **Mass** followed by Coffee/Tea in the Parish Rooms.
- 18.00 **Deanery Penitential Service with Confessions** at
Holy Family Church, King's Lynn.
- 19.00 **Deanery Station Mass with Bishop Peter** at King's Lynn.

Wednesday 8th March - Feast of St. Felix

- 10.00 **Mass** at Our Lady of Pity followed by
Exposition of the Blessed Sacrament & Confessions
- 12noon **Lenten Lunch at the Presbytery** at the Presbytery.
All welcome for a simple lunch of soup, bread & cheese.
- 19.00 **'PREPARING FOR THE PASSOVER OF THE LORD'**
Session 1: 'Unleavened Bread' in the Parish Rooms.

Friday 10th March

- 07.30 **Early Morning Mass** at Our Lady of Pity followed by a simple
breakfast in the Presbytery/Parish Rooms.
- 19.00 **Stations of the Cross** at Our Lady of Pity, Swaffham.

Saturday 11th March

- 09.00 **Mass** at Our Lady of Pity, Swaffham.
- 09.30 **Exposition of the Blessed Sacrament & Confessions.**
- 11.00 **Servers' Practice** at Our Lady of Pity to prepare for Holy Week



LENT III

17.00 Vigil Mass of Sunday Lent III at Watton.



Sunday 12th March

08.30 Mass at Our Lady of Pity, Swaffham.
09.15 First Holy Communion Programme Session 3
10.30 Sung Mass at Our Lady of Pity, Swaffham.
16.00 Evening Prayer (OOLW) & Benediction

Tuesday 14th March

11.00 Requiem Mass for Michael Wardlow RIP

Wednesday 15th March

10.00 Mass at Our Lady of Pity followed by Exposition of the Blessed Sacrament & Confessions
12noon Lenten Lunch at the Presbytery at the Presbytery. All welcome for a simple lunch of soup, bread & cheese.
19.00 'PREPARING FOR THE PASSOVER OF THE LORD' Session 2 : 'Green Herbs & Spring Lamb' in the Parish Rooms.

Friday 17th March - FEAST OF ST. PATRICK

18.30 Mass of St. Patrick at Our Lady of Pity.
19.00 St. Patrick's Day Celebration in the Parish Rooms.

Saturday 18th March

09.00 Mass at Our Lady of Pity, Swaffham.
09.30 Exposition of the Blessed Sacrament & Confessions.
11.00 Servers' Practice at Our Lady of Pity to prepare for Holy Week

LAETARE (MOTHERING) SUNDAY

17.00 Vigil Mass of Laetare Sunday at Watton.

Sunday 19th March

08.30 Mass at Our Lady of Pity, Swaffham.
09.15 First Holy Communion Programme Session 4
10.30 Sung Mass at Our Lady of Pity, Swaffham.
16.00 Stations of the Cross



Wednesday 23rd March

10.00 Mass at Our Lady of Pity followed by Exposition of the Blessed Sacrament & Confessions
12noon Lenten Lunch at the Presbytery at the Presbytery. All welcome for a simple lunch of soup, bread & cheese.
19.00 'PREPARING FOR THE PASSOVER OF THE LORD' Session 3 : 'Bitter Herbs, Milk & Honey' in the Parish Rooms.

Friday 24th March - Feast of St. Oscar Romero

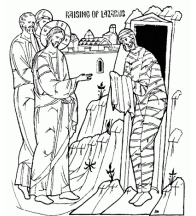
07.30 Early Morning Mass at Our Lady of Pity followed by a simple breakfast in the Presbytery/Parish Rooms.
19.00 Lenten Penitential Service at Our Lady of Pity, Swaffham.

Saturday 25th March - SOLEMNITY OF THE ANNUNCIATION

09.00 Mass at Our Lady of Pity

PASSIONTIDE - LENT V

16.15 Confessions at Watton.
17.00 Vigil Mass of Sunday Lent V at Watton.



Sunday 26th March

08.30 Mass at Our Lady of Pity, Swaffham.
09.15 First Holy Communion Programme Session 5
10.30 Sung Mass at Our Lady of Pity, Swaffham.
16.00 Stations of the Cross