

NEWSLETTER

Highlights of March

Wednesday 4th March

10.:45am First Wednesday Fellowship Group:

Malcolm Munro speaks on 'If you can remember the 60s: a survivor of the decade separates fact from myth!'

12noon Lectio Divina – *praying with the scriptures*

7:30pm Lent Group – *the Liturgy of the Word*

Sunday 8th March

Third Sunday in Lent

Preacher at 10.:0am High Mass: Canon Perran Gay, Precentor of Truro

Tuesday 10th March

7:30pm Lent Group - *Offertory, Consecration & Sacrifice*

Wednesday 11th March

10am Monthly Mass of Healing (with anointing and laying on of hands)

Preceded in the Lady Chapel by prayers for the sick at 9:45am.

12noon Lectio Divina – *praying with the scriptures*

Wednesday 18th March

12noon Lectio Divina – *praying with the scriptures*

7:30pm Lent Group – *Communion*

Thursday 19th March

S. Joseph, Husband of the Blessed Virgin Mary

7:45am Low Mass, 7pm Sung Mass.

Saturday 21st March

Come & Sing Stainer's Crucifixion (*2-4pm rehearsal, 7:30pm performance*)

Monday 23rd March

7:30pm Lent Group – *Eucharistic Living*

Wednesday 25th March

ANNUNCIATION OF OUR LORD TO THE BVM

10am Low Mass & 7pm High Mass

12noon Lectio Divina – *praying with the scriptures*

Saturday 28th March

7pm Film Night – Babette's Feast (*1987 BAFTA & Academy Award winner*)

From the Vicar

First Week of Lent, 2015.

Dear Brothers and Sisters,

Every year I am accosted in cafés and at suppers by people demanding to know the answer to a pressing question: do Sundays count in Lent or not?! Lent has forty days and yet if we included Sundays there would be forty-six. So at first sight, clearly Lent doesn't, and you can eat and drink whatever you've given up during the week. Yet the observant will then ask what the point of the Fourth Sunday in Lent is, so-called Refreshment Sunday, if that's the case? If every Sunday is a day of refreshment, why have only one named as such?

The answer lies in the origins of Lent, of course. Originally, the Lenten Fast did not begin until the First Sunday in Lent and forty days from then takes you exactly to Maundy Thursday, which was when the Lenten Fast ended and the very primitive practice of the Paschal Fast until Easter Day began. The Fourth Sunday in Lent then makes sense as a brief respite from fasting. When, after the Second Vatican Council in the 1960s, Lent was pulled back to Ash Wednesday and the Primitive Fast folded into the Lenten Fast, you ended up with forty-six days. The Church in the last century has been rediscovering the practices of the early church and the way in which Sundays were days of resurrection, mini-Easters, and so at the time of the reform of Lent it made great sense to exempt Sundays from the Lenten fast. That is how we end up with the situation we have today.

What are we to make of it, however? This year I am fasting on Sundays but not on Refreshment Sunday, nor on the Feast of the Annunciation (the moment of the Incarnation and the dawn of our redemption should definitely be marked with wine!) Others of you, with equal justification, will exempt all Sundays.

We eat, speak and kiss with our mouths, and eating is the most basic of our desires. To fast is a central part of Lent because it is about exposing our desires to God. Abstaining from certain foods and eating less than we have done previously helps us to realise what desires control us and how little we have placed ourselves under God's guidance and protection. The sense

that ‘I can’t cope without a gin’ or ‘I need a drink’ and the ease with which we give in remind us how feeble we are and how much work there is to do. Fasting uncovers for us our slavery to passing desires and helps us begin to withstand the transitory lusts in order that we may discern the more profound desires of our hearts and respond properly to them.

Fasting then isn’t something we should give a miss or think we can replace with a different discipline – like taking something up or giving to charity. It isn’t interchangeable.

The church’s great theologians, however, had a warning for those of us fasting: if it makes you horrid and crabby it is better not to. Isidor the Elder said that it is better to eat meat in Lent than to abuse your neighbour, while all the witness of Christianity says that it is certainly less of a sin to feast on a fast day than to fast on a feast day. However you are keeping Lent, do please be sure to allow yourself a little of whatever you have abandoned for the season on the Feast of the Annunciation (25th March). There will be refreshments after the High Mass that day and there could be no better way to break your fast on that day than to come to the Holy Mysteries and for us to have a drink together afterwards.

As an aid to fasting, we have our 1:05pm Friday Lent Lunches, where for £5 you can have a light lunch of soup, bread and cheese and raise some money for some of our home mission projects such as *CamTrust*, *Tariro* and the *Prison Fellowship*.

As an aid to our participation in the Holy Mysteries we have our Lent Groups, each week exploring a different part of the Eucharist so that we can understand and share more deeply in the action of Jesus Christ every time we come to and celebrate the Mass together. Details of all these things are on our website and in the purple Lent leaflet. You’ll find the information about Holy Week elsewhere in this newsletter.

With my love and prayers for a Holy Lent, I am,
yours in the Lord,

Fr Robert.



Calendar and Intentions

for

March 2015

The list of Thanksgivings and Intercessions offers a focus for our daily prayer, both at the Offices and Mass, and in our personal times of prayer.

The Vicar would be glad of suggestions or additions to the list of daily intention

Calendar for March

LM-Low Mass, SM-Sung Mass, HM-High Mass

SUN 1st SECOND SUNDAY OF LENT

Mon 2nd *S. Chad, bishop & missionary*

Tue. 3rd

Wed 4th

Thu 5th

Fri 6th *S. Tibb, virgin.*

Sat 7th

SUN 8th THIRD SUNDAY OF LENT

Mon 9th

Tue 10th

Wed 11th

Thu 12th

Fri 13th

Sat 14th

SUN 15th FOURTH SUNDAY OF LENT (Refreshment Sunday)

Mon 16th

Tue 17th *S. Patrick, bishop*

Wed 18th *S. Cyril of Jerusalem, bishop*

Thu 19th S. Joseph, Husband of the B.V.M. LM 7.45am, SM 7pm

Fri 20th *S. Cuthbert, bishop & missionary*

Sat 21st *Thomas Cranmer, bishop & martyr*

SUN 22nd FIFTH SUNDAY OF LENT (Passiontide begins)

Mon 23rd

Tue 24th

**Wed 25th ANNUNCIATION OF THE LORD TO THE B.V.M.
LM 10am, HM 7pm.**

Thu 26th

Fri 27th

Sat 28th

SUN 29th PALM SUNDAY OF THE LORD'S PASSION

Mon 30th in Holy Week

Tue 31st in Holy Week

Daily Intentions and *Anniversaries of death for March*

Our Parish & People		1 st
All bishops		2 nd
The unemployed	<i>Ceta Cherry, Harold Auckland</i>	3 rd
The Homeless	<i>Stephen Barnard</i>	4 th
Emergency Services		5 th
Consecrated religious		6 th
An end to racism	<i>Geoffrey Clayton, bp</i>	7 th

Our Parish & People	<i>Jessie Rolph</i>	8 th
Politicians		9 th
Cambridge City Council		10 th
Peace in the world		11 th
Friends of LSM		12 th
Wedding couples	<i>Elsie Murrell, Helen Dex, Beryl Oliver</i>	13 th
Those preparing for Baptism & Confirmation		14 th

Our Parish & People	<i>Violet Barnard, Elizabeth Lampe, Michael Ogden</i>	15 th
Whitworth House	<i>Teresa Pike</i>	16 th
The people and church in Ireland	<i>Richard Boulind, Ann Robinson</i>	17 th
Peace in the Holy Land		18 th
All Fathers	<i>Mary McDougall</i>	19 th
Christians in the north-east		20 th
The Archbishop of Canterbury	<i>Constance Hennings, Margaret Bottrall</i>	21 st

Our Parish & People	<i>Emily Glennie, Nellie Edwards,</i>	22 nd
	<i>Merlin Rotherham-Brown, Ken Topley</i>	
Strength to maintain Lenten Discipline		23 rd
Addenbrooke's Hospital	<i>George Head</i>	24 th
Shrine of Our Lady of Walsingham		25 th

Parish Choir & Choristers	<i>Philip Hall</i>	26 th
Those who suffer from addiction		27 th
Deeper appreciation of the Eucharist	<i>John Gilling, pr.</i>	28 th

Our Parish & People		29 th
A good keeping of the Lord's Passion		30 th
Those burdened with guilt or shame	<i>Pamela Horne</i>	31 st

LENT GROUPS

Getting more out of Mass

A series of sessions to help us share more profoundly in the Eucharist

Wednesday 4th March 7:30pm The Liturgy of the Word

Tuesday 10th March 7:30pm Offertory, Consecration & Sacrifice

Wednesday 18th March 7:30pm Communion

Monday 23rd March 7:30pm Eucharistic Living

MORE ABOUT THE LENT BOXES IN SUPPORT OF ACS

The Additional Curates' Society (ACS) was founded in 1837 by a Christian layman, Joshua Watson. Its purpose is to ensure that the Christian Faith is proclaimed in poor and populous parishes. It does this by funding assistant priests and encouraging vocations to the priesthood. ACS believes that the sacrament of Holy Order, Priesthood, is a precious gift from God and a means of grace for His people. ACS also holds precious the people of God, especially in poor and populous parishes. ACS prays and works to ensure that parishes will have priests. It gives grants to parishes for priests. It fosters and encourages vocations to the priesthood. It contributes towards the cost of our Pastoral Assistant at LSM

Although the purpose of ACS is to provide parishes with priestly ministry, it is primarily a society of lay people who cherish the ministry of priests in bringing the good news of Jesus to people in hard-pressed parishes. ACS was founded by a layman and continues to exist today because of the enthusiasm, faithful prayers and hard work of lay people throughout the land.

ACS is not primarily a fund-raising organisation. It proclaims the vision of Christ bringing salvation to people in desperate need and shows that Christ gave His Church the gift of Priesthood as a vital instrument in proclaiming His Gospel. It encourages prayer for the mission of the Church, concern for people in need and support for those called to the Priesthood. ACS provides literature to encourage prayer and awaken vocation and receives money to help achieve all this. A motto of the ACS is that if God can raise the dead He can raise a penny or two for the living! The story of ACS is living proof that He does.

HOLY WEEK 2015

PALM SUNDAY OF THE LORD'S PASSION

10:15am Meet opposite the Mill Pub for Blessing of Palms and Procession with Emmanuel URC, followed by Mass.

MONDAY, TUESDAY & WEDNESDAY IN HOLY WEEK

7pm Mass with homily

MAUNDY THURSDAY

10:30am Ely Cathedral Chrism Mass

7pm High Mass of the Lord's Supper *(including Washing of Feet, Procession to the Altar of Repose, Stripping of Altars & Watch of the Passion)*

GOOD FRIDAY

9am Mattins & Litany

12noon Preaching of the Passion

1:30pm Liturgy of the Passion *(including S. John Passion, Veneration of the Cross, Holy Communion)*

5pm Children's Stations of the Cross

9pm Tenebrae *(candlelit vigil of the Lord's Passion)*

HOLY SATURDAY

9am Morning Prayer

EASTER DAY

9pm (Saturday) Paschal Vigil & First Mass of Easter

8am Holy Communion

10:30am High Mass

6pm Evensong & Benediction