

St Pancras Church



Lent 2018

Preparing for Easter

Lent is a season of preparation. The five weeks before Holy Week and Easter provide an opportunity for us to take stock of our lives, develop our faith, and walk with Christ in the way of the cross.

The traditional disciplines of Lent are **prayer, fasting, giving, and study**, and this leaflet sets out various ways in which we can take up the challenge that Lent offers.

A time for prayer

Alone or with others, in words or in silence, Lent invites us to make a special effort to spend time with God and grow closer to him.

If you would like to think about developing a new or different pattern of private prayer please have a word with the Vicar. Sacramental confession can also be arranged.

The church is open for prayer between 8am and 6pm, Monday to Thursday.

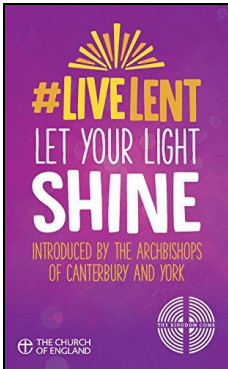
Lent Services:

Wed 14 Feb	Ash Wednesday	1.15 pm 7 pm	Holy Communion with Ashing Choral Eucharist with Ashing
Every Sunday		8 am 10 am 6 pm	Holy Communion Choral Eucharist * Choral Evensong *
Every Wednesday		1.15 pm	Holy Communion
Sun 25 March	Palm Sunday	10 am	Choral Eucharist with the Blessing of Palms

* *The Choir is away on February 18th*

A time for fasting

Lent is a time for simplicity. This is expressed in our worship on Sundays, with simple music and no flowers in church. There is also the opportunity to make a special effort in our own lives, either by giving something up, or taking something on, as a Lenten discipline. The aim is to de-clutter our lives so that we can see God more clearly and be more intentional in our Christian life and witness.



If you're stuck for ideas the Church of England's # Live Lent campaign offers daily reflections and challenges.

Text 'Lent' to 88802 to get them on your smartphone, or sign up online for emails: <https://www.churchofengland.org/lent>

Live Lent is also available as a book or e-book for around £3.

A time for giving

Lent is not only about our own private devotion. It also offers us the chance to think about the needs of others and do what we can to help.

The Diocese of London Lent Appeal this year is linked with its ongoing **Homelessness Appeal**:

'London is faced with an immense challenge of homelessness. 8,000 people sleep rough in Greater London every year, double the recorded figure in 2010. Freezing conditions can prove fatal for anyone sleeping rough, and winter night shelters play a hugely important role in providing homeless people with a haven that is safe, warm and off the streets.'

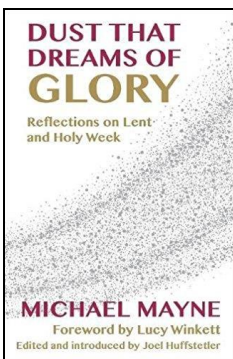
The Appeal aims to support and raise awareness of the vital work done by winter night shelters, including the Camden Churches' night shelter C4WS. Please put any donations in an envelope marked 'Lent Appeal' and add them to the offertory plate. Cheques can be made out to 'St Pancras PCC' with 'Lent Appeal' written on the back.

A time for study

Everyone is welcome at any or all sessions of this year's Lent Course about the Eucharist, 'Food for the Journey'. The course will take place in the church every Sunday after the 10am service, beginning 18th February.

The Eucharist is the staple diet of the church, the meal that Jesus established to give us strength in our journey of faith, and fresh energy in our life of witness and service. The course examines each section of the Eucharist, exploring all that God has done for us in Christ – and all that we might do for him in return.

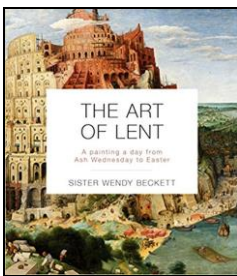
Ideas for further reading:



A series of daily reflections from Ash Wednesday to Holy Saturday exploring who and what we truly are.

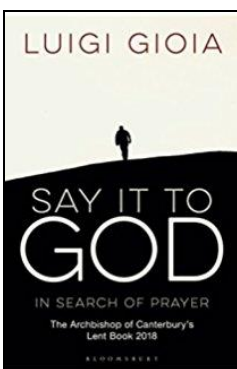
Previously unpublished writings from the former Dean of Westminster Abbey.

Canterbury Press £10.99



For those who prefer images to words, this book provides an opportunity to meditate on a painting each day from Ash Wednesday to Easter, with the help of the art critic and nun, Sister Wendy Beckett.

SPCK £6.99



The Archbishop of Canterbury's Lent Book 2018, on the theology of prayer.

'A perfect companion for Lent: a book to lead us through an examination of our lives ... to encourage us to hear the God who is already speaking ... When it comes to prayer, keep it simple, keep it short, keep it real.' *Justin Welby*

Bloomsbury £6.99