

Lent,  
Holy Week  
and  
Easter 2024



The Triumph of David, Francesco Pesellino  
The National Gallery

The Church of The Holy Innocents  
Paddenswick Road, W6 0UB

# Lent Services in Church

## **Ash Wednesday, 14<sup>th</sup> February**

8.00 am Holy Eucharist with Imposition of Ashes

7.30 pm Holy Eucharist with Imposition of Ashes

## **Wednesday, 21st February**

11.00 am Parish Eucharist

## **Wednesday, 28<sup>th</sup> February**

11.00 am Parish Eucharist

## **Wednesday, 6<sup>th</sup> March**

11.00 am Parish Eucharist

## **Sunday, 10<sup>th</sup> March (Mothering Sunday)**

10.10 am Parish Eucharist

## **Wednesday, 13<sup>th</sup> March**

11.00 am Parish Eucharist

## **Sunday, 17<sup>th</sup> March (Passion Sunday)**

10.10 am Parish Eucharist followed by Annual Parochial Church Meeting

## **Tuesday, 19<sup>th</sup> March (Feast of Saint Joseph)**

7.30 pm Parish Eucharist

## **Wednesday, 20<sup>th</sup> March**

11.00 am Parish Eucharist

## **Sunday 24<sup>th</sup> March (Palm Sunday)**

10.10 am Parish Eucharist

**SATURDAYS, by appointment:** Sacrament of Reconciliation

# Lent Programme

## **The Kingdom of God is...**

**Saturdays at 10am**

**On 17<sup>th</sup>, 24<sup>th</sup> February, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> March**

In Lent we reflect on where we have come from, where we want to go, who we want to become and what we need for the journey, both individually and collectively as a church family. Together we explore what to treasure and nourish; what is holding us back; what do we need to let go of for the glory of God's Kingdom in this place?

### **Within You.**

Personal Responsibility and the Life of Faith.

Mission Activity: Commitment and the Devotional Life

**Saturday, 17 February**

### **Justice and Joy.**

Self and Other in Christian Witness.

Mission Activity: Streets and Names-Defining the Community.

**Saturday, 24 February**

### **Not in Words.**

Service and Action in Christian Theology.

Mission Activity: Reaching Out to the Stranger-Community and Parish Life Engaged.

**Saturday, 2 March**

### **Like finding a Treasure...Like a Net.**

The Life of Prayer.

Mission Activity: The Divine Liturgy and the Pattern of Worship-Preserving and Renewing Tradition.

**Saturday, 9 March**

### **Like a Pearl...like a Mustard Seed...like Yeast.**

Stewardship and Sacrificial Giving.

Mission Activity: Giving and Service-Time and Talents

**Saturday, 16 March**

## **At Hand.**

Now and Forever. Amen.

Mission Activity: Planning for the Future-2026 (Year A)-2034 (Parish 175)-2042 (HI 150)

**Saturday, 23 March**

## **A Wedding Feast...a Little Child**

Being Family.

Mission Activity: Cleaning and Decorating the Church

**Saturday, 30 March**

## **Mid-week Eucharist in Lent**

**Wednesdays at 11am**

**On 21<sup>st</sup>, 28<sup>th</sup> February, 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> March**

Service followed by silent prayer to noon. Spend an hour with God in the beauty of holiness.

## **Stations of the Cross**

**Fridays at 12pm**

**On 16<sup>th</sup>, 23<sup>rd</sup> February, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 22<sup>nd</sup> March**

The same Stations each week, but with different reflections and prayers on Jesus' final journey to his death on the cross.

## **Group trip to The National Gallery**

**Wednesday 28<sup>th</sup> February, 2pm**

Together enjoy some world class art for free, including the first-ever exhibition dedicated to Francesco Pesellino (about 1422–1457) which unites his two masterpieces - the Pistoia Trinity altarpiece and the newly restored 'Stories of David' cassone panels.

## **Group trip to the Camelia Conservatory at Chiswick House**

**Wednesday 20<sup>th</sup> March, 2pm**

A Passiontide Reflection with Camelias both inside the Conservatory and outside on the Camelia Trail.

Chiswick's conservatory camellias are one of the oldest collections under glass in Europe having been brought by ship from China, where they have been cultivated for thousands of years.

**Junior Church visit to Bassuah Legacy Foundation,  
90 Goldhawk Road, W12 8HD  
Saturday 23rd March, from 10am**

A chance to meet, learn about and help at the local charity we are supporting this year, which relieves the needs of single parents and their children; promotes social inclusion; and focuses on finding ways to empower these families to build new and better legacies for themselves.

## Lent is...

Lent is a season of repentance (turning again) and rededication of our lives to God in preparation for the coming Passion season and the renewal of Easter. It is a time for us to understand our inability to escape sin on our own and our reliance on the Holy Spirit to move us toward the life Jesus has called us to. This is expressed through a season of prayer and fasting, preparing ourselves for Holy Week.

The word Lent is derived from the Old English word for spring, referring to the lengthening of days. Originally it was known as the 'Lenten fast' but over the centuries contracted to simply 'Lent.' Only English uses a word with this root. The French 'Carême' and Spanish 'Cuaresma' are derived from the Latin quadragesima "fortieth day before Easter", while the German 'Fastenzeit' describes the characteristic activity of the season.

To this day, Lent remains a preparation for Easter by fasting, almsgiving, repentance and rededication of our lives to God, study, reflection and prayer.

As well as providing details of our own Lent Services and Programme, this booklet contains information, suggested reading material and links to other publicly available resources for your 6-week journey.

## Ash Wednesday - 14<sup>th</sup> February

Marking the beginning of Lent, Ash Wednesday establishes the tone of repentance and rededication for the season. The ashes used in the liturgy, made from last year's Palm Sunday crosses, are a visible sign of mourning our sins, of repentance and a reminder of our own mortality.

*“Remember that you are dust and to dust you shall return.”* Ecclesiastes 3:20

*“Therefore I despise myself, and repent in dust and ashes.”* Job 42: 6

This is a moment of reminder that the world does not revolve around us. The day is often marked with fasting.

## Mothering Sunday - 10<sup>th</sup> March

This fourth Sunday of Lent is also known as Laetare Sunday, from the opening words of the Latin introit for this day, *Laetare Ierusalem – Rejoice, O Jerusalem*. In the English church this became a traditional day for domestic servants to return to their home towns, to visit their ‘mother churches’ and also for parishioners to visit the cathedral or ‘mother church’ of the diocese.

By extension it is a time for all Christians to celebrate the Church as our mother. As the secular ‘Mothers’ Day’ grew in popularity during the 20th century, in the UK the traditional ‘Mothering Sunday’ observance widened its focus to include celebration of our human mothers.

## Passion Sunday - 17<sup>th</sup> March

Passiontide - the last two weeks of Lent – is when we recall how Jesus ‘set his face to go to Jerusalem’ (Luke 9.51) and the inevitability of his death. Historically the fifth Sunday of Lent was known as Passion Sunday, marked by the reading of the Passion narrative from the Gospel of the year. From this Sunday onward it is customary for the statues, icons and objects of devotion in church to be veiled.

## Joseph of Nazareth - 19<sup>th</sup> March

This celebration of Joseph is not out of place during the sacrificial season of Lent. Joseph (as did Mary) displayed a sacrificial turning away from his former life and entrusted himself to God’s plan. Responding in trust and obedience to the message of God, he defied social convention to remain at Mary’s side when God’s promise became a visible reality.

## Palm Sunday - 24<sup>th</sup> March

Today marks the arrival of Jesus in Jerusalem on a donkey in a procession that meets Zechariah's prophecy of the coming Messiah, but is also encapsulated by the familiar hymn "Ride on, ride on in majesty! In lowly pomp, ride on to die." Lowly, if not laughable, pomp indeed.

The crowds might be shouting out 'Hosanna' – 'save us now' – but this liberator is no mighty warrior when making an almost comical entry on a peaceful beast of burden. This is surely a parody of a triumphal entry, but it then stands in stark contrast to the tragedy of the passion Gospel, with its emphasis on suffering and abandonment, through the parallel accounts of Jesus' trial and death from a wide cast of characters.

All these accounts come together at the Cross, and it becomes apparent there are not many stories with different endings but only one story. It started at Creation (as did our Lent journey) and it will only come to an end when Jesus returns to judge our story, and all the other stories in the world that there have ever been and are yet to be.

## Holy Week

We now begin our pilgrimage to the foot of the cross.

On Monday and Tuesday our Gospel readings are from John, the anointing at Bethany and Jesus' foretelling of his death, as the tension builds towards its climax.

## The Triduum

The Triduum is the three-day period beginning in gathering gloom at sundown on the evening of Wednesday in Holy Week and ending at sundown on Holy Saturday.

## Wednesday in Holy Week, Tenebrae – 27<sup>th</sup> March

Tenebrae means darkness or shadows, and our Wednesday evening Service of Tenebrae (in anticipation) of Maundy Thursday is derived from the monastic offices of Mattins and Lauds. We reflect on Jesus' Passion as the chants are sung, candles and the lights in the church are extinguished one by one until the church is left in silent darkness.

This year the Tenebrae Responsoria is by the Italian composer, Carlo Gesualdo, and is the Maundy Thursday set from his Responsoria et alia ad Officium Hebdomadae Sanctae spectantia music for Holy Week, published in 1611.

For many, this Tenebrae Service is one of the most moving and meaningful worship services of the year, despite its sombre tone, darkness and music all reflecting Christ's suffering, yet in anticipation of the resurrection.

## Holy Thursday -28<sup>th</sup> March

Also known in the English church as Maundy Thursday, from '*mandatum*', commandment, recalling the 'new commandment' Jesus gave his disciples as he prepared to be betrayed: 'love one another, as I have loved you'.

On Maundy Thursday we recall the events of the Last Supper and the institution of the celebration of Holy Communion. According to John's Gospel, the evening began by washing the disciples' feet, an act of the humblest service.

The synoptic Gospels describe a Passover meal, at which Jesus broke the bread, gave it to his disciples and said 'take, eat, this is my body'. After supper he took the third cup of wine, the cup of redemption, and said 'drink this, all of you, this is my blood'.

Jesus said 'I will not drink again of the fruit of the vine until the Kingdom of God comes'; and after this Eucharist we do not consecrate bread and wine again until the celebration of the Kingdom at Easter. The remaining bread is set aside in the garden of repose, the altar is stripped bare, and we symbolically watch and wait with Jesus in the garden of Gethsemane.



## Good Friday - 29<sup>th</sup> March

The solemn liturgy of Good Friday recalls the trial, suffering and crucifixion of Jesus as we journey with Jesus along the *via Dolorosa*, the Way of Sorrows. As Archbishop Stephen Cottrell puts it, on Good Friday we seek not so much to understand the Cross as to stand under the Cross.

Reflective silence forms a vital part of the liturgy of Good Friday. The passion narrative from St John's Gospel is read or sung. A crucifix is brought into church with the words 'behold the wood of the cross on which was hung the Saviour of the world'. The congregation may perform an act of veneration, such as kissing the wood of the cross.

Communion is received in one kind only, from the reserved sacrament consecrated on Holy Thursday.

## Holy Saturday - 30<sup>th</sup> March

Holy Saturday is a day of profound emptiness.

It is not, though, a day to rush through in our haste to get to Easter. The joy of Easter is incomplete if it does not stand in contrast with the pain of Good Friday and the desolation of Holy Saturday. To remember this time when Jesus lay dead in the tomb is to remember that there is no part of our human existence that Jesus has not shared. Most of us have experienced loss in our own lives, and Holy Saturday is a reminder that Jesus, in the most profound way, is with us in that loss.

## The Great Vigil of Easter

In the deepest darkness, outside the church a new light is kindled and the fire is blessed. The Paschal Candle is studded with the nails of the crucifixion, before being lit from the new fire and then carried into the dark church. In the candlelight the Exsultet, the ancient hymn of praise, is sung. A series of readings follows, recalling the faithfulness of God from the creation, through the Exodus, into the now-fulfilled promises through the prophets.

The priest proclaims the resurrection of Christ and a joyful cacophony breaks out. The church is flooded with light and we see it decorated in all its Easter glory as the *Gloria in Excelsis* is sung.

The Liturgy of the Word follows, and then the Liturgy of Baptism, traditionally for the welcome of new believers into the church, and now also for the renewal of baptismal vows by the whole congregation.

We celebrate the Eucharist together, rejoicing in the assurance that, as Christ has shared in our death, so we will share in his resurrection.

## Easter Day – 31<sup>st</sup> March

After the excitement of the Vigil, Easter morning marks the beginning of our fifty days of Easter joy. Alleluia, having been excised from our liturgy during Lent, becomes the joyful refrain of this season.

Alleluia, Christ is Risen!  
He is Risen Indeed, Alleluia!

## Lent in Action

### Almsgiving

The traditional Lenten practice of giving can be expressed through a response to appeals made by international, national and local charities, and this year we are supporting one very nearby in Goldhawk Road, the Bassuah Legacy Foundation ('BLF'), which supports single parents and their children.

Founded in 2019, BLF promotes social inclusion, relieves the needs of single parents and their children, and focuses on finding ways to empower single parent families to build new and better legacies for themselves, their children and dependants.

Lent is also an appropriate time to reflect on the level of our giving to support the mission of our own parish church and the other people and organisations it supports. Other Lenten disciplines can easily work in tandem with this one. For example, an individual or group sponsored giving-up/taking-up, or setting aside the cost of something given up for Lent, is a simple way to raise funds in support of any of these causes.

## Study

### 40 days, 6 Weeks, 14 Stations

Study is the discipline of building life-giving habits for our minds. In focusing on study in Lent we are actively choosing to avoid distractions and to search for truth and meaning in our chosen discipline.

In addition to our usual Reading List, we are providing suggestions for, and links to, a variety of Lent resources across different disciplines.

## Reading suggestions

Selina Stone - *Tarry Awhile: Wisdom from Black Spirituality for People of Faith (The Archbishop of Canterbury`s Lent Book 2024)*

Carlton Turner - *Watch and Pray: Wisdom and hope for Lent and life (Church of England`s 2024 Lent campaign)*

Church of England- *Watch and Pray: A Lent journey for children with 40 daily activities*

Tom Wright - *Lent and Easter For Everyone: From Wilderness to Glory (SPCK Lent Book 2024)*

Nicholas Papadopoulos - *The Infernal Word: Notes from a Rebel Angel*

Guli Francis-Dehqani, Malcolm Guite - *Stations of the Resurrection: Encounters with the Risen Christ*

Padraig O Tuama, Pat Bennett - *What Were You Arguing About Along The Way? Gospel Reflections for Advent, Christmas, Lent and Easter*

Mark Broadway - *Journeying with God in the Wilderness: A 40 Day Lent Devotional through the book of Numbers*

Catherine Upchurch - *Not by Bread Alone: Daily Reflections for Lent 2024*

Kara Eidson - *Time to Grow: Lenten Lessons from the Garden to the Table*

Peter Graystone - *All's Well That Ends Well: Through Lent with Shakespeare*

Conrad L. Kanagy-*Walter Brueggemann's Prophetic Imagination: A Theological Biography*

Nick Cave and Sean O'Hagan-*Faith, Hope and Carnage*

John Behr, ed. -*Gregory of Nyssa: On the Human Image of God*

Michael René Barnes-*Augustine and Nicene Theology: essays on Augustine and the Latin Argument for Nicea*

Phillip Cary- *The Nicene Creed: An Introduction*

Hans Boersma- *Pierced by Love: Divine Reading with the Christian Tradition*

Fred Sanders-*The Holy Spirit: An Introduction*

Bruce K. Waltke and Fred G. Zaspel- *How to Read and Understand the Psalms*

Esay McCaulley-*Lent: The Season of Repentance and Renewal (Fullness of Time series)*

James F. Coakley- *14 Fresh Ways to Enjoy the Bible*

Jen Wilkin-*Sermon on the Mount*

Jim Davis and Michael Graham- *The Great Dechurching: Who's Leaving, Why are They Going, and What Will It Take to Bring Them Back?*

Karmen Michael Smith-*Holy Queer: The Coming Out of Christ*

Kaitlin Curtice-*Living Resistance: An Indigenous Vision for Seeking Wholeness Every Day*

Pico Iyer-*The Half Known Life: In Search of Paradise*

Jacob L. Wright-*Why the Bible Began: An Alternative History of Scripture and its Origins*

Dane C. Ortlund- *Deeper*

The National Gallery - *Pesellino: A Renaissance Master Revealed: Exhibition Catalogue*

## Other suggestions

The National Gallery - [\*Pesellino: A Renaissance Master Revealed\*](#)

Free exhibition, until 10 March 2024

- Discover an overlooked Renaissance great in the first-ever exhibition dedicated to Francesco Pesellino (about 1422–1457). Uniting his two undisputed masterpieces - the Pistoia Trinity altarpiece and the newly restored 'Stories of David' cassone panels.

CAFOD – [\*online Lent calendar\*](#)

- Daily Lent emails of prayer, reflection and action in preparation for Easter with our global family.

The Bible Society – [\*The Lent Encounter 2024: The shadow of the cross\*](#)

- Where is Jesus in the Old Testament? Dive into God's word and trace his salvation plan through the Hebrew Scriptures to its rich fulfilment in Christ. Daily devotion by email with the option to listen to the author.

Christian Aid – [\*Acting on poverty, living in solidarity\*](#)

- Help forge a world where everyone can live a full life, free of poverty. Count Your Blessings are reflections each day on God's people and planet, and Act on Poverty is a small group resource pack for Lent.

Churches Together in Britain & Ireland – [\*Act on poverty\*](#)

- a six-week resource exploring the impacts of poverty around the world and in the UK, bringing worldwide campaigners into dialogue about the differences and similarities between their visions for an end to poverty.

# Holy Week and Easter

## March

Palm Sunday, 24<sup>th</sup> March

*No 8.30am Holy Communion*

10.10 am The Liturgy of the Palms & Procession from St John the Evangelist, Glenthorne Road

Monday and Tuesday in Holy Week, 25<sup>th</sup> & 26<sup>th</sup> March

7.30 pm Holy Eucharist with Homily

Wednesday in Holy Week, 27<sup>th</sup> March

7.30 pm Tenebrae of Maundy Thursday

Maundy Thursday, 28<sup>th</sup> March

*(10.30am Chrism Mass & renewal of ordination vows at St Paul's Cathedral)*

7.30 pm Institution of Holy Eucharist with the washing of feet; stripping of the Altar; followed by prayer at the Altar of Repose.

Good Friday, 29<sup>th</sup> March

11.00 am Stations of the Cross

12 Noon Liturgy of the Day with Reading of the Passion

Holy Saturday, 30<sup>th</sup> March

10.00 am Morning Prayer

10.30 am Cleaning and Decoration of the Church

7.30 pm The Great Vigil of Easter

Easter Day, 31<sup>st</sup> March

*No 8.30 am Holy Communion*

10.10 am Holy Eucharist of the Resurrection

## April & May

Monday, 8<sup>th</sup> April, The Annunciation of Our Lord to the  
Blessed Virgin Mary

7.30 pm Parish Eucharist

Thursday, 9<sup>th</sup> May, Ascension Day

7.30pm James Hendy Piano Recital  
Exploring pairs of pieces (feat. Bach, Liszt, Gershwin)  
interspersed with some improvisatory whimsy  
in support of Bassuah Legacy Foundation

Ascension Sunday, 12<sup>th</sup> May

10.10 am Parish Eucharist

4.00 pm Jazz Vespers  
Followed by drinks & nibbles

Day of Pentecost, Sunday, 19<sup>th</sup> May

10.10 am Parish Eucharist

Trinity Sunday, 26<sup>th</sup> May

10.10 am Parish Eucharist



The Way to Calvary, Ugolino di Nerio  
The National Gallery

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