

# Lent, Holy Week and Easter 2025



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

# Lent 2025

During Lent we will mark the 5<sup>th</sup> anniversary of the start of the COVID-19 Global Pandemic, including the complete closure of churches in England for the first time in 800 years and the first of two National Lockdowns. The Vicar has commissioned a COVID-19 Pandemic Memorial Panel from John Afflick which will arrive later this year (funded by a legacy given by the late Howard Bennet, actor, writer, WWII veteran and one-time HI churchwarden).

This year our Lent Services include a Vigil on 11<sup>th</sup> March which is the anniversary of the WHO Declaration of the COVID-19 Global Pandemic. There will be special prayers as part of our Saturday Study Sessions on 15<sup>th</sup> and 22<sup>nd</sup> March. And there will also be special prayers in the Parish Eucharists on both Sunday 16<sup>th</sup> and 23<sup>rd</sup> March.

## Lent Services, Programme & Resources

This booklet contains information about our own Lent Services, Programme and Resources together with suggested reading material and links to other publicly available resources.

Once again, we find ourselves taking cautious steps forward in challenging times. Just as we try to do each Lent.

It may be an inward journey into the soul that we take, but it can still be as challenging and rewarding as the most adventurous holiday, if we can make a commitment to a real journey taken over the entire 6 weeks of Lent.

# Lent Services in Church

## **Ash Wednesday, 5th March**

8.00 am Holy Eucharist with Imposition of Ashes

7.30 pm Holy Eucharist with Imposition of Ashes

## **Tuesday, 11th March**

7:30pm Vigil Service on the 5th Anniversary of the WHO Declaration of the COVID-19 Global Pandemic

## **Wednesday, 12th March**

11.00 am Parish Eucharist

## **Thursday, 13th March**

11.00am Requiem Mass for Ena Ram

## **Friday, 14th March**

11.00am Requiem Mass for Victoria Roberts

## **Wednesday, 19th March (Feast of Saint Joseph)**

11.00 am Parish Eucharist

## **Tuesday, 25th March (The Annunciation of our Lord to the**

7.30pm Parish Eucharist **Blessed Virgin Mary)**

## **Wednesday, 26th March**

11.00 am Parish Eucharist

## **Sunday, 30th March (Mothering Sunday)**

10.10 am Parish Eucharist

## **Wednesday, 2nd April**

11.00 am Parish Eucharist

## **Sunday, 6th April (Passion Sunday)**

10.10 am Parish Eucharist

followed by Annual Parochial Church Meeting

## **Wednesday, 9th April**

11.00 am Parish Eucharist

## **Sunday 13th April (Palm Sunday)**

No 8.30am Holy Communion

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

10.10 am Parish Eucharist

**By appointment:** Sacrament of Reconciliation



# Lent Programme

## **Inspiring Hope**

### **Spiritual Meditation and Group Direction**

#### **What a ¼ of a Century Teaches Us About Loss and Hope**

**Saturdays at 11am**

**On 8th, 15th, & 22nd March**

Over the past 25 years the 21st century has unfolded in ways we didn't imagine and often didn't want. The UN Millenium Goals set for us a vision of sustainable growth, generosity and mutual respect which has seemingly been discarded by many world leaders and embittered groups.

Over three Saturday morning sessions, we will look back on the UN Millenium goals and reflect on the theological questions, global concerns and moral challenges that are leaving so many people feeling exhausted, anxious and overwhelmed.

What is the Christian response to these troubled times? How do we renew our hope?

*Led by Father David*

## **Inspiring Scripture & Art**

### **Our Paschal Vigil Panels and the scriptures that inspire them**

**Saturdays at 11am**

**On 29th March, 5th & 12th April**

We are awaiting our Lord's return with our lamps full and burning, so that he will find us awake and seat us at his table (Luke 12:35). While we wait in hope together around the fire, we recall the great story of God's saving work, from creation through to the death and resurrection of our Lord Jesus Christ.

We are blessed to have this great salvation story depicted in our own Paschal Vigil Panels by the artist John Afflick, based on seven of the scriptural passages we most usually hear at our own Vigil on Holy Saturday.

Over three Saturday mornings we will use our Paschal Vigil Panels and these scriptures as the springboard for group reflection and discussion.

*Led by Jane Jales*

## **Inspiring Music**

**Religious Music of the Netherlanders,**

**15th & 16th century Europe**

**Tuesdays at 8.00pm (with light refreshments from 7.30pm)**

**On 11th, 18th & 25th March, 1st, 8th & 15th April**

**At Flat 6, Pocklington Lodge, Rylett Rd, W12 9PQ (use entrance in Goldhawk Road)**

Holy Innocents is very fortunate to receive visits several times a year from The English Consort of Voices, a choir of top-class professional singers specialising in music of this period. The music they present ranks alongside some of the finest productions in the visual arts and literature of their era, and would usually be performed, if at all, in concert halls or cathedrals.

We are very privileged indeed to experience these performances in the context of their appropriate liturgical settings, and this course is offering an opportunity to get on terms with the various styles, genres and workings of this beautiful and deeply felt music, and with the lives and backgrounds of those who composed it and brought it to life.

To join and receive weekly background notes & playlists please contact

Dennis on: [sommers702@btinternet.com](mailto:sommers702@btinternet.com)

or: 07713 901001/0208 749 1443 (landline preferred)

*Led by Dennis Sommers.*

Dennis graduated from the Royal College of Music where he taught Music History & Appreciation for several years before turning pro. For nearly 20 years he served as Licenced Lay Minister at St Saviour's, Cobbold Rd.

## **Inspiring Study**

In your own time, you could read one or more of the books chosen by Father David, Mother Paulette and Jane for their own Lent study. And perhaps take up the opportunity to discuss it with them, and the others also reading it, over the next 6 weeks. The details of each book can be found in the Study section towards the end of this booklet.

## **Stations of the Cross**

**Fridays at 12pm**

**On 7th, 21st & 28th March, 4th & 11th April**

The same Stations each of the 5 weeks, but with different reflections and prayers on Jesus' final journey to his death on the cross.

There are no Stations on 14th March because the Requiem Mass for Victoria Roberts starts at 11am that day.

*Led by Anthony Biggs*

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

**Wednesdays at 11am**

**On 12th, 19th, 26th March, 2nd & 9th April**

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



## 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 - 5th March

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.



## Joseph of Nazareth - 19th March

### The Annunciation - 25th March

These celebrations of Joseph and Mary are not out of place during the sacrificial season of Lent. Both Mary and Joseph displayed a sacrificial turning away from their former lives and entrusted themselves to God's plan for them. Mary responded in trust and obedience to the message of God announced by Gabriel. Joseph too obeyed the angel's instruction, defying social convention to remain at Mary's side when God's promise became a visible reality.

## Mothering Sunday - 30th 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 - 6th April

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.

## Palm Sunday - 13th April

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

### Monday and Tuesday in Holy Week, 14th & 15th April

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

On both days 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 – 16th April

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.

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. And this year's Tenebrae Service will be the first at which our recently acquired Hearse from Antwerp, Belgium circa 1500 will be on full display for its intended purpose, thanks to another legacy. This one given by the late Marion Iles-Hunt, also another one-time HI churchwarden. Marion was a teacher and Deputy Head at St Stephen's Church of England primary school, and involved in an Early Childhood Charity in the London Borough of Ealing.

As you can see from the images of our Hearse in this booklet, it is in the shape of a plough and the word derives from the French word 'herse' for harrow, which in mediaeval times was placed over the coffin and its spike were used to hold the burning candles over the deceased.

This year the Consort of English voices will sing music from the Flemish Renaissance in our Tenebrae Service for Maundy Thursday, which is sung on the evening of Wednesday in Holy Week.

## Holy Thursday -17th April

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 - 18th April

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 - 19th April

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 – 20th April

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, as well as to the Bishop of London's Lent Appeal 2025: Climate Justice, focusing on African countries most vulnerable to the impacts of climate change.

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. 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.

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.

This year, we are replacing our usual long reading list with three books that have each been chosen by Father David, Mother Paulette and Jane. and which you are invited to read alongside and discuss with them during Lent.

We are also still providing other suggestions for and links to a variety of Lent resources across different disciplines.

## Reading suggestions

Philip Jenkins - *The Lost History of Christianity, The Thousand-Year Golden Age of the Church in the Middle East, Africa and Asia – and How It Died*

Chosen by Father David

*Father David writes:* this is a general-readership book about East meets West, lost and hidden stories, and how cultures shift and religions die. It is a reflection on how ideas and understandings change as generations pass, languages evolve, people migrate and new stories gain power.

We think of Peter and Paul in Rome, and Christianity as European and Western, forgetting Christianity is Semitic and from the East.

This book is a good general introduction to topics in Christian history forgotten and ignored by many. It is sometimes a bit casual with theological concepts and cultural complexities, but it is a fascinating read which will open up entire new worlds.

Paula Gooder - *Let Me Go There: The Spirit of Lent*  
Chosen by Mother Paulette

*Mother Paulette writes:* this is a 40-day devotional book that takes us on our Lenten journey of spiritual growth guided by the scriptures that we hear and read in church during the next 6 weeks. And so together each day we can explore this season's themes of wilderness, journey, fasting, taking up our cross, discipleship, prayer and temptation.

Gregory K. Cameron - *A Prayer Book of Days, With saints through the ages*  
Chosen by Jane Jales

*Jane writes:* this is a beautiful, icon-style illustrated collection of 31 daily prayers and reflections from some of the spiritual giants of the faith through the ages – such as St Augustine, St Patrick, St Benedict, Julian of Norwich, Francis of Assisi, as well as lesser-known figures from more recent times. All these saints have blessed us with a legacy of prayer that continues to this day to nourish our faith and practice. Lent is the perfect time to be inspired daily by the beautiful illustrations, the prayers and lives of these saints. It is also the book each of our four candidates received as a gift from their HI church family to commemorate their Confirmation on Candlemas.

## Other suggestions

The Bible Society – [The Lent Encounter 2025, Through the wilderness](#)

- Taking the book of Exodus as a guide on a journey through the Red Sea and into the wilderness, exploring why God led his people into a desert for 40 years, how they became his covenant people and the ways this story points forward to the new covenant in the life, death and resurrection of Jesus Christ. Daily readings, devotional prompts and access to a podcast to listen wherever you are.

Churches Together in Britain & Ireland – [Christian Unity in a Fragmenting World](#)

- A weekly resource with scripture, reflections, questions, actions and prayers all following this year's theme from the Week of Prayer for Christian Unity, exploring the continued relevance of the 1<sup>st</sup> Ecumenical Council of the Church in Nicaea 1700 years ago. A significant moment of shared history in our journey towards unity, giving rise to the Nicene Creed, which is still a central statement of faith for many – although not all – Christians.

## Church of England – [Living Hope](#)

- We are encouraged to put down deep roots of hope by connecting with God who is always with us as we journey with Jesus on the difficult road that leads to the cross on Good Friday – and beyond, to the transformation of Easter Day. These Living Hope resources – via email, app, online and social media - offer the opportunity to deepen our hope in God and be part of what God is doing to bring hope in the world.





# Holy Week and Easter Services

## April

### **Palm Sunday, 13th April**

*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, 14th & 15th April**

7.30 pm Holy Eucharist with Homily

### **Wednesday in Holy Week, 16th April**

7.30 pm Tenebrae of Maundy Thursday

### **Maundy Thursday, 17th April**

*(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, 18th April**

11.00 am Stations of the Cross

12 Noon Liturgy of the Day with Reading of the Passion

### **Holy Saturday, 19th April**

10.00 am Morning Prayer

10.30 am Cleaning and Decoration of the Church

8.30pm The Great Vigil of Easter

### **Easter Day, 20th April**

*No 8.30 am Holy Communion*

10.10 am Holy Eucharist of the Resurrection

### **Tuesday, 29th April, Mark the Evangelist**

7.30pm Parish Eucharist

## **May & June**

**Wednesday, 14th May, Mathias the Apostle**

7.30pm Parish Eucharist

**Thursday, 29th May, Ascension Day**

7.30pm Parish Eucharist

**Saturday, 31st May, Visit of the Blessed Virgin Mary to**

7.30pm Parish Eucharist **Elizabeth**

**Whit Sunday, 8th June, Day of Pentecost**

10.10 am Parish Eucharist

**Wednesday, 11th June May, Barnabas the Apostle**

7.30pm Parish Eucharist

**Tuesday, 24th June, Birth of John the Baptist**

7.30pm Parish Eucharist



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