

PARISH OF THE HOST HOLY TRINITY

(St Henry Morse, Diss and Our Lady of Mount Carmel, Quidenham)

LENT 2026

Lent is here with us once again! We are invited to journey through this season to the most important Christian Festival of the Year - **HOLY WEEK AND EASTER.**

Lent is not just about giving something up; it is also about doing something extra. Whatever we decide to do, this should help us ‘to die a little more to self’. It is a Season of **Prayer**, and prayer acquires strength when accompanied by **Fasting** and **Almsgiving**. During Lent we have our eyes firmly fixed on Jesus and His journey to Jerusalem and we journey with Him. Lent is about growing in love for God, for one another and for those most in need.

How is LENT 2026 going to be special for YOU? There are lots of ideas here but you may have your own too. Do You want to Fast this Lent? In the words of Pope Francis: ‘Fast from hurting words and say kind words; Fast from sadness and be filled with gratitude; Fast from anger and be filled with patience; Fast from pessimism and be filled with hope; Fast from worries and have trust in God; Fast from complaints and contemplate simplicity; Fast from pressures and be prayerful; Fast from bitterness and fill your hearts with joy; Fast from selfishness and be compassionate to others; Fast from grudges and be reconciled; Fast from words and be silent so you can listen.’ As **Pope Leo XIV** calls us to fast for world peace.

ASH WEDNESDAY: 18th March

Today is kept as a day of **Fasting** and **Abstinence**. It is a day we should make every effort to join with our Parish Community at Mass and so get Lent off to a good start. At Mass we will be signed with the ashes - the traditional sign reminding us that this is a season of **Repentance** and **Renewal**. We are called to “Repent, and believe in the Gospel”.

MASS TIMES: 8.00am Our Lady of Mount Carmel, Quidenham
9.30am & 6pm St Henry Morse, Diss

Lenten Penance Celebration / Confessions

(St Henry Morse Church, Diss)

Wednesday 18th March @ 10:30am

*Parish Lent Course
(St Henry Morse Church, Diss)*

“Journey with the Lord in Lent”

(St Henry Morse Church, Diss)

Wednesday 25th February @ 10:30am

Wednesday 11th March @ 10:30am

*The programmes are approx 35min ; including
questions and contributions.*

All are invited.

DEANERY STATION MASS

Lenten Station Masses (*not to be confused with Stations of the Cross*) have long been celebrated in Rome and in recent years have become increasingly popular in other places. Bishop Peter Collins is going to celebrate a Station Mass in each of the deaneries of the diocese. The Mass for OUR Deanery will be on **10th March at TBC**. From 5.00pm, there will be confessions in the church, then the Mass begins at 6.00pm, afterwards refreshment will be served in the crypt. It is important that we support this visit of the bishop to our deanery, so please make a note in your diary and don't forget to offer lifts to others who may like to attend but have no transport.

STATIONS OF THE CROSS

Stations will take place each week during Lent at 6pm on Fridays, and also after Mass every Wednesday.

CHRISTIAN AID LENTEN LUNCHES 2026

These lunches will take place on the Fridays of Lent from 12.30pm to 1.30pm. Homemade soups, cheese and bread; tea and coffee.

St Mary's Parish church on Friday 27/2/26 at 12:30

Methodist church on Friday 6/3/26 at 12-30 followed by The World Day of Prayer.

St Henry Morse Catholic church on Friday 13/3/26 at 12-30

Salvation Army in Diss on Friday 20/3/26 at 12-30.

we will host the Lenten Lunch at our Church **

OTHER IDEAS FOR LENT

- *Attend a Mass during the week (see weekly newsletter for times)*
- Read John's Gospel (or another book of the Bible).
- Read a Spiritual Book over the weeks of Lent - e.g. "Walk with me"; or borrow a book from the spiritual library at church.
- Make the "Stations of the Cross" privately, or with a few friends each week of Lent.
- Spend a Quiet Day at Walsingham.
- Think of something you could give up for Lent and the money you save give to **Lenten Alms**.
- Think of a good action to do for someone else on each of the days of Lent.
- **There are many other positive ideas once you start thinking about it.**

HOLY WEEK SERVICES

CHRISM MASS - this will be celebrated on Tuesday of Holy Week (**31st March**) in the Cathedral of St John the Baptist, Norwich at 11.30am.

Full details of the Services for Holy Week will be announced later in Lent, but the main Parish Services for the Triduum (**Maundy Thursday, Good Friday and Holy Saturday Evening**) at St Henry Morse are as follows:

Maundy Thursday (2nd April):
Mass of the Lord's Supper - 7.00pm

MASS OF THE LORD'S SUPPER (QUIDENHAM) 7:30pm
Good Friday (3rd April):

THE GOOD FRIDAY WALK WITH THE CROSS, 10am at Mere on 3/4/26 to the parish church.

Stations of the Cross - 2.00pm
Celebration of the Lord's Passion - 3.00pm

**Quidenham-0830 office of readings and lauds.1130
Stations of the Cross 1500 THE PASSION OF THE
LORD**

Holy Saturday Easter (4th April): 1000 Blessing of Easter Baskets (Polish Community) swieconka

Easter Vigil – 8.00pm
Quidenham - 0730 office of readings and lauds.
2000 THE EASTER VIGIL

EASTER SUNDAY MASSES (5th April):
10.00 am - St Henry Morse, Diss
10.30 am -Quidenham

Make the commitment NOW to be with the Parish Community for these three wonderful Services which truly celebrate our faith.