

**St Katharine with St Nicholas,
Southbourne**



HOLY WEEK 2019

PALM SUNDAY – 14th April

9.00am Meet at St Katharine's School for the blessing of palm crosses and a donkey-led procession to St Nicholas' for a short act of worship. We then process to St Katharine's Church for a final hymn and refreshments, in time for:

10.30am Sung Mass at St Katharine's

If you do not wish to or are unable to process all the way, feel free to join for just part of the procession, or go direct to St Katharine's and wait for the arrival of the procession.



Monday 15th, Tuesday 16th & Wednesday 17th

These are known as the 'quiet days' and are an opportunity to prepare for the most important days of the Christian year.

Monday 7.30pm

Holy Communion (said) and Compline at St Nicholas'

Tuesday 7.30pm

Holy Communion (said) and Compline at St Nicholas'



Wednesday 7.00pm

Agape meal at St Katharine's Centre. We re-enact the Passover Meal, sampling traditional ceremonial foods of the Passover and singing some Hebrew. The meal concludes with a simple celebration of the Eucharist.

Lent

During Lent we have been encouraged to deepen our faith and prepare for the climax of the Christian year, through prayer, fasting and almsgiving. Although these disciplines are customarily continued until the Easter Vigil, Lent actually comes to an end before the Mass of the Lord's Supper on the evening of Maundy Thursday.



THE PASCHAL TRIDUUM

These three days are when we recall the events at the heart of our faith:

The Last Supper, in which Jesus washes the feet of his disciples and then gives himself to us, in the form of bread and wine, inaugurating the Sacrament of the Mass or Eucharist.

The Passion of Our Lord, where he is arrested, mocked, flogged and then crucified; giving his life on the cross for our salvation.

The Resurrection and the glory of the empty tomb. Jesus' triumph over sin and death

MAUNDY THURSDAY

**7.30pm Sung Mass at
St Katharine's, with foot washing.**



This is followed by the procession of the Blessed Sacrament to the altar of repose and the stripping of the altars.

A watch is kept at the altar of repose until 1.00am.

Praying at the altar of repose allows us to spend a few moments with Jesus in the garden of Gethsemane, as he prepares to offer his life for our salvation.

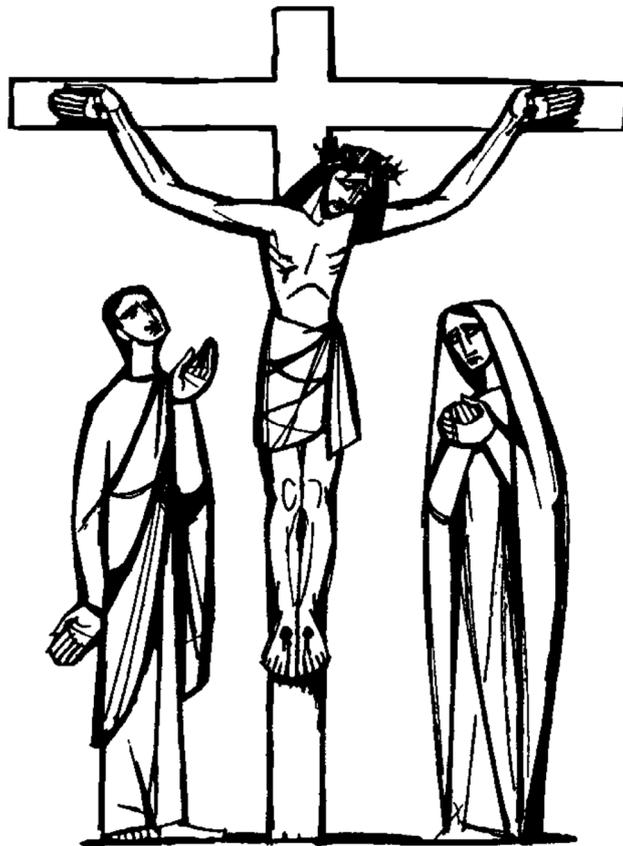


If you are unable to spend time before the altar of repose, try to spend a few minutes in prayer at home late Thursday evening or early Friday morning. Perhaps read Matthew 26: 36-56, slowly and prayerfully, and then reflect on Jesus' agony in the garden and his arrest.

GOOD FRIDAY 19th April

9.30am Stations of the Cross at St Katharine's, then on to Our Lady Queen of Peace to join them in walking to Fisherman's Walk for an ecumenical act of worship at 11.00am.

10.00am to 12.30pm Children's Good Friday Workshop at St Nicholas'



2.00pm Liturgy of the Lord's Passion at St Katharine's

6.30pm Tenebrae service at St Katharine's. Candles are extinguished during the reading of the Passion of Our Lord from St John's Gospel. The service ends in the darkness of the tomb. This is the only time in the year when the Sanctuary lamp, signifying Christ's presence in the Blessed Sacrament, is extinguished; it will be re-lit at the Easter Vigil.

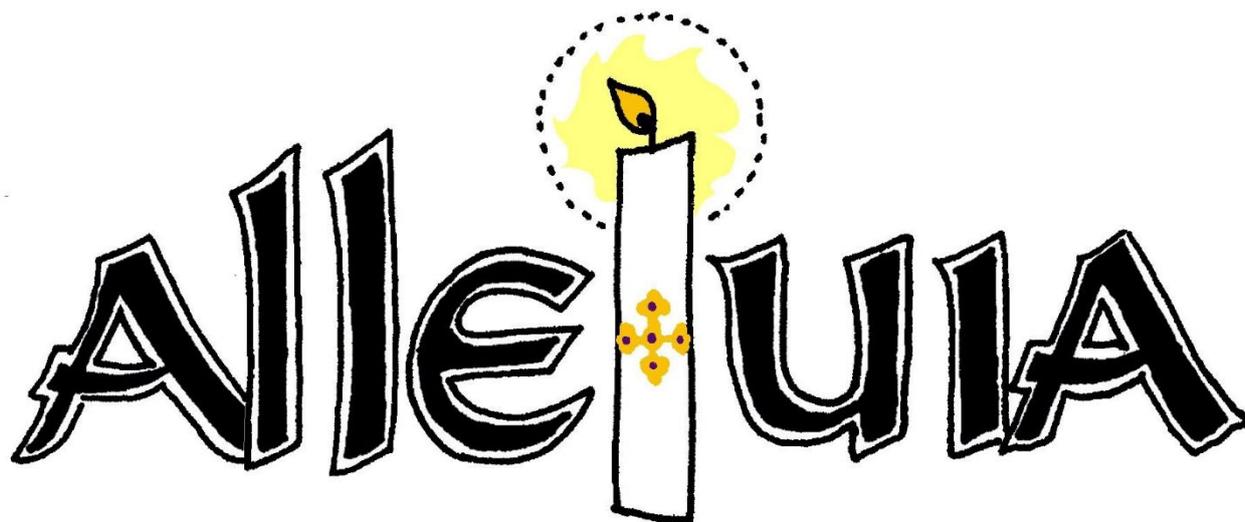
7.30pm Taizé service at Our Lady Queen of Peace.

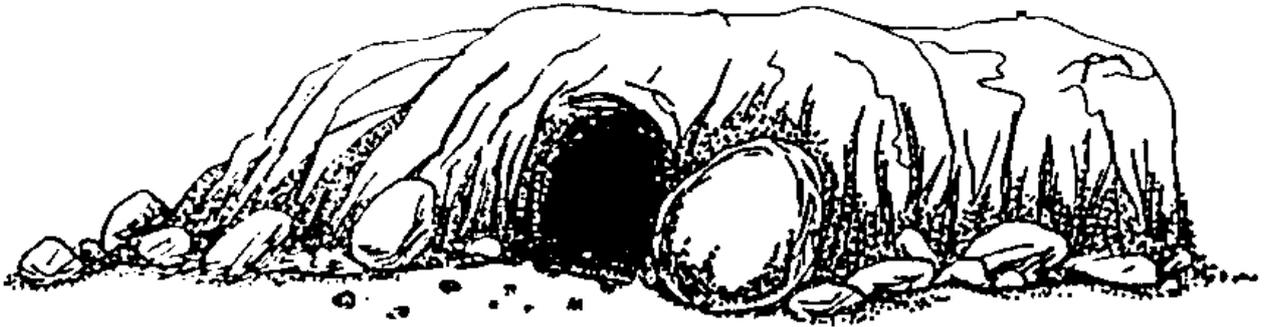
THE EASTER VIGIL 20th April

7.30pm at St Katharine's

This is the single most important service of the year and falls into four parts:

1. The Service of Light, which includes the marking and lighting of the new Paschal candle, a symbol of Christ being raised from the dead – the Light of the World having conquered death.
2. The Liturgy of the Word, where we hear the story of God's redemptive plan of salvation in human history.
3. The Renewal of our Baptismal vows.
4. The Liturgy of the Sacrament or the first Mass of Easter, in which we celebrate anew the wonder of Christ's giving of himself in the Eucharist, that we might share in eternal life by receiving His Body and Blood, in the form of bread and wine.





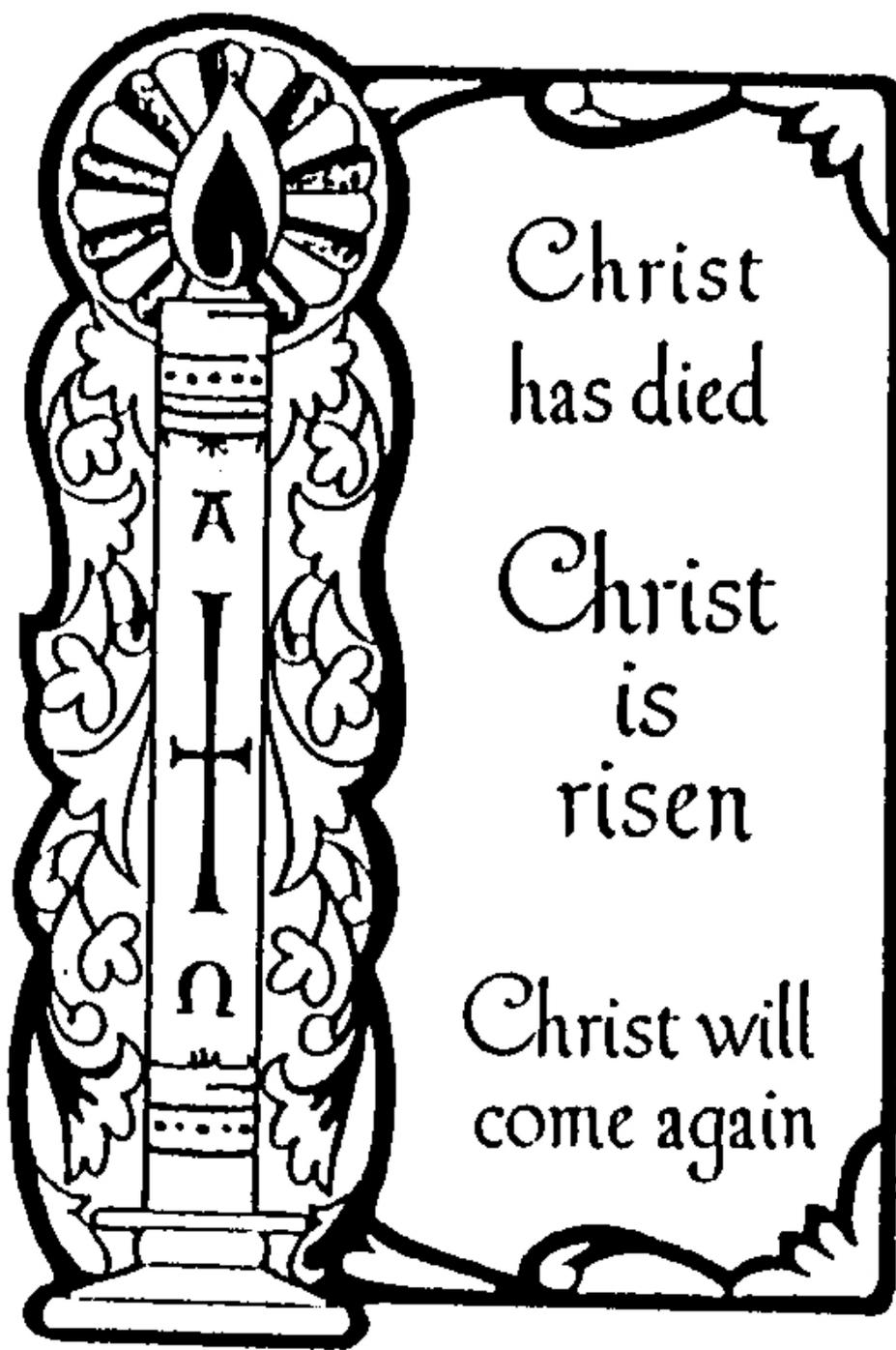
EASTER DAY 21st April

6.30am Dawn Service at St Nicholas', followed by refreshments

9.00am Sung Holy Communion at St Nicholas'

10.30am Sung Mass at St Katharine's

HE IS RISEN
alleluia



Christ
has died

Christ
is
risen

Christ will
come again