



Making the most of Lent



Our programme for Lent 2019 offers a range of opportunities to engage with this season of preparation for Holy Week and Easter. Whether you prefer time for yourself or with others there is something for you, with sermons, lectures, and addresses, as well Lent books to read or Home Groups to join. For those who choose to give up something Lent, there is the opportunity to give the money saved to charity.

Sunday Sermons in Lent and Meet the Preacher

In our conflicted world, this series of sermons at the 10.00 am Eucharist will reflect on Jesus saying he came not to bring peace, but a sword.

Following the Service you are welcome to discuss the sermon with the preacher over coffee or tea. Ending by 12 noon these conversations will take place in the Edmund Room.

Sunday 10 March

The Very Revd Keith Jones, former Dean of York

Sunday 17 March

Revd Canon Chris Andrews, former Rector of Grantham

Sunday 24 March

The Rt Revd Graeme Knowles, Honorary Assistant Bishop

Sunday 7 April

The Rt Revd Tim Stevens, Honorary Assistant Bishop

Tuesday Evenings in Lent

Global Perspectives

A series of presentations that will set our local concerns in a global context. Following the presentation in the Edmund Room, Canon John Parr will offer a theological reflection and lead a discussion. Free admission with presentation at 7.30 pm and evening ending by 9.00 pm. No booking required.

Healthcare - Tuesday 19 March

Stephen Dunn, CEO of West Suffolk Hospital

Religion - Tuesday 26 March

Tim Stevens, former Bishop of Leicester

Education - Tuesday 2 April

Geoff Barton, General Secretary, Association of School and College Leaders

Climate Change - Tuesday 9 April

Julia Wakelam, Green Party Borough Councillor

Friday Lunchtime Lent Addresses

Through Another's Eyes

A series of talks about people from traditions different to our own and how they can enlarge our faith. Each week the speaker will reflect on a person that has enriched their understanding of life. 1.00 to 1.30 pm in the Edmund Chapel, with two hymns and short prayers. Free admission.

15 March - Robert Schuman, proposer of 1950 Europe Declaration
Revd Jutta Brueck, Priest-in-Charge, St Thomas, Ipswich

22 March - Micah, Biblical Prophet
Canon Liesbeth Oosterhof, Rector of The Shoreline Benefice

29 March - The Woman of Samaria, Gospel Character
Canon Dr John Parr, Diocesan Ministry Formation Advisor

5 April - Thich Nhat Hanh, Zen Master and Mindfulness Teacher
Canon Matthew Vernon, Canon Pastor, St Edmundsbury Cathedral

12 April - St Therese of Lisieux, Christian Mystic
Bishop Mike Harrison, Bishop of Dunwich

Holy Week Preacher

The Dean of St Edmundsbury, The Very Revd Joe Hawes, will give the addresses at these Services.

Compline with Address	Monday 15 April, 7.00 pm Tuesday 16 April, 7.00 pm Wednesday 17 April, 7.00 pm
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Maundy Thursday Eucharist with Sermon	Thursday 18 April, 7.00 pm
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Good Friday Devotions	Friday 19 April, 12 noon
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Palms & Thorns

Reflections for Holy Week in words and music.
Sunday 14 April, 5.30 pm in the Cathedral

Lent Books

There is a range of excellent Lent books available this year in the Cathedral Shop, as well as online. In particular we recommend:

The Merciful Humility of God by Jane Williams which explores God's humility and the implications for our lives. Taking us through Lent, the book reveals how God's humility is the source of new life for us. Each accessible chapter ends with material for reflection and discussion.

Home Groups

There will be two groups meeting through Lent discussing Jane William's book. These will be on Wednesday afternoons at 3.00 pm and Thursday evenings at 7.30 pm. If you'd like to join one of the groups, please email clairegreaves@stedscathedral.org or speak to Canon Matthew Vernon

Water Aid Jars of Change

An opportunity for you to donate spare change (or money you don't spend on what you've given up for Lent) to help bring clean water to communities around the world. Information and jam jar sleeves will be available at the back of the Cathedral.