



St Edmundsbury
Cathedral



Stepping into Lent

A mix of 40 learning activities, reflections, stories and music for children, families and young people to take us through Lent to Easter Day.

Tuesday 23 March 2021 National Day of Reflection

Today we join the National Day of Reflection and encourage you to:

- ◆ Keep the silence at 12 noon to remember the many thousands of people who have died over the past year.
- ◆ At 8 pm, light either a candle or lantern and place in your window. You may like to say the prayer below as you share your light.



A prayer from the Church of England.

Dear God,
Be with us as we think about all that has changed this year,
And help us to trust that you are always with us.
Be close to us as we remember those who have died,
And help us to trust they are at peace with you.
Show us how to reach out to others with kindness and care,
So that hope shines out in every heart and home,
Amen

For this National Day of Reflection, the Cathedral has put up a special piece of art work over the Nave Altar. Further details can be found here:

[23 March- National Day of Reflection - St Edmundsbury Cathedral \(stedscathedral.org\)](https://stedscathedral.org)

