

LENT AT HOME
2021

Resources for keeping a Holy Lent at home during lockdown



Christ Church,
Little Drayton.

A Letter from Jane

My dear friends,

Here is another booklet so that you can keep the season of Lent at home. It feels difficult entering the season of Lent at a time of such deprivation. I am finding that the stories of the Israelites in the Bible as they spent time in exile very helpful in interpreting these times we are living in:

How shall we sing the LORD'S song in a strange land?
– Psalm 137:4

Over the centuries the practice of the Jewish faith went from one focused on worship in the Temple to one focused on worship in the home. The Jewish people learnt to worship God where they were and to bring the presence of God into their homes. This takes place today with the holiest of festivals, Passover, not taking place at the Synagogue but in the home. Maybe we can learn something from this and remember that our faith stays firm even though things are changing all around us. We will keep going.

This Lent, perhaps, rather than giving things up (since we already have had to give many things up), we should take something up – make a fresh commitment to God, pick up some new healthy and holy habits. I hope that this booklet will help you to do that. It has a colouring sheet, some poetry, a service to say at home, all the bible readings set for the coming weeks, and a recipe for us to enjoy as we journey through Lent separately from each other.

My hope (at the time of writing) is that we will be back in our church buildings for worship in Holy Week.

May you have a blessed and Holy Lent and may God bring us together again for worship this Easter.

Love in Christ,

Your Priests,

Jane and Lucinda.



A Reflective Service: for worship in isolation

We come from scattered lives to meet with God.
Let us recognise God's presence with us now.

Keep a short silence, still your heart.

As God's people we have gathered;
Let us worship God now together,
Across the miles yet joined



Let us pray.
Come, Holy Spirit,
fill the hearts of your faithful people,
and kindle in us the fire of your love;
through Jesus Christ our Lord,
Amen.

In the light of Jesus, let us examine ourselves
and confess our sins.

Keep a short silence, leave your sins at the cross

Confession:

Father, we have sinned against heaven and against you.
We are not worthy to be called your children.
We turn to you again, have mercy on us,
bring us back to yourself as those who once were dead
but now have life through Christ our Lord.
Amen.



Absolution:

May the Father forgive us by the death of the Son,
and strengthen us to live in the power of The Spirit
all our days. Amen.



Read the bible reading for today (look it up in this booklet)

We affirm our faith in Jesus Christ the Son of God:

Though he was divine, he did not cling to equality with God, but made himself nothing. Taking the form of a slave, he was born in human likeness. He humbled himself and was obedient to death, even the death of the cross. Therefore, God has raised him on high, and given him the name above every name: that at the name of Jesus every knee should bow, and every voice proclaim that Jesus Christ is Lord, to the glory of God the Father. Amen.

cf Philippians 2.6-11

We intercede for others in the quiet of our hearts.
Lord, meet us in the silence
And hear our prayer.

Silence for prayer is kept:

*Pray for yourself in your isolation, that God would sit with you
Pray for others in their loneliness
Pray for our country
Pray for the world*

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.



For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.

Silence is kept

Faithful God, may we who share in this time of worship
Glory in the cross of our Lord Jesus Christ,
Our salvation and hope, who reigns as Lord now and forever.

Fill us, Good Lord with your Spirit of love;
And as you have fed us with your presence,
so, make us one in heart and mind,
In Jesus Christ our Lord.
Amen.

Let us bless the Lord
Thanks be to God.

“For God has said, ‘I will not leave you or forsake you’ so we can confidently say, ‘The Lord is my helper; I will not fear’.” (Hebrews 13:5-6)

“It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not be dismayed.” (Deuteronomy 31:8)

Please God, we ask that we can meet together in church again, soon.
Amen



Ash Wednesday 17th February

Joel 2.1–2, 12–17

2 Corinthians 5.20b – 6.10

John 8.1–11

Almighty and everlasting God,
you hate nothing that you have made
and forgive the sins of all those who are penitent:
create and make in us new and contrite hearts
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may receive from you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.

First Sunday of Lent 21st February

Genesis 9.8–17

1 Peter 3.18–22

Mark 1.9–15

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.

Second Sunday of Lent 28th February

Genesis 17.1–7,15,16

Romans 4.13–25

Mark 8.31–38

Almighty God,
you show to those who are in error the light of your truth,
that they may return to the way of righteousness:
grant to all those who are admitted
 into the fellowship of Christ's religion,
that they may reject those things
 that are contrary to their profession,
and follow all such things as are agreeable to the same;
through our Lord Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.

Third Sunday of Lent 7th March

Exodus 20.1–17

Psalm 19*

I Corinthians 1.18–25

John 2.13–22

Almighty God,
whose most dear Son went not up to joy but first he suffered pain,
and entered not into glory before he was crucified:
mercifully grant that we, walking in the way of the cross,
may find it none other than the way of life and peace;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.

Fourth Sunday of Lent 14th March – Mothering Sunday

Exodus 2.1–10

Colossians 3.12–17

John 19.25–27

God of compassion,
whose Son Jesus Christ, the child of Mary,
shared the life of a home in Nazareth,
and on the cross drew the whole human family to himself:
strengthen us in our daily living
that in joy and in sorrow
we may know the power of your presence
to bind together and to heal;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.

Fifth Sunday of Lent 21st March – Passion Sunday

Jeremiah 31.31–34

Hebrews 5.5–10

John 12.20–33

Most merciful God,
who by the death and resurrection of your Son Jesus Christ
delivered and saved the world:
grant that by faith in him who suffered on the cross
we may triumph in the power of his victory;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.

Palm Sunday 28th March

Liturgy of the Palms:

Mark 11.1–11

Liturgy of the Passion:

Isaiah 50.4–9a

Philippians 2.5–11

Mark 14.1 – end of 15



Almighty and everlasting God,
who in your tender love towards the human race
sent your Son our Saviour Jesus Christ
to take upon him our flesh
and to suffer death upon the cross:
grant that we may follow the example of his patience and humility,
and also be made partakers of his resurrection;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.

Holy Monday 29th March

Isaiah 42.1–9

Hebrews 9.11–15

John 12.1–11

Holy Tuesday 30th March

Isaiah 49.1–7

1 Corinthians 1.18–31

John 12.20–36

Holy Wednesday 31st March

Isaiah 50.4–9a

Hebrews 12.1–3

John 13.21–32

Maundy Thursday 1st April

Exodus 12.1–4[5–10] 11–14

I Corinthians 11.23–26

John 13.1–17,31b–35

God our Father,
you have invited us to share in the supper
which your Son gave to his Church
to proclaim his death until he comes:
may he nourish us by his presence,
and unite us in his love;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen.

Good Friday 2nd April

Isaiah 52.13 – 53.12

Psalms 22

Hebrews 10.16–25

John 18.1 – 19.42

Almighty Father,
look with mercy on this your family
for which our Lord Jesus Christ was content to be betrayed
and given up into the hands of sinners
and to suffer death upon the cross;
who is alive and glorified with you and the Holy Spirit,
one God, now and for ever. Amen.

Easter Day 4th April

Isaiah 25.6–9

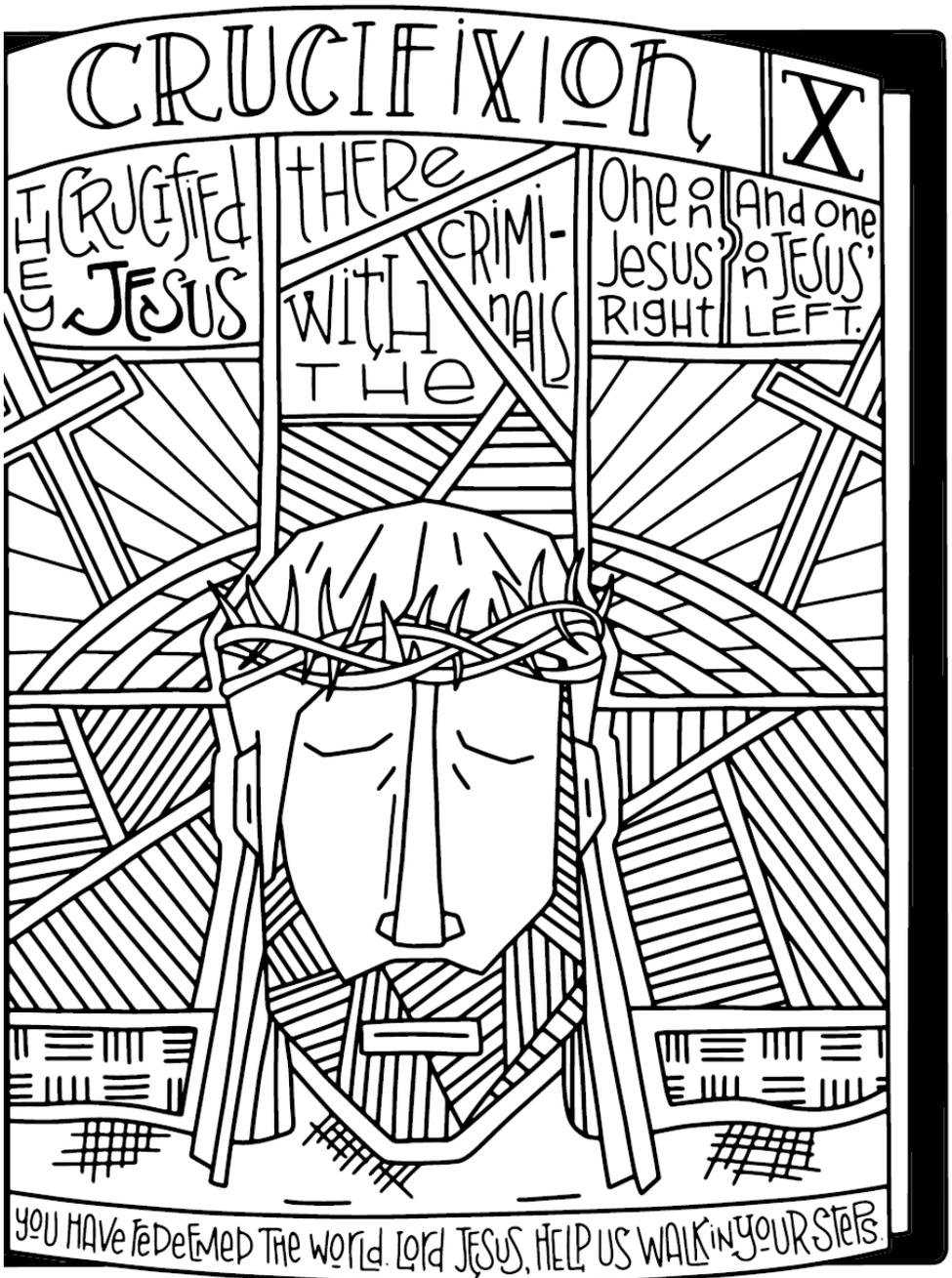
I Corinthians 15.1–11

John 20.1–18



Lord of all life and power,
who through the mighty resurrection of your Son
overcame the old order of sin and death
to make all things new in him:
grant that we, being dead to sin
and alive to you in Jesus Christ,
may reign with him in glory;
to whom with you and the Holy Spirit
be praise and honour, glory and might,
now and in all eternity. Amen.

Colouring sheet on next page



CRUCIFIXION

X

THE CRUCIFIED
JESUS

THERE
WITH THE
CRIMINALS

One n
Jesus' RIGHT

And one
n Jesus' LEFT.

YOU HAVE REDEEMED THE WORLD. LORD JESUS, HELP US WALK IN YOUR STEPS.

STATION X: CRUCIFIXION

Jesus is Crucified: Luke 23:33-34

The Dream of the Rood – anon. Anglo Saxon poem

Hear while I tell about the best of dreams
Which came to me the middle of one night
While humankind were sleeping in their beds.

It was as though I saw a wondrous tree
Towering in the sky suffused with light,
Brightest of beams; and all that beacon was
Covered with gold. The corners of the earth
Gleamed with fair jewels, just as there were five
Upon the cross-beam.

...So I lay watching there the Saviour's tree,
Grieving in spirit for a long, long while,
Until I heard it utter sounds, the best
Of woods began to speak these words to me:

"It was long past - I still remember it -
That I was cut down at the copse's end,
Moved from my root. Strong enemies there took me,
Told me to hold aloft their criminals,
Made me a spectacle. Men carried me
Upon their shoulders, set me on a hill,
A host of enemies there fastened me.

And then I saw the Lord of all mankind
Hasten with eager zeal that He might mount
Upon me. I durst not against God's word
Bend down or break, when I saw tremble all
The surface of the earth. Although I might
Have struck down all the foes, yet stood I fast.

Then the young hero (who was God almighty)
Got ready, resolute and strong in heart.

He climbed onto the lofty gallows-tree,
Bold in the sight of many watching men,
When He intended to redeem mankind.

I trembled as the warrior embraced me.
But still I dared not bend down to the earth,
Fall to the ground. Upright I had to stand.
A rood I was raised up; and I held high
The noble King, the Lord of heaven above.

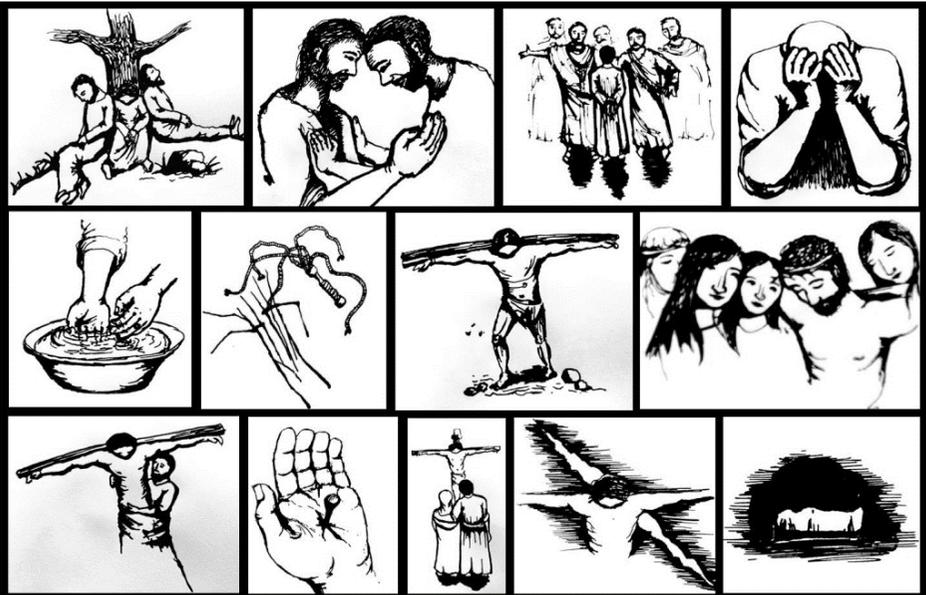
I dared not stoop. They pierced me with dark nails;
The scars can still be clearly seen on me,
The open wounds of malice. yet might I
Not harm them. They reviled us both together.
I was made wet all over with the blood
Which poured out from his side, after He had Sent forth His spirit.

God's Grandeur by G. M. Hopkins

The world is charged with the grandeur of God.
It will flame out, like shining from shook foil;
It gathers to a greatness, like the ooze of oil
Crushed. Why do men then now not reckon his rod?
Generations have trod, have trod, have trod;
And all is seared with trade; bleared, smeared with toil;
And wears man's smudge and shares man's smell: the soil
Is bare now, nor can foot feel, being shod.

And for all this, nature is never spent;
There lives the dearest freshness deep down things;
And though the last lights off the black West went
Oh, morning, at the brown brink eastward, springs –
Because the Holy Ghost over the bent
World broods with warm breast and with ah! bright wings.

Stations of the Cross – a short service



1. First Station - Jesus is condemned to death.

V. We adore Thee, O Christ, and we bless Thee.

R. **Because by Thy holy Cross, Thou hast redeemed the world.**

We may have been condemned by others for no fault of ours. We may have been hurt. We may be unwanted and lonely in this world. We may be a burden for others. Let us give all those painful moments over to the Lord.

2. Second Station - Jesus carries the Cross.

V. We adore Thee, O Christ, and we bless Thee.

R. **Because by Thy holy Cross, Thou hast redeemed the world.**

Let us remember the times when he had to carry our cross in the form of sin, sickness, pain, worry, despair, loneliness, guilt, loss of loved ones, financial problems and so on. As Jesus bore the cross with patience, let us be patient with our cross and look forward towards greater glory.

3. Third Station - Jesus falls the first time.

V. We adore Thee, O Christ, and we bless Thee.

R. **Because by Thy holy Cross, Thou hast redeemed the world.**

Let us remember the first time when we gave into temptation and sinned. We fell into sin and moved away from God. Let us repent and ask Jesus for his forgiveness.

4. Fourth Station - Jesus meets his mother.

V. We adore Thee, O Christ, and we bless Thee.

R. **Because by Thy holy Cross, Thou hast redeemed the world.**

Let us remember our Heavenly Mother who gave birth to Jesus Christ and raised him on this earth. Let us believe in our Heavenly Mother's powerful intercession. Mother Mary can intercede for us and obtain all graces we need in our lives. Let Mother Mary be our comfort and strength during this earthly journey.

5. Fifth Station - Simon of Cyrene helps Jesus to carry his cross.

V. We adore Thee, O Christ, and we bless Thee.

R. **Because by Thy holy Cross, Thou hast redeemed the world.**

When we were burdened with our cross, when the cross was too heavy for us to carry, Jesus would have sent someone into our lives to help us carry the cross. It may have been your spouse, your parents, your children, your friends or even a stranger. Jesus would never abandon us. Let us thank Jesus for all those people who gave us hope.

6. Sixth Station - Veronica wipes the face of Jesus.

V. We adore Thee, O Christ, and we bless Thee.

R. **Because by Thy holy Cross, Thou hast redeemed the world.**

Let us remember our family members and friends who were there with us, to comfort us during the most painful times of our life. Let us pray for them, for all the times they comforted us and brought back faith to our lives.

7. Seventh Station - Jesus falls for the second time.

V. We adore Thee, O Christ, and we bless Thee.

R. **Because by Thy holy Cross, Thou hast redeemed the world.**

We often feel sorry and repent for our sins. We again fall into temptation and then forget everything pretty soon. We go back to our sinful lives, falling into even more greater sins. Let us surrender our hearts to the Lord and be truly repentant and sorry. Let us strive not to keep committing the same sins over and over.

8. Eighth Station - Jesus meets the women of Jerusalem.

V. We adore Thee, O Christ, and we bless Thee.

R. **Because by Thy holy Cross, Thou hast redeemed the world.**

Let us be compassionate and merciful to the people around us. Let us open our eyes to the people suffering in this world. As Jesus comforted the women of Jerusalem, let us have mercy on those in distress. Let our hearts reach out to others and the people who yet don't know Jesus.

9. Ninth Station - Jesus falls the third time.

V. We adore Thee, O Christ, and we bless Thee.

R. **Because by Thy holy Cross, Thou hast redeemed the world.**

Let us make our hearts strong and pray to Jesus for strength to fight the temptations of Satan. Let us become closer to God during this Lenten Season, through Fasting, Prayer and Almsgiving.

10. Tenth Station - Jesus is stripped of his clothes.

V. We adore Thee, O Christ, and we bless Thee.

R. **Because by Thy holy Cross, Thou hast redeemed the world.**

Surrender all those moments in your life which you wish had never ever happened and want to forget forever. It may have been a moment of great embarrassment or great shame. It may be a moment when

somebody insulted you or hurt you deeply. When Jesus was stripped of his clothes, he was ashamed and hurt, but he bore everything for our sins. Let us invite Jesus to heal our wounds and surrender all painful moments of our lives to Him.

I 1. Eleventh Station - Jesus is nailed to the Cross.

V. We adore Thee, O Christ, and we bless Thee.

R. **Because by Thy holy Cross, Thou hast redeemed the world.**

Let us give up our sinful life. Let all our sins be nailed to the cross so that we can live a new life in Jesus. As Jesus endured unbearable pain while being nailed to the cross, let us bear our sorrows with patience and hold onto life.

I 2. Twelfth Station - Jesus dies on the Cross.

V. We adore Thee, O Christ, and we bless Thee.

R. **Because by Thy holy Cross, Thou hast redeemed the world.**

Let the sinful person in us die on the Cross along with Jesus. Let us place all our burdens at the foot of the cross.

I 3. Thirteenth Station - The body of Jesus is taken down from the Cross.

V. We adore Thee, O Christ, and we bless Thee.

R. **Because by Thy holy Cross, Thou hast redeemed the world.**

Jesus, you died for our sins and purchased for us the reward of eternal life. Let us always keep that in our minds and live this life with hope.

I 4. Fourteenth Station - Jesus is laid in the tomb.

V. We adore Thee, O Christ, and we bless Thee.

R. Because by Thy holy Cross, Thou hast redeemed the world.

Let us look forward to the Eternal Life that Jesus has offered us by giving his own life as ransom. Let us pray to Jesus for the grace of a peaceful end.

Hot Cross Bun Recipe



Ingredients

For the buns

- 500g strong white bread flour
- ½ tsp salt
- 2 heaped tsp mixed spice
- 50g caster sugar
- 50g butter, chopped into cubes
- 200g mixed dried fruit
- 7g sachet easy-blend dried yeast
- 200ml milk
- 2 eggs

For the crosses & glaze

- 3 tbsp plain flour
- honey or golden syrup, for brushing

Method

STEP 1

Tip the flour into a bowl and stir in the salt, mixed spice and sugar.

STEP 2

Rub in the butter with your fingertips. Stir in the dried fruit, then sprinkle over the yeast and stir in. Gently warm the milk so it is hot, but still cool enough to put your finger in for a couple of seconds. Beat with the eggs, then pour into the dried ingredients.

STEP 3

Using a blunt knife, mix the ingredients to a moist dough, then leave to soak for 5 mins. Take out of the bowl and cut the dough into 8 equal pieces.

STEP 4

Shape the dough into buns on a floured surface. Space apart on a baking sheet, cover loosely with cling film, then leave in a warm place until half again in size. This will take 45 mins-1 hr 15 mins, depending on how warm the room is.

STEP 5

When the buns are risen, heat oven to 220C/fan 200C/gas 7. Mix the flour with 2 tbsp water to make a paste. Pour into a plastic food bag and make a nick in one of the corners. Pipe crosses on top of each bun.

STEP 6

Bake for 12-15 mins until risen and golden. Trim the excess cross mixture from the buns, then brush all over with honey or golden syrup. The buns will keep fresh for a day. After that they are best toasted and served with butter.

Bishop Michael writes:

Holy Week and Easter will be celebrated in conditions which it is simply not possible to predict at the time of writing. In the week

before Palm Sunday, Tuesday 23rd March will mark the first anniversary of the initial lockdown, and that will surely be a time for looking back to acknowledge and lament all that has been lost over the year. We will then turn, in our journey through Holy Week, to the Easter joy which is given us precisely at the darkest of times. Whether in physically gathered worship, in online communities, or through other ways of keeping in touch, Easter this year should be a point at which we are able to give a message of hope to our communities, which need that so much. In preparation for Easter, I am inviting you all this year to join me online on Maundy Thursday, 1st April at 11am, for a celebration broadcast from our Cathedral. In that service (which this year will not be a Eucharist), I will invite you to renew your ordination vows and commitment to ministry, and we will bless and consecrate for the coming year the oils of healing, of catechumens and of chrism.

Other Sources for Prayer and Worship

BROADCAST AND PHONE RESOURCES

Daily Hope - Free 24/7 telephone line for hymns and prayers
0800 804 8044 updated for the seasons.

Television programmes

'Songs of Praise' - Sundays at 1.15pm on BBC 1

Radio programmes (and through the BBC website)

'**Prayer for the Day**' - daily at 5.43am on Radio 4

'**Sunday Worship**' Sundays at 8.10am on Radio 4

'**Daily Service**' Monday to Friday at 9.45am on Radio 4 Longwave and DAB

'Choral Evensong'

Wednesdays at 3.30pm and the same service is repeated Sundays at 3pm on Radio 3

ONLINE RESOURCES

If you have access to the internet you can access a wealth of spiritual resources including prayer, daily readings, and other inspirational tools.

Websites:

www.littledraytonchurch.com

www.facebook.com/ChristChurchLittleDrayton

www.churchofengland.org

search 'Daily Prayer' for full Church of England Offices

<https://www.lichfield.anglican.org/ourfaith/diocesan-services-online/>

www.sacredspace.ie

daily guided *lectio divina* with the Gospels

www.universalis.com

for a wealth of Catholic resources and readings for each day

Apps: (for handheld or mobile devices)

Common Worship Daily Prayer

Lectio 365

Pray as you go

PASTORAL SUPPORT

If you require pastoral or practical support, have special requests for prayer, or would simply like a conversation, please call

Rev. Jane Morris 01630 801207, morrisjane516@gmail.com

Rev. Lucinda Wray-Wear 01952 840518, revlucindaww@gmail.com

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