
LENT AT USHAW 2019

During Lent 2019, there will be a full programme of events and services at Ushaw:

- On Ash Wednesday, 6th March at 12.30pm, **Mass and Distribution of Ashes**.
- On the other Wednesdays of Lent (with the exception of 27th March), there will be **Stations of the Cross** at 12 noon in the Stations Corridor, followed by Exposition of the Blessed Sacrament.
- On the Mondays, Tuesdays and Thursdays of Lent at 12 noon, there will be a short **Midday Service of Readings and Prayers** in St. Cuthbert's Chapel.

There will be a number of opportunities for prayer and reflection:

- On Wednesday, 13th March, from 2.00pm to 4.00pm, an **Afternoon of Reflection** for Lent. There is no charge for this event. It would be helpful if you could let us know in advance if you plan to attend so that we can estimate numbers, but please feel free to come along on the day.
- On Wednesday, 27th March, from 10.30am to 4.00pm, a **Quiet Day** led by Sr. Rosarie Spence. This is an opportunity to step aside, to listen to God in scripture and to enjoy the peace. The Quiet Day costs £10.00, including coffee, tea and biscuits served both on arrival and to conclude the day. Lunch is available to purchase in the refectory. Booking is essential.
- On Wednesday, 10th April, from 2.00pm to 4.00pm, a further **Afternoon of Reflection**. There is no charge for this event. If you can, let us know in advance if you plan to be there, but please feel free to come along on the day.

The regular Friday Mass will continue to take place during Lent at 12.30pm in St. Cuthbert's Chapel, with the exception of 29th March. Ushaw's contemplative prayer group will also be meeting as usual on the first and third Fridays of each month. All are welcome.

There will be three films shown during March, on a Lenten theme. Films will be shown on Friday afternoons of the 8th, 15th and 22nd March at 2.00pm with tea / coffee and hot cross buns at a charge of £5.00.

For further enquiries, and to book for the Quiet Day, an Afternoon of Reflection or a film, please telephone 0191 334 5119, or email meet@ushaw.org.