



LENT

IN



Lent Dates 2024

Ash Wednesday: 14th February

Mothering Sunday: 10th March

Palm Sunday: 24th March

Easter Day: 31st March

The Lenten Collect

*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 our Lord. Amen.*

From the Vicar

Although we often fast during Lent, far from being a marathon of self-denial Lent is a wonderful season in the Church Year which helps us get into a frame of mind for the pinnacle of our worshipping year – Holy Week and Easter. You will see that we have worked to provide opportunities for bible study, worship and reflection throughout the season.

Please see where you can find the time to make room for reflection and engagement with God during this important season. I wish you a blessed Lent. *Adrian*

Shrove Tuesday Pancake Party

***Tuesday 13th February
6.30-8pm***

Seaforde YFC Hall

ALL WELCOME

Although this is one of our pop-up events it is for everybody, not just children – COME ALONG!!!!

Ash Wednesday Worship

***Wednesday 14th February
1pm in Down Parish
Holy Communion
with Optional Ashes***

***7.30pm in Seaforde
Choral Evensong***

Evensong Choir

Evensong on Ash Wednesday is a very simple version of sung evening prayer. Each year we put together a little choir for the service and we want to extend that invitation to anyone and everyone – even if you've never sung before. You will only need to come to one practice – on **Ash Wednesday 14th Feb at 6.15pm before the service in Seaforde.**

Cathedral Reopening – from the Canon Chancellor

We are looking forward immensely to the reopening of the Cathedral on Thursday 15th February. I will be privileged to preside at the Holy Communion service at 10am on that day and invite you to join us. The Cathedral Board and myself thank you for your kind support and understanding during these past weeks and for attending services in St. Margaret's and across LAMP. It was a joy for me to participate in the inspirational service on St. Brigid's Day. We also thank the Clergy Team and the Cathedral Staff for generously undertaking additional work and for their full support.

The Board unanimously agreed to the recommendation following the Contractor's extensive investigation to reschedule the boiler replacement, as we now understand there are no immediate vulnerabilities. Carrying out the work during the summer is the preferred option as further investigations are required. In addition no heat will be required at that time of year and the Cathedral will not need to close. We are extremely grateful to Peter McCartney and the Contractor for all their continued hard work. Please remember them in your thoughts and prayers.

A new telecommunications system has been successfully installed while the Cathedral was closed. This will be most beneficial to the Staff and to those contacting the Cathedral. This is indeed good news. We thank Jeff Marshall for all his hard work with the Contractors and the Staff.

John R. Auchmuty

Wednesday Night Compline

Over the past few years Compline (or Night Prayer) in Ballyculter has proved popular during Lent. This will be our main Lenten focus this year. It is a short service with a Lenten reflection and time for quiet prayer. Beginning on 21st February, there will be a service each Wednesday evening in Lent at 7.30pm in Ballyculter Church. All are welcome.

Quiet Morning at Saul

We are holding a Quiet Morning in Saul Hall on Saturday 23rd March from 9.45am-12.30pm. Sabrina will lead us for this morning, during which we will take time to reflect together around the theme of prayer. Tea and coffee will be available.

LAMP Lenten Bible Studies on Titus

Following on from our successful series in November, we will be running a Lenten Bible Study on the Book of Titus. To give people the option of daytime or evening, the same session will run twice each Tuesday – at **2pm in Seaforde** and **7.30pm in Saul**. Sessions will last around an hour and will there will be a cuppa!



At Deeper in March, we are excited to welcome Precept Ireland – an organisation with a mission to help people engage in a relationship with God through knowing his Word. This is the only Deeper in Lent - we are looking forward to getting to grips with scripture. Sammy Gribben to lead us in worship.

Ladies' Fellowship

Next Meeting: Thursday 7th March
at 1.30pm Tyrella Hall
All Welcome
With the Salvation Army

Evergreens

Next Meeting: Monday 11th March
at 1pm Rathmullan Hall
All Welcome
Pastor Keith Lindsay from Acre

Seaforde Toddlers' Easter Pram Service

Tuesday 19th March at 10am in Seaforde Church
Followed by an Easter Egg Hunt

Register of Vestrypersons

At this time of year we revise and update our list of Registered Vestrypersons. This is the list of all those (both men and women – despite the archaic title) eligible to vote at the Easter Vestry, and to stand for election to our Select Vestries. Ideally we would like as many of our parishioners as possible to become Registered Vestrypersons. To be eligible you have to be over 18, and be a regular worshipper and contributor at one of our churches. Forms for registration are available in each church. For most of our Churches the deadline is Sunday 25th February.

Interchurch Study Series

We are delighted that our links with Donard Methodist Church and Tyrella & Dundrum Roman Catholic Parish are continuing again during Lent. Each Wednesday (after Ash Wednesday) in Lent we will unite in Dundrum Catholic Church Hall from 7.30-8.30pm, to work through a resource called 'Greater Love' which uses atmospheric videos filmed on location in the Holy Land to walk us through the last hours of Christ's life. This is open to all but particularly targeted to parishioners at the Seaforde/Tyrella/Rathmullan end of LAMP who might not fancy the drive to Compline in Ballyculter on a Wednesday.

Services in LAMP

As we're publishing services for the whole of Lent and with so many moving parts in LAMP, this schedule is subject to change.

<p>18TH FEB: LENT 1</p> <p>10am</p> <p>Saul HC SC</p> <p>Seaforde MP AD</p> <p>H'mount MP LQ</p> <p>Bright HC RW</p> <p>11am A'glass HC GS</p> <p>11.30am</p> <p>B'culter MP LQ</p> <p>Down HC RW</p> <p>Cathedral HC RD</p> <p>Ballee HC SC</p> <p>R'mullan HC AD</p> <p>6pm Tyrella LEO AD</p>	<p>25TH FEB: LENT 2</p> <p>10am</p> <p>Saul MP JS</p> <p>Seaforde AA AD</p> <p>H'mount AA LQ</p> <p>Bright MP RW</p> <p>Kilclief HC SC</p> <p>11am D'ford MP GS</p> <p>11.30am</p> <p>Down MP RW</p> <p>Cathedral HC AD</p> <p>Ballee MP SC</p> <p>R'mullan MP LQ</p>	<p>3RD MARCH: LENT 3</p> <p>8.30am Down HC AD</p> <p>10am</p> <p>Saul MP JS</p> <p>Seaforde HC AD</p> <p>H'mount HC RW</p> <p>Kilclief HC SC</p> <p>11.30am</p> <p>Cathedral HC RD</p> <p>Killough AA SC</p> <p>6pm Tyrella HC AD</p> <p>7pm Down Deeper</p>	<p>10TH MARCH: LENT 4</p> <p>MOTHERING SUNDAY</p> <p>10am</p> <p>Saul MP SC</p> <p>Seaforde SoW AD</p> <p>H'mount MP LQ</p> <p>Bright AA BF/RW</p> <p>11am A'glass HC GS</p> <p>11.30am</p> <p>B'culter MP SC</p> <p>Down MP AD</p> <p>Cathedral MP RD</p> <p>Ballee HC RW</p> <p>R'mullan MP LQ</p>
<p>SATURDAY 16TH MARCH</p> <p>DIOCESAN ST PATRICK CELEBRATIONS</p> <p>The theme this year is 'Light the Beacons', based on the story of St Patrick lighting a Paschal fire in defiance of the pagan king, which represented the gospel.</p> <p>Bishop David has directed that each Church in the Diocese should light a beacon on the evening of St Patrick's Day – which is why you will see a very different service schedule for Sunday 17th March. Where the note is EPS this will be a full service with the beacon lighting at the end. Where it says CER, there will be short (15-20min) ceremony to light the beacon.</p> <p>Sat 16th March 9.15am HC in Saul 10.15am Pilgrimage walk 11.45am Festival Service in Cathedral</p>	<p>17TH MARCH: PATRICK</p> <p>11am Cath HC AD</p> <p>Evening Services</p> <p>5.30pm</p> <p>Saul EPS AD</p> <p>Bright EPS RW</p> <p>D'ford EPS GS</p> <p>H'mount CER LQ</p> <p>Killough CER BF</p> <p>B'culter EPS SC</p> <p>6pm Tyrella LEO JS</p> <p>7pm</p> <p>Seaforde EPS AD</p> <p>Ballee CER SC</p> <p>R'mullan CER LQ</p> <p>Kilclief CER GA/MO</p> <p>Ardglass CER BF</p> <p>Down EPS RW</p>	<p>24TH MARCH: PALM SUN</p> <p>10am</p> <p>Saul MP JS</p> <p>Seaforde AA AD</p> <p>H'mount AA LQ</p> <p>Bright MP RW</p> <p>Kiclief MP SC</p> <p>11am A'glass MP GS</p> <p>11.30am</p> <p>Down AA AD</p> <p>Cathedral MP RD</p> <p>Ballee MP SC</p> <p>R'mullan HC RW</p>	

Holy Week in LAMP

Although we are just about to start Lent, *provisional plans are in place* for Holy Week. **Our special preacher at the evening services of Holy Week this year will be Archdeacon Roderic West**, whom many of you have already met. Palm Sunday is 24th March and Easter Day is 31st March.



Palm Sunday

See previous page

Fig Monday

10am	Holy Communion	Hollymount
7.45pm	St Mark Passion by Charles Wood	Down Cathedral
8pm	Evening Worship	Tyrella

Holy Tuesday

10am	Holy Communion	Ballee
8pm	Evening Worship	Killough

Spy Wednesday

10am	Holy Communion	Bright
2.30pm	All Age Big Easter Egg Hunt	Strangford Hall
8pm	Evening Worship	Dunsford

Maundy Thursday

10am	Holy Communion	Kilclief/Old Crt (TBC)
8pm	Holy Communion	Down Cathedral

Good Friday

1pm	Walk of Witness	Outside Down Recorder Office
2pm	Reflective Service	Seaforde
2.30pm	Reflective Service	Ballyculter
8pm	Good Friday Evening Service	Down Parish

St Mark Passion by Charles Wood

Cathedral, the Choir of Down Cathedral along with Cadenza, under the direction of Michael McCracken, will be performing **the St Mark Passion by Charles Wood on the Monday of Holy Week at 7.45pm (25th March) in Down Cathedral**. The concert will also feature other seasonally appropriate music. More details to follow.

Holy Week Big Strangford Easter Egg Hunt

On Wednesday 27th March 2024 at 2.30pm, we are excited to be having a big Easter Egg hunt and kids event in Strangford Hall. It'll be a super fun afternoon of hunting for eggs, singing songs and hearing the Easter story in a creative interactive way! An event for the whole family! Invite all your family and friends!

Easter Day Dawn Service

We will publish full details for Easter Day at a later date. Do note in your diaries the Easter Day Dawn Communion at Inch Abbey. **This year, the Dawn Service will take place at 6.30am on Sunday 31st March.**

Remember that the clocks go forward over Easter Weekend this year!

Killough Village Big Spring Sale

Saturday 23rd March at 11am in St Anne's Hall

Bring and Buy – all cakes, bakes, bric-a-brac, crafts, books, toys etc all welcome. *Proceeds to support the work of 'Doctors Without Borders' and 'Save the Children' in the Middle East and South Sudan*



ENCOUNTER

A morning for women in Down & Dromore

9 March 2024, Holy Trinity, Banbridge

Many Parishioners from LAMP attended the first 'encounter' in the Autumn. Booking is open for this event on **9th March in Holy Trinity Church in Banbridge**. **The day starts at 9.30am**. Last time round, lifts were arranged and everyone had a great day. Danielle McCullagh, Chaplain at Queen's University and Glynis Matchett, Diocesan Evangelist, will be speaking. Sarah McDonald (Revd Scott McDonald's Daughter-in-law) will lead the worship. If you're interested in attending speak to Lynda or Sabrina.

Day		Psalm/s	Reading		
Ash Wed 14 th Feb		51:1-18	Matthew 6:1-6,16-21		
Thurs 15 th Feb		25	Philippians 3:13-21		
Fri 16 th Feb		39	Philippians 4:1-9		
Sat 17 th Feb		13; 124	Philippians 4:10-20		
Sun 18 th Feb		25:1-9	Mark 1:9-15		
Mon 19 th Feb		26; 32	1 Corinthians 1:1-19		
Tues 20 th Feb		56	1 Corinthians 1:20-31		
Wed 21 st Feb		3; 6	1 Corinthians 2:1-13		
Thurs 22 nd Feb		13; 124	1 Corinthians 2:14–3:15		
Fri 23 rd Feb		25	1 Corinthians 3:16-23		
Sat 24 th Feb		39	1 Corinthians 4:1-7		
Sun 25 th Feb		22:23-31	Mark 8:31-35		
Mon 26 th Feb		38	1 Corinthians 4:8-21		
Tues 27 th Feb		90	1 Corinthians 5:1-8		
Wed 28 th Feb		27	1 Corinthians 5:9–6:8		
Thurs 29 th Feb		69	1 Corinthians 6:9-20		
Fri 1 st Mar		31	1 Corinthians 7:1-9		
Sat 2 nd Mar		102	1 Corinthians 7:10-34		
Sun 3 rd Mar		19	John 2:13-22		
Mon 4 th Mar		3; 6	1 Corinthians 7:25-31		
Tue 5 th Mar		25	1 Corinthians 7:32-40		
Wed 6 th Mar		39	1 Corinthians 8:1-13		
Thurs 7 th Mar		13; 124	1 Corinthians 9:1-15		
Fri 8 th Mar		26; 32	1 Corinthians 9:16-27		
Sat 9 th Mar		56	1 Corinthians 10:1-13		
Sun 10 th Mar		34:11-20	Luke 2:33-35		
Mon 11 th Mar		27	1 Corinthians 10:14–11:1		
Tue 12 th Mar		69	1 Corinthians 11:2-34		
Wed 13 th Mar		31	1 Corinthians 12:1-11		
Thurs 14 th Mar		102	1 Corinthians 12:12-26		
Fri 15 th Mar		38	1 Corinthians 12:27-13:3		
Sat 16 th Mar		90	1 Corinthians 13		
Sun 17 th Mar		145:1-13	John 4:31-38		
Mon 18 th Mar		73	1 Corinthians 14:1-19		
Tue 19 th Mar		25; 147:1-12	Matthew 13:54-58		
Wed 20 th Mar		55	2 Corinthians 2:14-3:6		
Thurs 21 st Mar		40; 54	2 Corinthians 3:7-18		
Fri 22 nd Mar		69	2 Corinthians 4:1-12		
Sat 23 rd Mar		23; 88	2 Corinthians 4:13-18		
Palm Sunday		118:1-2,19-29	Mark 11:1-11		
Mon 25 th	41	Luke 22:1-23	Thurs 28 th	39	Luke 23:1-25
Tue 26 th	27	Luke 22:24-53	Good Friday	22	John 18:1-19:42
Wed 27 th	102	Luke 22:54-71	Sat 30 th	31:1-4,15-16	Matt 27:57-66
Easter Sunday		118:1-2,14-24		John 20:1-18	

Some suggested readings to help find time with God's word in Lent