



A Season of Reflection, Renewal and Preparation

*“Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.” Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity. Who knows? He may turn and relent and leave behind a blessing” **Joel 2: 12-14***

The season of Lent is a powerful time of grace and mercy. The Lord calls us back to the basics: to love God and neighbour through prayer, penance, and almsgiving.

We spend so much time focused on ourselves that our hearts become turned inward. The disciplines of Lent are a kind of “spiritual therapy” designed by God to turn us back toward God and neighbour. Like physiotherapy, it can feel a bit painful at first as our hearts are bent back in the direction they’re supposed to be. But the end result is greater freedom and joy.

The underpinning of this great season is God’s mercy. It is only because of his great mercy that we can repent, that we can be changed, that we can recommit to loving the Lord and our neighbour as we were made to love.

A prayer for a true fast.

“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?” Isaiah 58:6–7 teaches that God desires a “*true fast*” from his people. We’re called not only to abstain from something, but to worship God by joining in his redemptive work of bringing justice, mercy and righteousness into the world.

*Father of all,
I long to bring you the praise you deserve.
In this Lenten Season, shape my heart by your Word and Sacraments.
Teach me what a true fast means,
help me to walk in your compassion,
to loosen the chains of injustice,
to lift up the oppressed,
and to share generously with those in need.
Forgive me for the times I’ve forgotten your call
and settled for outward religion instead of a living faith.
Renew in me a heart that worships you not only with words,
but through mercy, justice, and kindness.
By your Spirit, anoint me
to announce your kingdom,
to follow Christ faithfully,
and to reflect your grace to the most vulnerable.*

Amen

The good news is that God himself equips and empowers us for this calling through his Spirit. The Church offers us many ways to deepen our relationship with God through Lent. Please join the parish family this Lent as we enter into this ancient time of preparation for Easter!

Lent

Ash Wednesday February 18

10.00am Communion Service with Ash Distribution

11.15am Communion Service with Ash Distribution

Sacrament of Reconciliation

Saturdays 10.20am —10.40am and 5.15pm – 5.45pm – Musselburgh (except Holy Saturday)

Sundays 9.10am Tranent (except Easter Sunday)

Wednesday 11th March 7.00pm – 7.45 pm - First Reconciliation during Stations of the Cross

Thursday 12th March 11.00am - First Reconciliation St Martin's

Thursdays 9.35am – 9.50pm (During Exposition and Rosary) St Martin's

Sunday 28th March 6.00pm (During Exposition and Rosary) Our Lady of Loretto

Stations of the Cross

Wednesdays from Feb 25 – April 1st - 7.00pm Musselburgh plus Friday 3rd 7.00pm

Fridays from Feb. 27th — April 3rd 7.00pm Tranent

Adoration, Worship

Join us for an evening of Eucharistic Adoration, song, and Gospel in Musselburgh Sunday 29th March 6pm.

Eucharistic Adoration and Rosary

Every Saturday after 10.00am Mass Musselburgh

Every Thursday from 26th Feb. 9.30am Tranent

Bible Study in Lent

Beginning Thursday 26th 7.00pm in the Parish House

Looking at the Sunday readings in Lent.

Justice and Peace

Thursdays during Lent, 7.30-8.30pm in the Parish Hall at **Musselburgh: Following Pope Francis and Pope Leo on Justice, Peace and Environment.** Justice 19/26 Feb; Peace 5/12 March; Environment 19/26 March. **Listen, Talk, Pray, Think together – Come to ANY meeting – or all six!**

Holy Week

Palm Sunday March 29

Regular Sunday Mass Schedule - Blessing & Distribution of Palms

Tuesday March 31

Chrism Mass 7.00pm St Mary's Cathedral - Edinburgh

Wednesday April 1

Ecumenical Stations of the Cross 7.00pm - Musselburgh

Easter Triduum

Holy Thursday April 2

Evening Mass of the Lord's Supper 7.00pm - Tranent

Vigil before the Blessed Sacrament

Night Prayer 9.00pm Tranent & 10.00pm - Musselburgh

Good Friday April 3

Children's Liturgy Stations of the Cross 12noon - Musselburgh

Liturgy of the Lord's Passion, Veneration of the Cross, Holy Communion 3.00pm M & T

Stations of the Cross 7.00pm Musselburgh & Tranent

Holy Saturday April 4

Decorating the church for Easter 9.30am Musselburgh

Polish Blessing of Easter Food 12noon Musselburgh

Easter Vigil Mass with Confirmations 8.00pm Musselburgh

Easter Sunday April 5

Mass of Easter Day 9.30am - Tranent

Mass of Easter Day 11.00am - Musselburgh