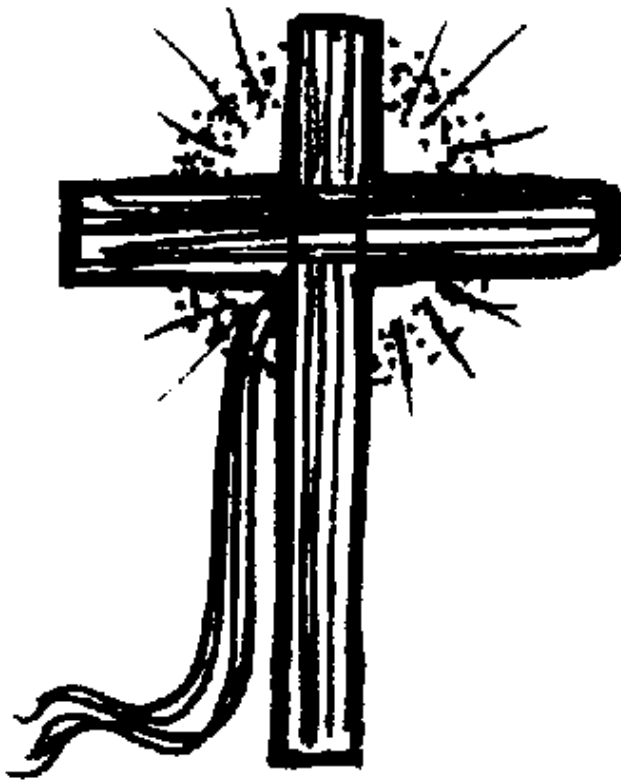


**The Mission Community of  
Littleham cum Exmouth with Lymptone**



**Lent 2018**

**This leaflet provides details of a range of worship, prayer, study & action through which to enter deeper into Lent, Holy Week and Easter.**

## **SHROVE TUESDAY (13th February)**

**6.30pm** Service of Penitence & Reconciliation – Holy Trinity

Through scripture, prayer and quiet we seek God’s forgiveness.

## **ASH WEDNESDAY (14th February)**

**11.00am** Holy Communion with Imposition of Ashes - Lympstone

**11.30am** BCP Holy Communion with Imposition of Ashes – Holy Trinity

**7.30pm** Sung Eucharist with Imposition of Ashes – Holy Trinity & Littleham

## **JOINT MISSION COMMUNITY SERVICE (4<sup>th</sup> March)**

**10.00am** Sung Eucharist - Lympstone

## **PRAYER**

Lent is a good time to develop our life in prayer through attending one of the regular services of Morning Prayer or weekday communion in our churches.

**Monday 12th March 9.30-10.30am, Lympstone Church:** an hour of quiet prayer led by Demelza Henderson.

**Saturday 10th March 9.30am -12.30pm. The Bishop of Exeter will lead the concluding event of our series on “Growing in Prayer”.**

Bishop Robert will give his reflections on what has helped him to pray, and provide opportunities for us to reflect and pray during the morning. Please see separate poster and signup sheet for details.

## **LUNCHESES DURING LENT**

NND Room in Littleham on **Wednesdays 28th February, 7<sup>th</sup> March & 21<sup>st</sup> March, 12.30pm.**

Lympstone Church on **Mondays 19th and 26th February, 5th, 12th and 19th March, 12-1pm**

Holy Trinity hall on **Wednesday 14th March 12.30pm.**

## **LENT COURSES**

This year there will be two courses, situated in Lympstone and Holy Trinity, but both are open to everyone across the mission community.

### **Lympstone:**

#### **Theme**

'Revisiting the Old Testament'. An opportunity to revisit its pages, we are offering five meetings on Tuesday afternoons when there will be a chance to refresh our memories of the stories and message of the scriptures Jesus knew so well.

You will be welcome to be part of this experience, meeting firstly on Tuesday 20 February, 2.30pm at Flat 2, The Manor House, Burgmann's Hill, Lympstone, by kind invitation.

#### **Dates and leaders**

20 Feb 'In the beginning – what?' Creation- Geoffrey Wrayford

27 Feb 'Song from the heart.' The Psalms - Demelza Henderson

6 Mar 'How strange the change.' The Minor Prophets- John Courtie

13 Mar 'Why me?' Job and Suffering - Sue Jones

20 Mar 'A little sleep, a little slumber,' wise words from Scripture - Trevor Jones

### **Holy Trinity**

#### **Theme**

'Journey to the cross'. Each week a different approach to prayer will be introduced and practised, led by Maureen Douglas.

#### **Dates**

Each week on Wednesday afternoon at 2.30pm and repeated on a Thursday evening at 7.30pm in **Holy Trinity Church hall**.

21/ 22 Feb Christ's ministry of teaching and healing

28 Feb/ 1 Mar The entry to Jerusalem and cleansing the temple

7/8 Mar The Last Supper

14/15 Mar People of the Passion: The Cross

21/ 22 Mar Holy Week: Stations of the Cross

To register your interest/book a place on either course please email [office@exmouthcoastalchurches.org.uk](mailto:office@exmouthcoastalchurches.org.uk) or tel: 01395 263681, or complete a sign up sheet in church.

# **HOLY WEEK & EASTER**

## **PALM SUNDAY (25th March)**

**8.00am** Distribution of Palm Crosses and Holy Communion - Holy Trinity

**9.15am** Palm Procession from Lympstone Methodist Church (refreshments from 9.15am) to **Lympstone Church, for Sung Eucharist at 10am**

**10am Sung Eucharist** including the Passion Gospel, at both **Littleham and Holy Trinity churches**

**4.00pm** Sunday@4 : all age: telling the Easter story through tea, craft, songs, story & prayer, at **Holy Trinity**

**5.30pm** Open to God - shared tea and informal worship, at **Littleham Church**

## **MONDAY IN HOLY WEEK**

**11.30am** Said Holy Communion - Holy Trinity

**7.30pm** Reflections for Holy Week: informal reflective worship and talk - Littleham

## **TUESDAY IN HOLY WEEK**

**11.30am** Said Holy Communion - Holy Trinity

**7.30pm** Reflections for Holy Week: informal reflective worship and talk - Holy Trinity

## **WEDNESDAY IN HOLY WEEK**

**8.00am** Holy Communion – Holy Trinity

**10.30am** BCP Holy Communion - Littleham

**11.00am** Holy Communion - Lympstone

**11.30am** Holy Communion (BCP) – Holy Trinity

**7.30pm** Reflections for Holy Week: informal reflective worship and talk - Lympstone

## **MAUNDY THURSDAY**

**11.00am** Chrism Eucharist - Exeter Cathedral

**6.30pm** Eucharist of the Last Supper - Lympstone

**7.30pm** Eucharist of the Last Supper – Holy Trinity & Littleham

## **GOOD FRIDAY**

**9.30am** Good Friday Liturgy – Holy Trinity

**9.30am** Family Good Friday Service at Littleham

**11.00am** Family Good Friday Service at Lympstone

**11.00am** Churches Together Walk of Witness & worship in the Strand

**12.00noon** Three Hours – Holy Trinity

Conducted by: Revd Canon Ian Pusey

## **EASTER EVE**

**6.00pm** Easter Vigil (short service of readings and prayer to prepare for Easter Day – Lympstone)

## **EASTER DAY (1st April)**

**5.30am** Easter Vigil Service, 1st Eucharist of Easter – Littleham

**8.00am** Holy Communion (BCP) - Holy Trinity **8.00am** Said Eucharist - Lympstone

**10.00am** Easter Sung Eucharist - Littleham and Holy Trinity, Easter Family Communion at Lympstone