

ST ANN'S

CATHOLIC CHURCH, KINGSTON HILL - KT2 7LX

05 MARCH 2025 -
20 APRIL 2025



WALK
WITH CHRIST



ST ANN'S LENTEN GUIDE

"Return to me with all your heart." – Joel 2:12

Dear Brothers and Sisters in Christ,

As we enter this **sacred season of Lent**, the Church invites us to a time of **prayer, fasting, and almsgiving**, a season of **spiritual renewal and transformation**. Lent is not merely about giving up something; it is about **giving ourselves completely to God**—examining our hearts, growing in love, and strengthening our relationship with Christ and one another.

This journey is designed to help us **walk more intentionally with the Lord**. Each day presents a simple yet profound **act of faith**—a task that will guide us toward **deeper reflection, stronger relationships, acts of charity, and moments of personal conversion**.

Throughout this journey, we are called to:

- **Turn inward** – Identify what needs to be cleansed from our hearts.
- **Turn outward** – Love and serve our family, friends, and those in need.
- **Turn upward** – Seek God's presence through prayer, fasting, and the sacraments.

Each Sunday, we will reflect on **the liturgical themes**, leading us toward **the Passion, Death, and Resurrection of Christ**. Holy Week will draw us into the **Paschal Mystery**, culminating in the **Easter Vigil**, where we celebrate the victory of Christ over sin and death.

Lent is a precious gift. **Do not let this season pass by without gaining something eternal from it**. Let us embrace this journey **with sincerity, with love, and with a renewed commitment to God and His Church**.

May this journey lead us to a **joyful and fruitful Easter**.

In Christ's love,

Fr. James Raj

St. Ann's Catholic Church, Kingston Hill

St Ann's Lenten Journey
(Ash Wednesday to Easter Sunday)

Date	Task	Bible Verse
05 March	Attend Ash Wednesday Mass and reflect on your spiritual journey.	Joel 2:12 - 'Return to me with all your heart, with fasting, with weeping, and with mourning.'
06 March	Speak only words of kindness today. Avoid gossip and negativity.	Proverbs 15:4 - 'A gentle tongue is a tree of life, but perverseness in it breaks the spirit.'
07 March	Spend 10 minutes in silent prayer, listening to God.	Psalm 46:10 - 'Be still, and know that I am God.'
08 March	Fast from social media for a few hours and use that time to pray.	Ecclesiastes 3:1 - 'For everything there is a season, and a time for every matter under heaven.'
09 March	Attend Sunday Mass and reflect on the Gospel reading.	Psalm 122:1 - 'I was glad when they said to me, Let us go to the house of the Lord!'
10 March	Pray for your family members and ask God to bless them.	Ephesians 6:2 - 'Honor your father and mother.'
11 March	Pray for someone who has hurt you and forgive them in your heart.	Colossians 3:13 - 'Bear with one another and, if one has a complaint against another, forgive each other.'
12 March	Visit or call someone who is lonely and offer them encouragement.	Isaiah 41:10 - 'Fear not, for I am with you; be not dismayed, for I am your God.'
13 March	Give up one luxury (coffee, sweets, etc.) and offer it as a sacrifice.	Romans 12:1 - 'Offer your bodies as a living sacrifice, holy and pleasing to God.'
14 March	Say 'thank you' sincerely to at least five people today.	Philippians 4:6 - 'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.'

15 March	Spend time with children and teach them something valuable.	Mark 10:14 - 'Let the little children come to me, and do not hinder them.'
16 March	Attend Mass and have a family meal together, discussing one thing you learned from the homily.	Deuteronomy 6:7 - 'Teach them diligently to your children, and talk of them when you sit in your house.'
17 March	Write a heartfelt message to a loved one and let them know you appreciate them.	Proverbs 17:17 - 'A friend loves at all times, and a brother is born for adversity.'
18 March	Fast from complaining today; focus only on the positive.	James 1:19 - 'Be quick to listen, slow to speak, and slow to become angry.'
19 March	Write a letter or send a message of appreciation to someone.	Proverbs 16:24 - 'Gracious words are like a honeycomb, sweetness to the soul and health to the body.'
20 March	Pray for the sick and those suffering around the world.	Matthew 25:36 - 'I was sick, and you visited me.'
21 March	Refrain from unnecessary spending today; use that money to help someone in need.	Hebrews 13:16 - 'Do not forget to do good and to share with others, for with such sacrifices God is pleased.'
22 March	Spend time in nature and reflect on God's creation.	Psalms 19:1 - 'The heavens declare the glory of God; the skies proclaim the work of his hands.'
23 March	Volunteer in a church activity—cleaning, decorating, or helping in any way.	Colossians 3:23 - 'Whatever you do, work heartily, as for the Lord and not for men.'
24 March	Have a family meal together and pray before eating.	Psalms 128:3 - 'Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table.'
25 March	Pray for peace in the world and for those suffering due to war and violence.	John 14:27 - 'Peace I leave with you; my peace I give to you.'

26 March	Spend 30 minutes in silent prayer, asking God to reveal His will for your life.	Jeremiah 29:13 - 'You will seek me and find me when you seek me with all your heart.'
27 March	Make a small sacrifice today—give up something you enjoy for the sake of another.	Luke 9:23 - 'If anyone would come after me, let him deny himself and take up his cross daily and follow me.'
28 March	Pray for someone who has wronged you, and ask God to bless them.	Matthew 5:44 - 'Love your enemies and pray for those who persecute you.'
29 March	Offer help to an elderly person or someone in need of assistance.	Proverbs 19:17 - 'Whoever is generous to the poor lends to the Lord, and He will repay him for his deed.'
30 March	Read a passage from the Book of Psalms and reflect on God's goodness.	Psalms 34:8 - 'Taste and see that the Lord is good; blessed is the one who takes refuge in Him.'
31 March	Pray for estranged family members and ask for reconciliation.	Matthew 5:24 - 'First be reconciled to your brother, and then come and offer your gift.'
01 April	Fast from distractions—reduce phone or screen time and use that time to pray or read scripture.	Colossians 3:2 - 'Set your minds on things above, not on earthly things.'
02 April	Visit the church and spend quiet time before the Blessed Sacrament.	Psalms 27:4 - 'One thing I ask from the Lord... to gaze on the beauty of the Lord.'
03 April	Perform an act of kindness for someone in need.	Galatians 6:9 - 'Let us not grow weary of doing good, for in due season we will reap, if we do not give up.'
04 April	Reach out to a family member you have not spoken to in a while.	Ephesians 4:32 - 'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.'

05 April	Spend time outdoors and reflect on God's creation.	Genesis 1:31 - 'God saw all that He had made, and it was very good.'
06 April	Commit to praying the Rosary today.	Luke 1:28 - 'Hail, full of grace, the Lord is with you!'
07 April	Call or visit an elderly relative and spend quality time with them.	Leviticus 19:32 - 'You shall stand up before the gray head and honor the face of an old man.'
08 April	Offer words of encouragement to someone struggling.	Isaiah 41:10 - 'Fear not, for I am with you; be not dismayed, for I am your God.'
09 April	Fast from all forms of negativity—speak only words of faith and encouragement.	Proverbs 16:24 - 'Gracious words are a honeycomb, sweet to the soul and healing to the bones.'
10 April	Pray for all priests and religious leaders.	Hebrews 13:17 - 'Obey your leaders and submit to them, for they are keeping watch over your souls.'
11 April	Help someone without expecting anything in return.	Matthew 6:3 - 'When you give to the needy, do not let your left hand know what your right hand is doing.'
12 April	Reflect on Jesus' sacrifice on the cross and meditate on the Passion narrative.	John 19:30 - 'It is finished.'
13 April	Attend Palm Sunday Mass as a family and reflect on Jesus' triumphal entry into Jerusalem . After Mass, gather as a family and read the Passion narrative together (<i>Matthew 21:1-11</i>). Discuss what it means to welcome Jesus into our lives today.	John 12:13 – "Hosanna! Blessed is He who comes in the name of the Lord!"
14 April	Pray together as a family and ask God to strengthen your bond.	Colossians 3:14 - 'Above all these put on love, which binds everything together in perfect harmony.'

15 April	Speak only words of kindness today. Avoid gossip and negativity.	Proverbs 15:4 - 'A gentle tongue is a tree of life, but perverseness in it breaks the spirit.'
16 April	Spend 10 minutes in silent prayer, listening to God.	Psalm 46:10 - 'Be still, and know that I am God.'
17 April	Participate in the Mass of the Lord's Supper and reflect on Jesus' humility in washing the disciples' feet . Take time to think about how you can serve others with love and humility.	John 13:14 - "If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet."
18 April	Attend the Good Friday service , meditate on the Passion of Christ , and participate in the Veneration of the Cross . Take time for personal reflection, fasting, and prayer in gratitude for Christ's sacrifice.	Isaiah 53:5 - "He was pierced for our transgressions, crushed for our iniquities."
19 April	Join the Easter Vigil Mass and celebrate the Resurrection of Christ with joyful prayer and thanksgiving. If possible, renew your baptismal promises and reflect on the new life that Christ brings.	Luke 24:6 - "He is not here; He has risen!"
20 April	Celebrate Easter Sunday as a family by sharing a meal together and take time to pray as a family, thanking God for His blessings . If possible, reach out to someone who may be alone or in need and extend an act of kindness .	The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him." (Gen 2.18)



ST ANN'S CATHOLIC CHURCH

ST ANN'S HOUSE, KINGSTON HILL

SURREY KT2 7LX

MASS TIMING

Monday and Wednesday 10 am

Saturday 12 noon - Pilgrims' Mass

Tuesday & Friday 7.00 pm

Saturday 6.00 pm (Vigil Mass)

Sunday 10.30 am (Family Mass)

Friday after Mass - Way of the Cross

ADORATION

Tuesday 6.30 pm

Friday 9.30 am

Saturday 11.15 am - Pilgrims

CONFESSION

Saturday morning during adoration

Other days at the request



St Ann's Website



020 8546 8732

kingstonhill@rcaos.org.uk

www.stannskingstonhill.org.uk

ARCHDIOCESE OF SOUTHWARK



Donate - St Ann's