

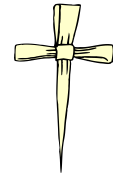
HOLY WEEK

Holy Week commemorates the last week in the life of Jesus. Day by day we follow the events within that week in the same time scale as Jesus would have experienced them. This gives us a wonderful opportunity to be absorbed within our faith and experience the reality of this week. Please do make the most of Holy Week.

PALM SUNDAY: April 14th

Our services are at the normal times:

8am	Holy Communion
10am	Sung Eucharist
6pm	Choral Evensong



During each of these services Palm Crosses will be handed out to everybody in the Church. Palm Crosses will also be taken to those who receive their communion at home around this time.

HOLY MONDAY, HOLY TUESDAY & HOLY WEDNESDAY

Our services on each day will be:

8.30am	Morning Prayer or Holy Communion (depending on staff health)
4pm	Evening Prayer
7pm	Compline

MAUNDY THURSDAY: April 18th

7.30pm Sung Eucharist of the Last Supper followed by a watch of prayer, ending with Compline at 9.30pm

There is no celebration of Holy Communion on the Thursday morning for clergy gather with our Bishops to renew our ordination vows and to receive the oils that will be used at Baptism, Confirmation and in anointing the sick for the next year.

At 7.30pm we gather and celebrate the Last Supper of Jesus. This is a Sung Eucharist, at which incense is used; it is the only time in Lent when the Gloria is sung, reminding us of the importance of the Eucharist, instituted by Jesus on this night. Whilst the service is very similar to other Eucharists up to the time of Communion, afterwards it becomes unique and so much more significant. As Jesus and his disciples went from the Upper Room to the Garden of Gethsemane, so the consecrated bread is carried from the Main Altar to the Altar of repose in the Memorial Chapel. This area is full of flowers, remembering again the garden of Gethsemane. At the end of the hymn [there is no blessing or dismissal] there is the opportunity to stay and pray for some time in the Chapel. Just as Jesus' disciples were with him in the garden, so we are with the reserved sacrament. This time of prayer and vigil concludes at 9.30pm when we shall say Compline together.

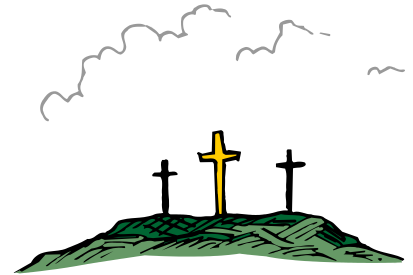




GOOD FRIDAY: April 19th

As is our tradition, we will observe the three hours that Jesus was on the cross from 12 Noon to 3pm. Please come and go during this time as is convenient for you.

Our worship will begin with the reading of the Passion gospel from St. Matthew's gospel.



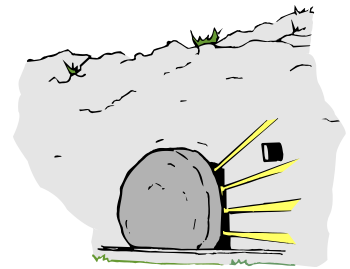
Please see the page detailing the approximate timings for our Good Friday service

HOLY SATURDAY: April 20th

The Church remains quiet, just as Jesus' tomb was quiet.

However ...

We gather outside the Church [in the porch if it is raining!] at 7.30pm when the Easter fire is lit. The Easter or Paschal Candle is lit from this fire and carried into church, and stopping in 3 places we declare, "The light of Christ". Candles, held by each of us are lit signifying the light of Jesus spreading throughout the world. We join in singing the great song of Easter – The Exsultet – as we proclaim Christ is Risen. We shall hear the story of God's creation and salvation of the world in 4 Old Testament readings. After hearing the gospel reading of that first Easter Sunday, we gather at the font to renew our Baptism promises and we are sprinkled with the water of Baptism. Following requests, this service will conclude with a less formal Communion service gathered around a table on the dais.



EASTER SUNDAY April 21st

5.30am	We gather with Christians from Lowestoft at Ness Point as the sun rises on Easter Day
8am	Holy Communion
10am	Sung Eucharist with our choir singing the Hallelujah Chorus
6pm	Favourite hymns of celebration