

CAFOD FAMILY FAST DAY FRIDAY 23rd FEBRUARY

This Lent, your donations to CAFOD's Family Fast Day appeal will help hardworking people like James the fisherman in Liberia with resources, tools and training to feed their families for good.

Please pray that our sisters and brothers around the world have what they need to feed their families.

There will be envelopes at the back of church or you can give online at cafod.org.uk

Lent resources

During Lent, the diocese will be sharing a range of resources to accompany people in prayer over the coming weeks. The resources have been created to support our journey throughout this Year of Prayer, as we prepare for the Pilgrims of Hope Jubilee in 2025. Resources can be accessed via the diocesan social media channels or by visiting the website at <https://dioceseofsalford.org.uk/lent-2024-rediscovering-prayer/>

The Stations of the Cross

Almost every Catholic Church has a series of 14/15 pictures around the wall. This tells the story of Jesus' journey from his sentencing by Pontius Pilate to be crucified to his death and burial.

There are many ways to pray this '**action prayer**'.

There are books of meditations you can read.

You can say your own prayers at each of the pictures 'Stations'

or you can simply walk round, look at the pictures and think.

After all, the name 'Station' simply means a place where you stand. (As in stationary, or a place where the bus or the train stands so that you can get on it.) Don't be shy about people seeing you just walking round the church and looking and meditating on what happens in each Station.

Perhaps make a point of coming to a communal celebration of The Stations of the Cross on Sunday afternoon during Lent or after one of the morning Masses.

A prayer often said at each Station is:

I love you, Jesus, my love above all things.

I repent with my whole heart for having offended you,

Never permit me to separate myself from you again.

Grant that I may love you always

and then do with me what you will. Amen.

