



RIPON
CATHEDRAL

Lent 2024

Opportunities
at Ripon Cathedral

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Looking forward to Lent

Lent is a wonderful opportunity to pause and reflect on life, putting ourselves right with God, with each other and with ourselves. Jesus made it clear that he wishes all his children to enjoy life in its fullness. Lent provides an annual steppingstone towards this.

It all started in the early centuries of the Church, as a time of preparation for those who would be baptised and confirmed at Easter. Finding its spiritual inspiration in the 40 days and nights spent in the wilderness by Jesus following his baptism by John the Baptist, it reminds us of Jesus' perfect example of faithfulness. Though tempted, he did manage to resist the temptations of the devil. Lent invites us to refocus on him, to resist the temptation of those influences and habits which separate us from God.

The residentiary canons and I are delighted to share with you the content of this leaflet, providing information about just some of the ways in which the cathedral is helping and encouraging us to use the weeks of Lent in a constructive, even enjoyable, way. There is something for all ages and a broad spectrum of spiritualities – something for everyone.

Dean John

A Prayer for Lent

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to your Spirit;
and as you know our weakness, so may we know your power to save;
through Jesus Christ your Son our Lord. Amen.

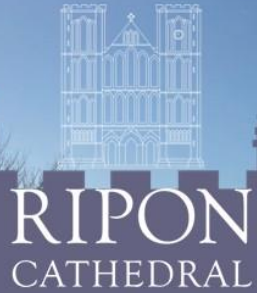
All that is healthy, grows and develops to maturity, including our faith

Faith is something that needs nurturing and requires time, effort and commitment to make any serious progress in. Lent is one of the times of the year when we dedicate some time to specifically do this. If we don't allocate time to developing our faith consciously, the likelihood is we will never engage with it at any depth.

Please have a look at what we are offering this Lent to encourage you on your faith journey, hopefully something will catch your interest.

I hope we will see you at one of the meetings and that this Lent will be a period of growth and deepening of your understanding of, and relationship with God.

Canon Claire



Bible Study

Following Tom Wright's book
Paul for Everyone
The Prison Letters
Philippians & Colossians
led by Dean John
at Thorpe Prebend House
High St Agnesgate, Ripon HG4 1QR
at 7.30pm

Tuesday 20th February

Tuesday 27th February

Tuesday 12th March

Tuesday 19th March

To book, please contact the Cathedral Office

Tel: 01765 603462 or email:

judithbustard@riponcathedral.org.uk

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Family Lent activity sheet

A fun way to observe each day of Lent with 40 activities - one for each day that will help families get the most out of the Lenten season and ready for Easter.

Lent

2024

first day of lent: 14th February

Do something
NICE
for a teacher
or pastor.

Make a cross
with things you
find in
nature. *two*

Read a Bible
story or book. 3



Play your
favorite game
with someone.
four

5

Give
someone
a hug.



NO
sweets
today!

six

7

Learn an
Easter song.



8

Make a
cottonball
lamb & think
about how Jesus is
the Lamb of God.



9

Give away something
to someone.

Help
someone
today.

ten

Draw or
decorate
colorful
Easter eggs. 11



Surprise someone
with a **SPECIAL**
NOTE.

12



13

Draw a
picture
with chalk
outside.

14

Pray for
someone.



**GIVE
SOMEONE A
COMPLIMENT.**
15

16

Help with
yardwork or
pick up a piece
of litter.



seventeen

Share a meal
with someone.

Perform
a random
act of
KINDNESS. 18

Download
Easter
coloring
pages, print
and color.

19



twenty

Tell God what
you are
thankful for.

LIST

reasons why you love Easter.

twenty one



Draw or purchase an Easter Lily for a friend.

twenty three

Read John 13:1-17 and wash someone's feet.

Have a palm parade around your home.

twenty four

FORGIVE

someone for something they did to you.

twenty six

Talk to someone or think about why we celebrate Easter.

27

Read about Good Friday.

(John 19:16-37)

Go on a nature scavenger hunt & find things that remind you of Jesus.



28

Collect items in a basket that remind you of Easter.



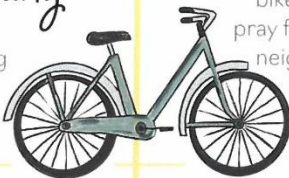
25

Draw an Easter picture for your family.

29

thirty

Make something for someone.



31

Go on a walk or bike ride & pray for your neighbors.

32

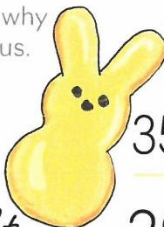


thirty three

Play a game in the dark with flashlights.

Tell someone why you love Jesus.

34



35

Play stack the Peeps.

(See who can stack the most Peeps in a minute.)

thirty six

GIVE UP

Something for the day.

Make an Easter card.

37

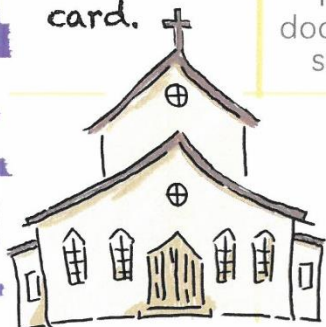
thirty eight

Hold the door open for someone.

39

Read about Jesus' resurrection.

(Matthew 28; Mark 16; Luke 24; John 20)



Attend an Easter service.



THE LENT ECO FILM FESTIVAL

In this season of Lent, The Cathedral hopes lots of people will come and watch the films and evaluate their relationship with God and with nature.

All films will be shown in Thorpe Prebend House, 4 High St Agnesgate, Ripon HG4 1QR

Refreshments will be available from 6.30pm with the film starting at 7pm

For information contact the Cathedral Office 01765 603462

We will explore some of the complicated issues of the climate and environmental crisis which affect us all. The issues covered - poverty, materialism and the environment - are as relevant today as they were in the time of St Francis. We will explore some of the complicated issues of the climate and environmental crisis which affect us all.



Wednesday 21st February 2024

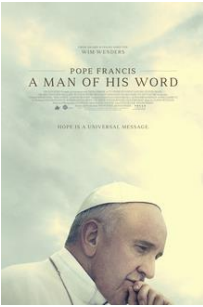
Brother Sun Sister Moon is a 1972 film directed by Franco Zeffirelli. It explores the main events of the life of St Francis of Assisi (1181 – 1226), especially his conversion from a wealthy Italian playboy to a follower of Christ.

St Francis dedicated his life to help the poor and preached the interconnectedness of mankind with all of God's creation. He created the Franciscan Order. He is the patron saint of ecologists.

'The teachings of St. Francis of Assisi hold significant relevance for contemporary Christian practice and belief, especially in a world grappling with issues of poverty, inequality, and environmental degradation.

His call to poverty is not merely a call to personal asceticism but a challenge to the global Church to reassess its relationship with wealth and to act on behalf of the poor and marginalized. This aspect of his theology speaks directly to current debates on economic justice and the ethical responsibilities of Christians in a consumerist society.

Francis's ecological insight, which was revolutionary for its time, has found new urgency in the face of the current environmental crisis. His view of creation as a fraternity, where every creature has intrinsic value, informs a Christian approach to environmental stewardship that goes beyond utilitarian conservation to one of deep respect and care for God's creation.' <http://findasaint.com>



Wednesday 28th February 2024

Pope Francis – A Man of his Word is a 2018 documentary film directed by Wim Wenders.

It was made five years after Jorge Mario Bergoglio was elected Pope and chose the name Francis. The film focuses on the life and goals of Pope Francis to help the poorest people in our world and to raise awareness of the environmental and climate crises.



Wednesday 6th March 2024

The Letter – Pope Francis' Message for Our Earth is a 2022 documentary film developed with the help and participation of Pope Francis.

It is addressed to all peoples everywhere. It explores the principles of his 2015 encyclical 'Laudato Si' and

the escalating impact of climate change on communities around the world.

The film follows the stories of a number of inspiring individuals from around the world, including a climate refugee and a courageous leader of an indigenous community, who travel to the Vatican for discussions about the destructive impact of climate change and the need for a global call to action.



Wednesday 13th March 2024

Demain (Tomorrow) is a 2015 French documentary film, made in the same year as the Paris agreement on Climate Change.

It has an optimistic message. It identifies initiatives that have proven themselves in ten countries as examples of solutions to environmental and social challenges of the twenty-first century in agriculture, energy, economy, education and governance.



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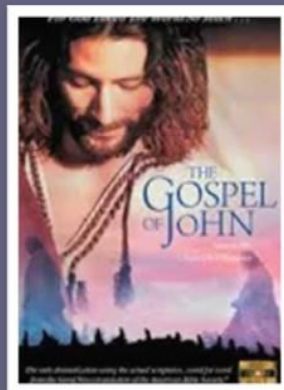
‘The Bible through Film’

Monday evenings in Lent starting on
19th February 7-9pm at St Peter’s House.

Join Canon Claire to look at
‘The Bible through Film,’

where we will be watching the Gospel of John,
a moving account of the teaching and life of Jesus,
followed by a period of discussion.

Please contact canonclaire@riponcathedral.org.uk
to join us.



The Archbishop of Canterbury's Lent Book 2024:

Tarry Awhile: Wisdom from Black Spirituality for People of Faith

By Selina Stone RRP £11.99

Foreword by Justin Welby

SUMMARY OF TARRY AWHILE: WISDOM FROM BLACK SPIRITUALITY FOR PEOPLE OF FAITH

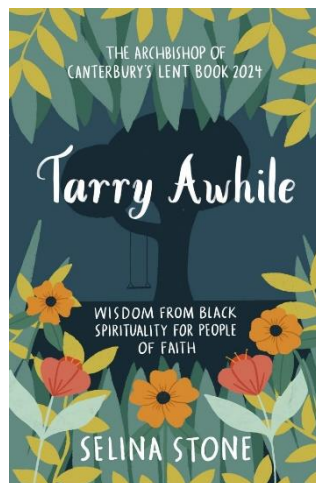
'Wonderful' JUSTIN WELBY

Tarry here and watch with me . . . (Matt 26.38, KJV)

Tarrying is a Black Christian spiritual practice in which believers actively wait to experience the manifestation of God's presence. It answers yes to the question Jesus once asked his disciples: will you tarry here and watch with me? Whether in the vibrancy of music and singing, or in the hushed silence of the congregation, people of all ages anticipate an encounter with God that will transform what they know, feel and experience day to day.

This book makes the wisdom of Black spiritualities and faith available for all people. It focuses on seven themes: darkness as a place of encounter with the divine; the unity of all things; movement, belonging and migration; the Spirit as one who moves in unexpected ways; quiet contemplation as essential to spiritual growth; healing in community; and weeping that turns to joy.

Tarry Awhile centres the stories of often overlooked people and communities, offering wisdom for all people who hope to encounter God in the midst of wearying times. It provides fresh reflections on familiar biblical passages, and draws on personal stories, theology and the spiritual wisdom of ancestors who have gone before us.



'Postcards of Hope' Exhibition

'Postcards of Hope' – pick up a blank postcard from the Cathedral before Lent begins and contribute to a Lent exhibition of Postcards of Hope – either write or draw something on the postcard which expresses what you hope for. The exhibition will be running in the Cathedral throughout Lent.

Cathedral Prayer Diary

Prayer is giving our attention to God in a two-way spiritual relationship where we talk to God and also listen to God. Prayer is like a child's conversation with a loving parent. It is natural for a child to ask a loving parent for the things they need, or to ask for advice or guidance.

We don't pray on our own, but alongside Christians throughout the ages and around the world. Prayer brings us in touch with God and others, and Christians pray in the name of Jesus Christ and in the power of the Holy Spirit. As we pray, we offer every situation to God, and God uses our prayers to bring love and justice into the world.

At Morning Prayer each day we use the Cathedral prayer diary to bring the region, diocese, city community and all people to God. At the start of Lent we are publishing a new edition of the Cathedral Prayer Diary. Please look out for printed copies or ask for it be emailed to you so you can join the whole Cathedral community in prayer.

Holy Week with The Very Revd Jane Hedges

We are delighted that Jane Hedges has accepted the dean's invitation to lead us through Holy Week 2024 with addresses and sermons. Here is some biographical information which she has kindly shared with us.

I retired as Dean of Norwich in May 2022 having served there for 8 years. My previous ministry had taken me from the Portsmouth Diocese where I was the Stewardship Adviser and then Canon Pastor at the Cathedral, to the Exeter Diocese where I was Team Rector of Honiton, and to Westminster Abbey where I was Canon Steward and Archdeacon. Following my "retirement" I served for 6 months as Interim Dean of Canterbury followed by a further 8 months as Interim Dean of Newcastle, the diocese in which I now live with my husband Chris, our dog, Benson and 2 cats, Minstrel and Wispa.

I am very much looking forward to spending Holy Week with you at Ripon. In the addresses throughout the week, with the help of music by Deitrich Buxtehude, "Membra Jesu Nostri", we will reflect upon the Body of Christ. We shall together think about the feet, knees and hands of Jesus on Monday, Tuesday and Wednesday. On Maundy Thursday as we celebrate the Institution of the Eucharist, we shall explore what it means to receive Christ's Body and Blood. On Good Friday our focus will be on the broken heart of Jesus and at the Easter Vigil as we proclaim that Christ is Risen, we will ask ourselves what it means to come face to face with Jesus in our daily lives.

EXPLORING FAITH

AN INVITATION

Many of us, who would not say we have a strong Christian faith, have the sense of God's presence in our life from time to time or even more regularly.

If this Christmas season leaves you wondering what you really believe about God and Jesus, maybe 2024 is a time to explore?

If you would like to explore the Christian faith in a small group or one to one, then please let us know by emailing cathedraladmin@riponcathedral.org.uk in the first instance, and we will arrange something for you.



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LENT & HOLY WEEK SPECIAL SERVICES

Friday 2nd February 7.30pm

Festal Eucharist for Candlemas with candlelit procession

Ash Wednesday 14th February

10.00am Eucharist with Imposition of Ashes

7.30pm Solemn Eucharist with Imposition of Ashes

Sunday 3rd March 5.30pm

Eucharist with laying on of hands and prayer for healing

Palm Sunday 24th March

10.10am Procession to the Cathedral from the market place

10.30am Sung Eucharist

5.30pm Olivet to Calvary

Holy Week

Very Revd Jane Hedges will be leading us through Holy Week by her addresses each day.

Monday – Wednesday 7.30pm

Said/Sung Compline

Maundy Thursday 7.30pm

Sung Eucharist and Watch until Midnight

Good Friday

10.30am Journey to Jerusalem

12 noon Preaching of the Cross

1.30pm Good Friday Liturgies

All Welcome

Find all services at www.riponcathedral.org.uk