



# Lent and Easter

**A**s I write, we are two-thirds of the way through the season of Lent, which lasts for 40 days from Ash Wednesday to Maundy Thursday.

It is a time for pausing and reflecting, for reviewing our faith journey and for renewing our commitment to following Jesus through prayer, fasting and alms giving. Sounds gloomy and downbeat! But it isn't.

Perhaps you've experienced the uplift from a restart at New Year or in spring time, or when life returns to 'normal' in September after the summer break. That's how Lent seems to me. Challenging, certainly, but an opportunity for a reset, a fresh start.

At Christ the King we mark Lent in ways that are traditional for a Christian Catholic community, but given a new twist.

Each week we have been following the Way of The Cross using the 14 Stations depicted on the walls of the church, which commemorate Jesus' journey from his sentencing by Pilate, the Roman governor of Judea, to his execution by crucifixion on a cross and his burial.

We recall the brutality of Jesus' death and remember those who followed him – his disciples, his mother Mary and the women who accompanied her. Each week we have approached the Stations in a different way through music, scripture, reflections from contemporary life and prayer. Our prayers for justice and peace and fairer sharing of the world's resources have a particular resonance in the light of the conflict in Gaza, the acts of violence committed in Israel and Nigeria and elsewhere, the ongoing war in Ukraine and the climate crisis.

Those who followed Jesus on his last journey are re-imagined in the series *The Chosen* and we've used episodes from it as another approach during Lent. For me, the series has brought to life the context in which Jesus and his followers lived, under Roman occupation and in poverty. It is closely based on the scriptures but, at the same time, imaginatively fills out their lives.



Now we have moved on to the three most important days in the Christian calendar, known as the Triduum. On Maundy Thursday (28 March this year) we gathered in the evening to celebrate the Mass (Eucharist) of the Lord's supper when Jesus, at the table with his disciples, shared his body and blood in the form of bread and wine.

Very quickly we moved on to commemorate Jesus' passion and death on Good Friday and then descended into silence on Holy Saturday as Jesus lies in the tomb. We are in suspense as we wait for the joy of his resurrection – his defeat of sin and death by which we are saved. And so we move to the joyous celebration of the Vigil and the First Mass of Easter – a night truly blessed in the words of one of the prayers we use.

There is music and light and rejoicing – all very tangible and including Easter eggs for our younger members (and adults if there are any left)!

The celebration continues with an Easter morning Mass where our children and their families play a prominent part. But it doesn't end there. For us, Eastertide continues for seven weeks – this year, until the middle of May.

So there's still time to wish the readers of *Lisvane Link* a happy Easter!

**Elizabeth Taylor,**  
chair of Christ the King  
Parish Advisory Council

## Church services

**Saturday evening**  
6pm: Vigil Mass of Sunday

9.30am: Sunday Mass – with children's liturgy in term time

9.30am: Tuesday Mass  
9.30am: Thursday Mass

### Activities (in the parish centre)

- Monday, 9.30 – 11am: Baby and Toddler Group
- Wednesday, 11am – 1.30pm: Welcome Space
- Friday, 6pm: Junior Club in term time (School Years 3–6)
- Thursday 18 April, 7pm for 7.30pm start: Quiz Night
- Saturday 20 April, 1– 5pm: Free Sustainable Clothes and Books Market

For further information, contact Christ the King's parish office (phone 2075 3945, email [llanishen@rcadc.org](mailto:llanishen@rcadc.org)) or Canon Matthew Jones (phone 2075 2389, email [matthew.jones@rcadc.org](mailto:matthew.jones@rcadc.org)) or visit the website at [www.3churches.org](http://www.3churches.org)

The church and parish centre are located at Newborough Avenue, Llanishen, CF14 5DB.