



# Lent & Holy Week 2026

at The Cathedral of St John  
the Baptist, Norwich





# Introduction

As we enter the holy season of Lent, I do so this year with particular gratitude and humility, as this is my first Lent writing to you as Dean of the Cathedral. It is a privilege to serve this Cathedral parish and to walk alongside you - those who worship here regularly, those who visit occasionally, and those who find their way here in times of joy, uncertainty, or need.

Lent invites us into a deeper attentiveness to God and to ourselves. These forty days offer a gift of time - time to reflect, to pray, to repent, and to renew our trust in the God who calls each one of us by name. Lent is not about perfection or performance, but about honesty and openness before God. Wherever you find yourself at the beginning of this season, you are welcome here.

At the heart of Lent lies the call to repentance; not as a burden, but as an act of hope. To repent is to turn again toward God's love, to let go of what distracts or diminishes us, and to open ourselves to transformation. In a world often shaped by haste, noise, and division, Lent gently teaches us to listen, to notice, and to remember who truly matters, Christ himself.

As a Cathedral parish, we are a gathered community of great diversity. People come here from many backgrounds and at different stages of faith. Some arrive with deep-rooted belief; others come with doubt, grief, or longing. The Cathedral stands as a place where all are held within prayer, and where God's presence is encountered through worship, beauty, silence, and service. Lent reminds us that God meets us not where we think we should be, but exactly where we are.

As Dean, I am conscious that this season will be experienced differently by each person. For some, Lent will be a time of spiritual deepening; for others, it may feel challenging or unsettling. Please know that you are not walking this path alone. The worship and common life of this Cathedral surround you, and the prayers of this community hold you.

May this Lent be a season in which we grow in compassion, humility, and hope. May we learn again how to trust God's mercy, and may our shared journey lead us, together, toward the light and joy of Easter.

With every blessing for a holy and faithful Lent,

*Fr Martin*

*Dean of the Cathedral*

---



# Ash Wednesday



Wednesday 18<sup>th</sup> February 2026

Day of Fasting and Abstinence

*Each Mass will include the blessing and  
distribution of Ashes*

07:30 Mass (*said*)

10:00 Mass (*sung*)

15:00 Mass (*1962 Rite Latin*)

17:30 Solemn Pontifical Mass

Mass XVIII - Plainsong

Psalm 50: Miserere Mei - Handl

Emendemus in Melius - Byrd

---

# Lenten Talks

Friday 27<sup>th</sup> February 7-8pm | Friday 6<sup>th</sup> March 7-8pm |  
Friday 13<sup>th</sup> March 7-8pm

‘...there arose a great storm...’

In the Lent Lectures this year Dr Richard Maguire will consider the immense challenges Catholicism in England has faced in the last 500 years. The lectures can only cover this lengthy period in brief, but we hope they will provide a starting point for further discussion and thought.

Week One: The calm before ‘a great storm on the sea’ –  
medieval Catholic England and the King’s ‘great matter’

This lecture begins with a discussion of the notable change in our understanding of medieval Catholic England that has occurred since the 1980s, which has shown that traditional Catholicism formed the bedrock of medieval English life and was deeply popular among the population. It will examine how the Sacraments, especially the Mass,



were central to English life and self-understanding. The lecture will then look at how this period of religious calm was upended in the 1530s as Henry VIII sought to end his marriage to the devout Catherine of Aragon. It will examine what happened during the break from Rome and how this affected Catholics in the parishes.

# Lenten Talks

## Week Two: Catholic England is 'swamped by the waves' (1547AD to 1780AD)

This lecture will consider the radical change in approach to religion that occurred in the aftermath of Henry's death. It will suggest that Protestant Reformers who gained ascendancy under Edward VI and Elizabeth I deliberately focused on the destruction of the Mass to achieve their aim of removing the Catholic understanding of the Sacraments from English life. Using the example of the Prayer Book Rebellion of 1549, the lecture will argue that these moves were driven by a small, but powerful, minority, and were deeply unpopular with the wider population. The lecture will finish by looking at the penal period and how this immense change to English religious life was entrenched.

## Week Three: 'Why are you afraid?' The (incomplete) reconstruction of Catholic England (1780AD to 1967AD)

This lecture will examine why the English ruling elite gradually allowed the return of Catholicism to England from 1780, culminating in Catholic Emancipation in 1829. After the hierarchy returned, numbers of Catholics slowly increased, and the lecture will examine the witness given by the increasing numbers of converts to the Faith during the late nineteenth and first half of the twentieth century. Hopes of a great renewal were not realised, however, as Catholic England faced a new challenge – modernism - described in 1907 by Pope St Pius X as 'the synthesis of all heresies' (*Pascendi Dominici Gregis*).

# Stations of the Cross



## Fridays During Lent

12:00 & 17:30

The Stations of the Cross will be led each Friday in Lent by a member of the Cathedral clergy, moving from station to station with moments of contemplation and acts of devotion at each stop.

## Good Friday 3<sup>rd</sup> April 2026

11:00 Children's Stations of the Cross

12:00 Stations of the Cross across the city

A family friendly gentle stroll around the city, visiting 14 churches over 5 miles and prayer the Stations of the Cross along the way. We will be departing the Cathedral at 12 noon. Please meet in the Rotunda

18:00 Solemn Stations of the Cross

---



# Adoration of the Lord

*Friday 6<sup>th</sup> March -  
Saturday 7<sup>th</sup> March 2026*

Join us in Adoration of the Lord, beginning with the Rosary at 8pm on Friday and continuing throughout night, concluding with Morning Prayer at 8am on Saturday.

---

## Pontifical Deanery Lenten Stations Mass

*Tuesday 17<sup>th</sup> March 2026*

*Exposition & Confessions: 6pm | Mass: 7pm*

The Deanery Station Mass is celebrated in each Deanery throughout the Diocese by the Bishop and it is an opportunity for all the faithful to gather with their Bishop and priests to celebrate Mass together.

A station Mass is traditionally held during Lent and grew out of the ancient tradition of Christians visiting the tombs of Martyrs in the Early Church and celebrating Mass on the tombs.

We continue this custom today by gathering together, celebrating Mass and then enjoying a simple meal as a community.

---

# Holy Week

---

## Palm Sunday *29th March 2026*

*18:00* (Sat 28th) Anticipatory Mass

*09:00* Mass

*11:00* Solemn Procession and Mass

*16:30* Solemn Vespers and Benediction

*18:00* Mass (*sung*)

## Monday of Holy Week *30th March 2026*

*10:00* Mass & Adoration

*10:00 - 11:00* Confessions

*11:00* Benediction

## Tuesday of Holy Week *31st March 2026*

*11:30* Chrism Mass

*with Blessing of the Oil of Catechumens, the Oil of the Sick and the Oil of Sacred Chrism*



# Wednesday of Holy Week *1st April 2026*

07:30 Mass

10:00 Mass & Adoration

10:00 - 11:00 Confessions

11:00 Benediction



# The Sacred Paschal Triduum

## Maundy Thursday *2nd April 2026*

10:00 Tenebrae - Office of Readings

10:00 - 11:00 Confessions

19:00 Solemn Pontifical Mass

*with washing of feet and transfer of the Most Blessed  
Sacrament followed by watching at the Altar of  
Repose*

Missa Brevis - Palestrina

Ubi Caritas - Durufle

Dominus Jesus in qua Nocte - Palestrina

Tantum Ergo - de Severac

23:45 Compline

# Good Friday *3rd April 2026*

## Day of Fasting and Abstinence

10:00 Tenebrae - Office of Readings

Tenebrae responses - Victoria

10:00 - 11:00 Confessions

11:00 Children's Stations of the Cross

12:00 Stations of the Cross across the City

15:00 Solemn Liturgy of the Passion

Christus Factus Est - Anerio

Reproaches - Victoria

Crux Fidelis - King John of Portugal

Ave Verum - Byrd

18:00 Solemn Stations of the Cross

*with veneration of the Relic of the True Cross*

# Holy Saturday *4th April 2026*

10:00 Tenebrae - Office of Readings

Tenebrae responses - Victoria

10:00 - 11:00 Confessions

20:00 Solemn Vigil and First Mass of Easter

*with Baptisms and Confessions*

Sicut Cervus - Palestrina

Missa Brevis in D - Mozart

Vidi Aquam - Victoria

Regina Caeli - Lassus

Dum Transisset Sabbatum - Taverner

# Easter Sunday *5th April 2026*

09:00 Mass (*sung*)

11:00 Solemn Pontifical Mass

Missa Brevis in C - Mozart

O Filii et Filiae - arr. Justin

Alleluia: Dic Nobis Maria - Capillas

15:00 Mass (*1962 Rite Latin*)

16:30 Solemn Vespers & Benediction

17:30 Mass (*sung*)



# Parish Easter Events 2026

## *Shrove Tuesday Pancake Party*

*Tuesday 17<sup>th</sup> February 2026 | 15:30 - 19:00*

Fill up on pancakes before Lent starts and make a difference for our youth! All proceeds will support faith formation by funding leadership training for those serving the SJB Youth Group.

## *Pabasa*

*Maundy Thursday & Good Friday*

The Filipino community will observe their Holy Week tradition of chanting the Passion in the Narthex Bar, starting daily at 9:00am and ending shortly before the Good Friday service at 3:00pm.

## *Parish Easter Egg Hunt*

*Easter Sunday | Following each Mass*

*Easter Sunday Parish Lunch*

*12:30 | All are welcome*





[www.sjbcathedral.org.uk](http://www.sjbcathedral.org.uk)