

# Lent

pray fast give



**Fasting Days** includes Ash Wednesday and Good Friday (one full meatless meal is permitted), and meatless Fridays during Lent (seafood permitted).

**The Three Pillars** of Lent are *prayer, fasting, and almsgiving*. In addition of fasting, you may also choose to abstain from other comforts during Lent.

**Holy Week** begins with Palm Sunday, March 28 - 29, a celebration of Christ's triumphal return to Jerusalem.

**Easter Triduum** begins with Holy Thursday, April 2, at sunset, to Saturday, April 4, at sunset.

## Countdown for LENT

We can think of Lent as a journey with Jesus. The journey consists of walking more closely with Him; following His way of life more eagerly.

### **ASH WEDNESDAY**

February 18, 2026

*Masses at 8am, 11am, 5pm, 7:30pm*

## Weekday Masses During Lent

**Monday - Friday:** 8:15am and 7:30pm  
EXCEPT March 16 - 27 (Spring Break):  
8am & 7:30pm

**All Fridays:** Stations of the Cross at 7:00pm  
& Mass at 7:30pm (*No Divine Mercy during Lent*)

**All Saturdays:** 9:00am



## **LENTEN TALKS**

*with Fr. Sajy Thomas*

Each talk will be about 30 minutes in length, taking place in the Church, right after 7:30pm Mass on Fridays, during Lent.

Friday, March 6: The Ten Commandments  
Friday, March 13: Sacraments!

Channels of Divine Life.

Friday, March 20: Five Precepts of the Church

Friday, March 27: The 7 Last Words of Jesus  
from the Cross

## **SCHEDULE for HOLY WEEK and EASTER 2026**

**March 29<sup>th</sup> to April 5<sup>th</sup>**

**Monday & Tuesday:** **Mass at 8:15AM & 7:30PM**

**Wednesday:** **Parish Mass - 8:15AM (No evening Mass)**

**MASS OF CHRISM - 5:00PM at Holy Rosary Cathedral**

**Thursday:** **No morning Mass**

**MASS OF THE LORD'S SUPPER - 7:30PM**

**ADORATION OF THE BLESSED SACRAMENT**

Will be closed at 10pm on this day & will be open after Paschal Vigil on Saturday.

**Good Friday:** **Stations of the Cross for Children - 11:00AM**

**CELEBRATION OF THE LORD'S PASSION - 2:00PM & 5:00PM**

**Holy Saturday:** **PASCHAL VIGIL - 9:00PM (No 5:00PM Mass)**

This service, consisting of Service of Light, Liturgy of the Word, Baptismal Liturgy, and Holy Eucharist, will last at least 2½ hours. It is the most beautiful service of the year, and we encourage you to come, but because of the length it would be wiser not to bring small children.

**Easter Sunday:** **8:00AM, 10:00AM, 12:00NOON and 6:30PM**

**Easter Week:** **Monday - 9:00AM, Tuesday to Friday - 8:00AM,  
Friday also at 7:30PM, Saturday - 9:00AM**