

Ash Wednesday (February 18, 2026) is the start of the liturgical season of Lent. This period of repentance and reconciliation is designed to help prepare us for the most joyous season of Easter. This is a perfect time to reconsider what this season means and how it may help us grow closer to God.

What is Lent?

Lent is the 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday (This year February 18th) and ends on Holy Thursday. It is a season to recharge our spiritual life and our relationship with God.

As individuals, and as a Church, during Lent we pray, we fast, and we give alms to the poor. These practices have been a part of Church tradition since the earliest days of our faith. Christians of all denominations, share these practices, especially during the season of Lent. Below are some suggestions to help you recharge your spiritual life in these three ways.

[Preparing for Lent](#)

[Everything You NEED To Know to Prepare for Lent | How To Lent Ep. 1](#)

[Daily Inspiration for your Lenten Journey](#)

We Pray

We all know we should pray. But we may not know how to pray. Prayer is a conversation with God. Sometimes we do the talking, but sometimes we need to do the listening. Prayer is about being in God's presence and offering ourselves (the good and the bad) to His Love.

Need some suggestions? Here are some ways you might strengthen your prayer life:

- Daily intentional prayer (Consider setting aside a time to pray. In the Morning, Evening, In the Car...)
- Devotional Prayer (A devotional is a set of readings and reflections for each day of the week. You can find these online, in bookstores, etc...)
- Scripture Reading and Reflection (Consider the practice of lectio divina. Ask your son to share what he does in class)
- Daily Mass Readings (Consider reading the daily Mass readings from each day. You can find them [Here](#), You can also subscribe to have them sent to the inbox each morning)
- Psalm of the Day (Consider reading from the Book of Psalms.)

[How to Pray](#)

[The Importance of Prayer during Lent | How To Lent Ep. 2](#)

[How to Pray the Stations of the Cross](#)

We Fast

Fasting is a practice which helps remind us that we need to depend on God and not the things of the world. Usually fasting involves not eating some kind of food (abstinence) or some amount of food (fasting).

During Lent, Catholics abstain from eating meat on Fridays. Years ago, Catholics would abstain EVERY Friday. Since Vatican II, Catholics have been encouraged to fast from something on Fridays. It could be meat or it could be social media, television, or gossip (always good to skip!). Catholics can also consider doing something positive as well. Visit the elderly for example. But during Lent, Catholics are required to abstain from meat. The cafeteria at Cathedral High School will not serve meat on Ash Wednesday and all Fridays during Lent.

Catholics are required to FAST on Ash Wednesday and Good Friday. We are encouraged to consider fasting each Friday as well. What does a Catholic fast look like? Two small meals (That together do not equal one regular sized meal) and one regular sized meal. It is not very strict, but it should allow our bodily hunger to remind us of our spiritual hunger for God.

[Why Do We Fast? A Catholic Perspective | How to Lent Ep. 3](#)

We Give Alms

During the Season of Lent we also consider sacrificing our own needs for the sake of others. Almsgiving is the traditional practice of giving material aid (money) to the poor. Almsgiving, however, could be time, talent, or treasure. At Cathedral, we will be raising money to send to the St. Mary's Boys School in Kenya (Lasallian). This school educates many poor boys who board at the school and work to sustain it. In the past our contributions have purchased needed supplies of mattresses and supplies for building beds. Cathedral will be offering \$5 spare your collar days for students. Students can come in Modified Dress if they bring in \$5 or more on Fridays. However, Jesus encouraged us to give of our need and not our surplus. We should give of our substance. We have encouraged students to consider donating and still wearing the uniform, contribute more than \$5, and to sacrifice some other comfort to donate to this cause. Students might consider giving up soda or sports drinks and instead drink water. The money they save can then be given to the St. Mary's Boys School. So to review, the money you save on meat this Lent, can then be given as alms to the poor. Give you your Church efforts, our collection, or some other worthy cause or needy person or family.

[Almsgiving: A challenge for YOU this Lent | How To Lent Ep. 4](#)

Talk With Your Son

Ash Wednesday is this week. Spend some time talking with your son about your plan for getting the most out of this Lent. Encourage him in his Lenten journey. Maybe consider taking on some of the ideas above as a family. You know what they say, "The family that prays together, stays together."

God Bless.

Br. Rafa
Mr. Sarmiento
Mr. Meraz
Mr. Ryan
Mr. Fernandez