



LENT

Ash Wednesday, February 18, 2026

Masses at 6:30am, 8:30am, and 7:00pm

Ash Wednesday is a day of Fasting & Abstinence. (Self-imposition of ashes is not permitted.)

PRAY

- **Daily Mass:** Monday - Friday 6:30am and 8:30am; Saturdays at 8:30am
- **Stations of the Cross:** Fridays at 7:00pm in the Church
- **Night Prayer:** Sundays at 7:00pm in the Church
- **Confessions:** Saturdays: 2:30pm - 4:00pm & 5:30pm. Tuesdays: 6:00pm and Friday, March 6 at 7:00am
- **Reconciliation Service:** Monday, March 23 at 6:30pm
- **Eucharistic Adoration:** Tuesdays: 11:15am - 7:00pm in the Church
- **Adoration Chapel:** Open every day 24 hours a day, 7 days a week
- **Mother of Perpetual Help Devotions:** Tuesdays at 7:00pm in the Church
- **Prayer Service for Healing:** First Friday, March 6 after Stations of the Cross
- **Women of Worth Lenten Retreat:** Saturday, February 28 at 8:30am Sacred Heart Parish
- **DC Men's Weekend Retreat:** St. Paul Retreat Center on March 27 - 29
- **Lenten Bible Study:** The Prophet Isaiah: Wednesdays beginning February 26 at 6:30pm
- **Bible Reading Plan:** Pray the 40-Day Reading Plan on the Gospel of Mark

FAST

- Every person **14 years of age or older** must abstain from meat (and items made with meat) on Ash Wednesday, Good Friday, and every Friday during Lent.
- Every person between the **age of 18 and 59** (beginning of 60th year) must fast on Ash Wednesday and Good Friday. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal, according to Canon law & the U.S. Bishops.
- **Knights of Columbus Fish Fry:** Fridays during Lent from 4:30pm - 7:00pm at the HS Cafeteria

GIVE

- Give to the **St. Vincent de Paul Poor Box** located on the back wall of the church.
- Pick a **Corporal or Spiritual Work of Mercy to do.**
- **CRS Rice Bowl:** Fill it with your almsgiving for the poor and return on Palm Sunday.