

# LENT AT ST JUDE 2026

## PRAY



## FAST



## GIVE



**Prayer teaches us to abandon idolatry and the self-sufficiency of our ego, and to acknowledge our need of the Lord and his mercy.**

### STATIONS OF THE CROSS

**Fridays of Lent: 12 Noon and 7 PM**

The Stations of the Cross are a 14-step devotion that commemorates Jesus Christ's last day on Earth as a man, and focuses on specific events of His last day, beginning with his condemnation. This mini-pilgrimage allows us to meditate on His ultimate sacrifice for us.

### ADORATION

**Fridays, from after 9 AM Mass to 7 PM**

Come spend some quiet time before the Lord, worshipping, adoring, and letting God speak to you in the depths of your heart.

### DAILY MASS

**Monday - Friday 9 AM (except Tuesdays)**

At Daily Mass we enter into Christ's sacrifice and grow in our relationship with him.

### HOLY WEEK

**March 29 PALM SUNDAY**

**April 2 HOLY THURSDAY**

Mass of the Lord's Supper - 7 PM

**April 3 GOOD FRIDAY**

Celebration of the Lord's Passion - 7 PM

**April 4 HOLY SATURDAY**

Easter Vigil - 8 PM

**April 5 EASTER SUNDAY**

Masses at 9 AM and 11 AM

**Fasting is learning to change our attitude towards others and all of creation, turning away from the temptation to "devour" everything to satisfy our voracity and being ready to suffer for love, which can fill the emptiness of our hearts.**

### FAST DAYS

**Ash Wednesday, February 18, 2026**

**Good Friday, April 3, 2026**

### ABSTINENCE FROM MEAT DAYS

**Ash Wednesday, February 18, 2026**

**Good Friday, April 3, 2026**

**and all the Fridays of Lent**

**Fasting** is to be observed by all who are 18-60 years old. On a fast day one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted, but liquids, including milk and juices, are allowed.

**Abstinence from Meat** is observed by all fourteen years of age and older. On days of abstinence no meat is allowed. Note that when health would be seriously affected, the law does not oblige.

### FASTING FROM ELECTRONIC DEVICES

Our electronic devices often command so much of our time and attention crowding out time which could be used for acts of prayer, love, and service. Try fasting from cell phone use or the internet for an hour or two a day.

**By Almsgiving, we escape from the insanity of hoarding everything for ourselves in the illusory belief that we can secure a future that does not belong to us. Thus, we rediscover the joy of God's plan for creation and for each of us, which is to love him, our brothers and sisters, and the entire world, and to find in this love our true happiness.**

### CRS RICE BOWL

begins on Ash Wednesday. By giving up what we might otherwise eat or drink and saving what we might spend for those in need across the world, we become more mindful of all our brothers and sisters. Check out [www.crsricebowl.org](http://www.crsricebowl.org) for resources to help you LIVE Lent! Pick up your Rice Bowl and other materials in the church narthex.

### ALL PARISH SERVICE DAY

**Saturday, March 14, 2026 9 AM**

We begin with a gathering at 8:30AM for a light breakfast, followed by work beginning at 9AM. Come and work with fellow parishioners to help our neighbors, spruce up our parish, and build up those in need.

### ST. VINCENT DE PAUL AND SAFE PARKING

These two important efforts of our parish help those in need. Your funds and volunteering help so many who are in crisis in concrete ways.

### PARISH MISSION: Abundant Life in Christ

Jesus proclaims in John 10:10, "I have come that you may have life, and have it abundantly." Are you living in that fullness? Join our parish mission and discover how Christ leads us into a deeper, richer, more joyful life with Him.

**Monday March 23, 2026 7-8:30PM**

**Tuesday March 24, 2026 7-8:30PM**

**Wednesday March 25, 2026 7-8:30PM**

### SACRAMENT OF RECONCILIATION - CONFESSIONS

Experience God's Mercy and let His grace remove obstacles that interfere with your relationship with Him.

**Fridays of Lent beginning February 18 from 6:00 – 6:55 PM**

**Saturdays 3:30 – 4:30 PM (Except Holy Saturday, April 4)**

**LENTEN PENANCE SERVICE: Individual Confessions –**

**6 confessors Monday, March 16, 2026 7:00 PM**

**This is the ideal time to make your confession before Easter.**