

## - 2026 - Lenten Dates to Remember - 2026 -

**Ash Wednesday February 18<sup>th</sup>, 2026**, Mass & Distribution of Ashes: 6:30 a.m., 12:10 p.m., & 6 p.m. at IHM in Los Alamos  
Mass & Distribution of Ashes: 9:00 a.m. – St. Joseph's in White Rock; 11:40 a.m. (for YOUTH) Distribution of Ashes outside by the St. John Paul II statue, followed by lunch in the John Paul II Youth Center.

### Mass Schedule

<u>Day</u>	<u>Mass Times</u>
Sunday	9 a.m. and 5 p.m., 11:30 a.m. in WR
Monday	8 a.m. IHM in Los Alamos
Tuesday	9a.m.-White Rock, 5:30p.m. at IHM,
Wednesday	8:00 a.m., IHM in Los Alamos
Thursday	5:30 p.m. at IHM (Except April 2 <sup>nd</sup> )
Friday	8:00 a.m. IHM in Los Alamos [Lent] 11:00 a.m.-St. Joseph's (WR)
Saturday	5 p.m. - IHM in Los Alamos

### Confession Times

**Penance Service** 6:00 p.m. at IHM, Tuesday, March 10<sup>th</sup>—with 8 priests, with exposition of the Blessed Sacrament and a time for quiet prayer.

**Thursday:** 4:00 p.m.- 5:15 p.m. except on Holy Thursday

**Friday:** CONFESSIONS on Good Friday, April 3<sup>rd</sup>, 2026  
White Rock: 10 a.m. to 11:30 a.m., and after the Celebration of the Passion at IHM

**Saturday:** 3 p.m. - 4:00 p.m. at IHM

**Sunday:** 11:00 a.m. on Sundays at St. Joseph's in White Rock.

**Monday Evenings in Lent | Presentations and Discussion on “The Amazing Story of St. Carlo Acutis”** | focused on the first millennial saint and his journey documenting Eucharistic Miracles. At 7p.m. in the Religious Education Building.

February 23

March 2

March 9

March 16

March 23

March 30

**Thursday Evenings in Lent | Simple Lenten “Soup Supper” with Presentations on “The Beatitudes”.**

— In the Parish Hall at 6:15 p.m. — See the back of this page for details on the presentations and presenters.

February 19

February 26

March 5

March 12

March 19

March 26

**Stations of the Cross for Everyone** | Friday after the 11:00 a.m. Mass in White Rock — at 5:30 p.m. at IHM— Stations will be led by the youth and children of the parish.

February 20

February 27

March 6

March 13

March 20

March 27

April 3

**Lenten Fish Fry** | Friday evenings at 5 – 6:30 p.m. in the parish Hall—fundraiser sponsored by Knights of Columbus

February 20

February 27

March 6

March 13

March 20

March 27

**Holy Thursday – April 2**, 5 p.m. (in White Rock); 7 p.m. Mass of the Lord's Supper & Solemn Transfer of the Holy Eucharist. Adoration after the Mass: in White Rock until 10 p.m., in Los Alamos until 12 a.m., ending with Rosary at both locations.

**Good Friday – April 3** (IHM offices closed.)

#### Confessions

**White Rock** -10:00 a.m.- 11:30 a.m.

**Los Alamos** -after the Celebration of the Passion of the Lord  
(about 4:15 p.m.)

#### Celebrations of the Passion of the Lord

12 p.m. Noon in White Rock; 3 p.m. and 7 p.m. in the Main Church.  
This is the principal liturgical event of Good Friday, and all are encouraged to attend

**The Divine Mercy Novena** — begins on Good Friday April 3<sup>rd</sup> at both IHM (in the sanctuary) and St. Joseph's at 4:00 p.m. and continues every day at 3 p.m. at both locations through Easter Saturday, April 11<sup>th</sup>.

**Easter Vigil – April 4<sup>th</sup>, 8 p.m.** This is the most significant Liturgy of the year following the ancient traditions of the early church (from the *Apostolic Tradition* recorded by St. Hippolytus in the early 3<sup>rd</sup> century). We bless the new fire, the *Light of Christ*, from which the Paschal candle is lit and we bless the water of Baptism. The Easter Vigil truly celebrates our Salvation, made possible by Christ's Resurrection. Catechumens are baptized at this service worldwide, and others will enter into full communion with the Catholic Church. The Vigil will last approximately two hours and satisfies the Easter Sunday obligation.

**Easter Sunday – April 5<sup>th</sup>**, Masses at 9 a.m., followed by the Easter Egg Hunt at IHM; 11:30 a.m. in White Rock, and 5 p.m.

**Divine Mercy Sunday – April 12<sup>th</sup>**, the “Divine Mercy” Chaplet will be prayed before ALL Masses.

### **Lenten Guidelines**

- **Abstinence** from meat is to be observed by all Catholics 14 years and older on Ash Wednesday and on all Fridays.
- **Fasting** is to be observed on Ash Wednesday and Good Friday by all Catholics who are between 18 and 59 ½ years of age. Those who are bound by this may take one full meal and two smaller meals are permitted, if necessary, to maintain strength according to one's needs, but eating solid foods between meals is not permitted.
- **Paschal fast and abstinence** are prescribed for Good Friday and encouraged for Holy Saturday. By the threefold discipline of **fasting, almsgiving and prayer** we keep Lent from Ash Wednesday until the evening of Holy Thursday. All of the faithful and catechumens should undertake serious practice of these three traditions.

### **Remember the Less Fortunate**

As part of our Lenten program of **prayer, fasting, sacrifice and works of charity**, we suggest that all parishioners donate a portion of monies saved from reduced meal preparation and food intake to help the needy of Northern New Mexico and abroad. Please make checks payable to IHM with the memo line: “Rice Bowl”.