



Lent and Triduum 2026 Schedule

St. Matthew and St. Mark

Lent Schedule—February 18th to April 1st

Ash Wednesday February 18th

- 9am & 7 pm Mass
- 12 noon Liturgy of the Word with Distribution of Ashes

Confession Saturdays at 4pm

- Wednesdays at 5:30pm
- or by Appointment
—please contact parish office to schedule

Stations of the Cross

St. Matthew on Wednesdays

- Confessions at 5:30pm and after Stations
- Stations at 6pm
- Soup Supper after Stations

St. Mark on Fridays

- Confessions 5-6pm
- Stations at 6pm
- Salmon dinner after stations

Palm Sunday March 28th, 5:00pm Mass March 29th, 8 & 10am Mass

FASTING AND ABSTINENCE

Fasting, almsgiving, and prayer are three traditional disciplines of Lent. The faithful and catechumens should undertake these practices seriously in a spirit of penance and of preparation for Baptism or of renewal of Baptism at Easter. (Code of Canon Law, 1249-1252)

Ash Wednesday, February 18th and Good Friday, April 3rd, are days of fast and abstinence.

Fridays of Lent are also days of abstinence.

- Catholics age 4+ practice abstinence, which means no meat allowed on days of abstinence.
- Catholics age 18-59 practice fasting. On a fast day, one full meal and two small meals that do not equal one full meal

***When in doubt concerning fast and abstinence,
Fr. Ross should be consulted.***

FAITH FORMATION OPPORTUNITIES IN LENT

- **Check out the Archdiocesan Faith Formation online resources for Lent: [Lent Inspiration and Resources - Archdiocese of Seattle](#)**
- **Pick up your Rice Bowl and try a different world recipe each week. Click on this link: [How to Practice Lent | CRS Rice Bowl](#) to sign up for daily Lenten Reflections. And click this link: [Recipes | CRS Rice Bowl](#) to explore Lenten Recipes from around the world.**
- **Sign up for Bishop Robert Barron's Word on Fire daily Lenten reflections <https://www.lentreflections.com/>**



Holy Week Schedule

April 2nd, 3rd, 4th and 5th



Holy Thursday	April 2 nd	11:40am— St. Matthew School Last Supper Reenactment <i>at St. Matthew Community Center</i> 7pm— Mass of the Lord's Supper at St. Mark <i>Adoration in the Chapel of Repose after Mass until midnight</i>
Good Friday	April 3 rd	11:10am— Living Stations of the Cross with St. Matthew School 7pm— Service of the Cross at St. Matthew
Holy Saturday	April 4 th	9pm— Easter Vigil in the Holy Night <i>Celebrated at 9pm at both St. Matthew and St. Mark</i> <i>(No Saturday morning Mass at either parish)</i>
Easter Sunday	April 5 th	8am & 10am— Mass of the Resurrection at St. Matthew 8:30am and 10:30am— Mass of the Resurrection at St. Mark

Please bring your CRS Rice Bowls to Mass on Holy Thursday, or to any of the Holy Week Liturgies. If you have a lot of coins, please wrap them first, or even convert the amount to a check payable to the parish.

Thank you for journeying with St. Matthew and St. Mark Parish through Lent and into the Resurrection. Please join us for the Easter Season culminating in Pentecost!