



Lent 2026

ST. VINCENT DE PAUL PARISH
 30525 8th Ave S, Federal Way WA 98003
 253-839-2320 stvincentparish.org

ST. THERESA PARISH
 3939 SW 331st St, Federal Way WA 98023
 253-838-5924 sttheresafw.org

Adoration

Wednesdays
 9:30am – 8:30pm
 at St. Vincent

Thursdays
 6pm – 6:45pm
 at St. Theresa

Fridays
 9:30am – 8:30pm
 at St. Theresa

Confession

Wednesdays
 9:30am & 6pm, St. Vincent

Thursdays
 9:30am & 6pm, St. Theresa

Fridays
 9:30am & 7pm, St. Theresa
 6pm, St. Vincent

Saturdays
 3:30pm, both parishes

Stations of the Cross

Join us on Fridays during Lent:

6pm at St. Vincent

7pm at St. Theresa

Friday Night Supper

St. Theresa
 Fridays, 5pm – 6:30pm

St. Vincent
 Fridays, 5pm – 7pm

Prayer: Hearing the Voice of God

St. Vincent
Wednesdays, 6:30pm
 Feb 25, March 4, 11, & 18

Reconciliation Night

St. Theresa
 Thursday, March 5, 6pm

Mercy Night

St. Vincent
 Friday, March 13, 7pm

Man of the Shroud

St. Theresa
 Wednesday, March 25, 5pm

Youth Passion Play

St. Theresa
 Friday, March 27, 5:45pm

At the Cross

St. Vincent
 Wednesday, April 1, 6:30pm

February

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

15

16

17

18 *Ash Wednesday*
 @St Vincent
 9am, 12pm, 5pm, 7pm
 @St. Theresa
 7am (Eng.)
 5pm (Eng. & Sp.)
 7pm (Sp.)

19
Adoration
 @St Theresa 6-6:45pm

20 **Confessions**
 @St Theresa 9:30am
Adoration
 @St Theresa 9:30am-8:30pm
Fish Supper
 @St Theresa 5-6:30pm
 @St Vincent 5-7pm
Stations and Confessions
 @St Theresa 7pm
 @St Vincent 6pm

21
Confessions
 @St Theresa 3:30pm
 @St Vincent 3:30pm
Mass
 @St Theresa
 5pm (English)
 7pm (español)
 @St Vincent 5pm

22 *1st Sunday of Lent*
Mass
 @St Theresa
 8:30am, 11am (English)
 1pm (español)
 @St Vincent
 9am, 11am & 5pm

23

24

25
Confessions
 @St Vincent 9:30am & 6pm
Adoration
 @St Vincent 9:30am-8:30pm
Prayer Seminar
 @St Vincent 6:30pm

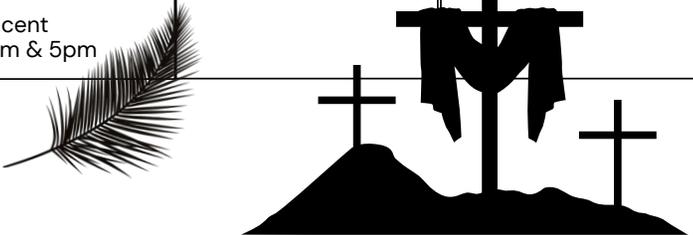
26
Adoration
 @St Theresa 6-6:45pm

27 **Confessions**
 @St Theresa 9:30am
Adoration
 @St Theresa 9:30am-8:30pm
Fish Supper
 @St Theresa 5-6:30pm
 @St Vincent 5-7pm
Stations and Confessions
 @St Theresa 7pm
 @St Vincent 6pm

28
Confessions
 @St Theresa 3:30pm
 @St Vincent 3:30pm
Mass
 @St Theresa
 5pm (English)
 7pm (español)
 @St Vincent 5pm

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>2nd Sunday of Lent</i> Mass @St Theresa 8:30am, 11am (English) 1pm (español) @St Vincent 9am, 11am & 5pm	2	3	4 Confessions @St Vincent 9:30am & 6pm Adoration @St Vincent 9:30am-8:30pm Prayer Seminar @St Vincent 6:30pm	5 Reconciliation Night @St Theresa, 6pm	6 Confessions @St Theresa 9:30am Adoration @St Theresa 9:30am-8:30pm Fish Supper @St Theresa 5-6:30pm @St Vincent 5-7pm Stations and Confessions @St Theresa 7pm @St Vincent 6pm	7 Confessions @St Theresa 3:30pm @St Vincent 3:30pm Mass @St Theresa 5pm (English) 7pm (español) @St Vincent 5pm
8 <i>3rd Sunday of Lent</i> Mass @St Theresa 8:30am, 11am (English) 1pm (español) @St Vincent 9am, 11am & 5pm	9	10	11 Confessions @St Vincent 9:30am & 6pm Adoration @St Vincent 9:30am-8:30pm Prayer Seminar @St Vincent 6:30pm	12 Adoration @St Theresa 6-6:45pm	13 Confessions @St Theresa 9:30am Adoration @St Theresa 9:30am-6:30pm Fish Supper @St Theresa 5-6:30pm @St Vincent 5-7pm Stations of the Cross @St Theresa 7pm Mercy Night @St Vincent 7pm	14 Confessions @St Theresa 3:30pm @St Vincent 3:30pm Mass @St Theresa 5pm (English) 7pm (español) @St Vincent 5pm
15 <i>4th Sunday of Lent</i> Mass @St Theresa 8:30am, 11am (English) 1pm (español) @St Vincent 9am, 11am & 5pm	16	17	18 Confessions @St Vincent 9:30am & 6pm Adoration @St Vincent 9:30am-8:30pm Prayer Seminar @St Vincent 6:30pm	19 <i>Solemnity of St. Joseph</i> Mass @St Theresa 9am, 7pm @St Vincent 9am Adoration @St Theresa 6-6:45pm	20 Confessions @St Theresa 9:30am Adoration @St Theresa 9:30am-8:30pm Fish Supper @St Theresa 5-6:30pm @St Vincent 5-7pm Stations and Confessions @St Theresa 7pm @St Vincent 6pm	21 Confessions @St Theresa 3:30pm @St Vincent 3:30pm Mass @St Theresa 5pm (English) 7pm (español) @St Vincent 5pm
22 <i>5th Sunday of Lent</i> Mass @St Theresa 8:30am, 11am (English) 1pm (español) @St Vincent 9am, 11am & 5pm	23	24	25 <i>Solemnity of the Annunciation</i> Confessions @St Vincent 9:30am & 6pm Adoration @St Vincent 9:30am-8:30pm Man of the Shroud @St Theresa 5pm	26 Adoration for Vocations @St Theresa 6-8pm	27 Confessions @St Theresa 9:30am Adoration @St Theresa 9:30am-8:30pm Fish Supper @St Theresa 5-6:30pm @St Vincent 5-7pm Youth Passion Play @St Theresa 5:45pm Stations and Confessions @St Theresa 7pm @St Vincent 6pm	28 Confessions @St Theresa 3:30pm @St Vincent 3:30pm Mass @St Theresa 5pm (English) 7pm (español) @St Vincent 5pm
29 <i>Palm Sunday</i> Mass @St Theresa 8:30am, 11am (English) 1pm (español) @St Vincent 9am, 11am & 5pm	30	31	April			



April

Wednesday	Thursday	Friday	Saturday	Sunday
1 Confessions @St Vincent 9:30am & 6pm Adoration @St Vincent 9:30am-8:30pm At the Cross @St Vincent 6:30pm	2 <i>Holy Thursday</i> Mass of the Lord's Supper @St Theresa 7pm @St Vincent 7pm Adoration @St Vincent 8pm-12am @St Theresa 8pm-12am	3 <i>Good Friday</i> Confessions @both parishes 12pm-3pm Stations of the Cross @both parishes 3pm Celebration of the Lord's Passion @both parishes 7pm	4 <i>Easter Vigil</i> Easter Vigil Mass @St Theresa 8:30pm @St Vincent 8:30pm	5 <i>Easter Sunday</i> Easter Mass @St Theresa 8:30am, 11am & 1pm @St Vincent 9am & 11am

