



LENT 2026 PRAYER POSSIBILITIES

FAST & ABSTINENCE

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For member of the Catholic Church, the norms on fasting are obligatory from **age 18 until age 59**. 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.

Abstinence from meat is **obligatory from the age of 14**. The norms concerning abstinence from meat are binding upon members of the Catholic Church from **14 onwards**.

The Paschal Fast

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the “paschal fast” to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

CRS Rice Bowl... is one way Catholics can enhance their Lenten fasting practice by giving up meals and donating the cost of those meals to Catholic Relief Services... in order to help those who do not have enough to eat. For more information, please go to crsricebowl.org/give.

Ash Wednesday Masses: (February 18): 5:05 p.m. & 6:00 p.m.

Daily Mass: Join us Monday at 8:00 a.m. and Tuesday – Thursdays at 12:05 p.m.

The daily mass on Fridays during the Lent is followed by the Stations of the Cross.

Stations of the Cross: 5:30 p.m. followed by Mass, Friday February 20, 27, March 6, 13, 20, and 27.

Best Lent Ever: Don't give up chocolate for Lent, instead take a 40-day journey to become the best version of yourself. Sign up for free at www.try.hallow.com. Every day, you'll get inspirational videos, practical tips, and encouraging stories to help you have your best lent ever!

40 Cans for Lent: Plan to give your Alms to our Parish Food Pantry by giving a can a day, every day, during Lent! Just drop your cans in the Food Pantry baskets located in the Gathering Area.

Scripture Reading During Lent Season: You are welcome to join us for the Scripture Reading in the Chapel – After Daily Mass 12:30 p.m. – 1:30 p.m.



Need a Reset?

Jesus is Waiting for You

Whether you have a full hour or just a few minutes between errands, come experience the peace that only He can give. Adoration isn't about being perfect—it's about being present. Lent is a season designed for pulling away from the noise to hear the "gentle whisper" of God.

- **5 Minutes:** A quick "heart-to-heart" on your way to work.
- **10 Minutes:** A quiet breather to leave your worries at His feet.
- **1 Hour:** Deep rest, spiritual reading, or just silence.

Who will you bring?

- **Bring a Friend:** Share the gift of peace with someone who needs it.
- **Bring a Date:** Build your relationship on the ultimate foundation.
- **Come Alone:** Sometimes the best time is just you and Him.

Spend your time in silence, journaling, or reading the Scripture.

Exposition of the Holy Eucharist

📍 **Where:** Chapel

🕒 **When:** 1st Fridays of the month 11:00 am to 12:00 pm or
Saturdays 9:30 am to 10:30 am

🔗 **Learn More:** For a guide on how to spend your first visit, check our Parish Website:

https://blsachurch.net/retreats__faith_formation/edit

#EucharisticAdoration #FindPeace #JesusIsWaiting #ParishLife