

## WAYS TO PARTICIPATE THIS LENT

Date	Event	Mass Times
Wednesday 18 February 2026	ASH WEDNESDAY	9:15am & 7:00pm
Sunday 01 March 2026	EUCCHARISTIC ADORATION	<b>AFTER 10:00am Mass</b> To mark the official commencement of the time of preparation for the <b>International Eucharistic Congress (IEC) 2028</b> , there will also be a <b>nationwide Holy Hour</b> .
Wednesday 18 March 2026	SECOND RITE OF RECONCILIATION	7:00pm
Sunday 29 March 2026	PALM SUNDAY	Usual Weekend Mass Times Saturday 5:30pm Sunday 8:00am & 10:00am
Monday 30 March 2026	OFFICE OF TENEBRAE  <b><i>A Lenten Pilgrimage Opportunity</i></b>	The Office of Tenebrae is a reflective Holy Week liturgy of Scripture, psalm chanting, and sacred music. <b>7:30pm at St Patrick's Cathedral, Parramatta</b> . As we continue our Lenten pilgrimage toward Easter, this prayerful service offers a profound moment to pause, reflect, and prepare our hearts for the light and hope of Christ's Resurrection.
Thursday 02 April 2026	HOLY THURSDAY	7:00pm
Friday 03 April 2026	GOOD FRIDAY	Way of the Cross at 10:00am The Passion of Our Lord Jesus Christ at 3:00pm
Saturday 04 April 2026	HOLY SATURDAY	Easter Vigil at 5:30pm
Sunday 05 April 2026	EASTER SUNDAY	Usual Sunday Mass Times 8:00am & 10:00am
Sunday 12 April 2026	DIVINE MERCY SUNDAY	Divine Mercy Chaplet at 1:45m Eucharistic Procession at 2:30pm Divine Mercy Solemn Mass at 3:00pm Followed by Fellowship

HOLY NAME OF  
MARY RYDALMERE

# LENT 2026



A Season of  
Reflection & Renewal

PRAYER, FASTING  
& ALMSGIVING

Dear Friends in Christ

Lent is the longest season of preparation in the Christian calendar. These forty days invite us to slow our pace, resist the pull of constant distraction, and attend to what often goes unnoticed within us. In a hurried world, Lent offers a sacred pause... a time to clear space and tend the unhurried soul.

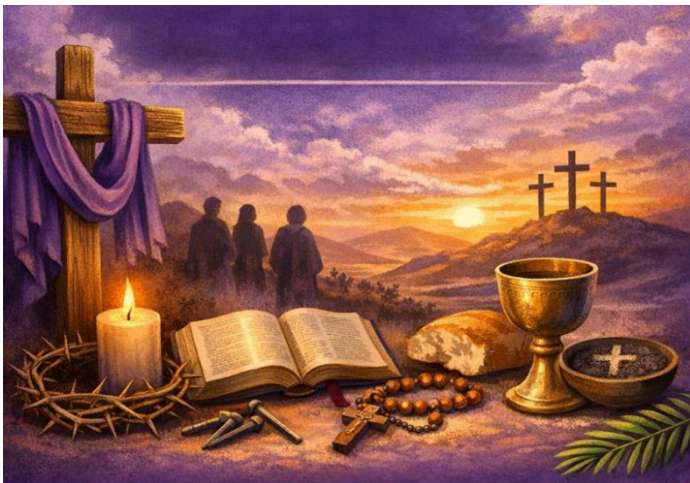
"How often do we get caught up in our own wants and needs, lose sight of the heart of the matter, and fail to embrace the true meaning of our lives in this world! Lent is a time of truth, a time to drop the masks we put on each day to appear perfect in the eyes of the world."

- Taken from: Pope Francis – Ash Wednesday  
homily in 2023

Fr. Vince

## LENT FASTING & OTHER IDEAS / SUGGESTION FOR HOW TO PARTICIPATE

- Regular adoration to the Blessed Sacrament.
- Stations of the Cross: **EVERY Friday at 7:00pm** in the Church.
- Project Compassion: **PLEASE** contribute via the Project Compassion Weekly Giving Envelopes OR take home a Project Compassion Box and encourage your family to donate their loose change or any other amount as often as possible during lent.
- Social Media: Limit the use of social media to certain days / time of the day during Lent, which will become a habit after Easter & spending more time with the family.
- Electronics: Give up electronics after a certain time in the day (eg. no screens after 9pm).
- Reading: Reading a passage from the Bible every day or any spiritual book.
- Mass: Attending Sunday Mass with the parish community. Invite a friend to come with you.
- Peace: Trying to make peace with someone you are not on good terms with.
- Rosary: Praying the Rosary once a day.
- Abstinence & Donating: Foregoing fast food and donating the money to Project Compassion or St Vinnies, as well as donating clothing or non-perishable food, which can be a blessing to someone in need.
- Attitude & Behaviour: Stop complaining, arguing and keep a calm & thoughtful temper. You might not know what someone else is going through.  
  
Give up unwanted or immodest behavioural patterns.



I invite you to prayerfully  
consider how to use the Lenten  
disciplines & draw closer to God  
& to others.

Let us have a meaningful Lenten  
season together.

- Fr. Vince