Place Fridge Magnet here!

# OUR LADY OF THE VALLEY PARISH
# 2026 LENTEN SCHEDULE

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*Traditionally the season of Lent is a time for spiritual renewal and reconciliation.*
*This holy season is characterized by fasting, prayer and almsgiving.*
*This schedule is meant to assist you in keeping this season holy.*
*Copies of "Give us this Day" daily prayers are available in church for your use.*
*You may use these books to create an environment of prayer in your home during this sacred season.*

## Lenten Fast and Abstinence:

- **Ash Wednesday and Good Friday** are days of fast and abstinence. (Limit of one full meal on these days for all between the ages of 18 & 59.)
- **All Fridays of Lent** are days of abstinence. (All who have reached their 14th year are asked to abstain from meat.)

**SA** - Saint Ann's **SM** - Saint Mary's

## Lenten Reading

Matthew Kelly's book, **The Seven Pillars of Catholic Spirituality** has been provided free of charge to all parishioners by a generous parishioner who wishes to remain anonymous.

## Ash Wednesday: Feb 18, 2026

**Mass with distribution of Ashes:**
**7:00am; 12:10pm; 5:15pm SA and 7:30pm SM**

## Let us Pray. . .

**Daily Mass:** Mon, Tues, Thurs & Fri 12:10 pm
**Stations of the Cross:**
Every Friday 5:30 pm **SA**

**My Parish App: Download our "My Parish" app** and use the special weekly video reflections & special Lenten daily reflections to assist your prayer.

**Adoration Chapel:** Consider an hour visit to the chapel for prayer.

**Halo App:** Download the app ($) and pray.

## Sacrament of Reconciliation

**Private Reconciliation:**
Tues & Thurs of Lent 11:30am -Noon
Saturdays of Lent 3:00-4:15 pm

**Diocesan Day of Penance and Mercy:**
**Tues. March 24, 2026 -** Penance available:
**SA** 11am-Noon; and 2-4pm
**SM** 5:30 -6:30pm

## OCIA

***Please pray for our Candidates and Catechumens:***

**Rite of Sending: St. Ann's Church**
Sunday, February 22, 2026, 10:45am

**Rite of Election: Sacred Heart Cathedral**
Sunday, February 22, 2026, 2pm

## Operation Rice Bowl

We are participating once again in this work of Catholic Relief Services. This project provides needed support for the poor of the world. This is one way we may choose to live out our Lenten call to almsgiving.

Go to: **https://www.crsricebowl.org/**
for inspiring stories of hope

## Holy Week & Sacred Triduum

***This is an opportunity to walk with Christ the last days of his earthly life, and to experience the love he displayed then and continues to display today. Will you accept this invitation from the Lord?***

**Passion / Palm Sunday: March 29** (Reg. Mass times) *Holy Week begins today which joins the foretelling of Christ's regal triumph and the proclamation of the passion.*

**Chrism Mass:** Sacred Heart Cathedral
Tuesday, March 31, 2026 at 6:00 pm

**Holy Thursday: April 2**
7:00 pm Liturgy of the Lord's Supper
*Individual visits to Church for prayer are encouraged after the Mass.*
*The Church will be open until 10:00pm.*

**Good Friday: April 3**
*It is traditional to reserve the time between 12 and 3 to mark the period that Christ spent on the cross.*
**SM** 1:00 pm Comm. of the Lord's Passion
**SA** 2:30 pm Praying of the Way of the Cross
**SA** 3:00 pm Comm. of the Lord's Passion

**Holy Saturday: April 4**
11:00am Blessing of Easter food - **SA**
7:30 pm Easter Vigil – **SA**

**Easter Sunday: April 5**
6:45 am Mass **SA**
8:45 am Mass **SM**
10:45 am Mass **SA**

