

✠ *First Sunday of Lent* ✠
February 22nd, 2026

Sunday, February 22nd – First Sunday of Lent

8:00 AM Holy Mass -Spanish-
10:00 AM For the deceased members of our parish
12:00 PM Holy Mass -Spanish
6:00 PM Holy Mass -Spanish

Monday, February 23rd – Lenten Weekday

8:00 AM That the Pope and bishops, and all who collaborate with them in ministry, may experience the constant guidance of the Holy Spirit

Tuesday, February 24th - Weekday

8:00 AM That all who hold and seek public office may pursue the common good above any personal gain or advantage

Wednesday, February 25th - Weekday

8AM For the poor and homeless, the unemployed and forgotten, and all the oppressed

Thursday, February 26th –Weekday

8:00 AM That all God's people may, by their conversations, honor the Lord and help others to draw closer to him

Friday, February 27th – Weekday

8:00 AM For the poor, the sick, the homeless, the unemployed, the unborn, and those on death row

Saturday, 28th –Weekday

9:00 AM That all who have died may have eternal rest, and that all who mourn them may have the Lord's consolation
6:00 PM Holy Mass - Spanish

Sunday, March 1st – Eight Sunday in Ordinary Time

8:00 AM Holy Mass -Spanish-
10:00 AM That the Pope and bishops, as successors of the apostles, may clearly teach and lovingly guide the Church
12:00 PM Holy Mass -Spanish
6:00 PM Holy Mass -Spanish

Father,
Your Son Jesus showed us how to reject temptation. Fill us with grace to be faithful to You in this Lenten season and throughout life. We ask this through Christ our Lord. Amen.

THE BUDGET

Budget last week: \$ 9,009.11

For those who wish to request Budget Envelopes for Tithing or who need a statement for your Income Taxes, please call Rectory at ☎ 421-6441



Latest Medjugorje Message, January 25, 2026

“Dear children, Today, I am calling you to be prayer and a blessing for all those who have not come to know God's love. Little children, be different from others and be positive people of prayer and love towards God, that with your lives, you may be a sign of God's love to others. I bless you with my motherly blessing and intercede for each of you before my Son Jesus. Thank you for having responded to my call. ”



The holy season of Lent is a special time of personal and spiritual growth.

It's a time to reflect deeply on ourselves and others. The spiritual pillars of **prayer**, **fasting** and **almsgiving** guide us as we strengthen our relationship with God and our neighbors.

Through **prayer**, we consider the challenges faced by the world's most vulnerable people and how God is calling us to respond. By **fasting**, we let go of our desire for material things, making room to understand the needs of others more deeply and allowing the Holy Spirit to work within us. When we **give alms**, we do it thoughtfully and with compassion toward our sisters and brothers.

Please consider taking a Rice Bowl for your Lenten Journey.

Today 's Readings:

Reading 1: Genesis 2:7-9; 3:1-7

Reading 2: Romans 5:12-19

Gospel: Matthew 4:1-11



Every Friday during Lent

6pm – 9pm

&

Every Saturday

4pm – 5pm



Life in the Spirit Seminar
Please call the office to register
401-421-6441



Prayer Meeting

Every Thursday
Rosary 6:30pm
Holy Mass at 7pm
follow by worship & prayer meeting

Lenten Mission

“If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me” [Luke 9:23](#)



February 25th & 26th
Wednesday & Thursday
starting with
Mass 7pm

with Fr. Garcia & Deacon Jose

GUIDE TO FASTING



FRIDAYS OF LENT:

FEBRUARY 20, FEBRUARY 27, MARCH 6, MARCH 13, MARCH 20, MARCH 27, GOOD FRIDAY APRIL 3

RULES FOR FASTING & ABSTINENCE

Catholics between the ages of eighteen and fifty-nine are required to fast and abstain from meat (fish is permitted) on Ash Wednesday and Good Friday.



Catholics over fourteen should abstain on all Fridays in Lent.

Ash Wednesday and Good Friday, we should not only abstain from all meat, but also fast by limiting ourselves to one meal for the entire day.



The law of fasting allows only one full meal a day, but does not prohibit taking some food in the morning and evening, observing—as far as quantity and quality are concerned approved local custom.

TIPS FOR FASTING

Start Slow: If you're new to fasting, begin with small steps like skipping one meal.

Stay Hydrated: Drink plenty of water throughout the fasting period to stay healthy.

Choose Wisely: Opt for nutritious foods when breaking your fast to nourish your body.

Pray and Reflect: Use fasting as a time for prayer, self-examination, and drawing closer to God.

BENEFITS OF FASTING

Spiritual Growth: Fasting can deepen our spiritual connection and focus during Lent.

Self-Discipline: The Catechism of the Catholic Church explains that fasting “helps us acquire mastery over our instincts and freedom of heart” (2043). Fasting teaches self-control and strengthens our willpower.

Solidarity: Fasting in solidarity with others fosters empathy and compassion.

EXCEPTIONS TO FASTING

Those with health conditions, pregnant or nursing women, and the elderly are exempt from fasting requirements.

If fasting poses a risk to your health or well-being, you are not obligated to fast.