

# Cathedral Parish of St Mary & St Helen Parish Lenten Programme for 2026

Dear Friends in Jesus Christ,

We are about to embark upon our Holy Season of Lent once again. Lent is a Penitential Season, and it affords each one of us the opportunity to make little sacrifices. We may have decided to give up something for Lent, or to do something extra, but Lent gives us the opportunity to focus our attention on the spiritual aspect of our lives. It is that season of preparation to celebrate the greatest event in the whole history of the creation; that at a moment in time, Jesus Christ, truly God and truly man, triumphed over sin and death for the salvation of the whole of humanity. He continues to invite us to share in the Paschal Mystery. Every time we attend Holy Mass that 'saving action' is made real! We are invited to share His life, and Lent will be a wonderful opportunity to really make a deep commitment in faith to the Lord.



The three disciplines of Prayer, Fasting & Almsgiving are at the heart of the Lenten Season. How we respond to these is very personal. Whatever we decide to do is between ourselves and Almighty God. But I do encourage all

our parishioners to enter into the full spirit of the season. You may like to take on something extra during Lent, e.g. reading a chapter of the Bible each day; spending additional time in private prayer; doing some spiritual reading; attending an additional Mass during the week or praying the Rosary each day; attending Stations of the Cross devotions or making a Holy Hour before the Blessed Sacrament. The decision is yours, but please don't Lent pass you by without doing something!

# TIMES OF MASSES & SERVICES DURING LENT

## ASH WEDNESDAY: **With Distribution of the Ashes at all Masses**

Cathedral	9.15 a.m.	Please make a special effort
Cathedral	1.10 p.m.	to attend one of the Masses.
Cathedral	7.30 p.m.	<b>THIS IS A DAY OF FASTING AND ABSTAINENCE</b>

## SUNDAY MASSES

Cathedral	6.30 p.m.	(Saturday Vigil Mass)
Cathedral	8.00 a.m.	Early morning Mass
Cathedral	9.30 a.m.	Family Mass. Sung
Cathedral	11.30 a.m.	Parish Sung Mass
Cathedral	<b>5.00 p.m.</b>	<b>Stations of the Cross</b>
Cathedral	6.30 p.m.	Sunday evening Mass

## MONDAY

Cathedral	9.15 a.m.	Mass
Cathedral	6.30 p.m.	<b>Holy Hour, Benediction and Confessions</b>

## TUESDAY

Cathedral	9.15 a.m.	Mass
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## WEDNESDAY

Cathedral	9.15 a.m.	Mass <b>followed by Holy Hour and Exposition</b>
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## THURSDAY

Cathedral	9.15 a.m.	Mass
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## FRIDAY

### Fridays are Fast Days; no meat today!

Cathedral	9.15 a.m.	Mass
Cathedral	<b>7.00 p.m.</b>	<b>Stations of the Cross and Exposition</b>

## SATURDAY

Cathedral	9.15 a.m.	Mass
Cathedral	10.00 a.m.	<b>Confessions in the Cathedral</b>
Cathedral	6.30 p.m.	Vigil Mass for Sunday

## SUNDAY MASSES

Cathedral	8.00 a.m.	Early Mass
Cathedral	9.30 a.m.	Family Mass. Sung
Cathedral	11.30 a.m.	Parish Sung Mass
Cathedral	<b>5.00 p.m.</b>	<b>Stations of the Cross</b>
Cathedral	6.30 p.m.	Sunday Evening Mass

## LENTEN DIARY 2026

18 <sup>th</sup> Feb	Ash Wednesday. 3 Masses. See Newsletter. Day of Fasting and Abstinence
22 <sup>nd</sup> Feb	Rite of Election. 3.00pm. Brentwood Cathedral
25 <sup>th</sup> Feb	1 <sup>st</sup> Lenten Talk. Abbot Hugh Allan. 7.30pm P Hall
27 <sup>th</sup> Feb	CAFOD Lenten Family Fast Day / Cafod envelopes
27 <sup>th</sup> Feb	Vespers for Ukraine. 6.00pm Cathedral
4 <sup>th</sup> March	2 <sup>nd</sup> Lenten Talk. Msgr Kevin Hale. 7.30pm P Hall
6 <sup>th</sup> March	Women's World Day of Prayer
7 <sup>th</sup> March	Children's First Reconciliation 10.15am Cathedral
11 <sup>th</sup> March	3 <sup>rd</sup> Lenten Talk. Mauro Ianicelli. 7.30pm P Hall
15 <sup>th</sup> March	Mothering Sunday
18 <sup>th</sup> March	4 <sup>th</sup> Lenten Talk. Msgr John Armitage. 7.30pm P Hall
29 <sup>th</sup> March	British Summertime begins / Clocks forward 1 hour

## HOLY WEEK 2026 BEGINS

29 <sup>th</sup> March	Passion Sunday / Palm Sunday. See Newsletter
31 <sup>st</sup> March	Parish Lenten Penitential Service 7.30pm
1 <sup>st</sup> April	ChrisM Mass, Brentwood Cathedral, 11.00 a.m.

## SACRED TRIDUUM

2 <sup>nd</sup> April	Triduum Begins. Mass of the Lord's Supper 8.00 p.m.
3 <sup>rd</sup> April	Good Friday. Passion of Our Lord 3.00 p.m.
4 <sup>th</sup> April	Holy Saturday/ Easter Vigil, 7.30p.m.
5 <sup>th</sup> April	Easter Sunday / The Resurrection of the Lord 4 Masses: 8.00 a.m., 9.30 a.m., 11.30 a.m., and 6.30 p.m. All Masses are at the Cathedral.

## RITE OF CHRISTIAN INITIATION OF ADULTS

**This year on our Journey of Faith, twelve members from the community have decided to go forward to the Reception of the Easter Sacraments. Four will be Baptised, and eight will be received into full communion with the Church, Confirmed and receive the Holy Eucharist. Please keep them in your prayers over this Lenten Season. These final weeks of instruction will help to prepare them for the Joy of the Easter Vigil on Holy Saturday Evening 4<sup>th</sup> April 2026 at 7.30 p.m.**

## Practical prayer guide & actions to take during this Holy Lenten Season 2026

- 1) **Make a serious Act of Contrition and Repentance of your sins before or during these 40 days of Lenten Journey, to be at peace with God. The Word of God says in 1 John 1:9, 'If we confess our sins, he is faithful and just to forgive our sins and cleanse us from all unrighteousness'. Also, - make peace with whomever has offended you or you have offended. Matthew 6:14 says 'For if you forgive people their trespasses, your Heavenly Father will also forgive you.'**
- 2) **Endeavour to live a holy life during and after this Lenten period. Make 'holiness' your watch word.**
- 3) **Be charitable; visit the less privileged, sick & housebound, provide weekly to the Foodbank.**
- 4) **Render selfless services to God and support your parish & community; help with parish projects. Join the Altar Society, Volunteer to become a Catechist, Volunteer for other charitable work. Help with our Friday Lunches**
- 5) **Spread the Gospel of Jesus anywhere you find yourself through your words, actions, and lifestyle. Become a Living Gospel of Christ.**
- 6) **After these 40 days of prayer, believe that God has answered your prayers. God assured us in Numbers 14:28 that He will do to us whatever he hears us say.**
- 7) **Equip yourself with the Word of God by reading your Bible daily. This will keep you in tune spiritually. Pray Lectio Divina or Spiritual Reading. (Walk with Me booklets are now available - £1.50 each).**
- 8) **Never go back to your past life. Continue to live as a son or daughter of God.**
- 9) **Please join us for the Four Lenten Lectures on the Holy Eucharist.**

  
*A Journey through Lent*