



St Mary Moorfields

LENT 2026

*“Return to the Lord your God, for he is gracious and merciful”
(Joel 2:13)*

Lent is a time of new beginnings. The old English word “Lent” literally means “spring”, reflecting the springtime that is starting to appear all around us. Spiritually speaking Lent is a time for new beginnings for all of us, for personal and parish renewal. The three great themes that guide us through Lent are **Prayer, Fasting and Giving**, and we are invited to return afresh to these spiritual basics. Starting with Ash Wednesday something beautiful emerges from the ashes. You will see in this leaflet some of our Lenten activities and opportunities to grow in faith and faithfulness – to grow and blossom and flourish in our Christian lives. May this Lent truly be a new springtime for us all.

ASH WEDNESDAY – 18th February

Day of Fasting and Abstinence

Mass with imposition of ashes at 8.05am, 12.00pm, 1.05pm and 5.30pm
(and at St Joseph’s, Bunhill Row at 12.05pm)

SACRAMENT OF RECONCILIATION

Weekdays at 12.30pm and 1.30pm

STATIONS OF THE CROSS

On Mondays at 6.00pm

ADORATION OF THE BLESSED SACRAMENT

Weekdays at 12.00pm until 1.05pm Mass

LENTEN GIVING

- Lenten Appeal 2026 – donations from Ash Wednesday and on the contactless machines throughout Lent
- CAFOD Lent Fast Day – Friday 27th February (give at any time during Lent)

PARISH LENT COURSE – “WE DARE TO ASK”

Sundays after 9.30am Mass in the Crypt Hall – February 22nd, March 1st, 8th, 15th & 22nd

Thursdays at 6.30pm in the Presbytery – February 26th, March 5th, 12th, 19th & 26th

Details on the poster in the porch and the flyers in church

“WALK WITH ME”

A Journey of Prayer for Lent 2026

Daily reflection booklets available from the bookstall

ECUMENICAL JOURNEY THROUGH LENT

“JOURNEYING WITH CARAVAGGIO”

Saturdays February 21st, 28th, March 7th & 14th

Details on the poster in the porch and the flyers in church

LENT PRAYER

Let us pray to the Father and ask him to form a new heart within us

God of all compassion,

Father of all goodness,

*to heal the wounds our sin and selfishness bring upon us
you bid us turn to fasting, prayer, and sharing with our brothers and sisters.*

We acknowledge our sinfulness, our guilt is ever before us:

when our weakness causes discouragement,

let your compassion fill us with hope

and lead us through a Lent of repentance

to the beauty of Easter joy.

Grant this through Christ our Lord.

Amen

<https://parish.rcdow.org.uk/moorfields/>

<https://parish.rcdow.org.uk/bunhillrow/>