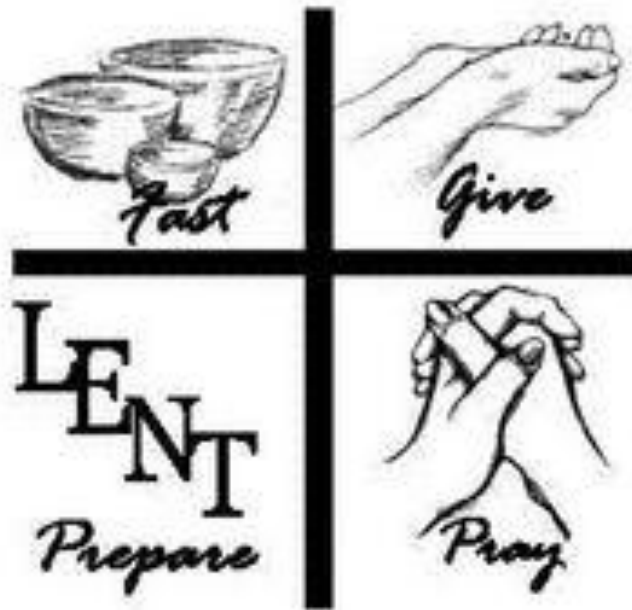


# **The Sacred Lenten Season**

***“Prayer, Fasting and Almsgiving”***



## **Holy Angels, Ash**

*(Ash Church Road, GU12 6LU)*

## **Holy Family, Heath End**

*(Alma Lane, GU9 0LH)*

## **St Joan of Arc, Farnham**

*(Tilford Road, GU9 8DJ)*

**The HUB of Ash, Heath End & Farnham**

***‘The Guildford Catholic Parish’***

**‘Grant, O Lord, that we may begin with holy fasting  
this campaign of Christian Service, so that, as we take up battle against  
spiritual evils, we may be armed with weapons of self-restraint.’**

*(Extract from the Collect for Ash Wednesday, Roman Missal)*

### **Ash Wednesday 18<sup>th</sup> February & Good Friday 3<sup>rd</sup> April 2026**

Ash Wednesday & Good Friday are days of fasting and abstinence.

*Fasting equates to eating only one full meal, and two snacks.*

*Abstinence is from meat, a collective act of the Catholic community.*

- Fasting is an obligation on Catholics aged 18 to 59 years.
- Abstinence is an obligation on Catholics aged 14 years and above.
- Abstinence applies every Friday, unless a Solemnity falls on a Friday.
- Remember our Lenten Penances are ‘*acts of love, not acts of torture*’, so if for medical reasons you need to eat certain foods at specific times do not act contrary to your doctor’s advice. Always take your medication.
- It remains a praiseworthy practice to give something up for Lent.

### **Ash Wednesday Masses:**

Masses with the imposition of ashes:

- 9.30am in Holy Angels, Ash
- 11am in St Joan of Arc, Farnham
- 12noon in Holy Family, Heath End
- 7pm in St Joan of Arc, Farnham
- 7.30pm in Holy Angels, Ash

### **Lent Groups:**

#### **1. 'We dare to ...' exploring our baptismal vocation**

Wednesdays at 8pm starting 25<sup>th</sup> Feb. in the St Joan’s Centre, Farnham

#### **2. ‘In his likeness’ exploring our discipleship and relationship to Christ**

Tuesdays at 7.30pm starting 24<sup>th</sup> Feb. in Holy Angels, Ash.

## Stations of the Cross

This season we journey with Jesus along the *'way of the cross'*.

- 3pm on Sundays in St Joan of Arc, Farnham
- 6.30pm (with Adoration) on Thursdays in Holy Family, Heath End.
- 6pm on Fridays in Holy Angels, Ash
- 7pm online Stations of the Cross – Join the Zoom Meeting:  
<https://us02web.zoom.us/j/84432886802?pwd=IbhRUfkpFuGruaXahFjUxMGMaWQObX.1>

Meeting ID: 844 3288 6802. Passcode: 857164

## Reconciliation (Confession)

This sacrament allows us to *'come back to the Lord with all our heart'*.

Throughout the Lenten Season, regular Confession times are:

- During 6.30pm Thursday *Adoration / Stations* in Holy Family, Heath End
- 4.15pm on Saturdays<sup>1</sup> in St Joan of Arc, Farnham
- 5pm on Saturdays<sup>2</sup> in Holy Angels, Ash

There are *'Youth Confessions'*:

- At 5.45pm on Sunday 8<sup>th</sup> March in St Joan of Arc, Farnham

There will also be special days / sessions of Confessions:

- Thursday 26<sup>th</sup> March in St Joan of Arc, Farnham
  - *After 11am Mass, 3pm to 4pm, 6.30pm to 7.30pm*
- 9am on Saturday 28<sup>th</sup> March in Holy Angels, Ash

The Final Opportunity for Confessions will be on Holy Saturday (4<sup>th</sup> April)

- Following the Office of Readings, 9.30am in Holy Angels, Ash
- 10am in St Joan of Arc, Farnham

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<sup>1</sup> Not on Holy Saturday evening – see time for Holy Saturday morning.

<sup>2</sup> Not on Holy Saturday evening – see time for Holy Saturday morning.

## **Confessions for St Polycarp's School Children**

Fr. Simon will hear confessions of Catholic Children for Years 4, 5 and 6 on 23<sup>rd</sup> February and on 2<sup>nd</sup> & 9<sup>th</sup> March. The school will timetable the children accordingly. If time allows, non-Catholic children will be able to see Fr. Simon if they wish to pray for any intention(s) that they may have.

## **Additional Weekday Masses for Workers, Teenagers & Children**

- 7.30pm on Thursdays in Holy Family, Heath End
- 8.15am on Fridays for All Hallows Students in the School Chapel.
- 9.15am on Friday 27<sup>th</sup> February, the Primary School Children celebrate their Patronal Feast of Polycarp.

## **Almsgiving**

The **CAFOD Lenten Fast Day** is Friday 27<sup>th</sup> February  
(with the collection on Sun. 1<sup>st</sup> March).

Shorai in Zimbabwe finds it difficult to sleep but it is not just the hunger keeping him awake but the guilt and pain of seeing his children go to bed with empty stomachs. Around the world – despite farmers' best efforts – crops are failing. In Zimbabwe, rain is scarce but in Bangladesh and South Sudan, there's too much water. Either way, the result is the same – crops fail and people go hungry.

## **CAFOD's Big Lent Walk**

**(200km over 40 days) for life-saving Water.**

CAFOD Website: <https://walk.cafod.org.uk/>

## **Formation Day: St Joan of Arc on Thursday 19<sup>th</sup> March (Sol. of St Joseph)**

- Mass at 11am, followed by a short talk – '*St Joseph, the Just Man*'
- *The Church remains open for private prayer before the Tabernacle*
- Mass at 6.30pm, followed by a short talk – '*St Joseph, the Just Man*'

Tea and coffee available after both the morning & evening talk.