

**'...BY HIS STRIPES WE
ARE HEALED.'**

LENT & HOLY WEEK 2026

LENTEN FAST GUIDELINES

Every Friday: Meatless

Ash Wednesday & Good Friday: Fast (Meatless, 1 large meal, 2 small meals)

ASH WEDNESDAY

Wednesday, February 18th

- **8:30am** Mass at St. Teresa
- **1:00pm** Bishop Timon / St. Jude School Mass at Holy Family (anyone may attend)
- **2:00 - 4:00pm** Ashes distributed at St. Ambrose, St. Martin, St. Teresa, Our Lady of Perpetual Help with **NO** Mass
- **6:00pm** Mass at St. Martin
- **7:00pm** Mass at Our Lady of Perpetual Help

STATIONS OF THE CROSS

Come walk with Jesus as he carries his cross to Cavalry. A different theme will be explored every week, with a different person/group sponsoring.

All Fridays During Lent

- **February 20:** Our Lady of Perpetual Help - **7:00pm**
- **February 27:** St. Martin - **7:00pm** (*Soup Supper at 6:00pm*)
 - **March 6:** St. Teresa - **7:00pm**
- **March 13:** The Church of the Holy Family - **7:00pm**
 - **March 20:** St. Teresa - **7:00pm**
- **March 27:** St. Ambrose - **7:00pm** (*Talk by Fr. Jim at 5:30pm, Soup Supper at 6:00pm*)
 - **April 3 (Good Friday):** St. Ambrose - **7:00pm**

DAY OF MERCY: LENTEN PENANCE SERVICE

& EXTRA CONFESSION TIMES

Come and prepare your soul for Easter with the Sacrament of Reconciliation and a Day of Mercy.

Monday, March 23rd

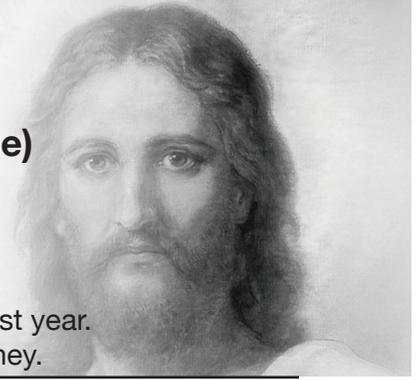
- **9:00am:** St. Martin of Tours - Confessions
- **12:00pm:** St. Teresa - Confessions
- **6:30pm:** St. Ambrose - Penance Service & Confessions

GROWTH IN THE SPIRIT

(3) Thursday Evenings (March 12th, 19th, 26th)
The Church of the Holy Family (1901 South Park Avenue)

- 6:00pm - Confessions
- 6:30pm - Mass
- 7:00pm - Program

Mark your calendars now for the sequel to our "Life in the Spirit" program of last year.
Join us for "Growth in the Spirit", a 3- part series to enrich our Lenten journey.



PARISH RETREAT

Monday, March 16th • 6:30pm
St. Ambrose (260 Okell Street)

Join Fr. Matt Foley, OFM Conv. (Principal of St. Francis High School) as we explore the Jubilee Year of St. Francis of Assisi.

'THE CHOSEN' VIEWING PARTY

Wednesdays in Lent in the Our Lady of Charity Parish Center
(St. Ambrose site). Time: 6:00pm - 8:00pm

HOLY WEEK SCHEDULE

Spy Wednesday: April 1st

- **Tenebrae Service:** The Church of the Holy Family - 7:00pm

Latin for 'darkness caused by shadows.' Experience a beautiful and powerful candlelight service lead by the OLCF Choir with the Seven Last Words of Christ.

Holy Thursday: April 2nd

- **Morning Prayer:** St. Martin - 9:00am
- **Mass of the Lord's Supper:** St. Teresa's - 7:00pm

Altars of Repose will be open for Adoration until 11:00pm at ALL churches in the Catholic Family of South Buffalo

Good Friday: April 3rd

- **Morning Prayer:** St. Teresa - 9:00am
(All churches open for private prayer from 12:00pm - 3:00pm)
- **Passion:** St. Martin - 3:00pm
- **Stations:** St. Ambrose - 7:00pm

Holy Saturday: April 4th

- **Morning Prayer:** Holy Family - 9:00am
- **Blessing of Baskets:** Our Lady of Perpetual Help - 12:00pm Noon
- **Easter Vigil:** The Church of the Holy Family - 8:00pm

Easter Sunday: April 5th

- **8:00am - St. Teresa**
- 9:00am - St. Martin
- 9:30am - St. Ambrose
- 10:00am - Our Lady of Perpetual Help
- 11:00am - St. Teresa
- 11:30am - The Church of the Holy Family
- NO 6:30pm Mass at St. Martin**

