

# On-line Lenten Resources

If you are handy with technology, here are a couple of beneficial apps to make use of your phone/screens:

**1) FORMED:** This wonderful resource is FREE to all parishioners of the Diocese. FORMED is excited to present curated content to help the Church journey through this Lenten season. In this collection are resources to help you deepen your understanding of various Lenten days, practices, and devotions. These resources draw us deeper into the mystery of Lent, Holy Week, and the Triduum as we look forward to the joy of the Resurrection. FORMED is available as an app as well as on-line.



**2) HALLOW:** This is the #1 Catholic app. If you are not familiar with it, take a few moments to check it out. Daily prayers, reflections, meditations, Masses, novenas, stories and so much more. Also, during Lent, you can join thousands of others as they participate in Hallow's Lent Pray40. The app has free trial options.



## Lenten Events at the Cathedral

**WEDNESDAY, FEBRUARY 18th:** Ash Wednesday Masses with distribution of ashes at 7:30am, 9:30am (St. Teresa School Mass), 12:10pm & 7:00pm

**FRIDAY, FEBRUARY 20th:** Stations of the Cross following 12:10pm Mass

**SATURDAY, FEBRUARY 21st:** Day of Grace with private confession from 8:30am - 5:00pm

**FRIDAY, FEBRUARY 27th:** Stations of the Cross following the 12:10pm Mass

**FRIDAY, MARCH 6th:** First Friday Adoration and Devotions

**FRIDAY, MARCH 6th:** Stations of the Cross following 10:30am Mass

**SATURDAY, MARCH 7th:** First Saturday Adoration

**FRIDAY, MARCH 13th:** Stations of the Cross following the 12:10pm Mass

**THURSDAY, MARCH 19th:** CCO Lenten Summit for Trent & Fleming students from 7:00pm - 9:00pm

**FRIDAY, MARCH 20th:** Stations of the Cross following the 12:10pm Mass

**FRIDAY, MARCH 27th:** Stations of the Cross following the 10:30am Mass

**SATURDAY, MARCH 28th:** Palm Sunday Vigil Mass at 5:00pm

**SUNDAY, MARCH 29th:** Palm Sunday Mass at 7:30am, 9:00am & 10:30am

**MONDAY, MARCH 30th:** Chrism Mass with the Bishop & Priests of the Diocese at 2:00pm

**THURSDAY, APRIL 2nd:** Holy Thursday Mass at 7:00pm followed by Adoration

**FRIDAY, APRIL 3rd:** Way of the Cross beginning at the Cathedral at 10:00am

**FRIDAY, APRIL 3rd:** Good Friday Service at 3:00pm

**SATURDAY, APRIL 4th:** Easter Vigil Mass at 8:00pm

**SUNDAY, APRIL 5th:** Easter Sunday Mass at 7:30am, 9:00am & 10:30am

*“As Lent is the time for greater love, listen to Jesus’ thirst...He knows your weakness. He only wants the chance to love you.”*

-St. Teresa of Calcutta

# Cathedral Handbook for Lent 2026



## What Is Lent?

With ashes administered, we now begin Lent, a period of forty-six days (forty when Sundays are excluded) that commemorates the time Jesus spent in the desert prior to beginning his public ministry as Messiah.

As described in the gospel readings according to Matthew, Mark and Luke, following his baptism by John the Baptist in the Jordan River, Jesus was led by the Holy Spirit into the desert, where he fasted for forty days and was subject to temptation by Satan.

To honor this sacrifice and conquest over the devil, Catholics and other Christians elect to set aside the season of Lent to refocus on Jesus as we look ahead to his death on the Cross and rejoice over his miraculous return.

## What Do We Do during Lent?

Lent is a time when participants can carry out a three-fold mission, with the key pillars being fasting, almsgiving, and prayer. Certainly, these components are not new within our Catholic teachings nor are they reserved only for Lent, as we are encouraged to practice them regularly throughout the year. However, a special and renewed focus on each of them during Lent can foster growth and appreciation within our collective faith and respective spiritual journeys.

## Ash Wednesday

Ash Wednesday is the first day of Lent. On Ash Wednesday, Catholics receive ashes in the shape of a cross on their forehead. These ashes are created from the palms used during the previous year's Palm Sunday Mass. They symbolize penance, which is appropriate as Lent is a season of penance, and remind us of our own mortality. During the Mass, as the priest or lay minister applies the ashes, he says "Remember you are dust and to dust you shall return." Anyone who attends a Mass can receive ashes, not just practicing Catholics.



**MASS TIMES**  
**7:30am, 9:30am St. Teresa School Mass at the Cathedral, 12:10pm with Bishop Miehm & 7:00pm on WEDNESDAY, FEBRUARY 18th**

God of goodness and mercy,  
Hear my prayer as I begin this Lenten  
journey with you. Let me be honest  
with myself as I look into my heart  
and soul, noticing the times I turn  
away from you. Guide me as I humbly  
seek to repent and return to your  
love. May humility guide my efforts to  
be reconciled with you and live  
forever in your abundant grace.  
Transform me this Lent, heavenly  
Father. Give me the strength to  
commit myself to grow closer to you  
each day.  
Amen.

# Three Pillars of Lent

There are three holy practices which Catholics are called to embrace in Lent. These three practices are prayer, fasting, and almsgiving. When you make your Lenten plan, choose something specific from each category and you're set for a grace-filled journey to Easter.

## Prayer:

- Each morning, scroll through the contacts on your phone. Randomly stop and say a prayer for whichever person you land on
- Spend a few minutes with Scripture each day
- Start the Bible in Year podcast with Fr. Mike Schmitz on Hallow
- Attend daily Mass once a week
- Attend or pray the Stations of the Cross every Friday
- Invite a friend to attend Mass with you
- Attend a Spiritual Retreat such as the Ignatian Spiritual Exercises through St. John's Church
- Attend Adoration of the Eucharist - First Friday & First Saturday at the Cathedral
- Go to confession - our Day of Grace is Saturday, February 21st
- Pray a family Rosary daily, even if it is one decade
- Join Hallow's #Pray40 Lent Challenge

## Fasting:

- Give up coffee (or only brew it at home)
- Give up alcohol
- Give up certain social media sites, or limit them to certain days/time of day
- Give up electronics after a certain time in the day (i.e., no screens after 8 p.m.)
- Sleep without a pillow
- Wake up without hitting the snooze button
- Shower without hot (with only lukewarm) water
- Keep the thermostat several degrees cooler
- Park in the back of the parking lot and say a prayer as you walk to the grocery store
- Abstain from reading gossip/rumor sites
- As a family, fast from desserts or a favourite meal.

## Almsgiving:

- Spend time volunteering as a family
- Allow kids to be the one to place money in the basket during the offertory at Mass
- Introduce children to a charity and explain to them how and why to donate to it
- Have children identify a toy or item of clothing they are willing to donate to St. Vincent de Paul and explain that their donation can be a blessing to someone in need
- Create a jar to collect change to donate
- Donate food to a food bank
- Donate a service (free homework tutoring, free professional assistance, etc)
- Give a smile to someone you pass who may be living on the street (instead of ignoring them)
- Follow new charities on social media and engage with their posts
- Support a business that advertises in our parish bulletin
- Consider increasing your weekly offering to the Cathedral by a few dollars or making a Lenten donation.

# Spending Time in Prayer with Jesus

## What is Adoration?

Eucharistic Adoration is a Catholic devotion dating back to the early days of the Church. It involves exposing a consecrated host, the Blessed Sacrament, allowing people to sit and pray in the presence of Jesus Christ.

Adoration specifically refers to any prayer in front of the Blessed Sacrament whether in front of a closed Tabernacle or in front of the exposed host in a monstrance. Exposition refers specifically to prayer in front of the exposed host in a monstrance. You may hear these terms used interchangeably.

## During Eucharistic Adoration, it is appropriate to do any of the following...

- Read and reflect on readings from the Bible or other spiritual writings
- Pray the Rosary, Divine Mercy Chaplet or any other favorite devotions
- Converse with God through spontaneous prayer or journaling
- Sit quietly and listen or just enjoy being in the presence of Christ



## When is Eucharistic Adoration offered at the Cathedral?

- Eucharistic Adoration is available whenever the Church building is open daily from 7:00am - 2:20pm as the doors to the Church are always open for anyone to come and pray in front of the closed Tabernacle.
- Eucharistic Exposition is offered on the First Friday of each month from 9:30am - 12:00pm and on the First Saturday of the month from 8:00am - 9:00am

## Prayer of Adoration

I adore you Jesus, true God, and true man, present in the holy Eucharist, kneeling before you and united in spirit with all the faithful on earth and all the saints in heaven. In gratitude for so great a blessing, I love you with all my heart, for you are worthy of all praise and adoration.

## When does Lent end?

Lent ends when the evening Mass of the Lord's Supper on Holy Thursday begins, because the Mass of the Lord's Supper ushers in the Holy Triduum, a liturgical season in its own right and the shortest of the liturgical year.

As for the Lenten penances, those are voluntary practices that people take up as personal devotions in addition to the penances required by the Church on the Fridays of Lent. As voluntary penances can be voluntarily set aside, taking a break from them on Sundays in honor of the Lord's Day is perfectly fine. That said, the Sundays of Lent are indeed part of the Lenten season.

## Lenten Reflection



Lent is a season of being invited by God in a deeply personal way. As we get closer to God through the traditional Lenten practices of prayer, fasting and almsgiving, let us leave behind the things that hinder us from loving God and others. Let us keep the commitment of following Christ in our words and actions.

Cathedral of St. Peter-in-Chains

# Pray the Rosary

The Rosary is a meditative prayer that can transform hearts and change lives. The Rosary is our prayer to God through the intercession of the Blessed Mother.

## How to pray the Rosary:

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the Apostles' Creed.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the *Our Father*.
7. While fingering each of the ten beads of the decade, next say ten *Hail Marys* while meditating on the Mystery. Then say a *Glory Be*.
8. (After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.*)
9. After saying the five decades, say the *Hail, Holy Queen*, followed by this dialogue and prayer:
10. *V. Pray for us, O holy Mother of God.*
11. *R. That we may be made worthy of the promises of Christ.*
12. *Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.*

## The Mysteries of the Rosary:

Pope Saint John Paul II suggested the recitation of the Rosary as follows: the **JOYFUL** mysteries Monday and Saturday, the **LUMINOUS** on Thursday, the **SORROWFUL** on Tuesday and Friday, and the **GLORIOUS** on Wednesday and Sunday (with this exception; Sundays of Advent and Christmas – the **JOYFUL**; Sundays of Lent – the **SORROWFUL**).

### Joyful Mysteries

1. The Annunciation of the Angel Gabriel to Mary
2. The Visitation of Mary to Elizabeth
3. The Birth of Jesus in Bethlehem of Judea
4. The Presentation of Jesus in the Temple
5. The Finding of Jesus in the Temple

### The Luminous Mysteries

1. Jesus' Baptism in the Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

### The Sorrowful Mysteries

1. The Agony of Jesus in the Garden of Gethsemane
2. The Scourging of Jesus at the Pillar
3. The Crowning of Jesus with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Jesus

### The Glorious Mysteries

1. The Resurrection of Jesus
2. The Ascension of Jesus into Heaven
3. The Descent of the Holy Spirit at Pentecost
4. The Assumption of Mary into Heaven
5. The Coronation of Our Lady in Heaven

If you do not have a Rosary, small plastic ones are available in the office free of charge.

# Fasting & Abstinence During Lent

## Rules for Fasting

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence from meat for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age

59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

## Reasons for Fasting

**1) To Grow in Self-Mastery:** It helps us to learn to say "no" to our appetites and be free from what we do not need.

**2) Obedience & Discernment:** It opens us up and allows us to let God and the Church tell us what is best for us.

**3) Worship & Sacrifice:** Fasting is a sacrifice oriented towards worship of God and not ourselves.

**4) To Be Co-Redeemers with Jesus:** As it is a sacrifice, we participate in the Cross of Jesus for the salvation of the world.

## Lenten Homilies

Each year during the season of Lent the priests of the Cathedral endeavour to present a series of homilies around an appropriate theme related to our Lenten journey. This year we are focusing on the subject of stewardship.

Stewardship in Catholic teaching refers to the responsible exercise of dominion over God's creation and gifts (entrusted to humanity as image-bearers) through prudent care, ethical use, and service to the common good, always accountable to the divine Lord of all. It demands aligning human actions, including science, technology, and resource management, with God's design for integral human development, the dignity of persons, and the universal destination of goods.

As one can see, stewardship is a large topic that has wide ranging implications on our care of the gifts we have been given to us in creation and through our relationship with our Creator. We intend to examine the lectionary readings with the hermeneutical lens of being disciples of Christ who are "**STEWARDS OF DIVINE GRACE**".

February 22:	Stewards of God's Word	Fr Tom Lynch
March 1:	Stewards of God's Promise	Deacon Bill Radigan
March 8:	Stewards of God's Gifts	Fr Edmund Scott
March 15:	Stewards of God's Revelation	Fr Tom Lynch
March 22:	Stewards of God's Gift of Life	Fr Max Delamour

*All things are possible with God*



*"As each one has received a gift, use it to serve one another as good stewards of God's varied grace." 1 Peter 4:8-10*

# Confession

## Does the Church require going to confession during Lent?

The requirement for Catholics is to receive the sacrament of reconciliation or confession at least once per year, but it does not specify when that should be. Many Catholics, however, do receive this sacrament during the Lenten season, and for good reason: Lent is an especially penitential season, meaning that during Lent we are called to make an extra effort to examine our lives and to strive to live in greater conformity with our faith, to imitate Jesus in a greater way.

During Lent we also take on some extra penitential practices in order to grow in holiness and be free from the bondage of sin. Because of this, it is fitting that many Catholics choose to receive the sacrament of reconciliation during this holy season.

## Confession: Don't Be Intimidated

When we think about our sinfulness, we might feel embarrassed or alone. It's not something we want to share with others. We may feel intimidated or reluctant to share our sins with the priest. If you're nervous or uneasy about going to confession, remember these three things:

- It doesn't matter if it's been a long time (or a short time), God is still happy you're there.
- Our God is a God of mercy. God wants to forgive us.
- God, not the priest present in the confessional, is the one actually absolving your sins.

## How to Go to Confession

1. Enter the confessional and greet the priest.
2. Begin by making the sign of the cross and say "Bless me, Father, for I have sinned. It's been [however many days/months/years] since my last confession."
3. List your sins.
4. Mention venial (everyday) sins and mortal sins, which are more serious. Try to be thorough, but it's OK if you don't remember every single sin. When you're done, conclude by saying "I'm sorry for these and all my sins."
5. Listen to the priest.
6. When you're done confessing your sins, the priest may offer some guidance and suggest ways to avoid sins in the future. He'll then give you a penance. Often, you'll be able to complete your penance while still at church.
7. Pray the Act of Contrition: "My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy."
8. The priest will say the prayer to absolve you of your sins. Make the sign of the cross and close with Amen.
9. Depart and fulfill your act of penance.

*"Confession is an act of honesty and courage - an act of entrusting ourselves, beyond sin, to the mercy of a loving and forgiving God."* -St. John Paul II



DAY OF GRACE

Saturday, February 21 from 8:30am - 5:00pm

# Stations of the Cross

The Stations of the Cross are a communal prayer where we make a spiritual pilgrimage to the sights of Jesus' last few hours of his life. It follows Jesus from his sentence to death by Pontius Pilate through his burial in his tomb. Some believe that our Blessed Virgin Mary visited the scenes of our Lord's Passion every day that she was in Jerusalem. The Stations of the Cross allow us to do the same, to participate in his passion and death through meditation, contemplation and prayers.

The early Christians suffered persecution from the Roman Empire for more than two centuries after Christ. Finally, in the year 313, the emperor Constantine ended persecution by legalizing Christianity. This opened the way for Christians to visit the Holy Land and the places of Jesus' last few hours. However, not everyone could visit the Holy Land; it was expensive and, possibly dangerous. So, in the fifth century, an interest developed to "reproduce" the holy places of Jesus' passion in other areas, so that many could make a spiritual pilgrimage.

This spiritual pilgrimage is called the Stations (or Way) of the Cross. During this spiritual pilgrimage there are various stops (or "stations") along the way depicting various scenes of Jesus' passion and death (such as Jesus is condemned to death, Jesus carries his cross, and the final one, Jesus is laid in the tomb). Each station usually has pictures or images portraying each event. In 1731, Pope Clement XII permitted stations to be created in all churches and fixed the number at 14. Some devotional booklets include a 15th station – Jesus' resurrection.

The Stations of the Cross will be prayed at the Cathedral every Friday during Lent following the 12:10pm Mass. We invite you to join one of the deacons from the diocese each week: February 20th, February 27th, March 6th, March 13th, March 20th, March 27th.

*If any man would come after me, let him deny himself and take up his cross and follow me.*

## Annual Way of the Cross

It is a long standing tradition in the Diocese of Peterborough on Good Friday to attend the outdoor Way of the Cross. Young people reenact the 14 stations, this year on Friday, April 3rd, starting at the Cathedral and walking to Immaculate Conception. Not only is this a beautiful devotion and a way particularly to engage children in the meaning of the day, it is also a testament to those who observe this act of faith. Join us for the 10:00am start!

