

# 2026 Lenten Schedule

*Catholic Center at UGA*

## **Ash Wednesday**

February 18th

Mass with Ashes: 8AM, 12PM & 5:30PM

Ashes Distribution: 9AM - 5PM - Between Masses

## **Lenten Mission featuring Fr. Radmar Jao, S.J.**

Friday, February 20, 7PM– 9PM

Saturday, February 21, 7PM - 9PM

Sunday, February 22, 1:45PM - 3:45PM, Reception to follow

## **Lenten Penance Service**

Monday, March 23, 7PM

## **Confession**

Wednesdays: 4PM - 5PM

Saturdays: 3:30PM - 4:30PM

## **Adoration**

Mondays & Thursdays: 9AM - 5PM

Tuesdays: 9AM - 10AM

Wednesdays: 9AM - 10AM

Fridays: 8:30AM - 9:30AM

## **Stations of the Cross**

Stations are self-guided thru Lent

Booklets will be provided in back of the Chapel

## **Knights of Columbus Fish Fry**

Every Friday from 5PM - 7PM



Check out this  
Lenten Resource!

## **FASTING AND ABSTINENCE DURING LENT**

In Matthew 9:15, Our Lord says of us: "The days will come, when the bridegroom shall be taken from them, and then shall they fast." In response to our Lord's saying, Christians have always embraced fasting and self-denial as an important part of the spiritual life, especially in commemoration of the Lord's passion and death. The Catholic Church does call all believers to certain practices that emphasize the communal nature of repentance, especially during the Lenten season. These common practices include:

**Fasting and Abstinence on Ash Wednesday and Good Friday:** Traditionally, fasting consists of eating only one meal, with the possibility of two smaller meals that do not add up to a single full meal, and no snacking between meals.

**Abstinence from Meat on Fridays:** During Lent, Catholics are obliged not to eat meat on Fridays.

\*\*\* *The law of abstinence applies to all persons over the age of 14; the law of fasting applies to those between the age of 18 and 59. Those who are sick, pregnant, or nursing, or whose health would adversely be affected by fasting or abstinence should not*

**Penance during Lent:** The season of Lent is a penitential time, and should be marked by some form of self-denial.