



# Infofax



Diocèse de Timmins / Diocese of Timmins

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## Lent 2026

Lent begins on Ash Wednesday, February 18. This 40-day period is particularly important for us Catholics.

First, we support with our prayers those (catechumens) who are preparing to receive the sacraments of Christian initiation (baptism, confirmation, and Eucharist) on Easter night. The Church also invites us to take advantage of this liturgical season to intensify our own lives as disciples of Jesus.

We are familiar with the three means proposed: prayer, fasting, and almsgiving. These are also recalled by Our Lord Jesus Christ himself in the Gospel of the Ash Wednesday Mass (Mt 6:1-6, 16-18). Prayer centers us on our relationship with God; fasting draws our attention to our daily lives, which are too often dominated by consumption; almsgiving takes us out of ourselves to think of the poor of all kinds.

Here are a few suggestions to help you in your reflection:

1. Meditative reading of a Gospel: this year, it could be St. Matthew. Read a few verses slowly, pausing on each word, as if “chewing” on it.
2. Daily Mass: the Word of God is proclaimed, and we receive Christ in Communion.
3. Preparation for Easter confession: reread my 2015 Lenten *Pastoral Letter on conversion and the sacrament of penance*. Available on the Diocese website.
4. 2018 Lenten Pastoral Letter: *fasting, prayer, and almsgiving*. Available on the Diocese website.
5. Way of the Cross on Fridays at church or recitation of the penitential psalms (Appendix)
6. Sacrifice (deprivation of food or certain activities)
7. More generous donations to charity.

Through our spiritual investment in Lent, we draw closer to the Lord, become better people, and improve the world in which we live.

*+ Serge Poitras*

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Bishop of Timmins  
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