



Blessed Trinity Catholic Community
Spirit of Christ Mission

Return
to the Lord your God,
for God is gracious
and merciful.

LENT

2026

For the Lord says:
At an acceptable time,
I have listened to you,
and on a day of salvation
I have helped you.
See, now is the acceptable time;
see, now is the day of salvation!

2 Corinthians 6:2
Liturgy of Ash Wednesday



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Lent 2026

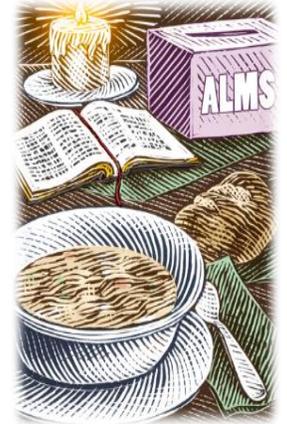
The beginning and the end, the source and summit of our life of faith, the focus and meaning of our Lenten journey, is **SUNDAY MASS**.

REMEMBER TO BE PRESENT EVERY WEEKEND FOR THE LORD'S SUPPER!

❖ **SUNDAY AT HOME: A special SUNDAY DINNER AT HOME GUIDE** is available on the parish website (*click on the Lent 2026 page*), and at church entrances. This guide provides a ritual for Sunday dinner at home during Lent based on Sunday Mass.

❖ **DAILY MASS:** Mass at 12:10 on Wednesday and Thursday during Lent.

❖ **FRIDAYS OF LENT: DAY OF ABSTINENCE FROM MEAT**



EVERY DAY OF LENT

❖ **MORNING, EVENING, NIGHT PRAYER AT HOME.** Daily/Sunday Scripture; Prayers of the Mass and daily reflections. Click on the website **LENT 2026** tab to **subscribe** to **GIVE US THIS DAY:** prayer for each day of Lent. We highly recommend this valuable resource for daily prayer throughout the year.

Available in DIGITAL format.

OPERATION RICE BOWL: FOR LENT, FOR LIFE!

PRAY, FAST, GIVE. "RICE BOWLS" available at church entrances. For more information, click on the Operation Rice Bowl Link on the **LENT 2026** page on the parish website (blessedtrinitymissoula.org).

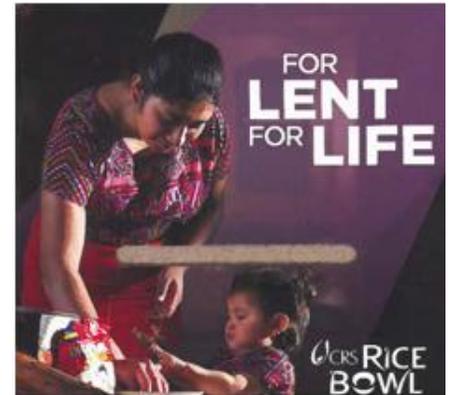
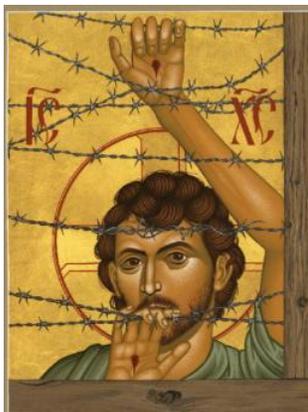
View the video provided for each week of Lent.

Check out the recipes!



A VIDEO CRS JOURNEY OF THE STATIONS OF THE CROSS; or a MARYKNOLL PowerPoint of THE STATIONS OF THE CROSS

Click on **LENT 2026** page on the parish website (blessedtrinitymissoula.org)



Fast and Abstinence

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

For members of the 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 Catholic Church from age 14 onwards.

THE PASCHAL FAST

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus, and to prepare ourselves to share more fully and to celebrate more readily his Resurrection.

Lenten Almsgiving

PARISH STEWARDSHIP GIVING. Integral to the life and spirit of our parish community, your regular (weekly or monthly) Stewardship offering is a necessary component of our faith. We offer it each Sunday at the Lord's Table with the prayer that the "Lord will accept the sacrifice we offer, for our good and the good of all God's holy Church." A prayer which we make true. We all bring a sacrifice, we all offer a sacrifice, we all make a sacrifice of praise.

LET YOUR OFFERING BE WORTHY, LET IT BE GENEROUS, LET IT BE SINCERE.



Blessed Trinity 2026 Capital Campaign

**A VISION of Hope,
A PROMISE of Life,
A SPIRIT of Service.**

Capital campaign brochure, letter, commitment envelope,
& further information available at
www.blessedtrinitymissoula.org & at church entrances.

Thank you!

**"The Lord stirred up the people,
so they set to work on his House."**

Lent 2026 Faith Sharing Opportunities

BLESSED TRINITY † SPIRIT OF CHRIST LENTEN FAITH FORMATION THE SCRIPTURE STUDY / REFLECTION

- ❖ Study centered on the readings and Gospel for each Sunday of Lent:
Thursdays of Lent, 11:00 am.
- ❖ **SEEING THE WORD:** Reflection based on the text and art of the Saint John's Bible, **Thursday, March 19, 1:00 pm**

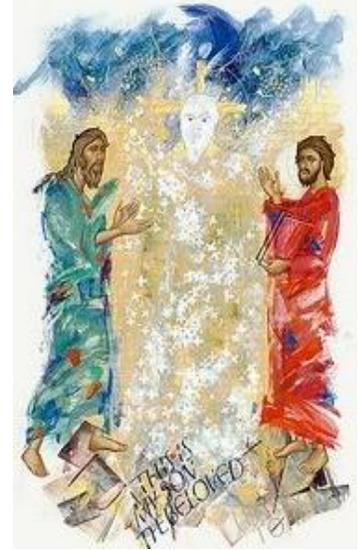
WHOLE PARISH FAITH FORMATION DURING LENT

Every age, everyone, every generation

The **THIRD** Sunday of Lent March 8, 2026, following 10:00 am Mass:

“CHRIST, OUR LIVING WATER.”

YOUTH GROUP: FEBRUARY 25, MARCH 11 & 25 7PM; SUNDAY, MARCH 8



CHILDREN'S LITURGY OF THE WORD-10:00 Sunday Mass on March 1 & 15.

CHILDREN'S FAITH FORMATION: Sunday, March 8 following 10:00 am Mass.

PENANCE AND RECONCILIATION

SACRAMENT OF RECONCILIATION DURING LENT: MARCH 23, 7:00 pm

Personal Rite every Saturday, 4:00 pm at Blessed Trinity (except on Holy Saturday, April 4.)

COMMUNAL PENANCE: Monday, March 23, 2026 + 7:00 pm

Palm Sunday of the Lord's Passion, March 28/29, 2026

ENTERING HOLY WEEK, Mass begins in the Social Center.

SOLEMN PROCESSION: Social Center > outside > into worship space.



Our Lenten journey leads us to the

GREAT THREE DAYS OF EASTER,

“The Sacred Triduum 2026”

Plan now to enter these holiest days of the year,
beginning on April 2, **HOLY THURSDAY** evening at 7:00 pm
with the **MASS OF THE LORD'S SUPPER.**

Continuing on **GOOD FRIDAY, April 3** at 12:10 pm with the
SOLEMN LITURGY OF THE PASSION AND DEATH OF THE LORD;
GOOD FRIDAY EVENING PRAYER, 7:00 PM

Leading us all to the Great EASTER VIGIL

IN THE HOLY NIGHT, SATURDAY, April 4, 9:00 pm

EASTER SUNDAY MASS: 8:00 am, Spirit of Christ + 10:00 am, Blessed Trinity

Blessed Trinity Catholic Community † Spirit of Christ Mission