

PREPARING FOR LENT 2026

WHAT IS LENT?

Lent, which begins on Ash Wednesday, is a time of penance. It is a time when we reflect on the 40 days Jesus spent in the desert. The three pillars of Lenten practice are **prayer, fasting and almsgiving.**

All Catholics, young and old, can participate in these practices.

Lent is coming soon and, as with any special event, we need to prepare. Let's not wait until Ash Wednesday!

Almsgiving gives us the opportunity to be renewed in our compassion for those who are hungry, suffering, or otherwise in need. Almsgiving is about more than putting a few extra dollars in the collection basket; it's about donating money or goods to those in need and performing other acts of charity. Here are a few ways to prepare for Lent and grow closer to God through almsgiving.

St. Vincent de Paul

The Most Precious Blood, Our Lady of Guadalupe and St. Theresa Conferences are welcoming new members and very grateful for the continued support of money and non-perishable food.

Are you called to be a Vincentian?

Volunteer at your parish

Whether it's the hospitality ministry, youth ministry or joining the Communion to the Homebound ministry, it will give you a chance to help others.

Clean out closets

Donate gently used items to a local charity who ensures they will be appreciated, such as those dedicated to people who are homeless.

Almsgiving is a spiritual discipline. Discern how you can use your time, talent, and treasure to support all of God's children.



DATES TO NOTE FOR LENT:

Ash Wednesday: February 18, 2026

All Day Confession: March 24, 2026

Palm Sunday: March 29, 2026



ASH WEDNESDAY IS FEBRUARY 18, 2026

Mass will be celebrated at:

8:30am at Most Precious Blood

7:00pm at St. Theresa

7:00 pm at Our Lady of Guadalupe
(Bilingual English/Spanish)

Fasting encourages more serious reflection about the priorities in our lives. Fasting strengthens our ability to say 'yes' to God and 'no' to sin.

Here are a few ways to prepare for Lent and grow closer to God through fasting.

Traditional Fast

An empty stomach can lead to more attentive prayer. Consider giving the money you save to others in alms or the poor box.

Abstain

Give up meat or other desirable foods during Lent, especially on Friday, and perhaps one other day.

Refrain from the negative

Make a commitment to fast from insensitive, cruel comments about others. Avoid gossip or falling into the negative social media trap.

Private Sacrifices:

It's normal to share with others what sacrifices you're making for Lent. Be sure to also reserve some that only you and the Lord know about. This helps against the temptation to sacrifice so that others know about it.♥

Lent is time of penance through fasting spread out over 40 days. It is tempting to make Lent an ambitious period of reinvention, but it is best to keep it simple and focused.

This information will also be available on the North Central Windsor Catholic Family of Parishes website:
ncwcf.dol.ca



Lent is a time when the whole Church goes on retreat for six weeks. A time for deeper conversion, purification, and spiritual growth.

Lent is our 40 day preparation for our greatest celebration – the wonder of Easter.

Numbers often have meaning. The number 40 is very significant.

- The number 40 calls to mind the days of rain, during the great flood, when evil drowned, and the earth was washed clean.
- We recall that for 40 years, the Hebrew people traveled through the desert, to the Promised Land.
- And we know, that for 40 days Moses, Elijah, and Jesus fasted in the wilderness.
- After his resurrection, Jesus, remained with his disciples for 40 days before he ascended into heaven.
- There are many instances where God allowed major changes and transformations after a period of 40.

And so, we observe 40 days during Lent, typically with prayer, fasting, and almsgiving because we follow Jesus - our model – knowing that God can and will transform our lives too.

Allow this Lent, these special 40 days, to be a new beginning, let it renew your encounter with Christ, and allow the Holy Spirit to lead you on a true journey of conversion, and to serve Christ present in our brothers and sisters in need.

Use these 40 days for serious prayer, fasting and works of charity; a time to give yourselves a spring cleaning; a time to turn away from our wanderings and to travel home to God.

Jesus sacrificed his life for us, and that sacrifice brought new life to the whole world on Easter morning. How will you prepare this Lent?

SEASON OF LENT IN OUR CHURCH

When we walk into the church during the season of Lent, we will observe the noticeable change in the colour of the décor and clergy vestments.

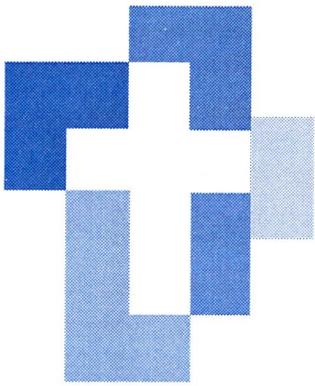
Violet vestments: The use of purple vestments indicates a time of penance. Sometimes the Lenten vestments used are a “red-hued” purple, called Roman purple, that anticipates the red vestments of Palm Sunday and Good Friday.

Decoration: The Lenten season is marked by stark décor. Flowers are expressly forbidden from the altar area. That same character should be reflected in all aspects of decoration throughout the season.

Music: Reflecting the decoration, the organ and other musical instruments are used only to accompany vocal song. The “Alleluia” is to be excluded, not only from the Gospel Acclamation, but from any use including hymns. The Glory to God is omitted except on important feasts.



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NORTH CENTRAL WINDSOR *Catholic Family of Parishes*

February 15, 2026
Sixth Sunday in Ordinary Time

North Central Windsor
Catholic Family of Parishes
519-948-4133

Most Precious Blood
Our Lady of Guadalupe
San Juan Diego of Guadalupe
St. Theresa
Sts. Cyril & Methodius

Family of Parishes' Office
1947 Meldrum Road
Windsor, ON N8W 4E3

Office Hours
Tuesday - Friday
9 AM - 12 PM & 12:30 PM - 4:00 PM

Mass Schedule

Saturday
5:00 PM Most Precious Blood
5:00 PM Our Lady of Guadalupe
Sunday
9:00 AM St. Theresa
10:00 AM Our Lady of Guadalupe
(Bilingual English/Spanish)
11:00 AM Most Precious Blood
- *American Sign Language Available*
11:30 AM Sts. Cyril & Methodius
(Bilingual English/Slovak)

Fourth Sunday of the Month
10:00 AM Our Lady of Guadalupe
(English)
12:30 PM San Juan Diego
(at Guadalupe Church) (Spanish)

Daily Mass
Tuesday 7:00 PM St. Theresa
Wednesday 9:30 AM Guadalupe
Thursday 8:30 AM MPB
Friday 8:30 AM MPB

Adoration
Our Lady of Guadalupe
Wednesdays 10:30 AM - 3:00 PM
Most Precious Blood
Thursdays 10:00 AM - 3:00 PM

Reconciliation
Most Precious Blood
Saturday 11:00 AM

FROM THE PASTOR'S PEN for Sunday, February 15th, 2026
Dear Parishioners,

Ash Wednesday is this week, February 18th, 2026.

There will be three Masses offered with the distribution of Blessed Ashes.
8:30 a.m. (English) at Most Precious Blood Church.
7:00 p.m. (Spanish/English) at Our Lady of Guadalupe Church.
7:00 p.m. (English) at St. Theresa's Church.
St. Cyril & Methodius will receive blessed ashes on Feb 22nd.

Please note: The collection that will be taken up this year at all our Ash Wednesday Masses will help subsidize our 5 Parish funds which we have used to help pay out stipends to all our retired priests over the past 7 months. Without these wonderful, retired priests we would never be able to manage our 6 Masses on weekend and weekday masses. Thank you in advance.

Be aware of the scammers!

Many parishioners have reported that they have received requests for gift cards of all kinds from their "Pastor". Your Pastor would never do such a thing. Simply delete!

Our First Stations of the Cross will take place this Friday, February 20th at both Our Lady of Guadalupe (bilingual) and Most Precious Blood at 6:30 p.m. But first, everyone is invited to come out to OLOG and MPB hall for Soup (meatless) at 5:30 p.m.
Stations of the Cross will also be prayed this Thursday, February 19th, at 6:30 p.m. at St. Cyril & Methodius (bilingual).

Many thanks to our Knights of Columbus and St Aidan's Anglican Church who will be offering their annual pancake supper this coming Tuesday, February 17th to all the Faithful.

Most Precious Blood - 4 p.m. to 6 p.m. St Theresa and St. Aidan 5 p.m. to 6:30 p.m. and Our Lady of Guadalupe from 4 p.m. to 6:00 p.m. Everyone is welcome.
Father Greg

Land Acknowledgement

Out of deep respect for those who have cared for these lands since ancient times, and those who guard and care for them still, we are committed to tread lightly on the land, respect water and all living things as gifts of the Creator, and affirm our desire for right relations with all peoples, especially the Indigenous peoples, who share our common home.

Baptism and Marriage: Please call the office at 519-948-4133

Worship • Grow • Give • Serve • Connect

**Mass Intentions
February 17th - February 20th**

Tues. Feb. 17th - St. Theresa 7:00 pm

- + Jeffrey Giambattista (Sister, Christine & Family)
- + Julita Duran Lorenzo (Sheryll Alcaraz)
- + Tony Mifsud (Mifsud Family)
- + Ana Detmar (Rocnik Family)
- + Judy (Mary & Pat Kennedy)
- + Roger Deschamps (Family)

Wed. Feb. 18th - Ash Wednesday

Most Precious Blood 8:30 am

For an increase of Vocations to the Priesthood
For the Intentions of all in our RCIA
For those grieving the loss of a Loved One

St. Theresa 7:00 pm

For the Intentions of our Parishioners

Our Lady of Guadalupe (Bilingual) 7:00 pm

- + Vincenza Calvaruso (Son, Frank & Family)
- + Ivo Ghione (Ray & Charlotte Colautti)
- + Fozi Zureik

Thurs. Feb. 19th - Most Precious Blood 8:30 am

- + Joaquim Bartolo (Wife, Maria & Family)
 - + Eddo Saccon (Brieda Family)
 - + Edison Ruelland (Mary Ann)
 - + Fr. Michael Hayes (Teresa Khidir)
 - + Roger DeGuire (1st Ann.) (Wife, Dot & Family)
- Intentions of Andy Schmidt (Lucy)

Fri. Feb. 20th - Most Precious Blood 8:30 am

- + Manuel Vicente (Mary Joudry)
 - + Judy Bagatto (Pat & Mary Kennedy)
 - + Alicia Gamilla (5th Ann.) (Gamilla Family)
- Intentions of Lucy Schmidt (Dianne & Theresa)
Intentions of Teresita Mallare (Kati Shabo)
Intentions of Christian Dushaj (Sean & Sheila Brennan)

Church Chuckle

A pastor wanted to skip church. He told his assistant he was sick. Then he drove to a golf course in another town where no one would see him. He teed off at the first hole and a huge gust of wind came, pushing the ball across the green for a hole in one.

In Heaven, an angel asked God,
"Why did you move the ball?"

God smiled and replied, "Who's he going to tell?"

**Offertory Gifts
February 7th & February 8th**

Most Precious Blood Parish

Sunday Offertory: Envelopes/Loose/EFT:	\$ 4,253.15
Diocesan Assessment:	\$ 80.00
Building Fund:	\$ 100.00
Priest Pension Fund:	\$ 40.00
Initial Envelope:	\$ 45.00
Total:	\$ 4,518.15

Our Lady of Guadalupe Parish

Sunday Offertory: Envelopes/Loose/EFT:	\$ 2,844.91
Initial Envelope:	\$ 20.00
St. Vincent de Paul:	\$ 25.00
Building Fund:	\$ 600.00
Total:	\$ 3,489.91

St. Theresa Parish

Sunday Offertory: Envelopes/Loose/EFT:	\$ 1,880.25
Total:	\$ 1,880.25

Sts. Cyril and Methodius Parish

Sunday Offertory: Envelopes/Loose/EFT:	\$ 1,177.50
Total:	\$ 1,177.50

San Juan Diego Community

Sunday Offertory: Envelopes/Loose/EFT:	\$ 1,071.93
Total:	\$ 1,071.93

*Thank you for your continued
and generous support.*

Youth Choir Now Welcoming New Voices!

Young people ages 10 and up are invited to help launch our church's Youth Choir and grow together in worship.

No experience needed! Only a willing heart to praise God.

Rehearsals take place Sundays from 3:00 to 4:00 pm at Most Precious Blood Church.

First Rehearsal is February 22nd. To join, contact Daniela at dkrizanova@dol.ca or 519-948-4133 x227.

**We look forward to welcoming
you into this joyful ministry!**

Reflection from Fr. Florian Racine:

The Curé of Ars often pointed to the tabernacle, saying: "Jesus is really there, and if you knew how much he loves you, you would be the happiest person in the world."

Lenten Events at NCWCF

Knights of Columbus Shrove Tuesday Pancake Dinner on February 17, 2026

Most Precious Blood: 4 to 6 pm
St. Theresa & St. Aidan's: 5 to 6:30 pm
Our Lady of Guadalupe: 4 to 6 pm

Ash Wednesday Masses

Most Precious Blood: 8:30 am
St. Theresa: 7:00 pm
Our Lady of Guadalupe: 7:00 pm (Bilingual)

Stations of the Cross (Beginning February 20th)

Thursdays at Sts. Cyril & Methodius at 6:30 PM
(Bilingual in English/Slovak)

Fridays at Most Precious Blood at 6:30 PM
(Soup Served at 5:30 PM, Stations at 6:30 PM)

Fridays at Our Lady of Guadalupe at 6:30 PM
(Soup Served at 5:30 PM, Stations at 6:30 PM)
(Bilingual in English/Spanish)

NET Canada Mission Discernment Night

Are you in grade 11-12 or between the ages of 18-30 and trying to figure out what's next in your life? Come see if a year on mission is for you! NET Canada invites you to our Mission Discernment Night in Windsor on Thursday, February 26th from 7-9pm at Ste. Anne Parish (12233 Tecumseh Rd E)! Join us for a night of fellowship, food, and praise and get a glimpse into what a year on mission with NET Canada would look like! Interested or know someone who might be?

Register at netcanada.ca/apply!

Have questions? Email recruit@netcanada.ca
or call/text 613-292-9991!



MPB CWL Lenten Retreat

Calling all Senior Women - God does not need your youth... He needs your YES!!

You are invited to a Lenten Retreat for Women at Most Precious Blood on Saturday, March 14th from 9:30am to 2:30pm. Cost is \$20.00 and includes lunch. To register please contact Carol Guimond at 519-945-6415 or Pat Kennedy at 519-948-7338 no later than March 4th. God has assignments with your name on them!!!!

Youth Ministry Movie Night

On behalf of our Youth Ministry at NCWCF, we warmly invite all families to join us!

Free Movie Night!

The Prince of Egypt

Saturday, February 21st at 6:30 PM

Most Precious Blood Church Hall

following the 5 pm Mass

Come enjoy a faith-filled evening together.
Everyone is welcome!

GriefShare

Our North Central Windsor Catholic Family of Parishes is offering GriefShare beginning **Thursday, March 19th, 2026** from **1:00 pm to 3:00 pm** in the Most Precious Blood Church Hall.

This 13 week support and educational program is non-denominational and available to anyone who has suffered the loss of a beloved person in their lives.

**Come and journey with us toward
healing and recovery.**

The registration fee is \$40.00 with the option for a scholarship for those who might require financial assistance in order to attend. Please contact the office at (519) 948-4133 to register.

San Juan Diego Spanish Mass

A reminder that the next San Juan Diego Spanish Mass is Sunday, February 22nd at 12:30 pm at Our Lady of Guadalupe.

World Day of Prayer 2026

Please join us for the World Day of Prayer, a prayer movement inviting us to deepen our faith through the life experiences of Christians from other countries and cultures, and to bring hope to women touched by injustice. The 2026 service was prepared by the **Nigerian World Day of Prayer Committee.**

"I will give you rest: Come." Matthew 11:28-30

Friday, March 6th at 2 pm at St. John Vianney Church
385 Dieppe St. in Windsor

Reception to follow. All are welcome!



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