



Diocese of Worcester  
Office of the Bishop  
49 Elm Street  
Worcester, Massachusetts 01609

Lent 2026

My dear brothers and sisters in Christ,

On Ash Wednesday, we Christians mark the beginning of Lent! I am certain that many of us will acknowledge a longing for personal renewal and a desire to open ourselves more fully to the Lord during the forty days that lie ahead. These days offer a unique opportunity to rethink our attitudes and, with God's grace, to change our lives. Lent is a time to walk more conscientiously with the Lord so as to share more abundantly in His life and mission.

In this holy season we turn from sin and recommit ourselves to the Gospel of Jesus Christ. In doing this, we offer witness to the central role that the Son of God plays in our lives. Authentic spiritual conversion is never easy because it challenges us to move away from the self-indulgence which so often characterizes our times. It takes courage, conviction and commitment to "*repent and believe the Good News.*" (Mark 1:14-20)

For Catholics, spiritual renewal is found in many ways: frequent reception of the Sacraments of Eucharist and Penance; the reading of the Scriptures; praying the Stations of the Cross; participating in Marian devotions like the Rosary; performing acts of charity such as the Corporal Works of Mercy. Particular attention should also be given to our traditional practices of fasting and abstinence that are required during this season of Lent.

I ask that you remember the poor and afflicted in a special way this year. Hopefully, we will all become more sensitive to the burdens of many people who suffer financial challenges, at home and abroad. Our prayers and generous sacrifices will truly help others. I am confident that we, each in our own way, will support the needs of the materially and spiritually poor wherever they are found.

Christ died and rose to life so that we might receive in full measure the dignity and freedom of the children of God. During this Lent, I would ask you to pray for the recognition of the dignity and sanctity of human life in all its stages, from its natural beginning to its natural end. In that light, we should ask the Lord unceasingly to bless all those who long for freedom and justice in our world, especially those who suffer the horrors of war and terrorism.

If we draw closer to the Lord in Lent, the joy of Easter will surely be ours in abundance!

With every prayerful best wish, I am

Sincerely yours in Christ,

Most Reverend Robert J. McManus  
Bishop of Worcester