

Lent 2026



Ash Wednesday

We start today on our journey through Lent. If you can, go to Mass today and receive the sign of the cross with ashes on your foreheads. Pray today for thankfulness, for forgiveness and for kindness.



Thursday 19th February

Shine your light on us, Lord. We pray for our families and friends, that you will guide them and protect them with your love. We remember and pray especially for those we have not been able to see for a long time.

Friday 20th February

Pray the Stations of the Cross. As you start on this journey through Lent, remember Jesus before Pilate and the start of his journey to Golgotha.



Saturday 21st February

Sadly, many children do not know a happy home. Pray for all those children who are neglected or abused.

Sunday 22nd February

On this first Sunday of Lent, the psalm tells us:

“Have mercy on us, Lord we have sinned.

God, have mercy on me. Wipe away by sins!

Because of your compassion, cleanse me and help me never to sign again.”



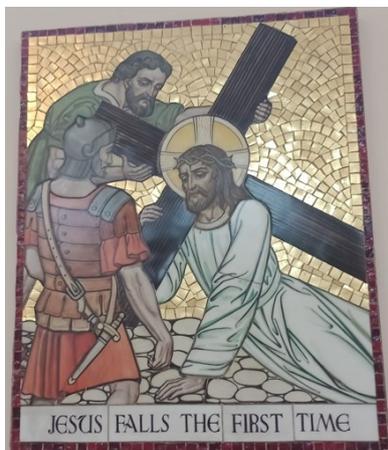
Monday 23rd February

At this time there are so many places in the world with war and conflict. Take time today to pray for peace throughout the world.

Tuesday 24th February

Pray the prayer that Jesus himself taught us, the Our Father, and think carefully about each line.

“Our Father, who art in heaven, hallowed be thy name”



Wednesday 25th February

We have many challenges in our life. We have crosses to carry. Jesus carried his cross to Golgotha and took our sins with him. Jesus fell and got up and carried on. Pray for the strength to carry on when you have problems.

Thursday 26th February

The collect for today—Bestow on us, we pray, O Lord a spirit of always pondering on what is right and of hastening to carry it out and, since without you we cannot exist, may we be enabled to live according to your will.



Friday 27th February

So many people in the world do not have enough to eat and no clean water to drink. CAFOD supports many people throughout the world. Make a donation to CAFOD—even a few pence can make a difference. Or maybe give some money to Caritas or another charity you know.

Saturday 28th February

What are you good at? What gifts has God given you? Use your God-given gifts to help someone today. A small act can make a big difference to somebody.



Sunday 1st March

In the Gospel reading today, the disciples Peter, John and James see Jesus's transfiguration. God speaks to the disciples. "This is my Son, The Chosen One. Listen to him." Pray today to be able to truly listen to Jesus.

Monday 2nd March

Gossip is horrible. It can be cruel. You can't undo what has been said. If someone starts to gossip to you today about another person, ignore them and do not listen.



Tuesday 3rd March

It is easy to follow everyone else; to copy what they do. Before you do something ask God for help. Pray to make the right choice and not to just follow the crowd.

Wednesday 4th March

There are many different religious orders. Men and woman who live to serve the Church and different communities. Pray for those in religious life who do so much to support us all.



Thursday 5th March

There are many saints that we can turn to, who can help us in times of need. Maybe you have a saint that is important to you. Ask that saint to pray for you today.

Friday 6th March

Some people will be baptised at Easter and join the Church. There are some children and adults preparing for their first Holy Communion and Confirmation. Pray for all those preparing to receive these Sacraments.



Saturday 7th March

Our world is a beautiful gift from God. Creation is amazing. Look at God's Creation; a tree, flower or animal and thank God for this wonderful world that he has given us.

Sunday 8th March

Come, let us praise and thank the Lord!
Let us sing with joy because God saves us.
Come, let us bow and worship him.
Because he created us, he is our God.



Monday 9th March

Is there a charity that has helped you or a member of your family? Try today to help that charity. Donate to a local foodbank (a lot of supermarkets have collection points) if you can, or maybe tidy up at home and get something ready to donate to a local charity shop.

Tuesday 10th March

In the Deaf Community we sign to communicate. It is the language of the Deaf Community. We all sign in church, Deaf and hearing alike. We make the Sign of the Cross. Start each day making the Sign of the Cross.



Wednesday 11th March

Homelessness is a problem for many people. Poverty, ill health and circumstances sometimes mean that people end up sleeping on the streets. Pray for those who have nowhere to sleep tonight.

Thursday 12th March

Many people work hard to keep our transport system working and safe. Pray for all those who are responsible for our safety when we are travelling.



Friday 13th March

The Stations of the Cross take us along Jesus' road to Golgotha. If you cannot visit your local church to look at the Stations of the Cross try and imagine it. What did that road to Golgotha look like? Imagine what it would have been like to be Simon of Cyrene or Veronica.

Saturday 14th March

Light a candle or look at an icon or picture. Relax in God's love and feel his presence.



Sunday 15th March

Mothering Sunday; a time to remember our mothers and thank God for them. Mary is Mother to us all, so we join in prayer with her as we pray "Hail Mary, full of grace"

Monday 16th March

The liturgical colour in Lent is violet. This colour symbolises suffering and sadness. Lent is a season of penance and preparation.

Take this opportunity to go to Confession before Easter.

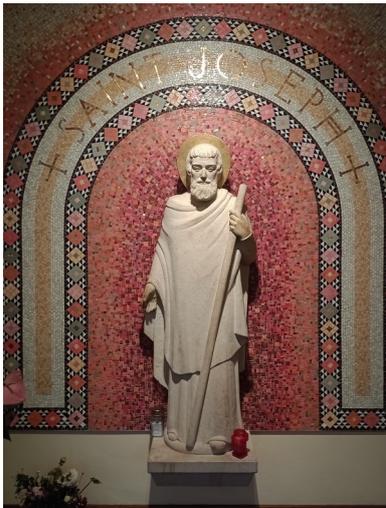


Tuesday 17th March

Today we remember the people of Ireland and St Patrick. Pray for the people of Ireland, their government, and all those who have friends and family in Ireland.

Wednesday 18th March

We live in a wonderful world that is full of colour and light. Enjoy the colours that you see around you today and thank God for all the beauty you see around you.



Thursday 19th March

Today is St Joseph's Day.

Joseph cared for Mary and for Jesus. He accepted God's call to be Jesus' earthly father. Pray for all fathers and for men who support their families.

Friday 20th March

Today is the first day of Spring in the Northern Hemisphere. Thank God for the beauty we see around us as the flowers blossom and plants start to grow.



Saturday 21st March

Friends really make our lives rich and full. A good friend can make a huge difference to our lives. Today, tell one of your friends how important they are to you and pray for your friend. Write them a letter if they are not near to you.

Sunday 22nd March

There are times in our lives when we do not know which path to take. Ask the Lord to show you the right way. Let the Lord lead you down the right road.



Monday 23rd March

Many people suffer from depression and have mental health problems. These challenges are often hidden. Pray for those people who experience mental health illnesses and for those who support them.

Tuesday 24th March

In many places, carers work hard looking after older people who are frail and can no longer live in their own homes. Pray for all those who work and live in care homes.



Wednesday 25th March

Today is the feast of the Annunciation.

Mary trusted God. She said “yes” to him. She put her whole faith in God and God’s plan. Trust that God has a plan for you and your life. Put your life in God’s hands.

Thursday 26th March

Many places around the world suffer from drought. People do not have access to clean and safe drinking water. Others suffer from floods. Ask God to provide clean, safe water where it is needed, along with care and support for those affected by floods.



Friday 27th March

Family life can be wonderful and it can be challenging. Pray today for families, for parents looking after their children, and for children to have loving and caring parents.

Saturday 28th March

The Lord will guard us as a shepherd guards his flock. One of Jesus' parables tells us of the shepherd who looked for his lost sheep. Even if you feel lost, the Lord will seek you and protect you.



Sunday 29th March

On Palm Sunday, Jesus entered Jerusalem to a cheering crowd travelling humbly on a donkey. Help us, Lord, to walk humbly and follow you.

Monday 30th March

Think about the number of times you see things that remind you of Christ in our world today, when you see people helping each other and caring for those less fortunate. Pray to be more like Christ in your life.



Tuesday 31st March

Today in the Diocese of Westminster the Chrism Mass is celebrated. Pray for the deacons, priests and bishops and thank God for all they do for us.

Wednesday 1st April

We all need a comforting hand or a consoling word from time to time. Pray for those people who look after us and thank God for their presence in our lives.



Thursday 2nd April

Maundy Thursday. Jesus took a towel and washed his disciples' feet. Lord, help us to learn how to serve others.

“Love one another as I have loved you.”

Good Friday

Pray the Stations of the Cross. Walk with Christ on his way to Calvary.

At 3p.m. we remember the Lord's Passion.



Holy Saturday

The Easter Vigil is our celebration of Christ's resurrection.

Easter Sunday

The Lord is risen, he is risen indeed. Alleluia!



The Hail Mary

Hail, Mary, full of grace,
the Lord is with thee.
Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

The Lord's Prayer

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth,
as it is in heaven.

Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil. Amen

Glory be to the Father

Glory be to the Father
and to the Son
and to the Holy Spirit,
as it was in the beginning
is now, and ever shall be
world without end. Amen.



Caritas
Deaf Service