



2026 LENT: A 40-DAY JOURNEY OF ENCOUNTER

Lent is a time of encounter, inviting us to step out of ourselves and establish relationships with God, our neighbors, and creation. It calls for reconciliation and connection.

Through prayer and meditation on Scripture, we encounter the Lord, have conversation with Him, and intercede for others.

Fasting and abstinence help us detach from material desires, creating space for the needs of others and allowing the earth to rejuvenate.

Acts of charity enable us to welcome and care for the poor and marginalized, fostering friendships with them while protecting our common home.

SUN	MON	TUE	WED	THU	FRI	SAT
22 1st Sunday of Lent Express gratitude to a cleaner or security guard 	23 Support local producers by purchasing locally grown or manufactured products 	24 Provide food and drink to the homeless 	18 Attend the Ash Wednesday Service 	19 Read this year's World Day of Peace message and practice non-violence in your daily life 	20 Pray for the vulnerable in society while participating in the Stations of the Cross	21 Put your phone away during family meals to foster conversation
1 2nd Sunday of Lent Offer a hug to your domestic helper at home or in your parish, expressing gratitude 	2 Take a leisurely walk outside, appreciating nature with all five senses. 	3 Listen to the life story of someone experiencing poverty, and provide thoughtful feedback 	4 Donate the red envelope money to organizations that support grassroots families 	5 In solidarity with children suffering from hunger due war, I will refrain from eating snacks today 	6 Pray for creation while participating in the Stations of the Cross 	7 Pray for the people you don't like
8 3rd Sunday of Lent Helping a woman with housework 	9 Bring your own water bottle and shopping bag to avoid using disposable plastics 	10 Share Matthew 25:35-40 with family and friends to inspire compassion for vulnerable groups 	11 Listen to a young friend's unpleasant experience and offer encouragement 	12 In solidarity with frontline journalists, read a news article about the Russia-Ukraine war 	13 Pray for persecuted Christians while participating in the Stations of the Cross 	14 Seek forgiveness from someone you have wronged
15 4th Sunday of Lent Visit Victoria Park or Central to learn about how domestic helpers spend their holidays 	16 Distinguish between "needs" and "wants" before making purchase to reduce unnecessary spending 	17 Acknowledge and appreciate the efforts of sanitation workers and scavengers in the community for their contributions to the environment 	18 Teach the elderly how to use mobile applications 	19 St. Joseph Solemnity Pray for refugees and migrant workers worldwide 	20 Pray and meditate on the City Map of the Stations of the Cross 	21 Attend the Feast Day Mass of Saint Romero, patron saint of the Diocesan Commission for Integral Human Development
22 5th Sunday of Lent Visit Chungking Mansions in Tsim Sha Tsui for dinner or shopping 	23 Hug a tree, learn its name and story, and get to know our brothers and sisters 	24 Greet or smile to a homeless person 	25 Annunciation of the Lord - Solemnity Spend time playing with a child 	26 Donate to international humanitarian aid organizations 	27 Pray for families displaced by war while participating in the Stations of the Cross 	28 Listen openly to those who hold differing opinions, allowing them to speak without interruption
29 Passion Sunday Learn about a caregiver service and introduce it to a caregiver 	30 Holy Monday Meditate on Romans 8:19-25 and pray for creation suffering from the ecological crisis 	31 Holy Tuesday Learn about a mental health information and share it with a friend. 	1 Holy Wednesday Purchase daily essentials for grandparents or elderly living alone 	2 Holy Thursday Attend the Mass of the Lord's Supper 	3 Good Friday Pray the Stations of the Cross and attend the Liturgy of the Lord's Passion (Observe fasting) 	4 Holy Saturday Attend the Easter Vigil

Feb

Mar

Apr