



MESSAGE FOR LENT 2026
"LISTENING AND FASTING"
 POPE LEO XIV

"Listening and fasting. Lent as a time of Conversion,"

In his message, the Holy Father explains that "Lent is a time in which the Church, guided by a sense of maternal care, invites us to place the mystery of God back in the centre of our lives," so that "the Lenten journey is a welcome opportunity to heed the voice of the Lord and renew our commitment to following Christ, accompanying him on the road to Jerusalem". During this Lent, Pope Leo XIV invites us first of all to ask for "the grace of a Lent that leads us to greater attentiveness to God and to the least among us" and to be able to "allow God to teach us how to listen as he does."

"Our parishes, families, ecclesial groups and religious communities are called to undertake a shared journey during Lent, in which listening to the word of God, as well as to the cry of the poor and of the earth, becomes part of our community life," the Holy Father emphasises.

In addition, the Pope encouraged us to ask for "strength that comes from the type of fasting that also extends to our use of language, so that hurtful words may diminish and give way to a greater space for the voice of others."

"Let us strive to make our communities places where the cry of those who suffer finds welcome, and listening opens paths towards liberation, making us ready and eager to contribute to building a civilisation of love," he wrote.

Listening and fasting

Similarly, the Holy Father emphasised the importance of giving space "through listening," since "the willingness to listen is the first way we demonstrate our desire to enter into relationship with someone."

Referring to fasting, the Pope explained that "it is a concrete way to prepare ourselves to receive the word of God," so it is important to "keep our hunger and thirst for justice alive... Thus, it teaches us to pray and act responsibly towards our neighbour."

Disarming language

Finally, during this Lent, the Holy Father invites us to disarm "our language, avoiding harsh words and rash judgement, refraining from slander."

"Let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities. In this way, words of hatred will give way to words of hope and peace," he encouraged.

**Prayer - to defend against the Devil. Fasting - to deny the flesh -
 Almsgiving - to defy greed in the world**

The Parish of Oldcastle & Moylagh
22nd February 2026
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MASS INTENTIONS FOR THE WEEK AHEAD... (21ST - 28TH FEB)

Sat	5.45pm	Philip & Rose Traynor
Sat	7.00pm	Bernie Halpin
Sun	10.00am	Tony, Lance & Anna Sheridan & fam
Sun	11.30am	Bernadette & Brendan Flynn, Paddy Callan & fam
		Val & Stephen Smith & Smith & Hanly fam
Mon	10.00am	Tomás Fox
Tues	10.00am	Mass Cards
Wed	10.00am	Mass Cards
Thurs	10.00am	Celebrants Intentions
Fri	10.00am	Mass Cards
Sat	5.45pm	Padraig McPartland & Johnny Dolan
Sat	7.00pm	David Keatinge (MM) Michael Plunkett & decd fam, Bridie Willis, Tommy, Joe, Maureen & Kitty Tully
Sun	10.00am	Mass
Sun	11.30am	Kevin & Nancy Tynan, Chris Ward, Vincent Masterson & fam

Adoration Mon, Tues & Wed 10.30am - 12.30pm



In today's gospel Jesus rebuffs the devil's temptations with the words of Scripture. Recently Pope Leo has been reminding us of the importance of reading the Bible and becoming familiar with it. It has been said that "Ignorance of the Bible is ignorance of God." We pray that our seminarians will study and love the Sacred Scriptures so that, as the future priests of our diocese, they will share and preach the Word of God in a way that enhances the lives of the people they will serve.

LECTORS FOR MARCH 2026

	OLDCASTLE	MOYLAGH
Sat 21st:	Peter	Lisa
Sun 22nd:	Michaela	Dearbhlaile
Sat 28th:	Josephine	Cathy
Sun 1st:	Ann Marie	Siobhan



Lectors please remember to say: **"The Word of the Lord"** at the end of the readings
NOT This is the Word of the Lord.

Also, there is no need to introduce the readings or psalm i.e.: The First reading...

SPECIAL MINISTERS OF HOLY COMMUNION FOR MARCH 2026

	OLDCASTLE	MOYLAGH
Saturday:	Karen, Bernie & Elizabeth	AnnMarie & Mary
Sunday:	Mairin, Mary, Kay & Brigid	Marie & Rosaleen

Special ministers are asked to come to the Altar at the prayer 'Lamb of God'