

# ST LUKE ANGLICAN CHURCH

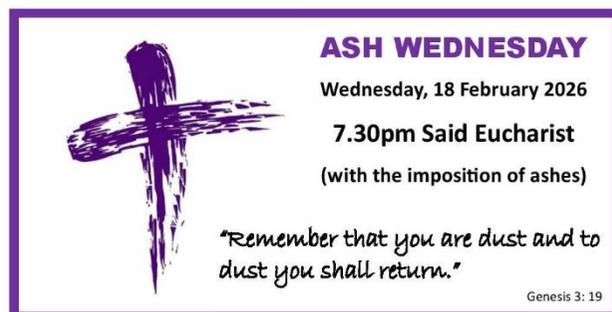
## Ras Al Khaimah

### LENT 2026

Lent is a season of forty days in which the Church prepares for Easter by slowing down and turning again to God. It is a time for honest self-reflection, prayer, and repentance, as we remember Jesus' journey through the wilderness and his loving obedience to the Father. Traditionally marked by prayer, fasting, and generosity, Lent invites us to let go of what distracts us from God and to rediscover what truly gives life. Above all, it is not a gloomy season, but a hopeful one – an opportunity for renewal, grace, and deeper trust in God's mercy, as we walk with Christ toward the joy of the resurrection.

Ash Wednesday matters because it tells the truth about us – and about God. We celebrate it as the doorway into Lent, a day when the Church pauses to remember both our fragility and our

hope. The ashes placed on our foreheads remind us that we are mortal, dependent, and in need of grace: *"Remember that you are dust, and to dust you shall return."* They mark a moment of honesty before God, when we let go of pretence and begin again. Ash Wednesday also calls us to repentance – not as self-punishment, but as a turning of the heart. It invites us to realign our lives with the gospel through prayer, fasting, and generosity, echoing Jesus' call to seek God not for show, but in sincerity



**ASH WEDNESDAY**  
Wednesday, 18 February 2026  
7.30pm Said Eucharist  
(with the imposition of ashes)

*"Remember that you are dust and to dust you shall return."*

Genesis 3: 19

and love. Above all, we celebrate Ash Wednesday because it is hopeful. The ashes are traced in the sign of the cross, reminding us that our lives, even in their weakness, are held within Christ's redeeming love. It is a solemn beginning, but it leads us toward renewal, forgiveness, and the joy of Easter.

Lent is not only about what we do on Sundays, but about how our faith shapes our ordinary days. Having a midweek Evening Prayer during Lent gently interrupts the busyness of daily life and creates space for God in the middle of the week.

*A Journey Through Lent*

### LENT EVENING PRAYER

**(every Wednesday @ 7.30pm via Zoom)**

25 February  
4, 11, 18, 25 March

Meeting ID: 814 6959 5495

Passcode: 797830



Evening Prayer offers a quiet, reflective rhythm. As the day draws to a close, we come before God with honesty – bringing our joys, our failures, our questions, and our need for mercy. Scripture, silence, and prayer allow us to listen more deeply and to be re-centred in God's presence. Praying together, midweek, also strengthens the life of the parish. It reminds us that we are not walking the Lenten journey alone, but alongside one another, supporting each other as we turn again toward

Christ. In the stillness of an evening service, we are renewed and sent back into the world with hearts more attentive to God and to one another.

As we slow down during Lent, we are also invited to make room for God in fresh and intentional ways. Small, faithful Lenten disciplines help shape our hearts, draw us closer to God, and prepare us, step-by-step, for the joy of Easter. As a way of deepening our walk with Christ, everyone is encouraged to take part in the **40 DAYS = 40 ITEMS** Lent Challenge.



PRAYER      FASTING      ALMSGIVING

## LENTEN PRACTICE

**40 DAYS = 40 ITEMS**

### ITEMS NEEDED

Tins: beans, tuna, fruit, corn, ideal milk, meat  
 Pasta: spaghetti, macaroni, instant noodles  
 Juice, Milk (small boxes), Coffee Sachets, Cooking Oil (small bottles),  
 Sugar, Salt, Tomato Paste, Jelly Powder, Rice, Tea, Biscuits, Lentils,  
 Soup, Bath Soap, Toothpaste, Dishwashing Liquid (small bottles),  
 Toilet Paper, Washing Powder (small packs)



Collecting one item per day

Bring your Lent Offering either every Sunday or at the end of Lent

All in aid of the Food Bank ministry

Holy Week, the final week of Lent, is the most sacred period in the Church's liturgical year, marking Jesus' final days, including his entry into Jerusalem (Palm Sunday), the Last Supper (Maundy Thursday), the crucifixion (Good Friday), and the resurrection (Easter Day). Each day of Holy Week invites us into the story of salvation.

**Sunday, 29 March      10.30am      Palm Sunday**

**Wednesday, 1 April      7.30pm      Stations of the Cross**

**Thursday, 2 April      7.30pm      Maundy Thursday**

**Altar of Repose**

**Friday, 3 April      12.30pm      Good Friday**

**Sunday, 5 April      10.30am      Easter Day**

## A PRAYER FOR LENT

Almighty and everlasting God, you hate nothing you have made

and forgive the sins of all who are penitent:

create and make in us new and contrite hearts,

that we, worthily lamenting our sins and acknowledging our wretchedness,

may obtain from you, the God of all mercy, perfect remission and forgiveness;

Grant us, in this holy season of Lent, grace to examine our lives with honesty,

courage to repent where we have failed, and strength to turn again to you.

Teach us to fast from all that harms the soul, to hunger for righteousness,

to give generously, and to pray without ceasing.

As we walk with Christ in the way of the cross,

strip from us all that is false and self-seeking,

and clothe us with compassion, humility, and love;

that, dying to sin, we may rise to newness of life;

through Jesus Christ our Lord.

Amen.