

Ash 聖灰禮儀 WEDNESDAY

FEB 18, 2026 (WEDNESDAY)

2026年2月18日 (星期三)

9:05 am English School Mass with distribution of ashes
學校英語彌撒及聖灰禮儀，彌撒中舉行施放聖灰

7:00 pm Communal Penitential Rite
團體修和聖事

8:00 pm Chinese Mass with distribution of ashes
中文彌撒及聖灰禮儀，彌撒中舉行祝福及施放聖灰

Fasting

For members of the Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Catholic Church from age 14 onwards.



《守齋》

當日教友須按教會規定守大、小齋。
所有十四歲以上的教友須守小齋，即當天應放棄取用熱血動物的肉類食品。所有十八至五十九歲的教友須守大齋，即除了放棄取用熱血動物的肉類食品外，當天只可以飽食一餐，其餘時間只可飲用流質飲品，但不能進食其他食物。(藥物除外)