

LENT 2026



As Pope Leo XIV urges Catholics this Lent:

“Listening and Fasting: Lent as a Time of Conversion.”

We are invited to see Lent as a sacred season of purification and preparation — a time to cleanse our hearts, renew our minds, and realign our lives with God.

The Lenten Campaign of Caritas Penang draws our attention to the theme **“Hope in Action.”** Christian hope is not passive waiting. True hope moves us to act. The hope of preparation must be accompanied by concrete action — acts of charity, justice, prayer, and conversion.

Therefore, Lent is not only about listening and fasting, but also about responding and acting.

People of SMC, let us **ACT with FAITH.**

Make a decision. Make a commitment. Do something concrete.

Begin this Lent — and let it become a lasting habit in our journey of faith.

Proposed Projects and Initiatives:

1. Lenten Envelope

The annual Lenten envelope is not a souvenir to take home and keep.

Each year, fewer than 50% are returned.

It is a **Lenten commitment** — a visible pledge of your sacrifice and almsgiving.

2. (NEW) “Coconut Box” Initiative

This year, we have prepared 500 “Coconut Boxes.” Again, this is

NOT a souvenir, but a penitential practice for you and your family (especially encouraging our children and youth).

Place inside the box:

- Money saved from skipping supper
- Savings from unnecessary online purchases (Lazada/Shopee)
- Savings from choosing a simple hawker meal instead of a luxury restaurant
- Small earnings from recycling efforts

Bring the box back on Palm Sunday to be offered during Mass.

3. Food Basket Collection

As in previous years, food baskets will be placed in church for donations. Please donate quality food items or daily necessities — items that you and your family would personally consume or use.

(Rice is not encouraged, as we currently have an oversupply.)

4. Initiatives by Individuals / BECs / Ministries

Let hope be expressed in action. Visit the poor, the lonely, and the underprivileged.

Organise outreach activities that reflect Christian charity.

5. (NEW) “Give a Chicken” this Lent

During the Fourth Week of Lent, we celebrate Laetare Sunday — a Sunday of rejoicing.

We will set up a booth for parishioners to pledge the donation of a whole chicken. These will be distributed to families and individuals in need.

More details will follow. Let us make this Lent not just a season we observe — but a season that transforms us.



正如教宗良十四世在今年四旬期所呼吁的：

「**聆听与守斋：四旬期是皈依更新的时期。**」

四旬期是一个神圣的时节，是净化与准备的时期——

净化我们的心灵，更新我们的思想，使我们的生命重新与天主对齐。

槟城教区明爱四旬期运动以「**在行动中的希望**」为主题，是的，基督徒的希望不是消极等待，而是积极行动。真正的希望必须落实在具体行动上——爱德、正义、祈祷与悔改的实践。

因此，四旬期不仅是聆听与守斋，更是回应与行动。

SMC 的弟兄姐妹们，让我们以**信德去行动**！

作出决定，作出承诺，采取具体行动。

从今年四旬期开始，并让它成为我们信仰生活的习惯。

建议项目与行动：

1 四旬期捐献信封

每年的四旬期信封不是带回家留作纪念品。往年少于 50% 的信封被交回。

它象征我们四旬期的承诺——是补赎与施舍的具体表现。

2 (新) “椰壳扑满”行动

今年我们准备了 500 个“椰壳扑满”。这不是纪念品，而是家庭补赎的实际行动，特别鼓励孩子与青年参与。

可将以下节省的款项存入扑满内：

- 省下的一餐夜宵费
- 减少网购 (Lazada / Shopee) 所节省的费用
- 选择小贩中心而非高级餐厅所节省的费用
- 透过回收所累积的零钱等

请在圣枝主日带回教堂，呈献在弥撒中。

3 爱心食物篮

如往年一样，教堂将设立食物篮收集物资。

请捐赠优质食品或日常用品——即您和家人也愿意食用或使用的物品。

(白米暂不鼓励，因为库存充足。)

4 个人 / 基信团 (BEC) / 各服务团体行动

让希望化为行动。探访贫穷者、孤独者、弱势群体。以具体爱德服务见证信仰。

5 (新) 四旬期“送一只鸡”行动

四旬期第四主日为「喜乐主日」(Laetare Sunday)。当天将设立摊位，让教友认捐整只鸡，送给有需要的家庭。

详情稍后公布。