

Week of Ash Wednesday 2026

Traditional Latin Rite (“Extraordinary Form”)

**Institute of Christ the King – Bay Area Apostolate
Most Holy Rosary Chapel
St. Vincent’s School for Boys
1 St. Vincent’s Dr.
San Rafael, CA 94903**

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"Forty Hours" Devotion: Holy Hour of Adoration after the 6 PM Masses on:

- Monday, February 16.
- Tuesday, February 17.

Ash Wednesday, February 18 (OBLIGATORY FASTING AND ABSTINENCE):

Liturgies at Most Holy Rosary Chapel:

- 8 AM: Low Mass
- 6 PM: High Mass (**No Adoration** after Mass)
Both Masses preceded by **Blessing and Distribution of Ashes**
- On Ash Wednesday, **fasting and abstinence** are required. The Church emphasizes the penitential nature of Ash Wednesday by calling us to fast and to abstain from meat.

Catholics **between the ages of 18 and 59** are required to fast, which means that they can eat only one complete meal and two smaller meals during the day with no food in between.

Catholics **14 years of age and older** are required to refrain from eating any meat, or any food made with meat.

Note: Same fasting and abstinence requirements apply on **Good Friday**.

Friday, February 20:

- 6 PM: Mass followed by Stations of the Cross