

DAY	FEAST	READINGS	TIME
Mon 16	6 th Week in Ordinary Time Psalter week II	Jm 1: 1-11; Mk 8: 11-13.	5:30 PM
Tues 17	6 th Week in Ordinary Time Psalter week II Seven Holy Founders of the Servite Order	Jm 1: 12-18; Mk 8: 14-21.	8:00 AM
Wed 18	ASH WEDNESDAY	Joel 2: 12-18; 2 Cor 5: 20 – 6: 2; Mt 6: 1-6, 16-18.	6:00 PM
Thu 19	Thursday after Ash Wednesday Psalter week IV	Deut 30: 15-20; Lk 9: 22-25.	5:30 PM
Fri 20	Friday after Ash Wednesday Psalter week IV	Is 58: 1-9; Mt 9: 14-15.	12:15 PM
Sat 21	Saturday after Ash Wednesday Psalter week IV	Is 58: 9-14; Lk 5: 27-32	5:30 PM
Sun 22	FIRST SUNDAY OF LENT	Gen 2: 7-9; 3: 1-7; Rom 5: 12-19 (or 12: 17-19); Mt 4: 1-11.	8:00 AM 5:30 PM



Church of Our Lady of Immaculate Conception

NEWSLETTER

Vicariate website: rcvbd.com



Issue 2026/7

For Private Circulation Only

15th February 2026

6TH SUNDAY IN ORDINARY TIME

Reading I: Eccus 15: 15-20;

Responsorial Psalm: 118: 1-2, 4-5, 17-18, 33-34;

Reading II: 1 Cor 2: 6-10;

Gospel: Matthew 5: 17-37 (or 5: 20-22, 27-28, 33-34, 37).



Revised Roman Missal: 501 (Bahasa 971)

REFLECTION: Choosing God's Way

Today's first reading and Gospel place before us the dignity and seriousness of human freedom. In the first reading, it states, *"If you wish, you can keep the commandments; to behave faithfully is within your power. He has set fire and water before you; put out your hand to whichever you prefer..."*, which reminds us that God sets life and death, good and evil before us, and then respects our choice. God does not force obedience, but He invites a free and loving response. Our decisions shape who we become and the path we walk.

In the Gospel, Jesus deepens this understanding by revealing that God's law is not merely about external observance, but about the condition of our hearts. He does not abolish the law, but He fulfils it by calling us to pursue a deeper goodness that goes beyond minimum requirements. He shows that true faith is asking, *"How can my life reflect God's love more fully?"*

The commandments are not burdens meant to restrict us, but guides that lead us to authentic freedom and love. Choosing God's way each day is choosing life

Reflective question:

In the daily choices I make, am I choosing the path that leads to life?

WHAT IS FASTING?



One meal a day, and two smaller meals, which if added together would not exceed one full meal.

DAYS OF FAST?

ASH WEDNESDAY GOOD FRIDAY

WHO ARE REQUIRED?

Catholics from Age
< 18 to 59 >



WHAT IS ABSTINENCE?



Abstinence is refraining from eating meat. Meat is considered to be the flesh and organs of mammals and fowl.

DAYS OF ABSTINENCE?

ASH WEDNESDAY ALL FRIDAYS OF LENT GOOD FRIDAY

WHO ARE REQUIRED?

MANDATORY FOR EVERYONE

OLDER THAN 14 YEARS OLD



Who is Excused?

Those who are outside the age limits and those who are physically and mentally ill and pregnant and breastfeeding women may be excused from the requirements of fasting and abstinence, but are encouraged to take up some other form of penitence or acts of charity or piety.

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Second Collection

The Second Collection today will be for the Youth Famine.

OCIA Rite of Election Rehearsal (15th February)

The rehearsal for the Rite of Election will take place this morning in the church at 10:30AM.

CHINESE NEW YEAR MASS (17th February)

Chinese New Year Mass will be celebrated at 8:00 AM on 17th Feb.

ASH WEDNESDAY (18th February)

Ash Wednesday marks the beginning of the season of Lent. Mass will be celebrated at 6:00 PM on Wednesday 18th Feb.

STATIONS OF THE CROSS & FRIDAY MASS DURING LENT

Stations of the Cross will begin at 12:15 PM on Friday, 20th Feb and will continue every Friday thereafter during Lent. Mass will follow immediately after the Stations of the Cross. Please note that there will be no Holy Hour during Lent. There will be soup fellowship in the Parish Hall after Mass.

LENTEN BOXES (22nd February)

Lenten Boxes will be distributed on the first Sunday of Lent, 22nd Feb and to be returned on Palm Sunday.

Diaconate Ordination (23rd February)

Karel anak Tingang will be ordained to the Diaconate on Monday, 23rd Feb at St John's Church during the 5:00 PM Mass. All parishioners are welcome to attend this celebration in support of Karel as he takes this important step in his vocation. Please note that there will be no Mass at COOL on that day.

Lenten Recollection (24th February)

The Parish Lenten Collection will be on Tuesday, 24th Feb at 7:30 PM in the Parish Hall. All are encouraged to attend.

Infant Baptism (28th February)

Infant baptism is scheduled for Saturday, 28th Feb at 2:00 PM. Parents are requested to register with the parish office by 24th Feb. The pre-baptism class for parents and godparents will be held on Wednesday 25th Feb at 7:30 PM. Attendance at this class is compulsory for parents and godparents.

Chinese New Year Dinner (1st March)

This year, the Chinese Group will be hosting a Chinese New Year Dinner at Cheng Wah Restaurant on 1st Mar at 7:00 PM. The cost is \$19 per person, and seating is limited to 100 persons. Those who are interested may reserve their seats through the Parish Office. The closing date for registration is Thursday, 19th Feb.



18 December 2025

Pastoral Statement for dispensation from fasting and abstinence on Ash Wednesday 2026

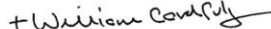
Dear People of God,

Next year, the celebration of the second day of Chinese New Year falls on Ash Wednesday, 18 February 2026, being a day of fast and abstinence.

The Catholic Bishops' Conference of Malaysia, Singapore and Brunei, in consultation with the Episcopal Regional Liturgy Commission of Malaysia, Singapore and Brunei hereby gives dispensation from fast and abstinence on Ash Wednesday, 18 February 2026. However, the tradition of celebrating the liturgy of Ash Wednesday on that day is to be maintained with the imposition of ashes.

All Catholic faithful are encouraged to perform their fast and abstinence on another day during Lent except on Good Friday, which is already a day of fast and abstinence.

Wishing you the Lord's abundant blessings.


H. Em William Cardinal Goh
President
Episcopal Regional Liturgy Commission