



LENT

St Matthew's Holland Park

22 February 2026

Lent in the Anglican Church is a 40-day season of reflection, repentance and spiritual preparation leading up to Easter.

Meaning and Origins

The term “Lent” comes from Old English “lencten,” meaning the season of spring or “lengthening of the days,” reflecting the period of spiritual renewal in preparation for Easter. Historically, Lent began as a time for new converts to prepare for baptism, evolving into a season of penance and spiritual growth for all believers. The Anglican Church, emerging from the English Reformation, retained these traditions while emphasizing personal devotion and communal worship.

Duration and Timing

Lent traditionally lasts 40 days, not counting Sundays, symbolizing the 40 days Jesus spent fasting in the desert. It begins on Ash Wednesday and concludes on Holy Saturday, the day before Easter Sunday.

Practices and Observances

Anglican Lenten practices focus on spiritual disciplines rather than strict fasting alone. Common observances include:

Prayer and Scripture Reading: Increased devotion and reflection on God’s word.

Fasting and Abstinence: Some Anglicans may abstain from certain foods or meals, though modern practice often emphasizes moderation rather than strict fasting.

Almsgiving and Charity: Acts of generosity and service to others are encouraged.

Penitence and Self Examination: Reflecting on personal sin and seeking spiritual renewal.

Participation in Lenten Services: Special liturgies, such as the Penitential Service or Holy Communion, are observed throughout the season.

Spiritual Significance

Lent is intended as a time of transformation, allowing Anglicans to grow closer to God by contemplating the life, death and resurrection of Jesus Christ. It is not merely a period of restriction but a season for deepening faith, rediscovering discipleship, and preparing spiritually for the celebration of Easter.

[Feb 22, 2026: 1st Sunday of Lent \(A\) – Sunday Readings; What is Lent? 2026 Guide for Meaning, History, and Traditions | Christianity.com](#); [Lent: A Rookie Anglican Guide; Lent | The Church of England](#); <https://www.freedailydevotional.com/archives/12050>

Wanted for Op Shop: Volunteers needed see Patricia

Meditation Wednesday night 5pm; **Men's Breakfast** Thursday 7am

AGM#2 15/2/26 - after our service today

LENT AND EASTER: 3 Lenten Bible Studies offered: Wednesday nights, Zoom on Thursday nights and Friday Mornings @ 10 am in the Lady Chapel; **World Day of Prayer: Nigeria** Friday 6/3 10am St. Bart's Anglican; **Mothering Sunday and 150th anniversary of Mother's Union** 15/3/26; **Palm Sunday** 29/3/26; **Maundy Thursday Christian Seder Meal and Foot Washing** 6 p.m. 2/4/26; **Good Friday** 9am and 2 pm 3/4/26 and **Easter** 5/4/26 9 am

Next Sunday Lent 2-1st March: Genesis 12.1-4a; Psalm 121; Romans 4.1-5, 13-17; Gospel John 3.1-17 4.1-11 Violet

Parish Directory: Revd. Morris Rangiwai: 0449 557 351;

Morris.Rangiwai@anglicanchurchsq.org.au. Wardens: Heather Walker: 0411556 279; hezzie16@gmail.com Randal Dennings: 0408 878711; randaldennings@gmail.com Bank Details: Holland Park Anglican Church Anfin BSB 704 901; Acct: 00000760.

Parish website : <https://www.stmatthewshollandpark.com/> Parish Private Facebook site : <https://www.facebook.com/groups/292308270851142> ;

Public Site: <https://www.facebook.com/StMatthewsHollandPark> ; Tipper's Treasure's Facebook site: <https://www.facebook.com/profile.php?id=61559040358754>

ACKNOWLEDGMENT OF COUNTRY:

We acknowledge and pay respect to the Turrbal and Jagera Peoples, the Traditional Custodians of the land on which we gather today. We acknowledge their continued spiritual connection to country and surrounding land, sky and water. We pay our respect to their Elders, past present and emerging and pray that we may continue to learn from and nurture one another in the spirit of Reconciliation.