



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