

SCHEDULE FOR ASH WEDNESDAY IN THE PARISHES
18th February 2026

#	PARISH	TIME
1.	Sacred Heart Cathedral, KOTA KINABALU	6AM – English Mass
		12 Noon – English Mass
		7:30PM – BM Mass
2.	Church of Mary Immaculate (CMI), BUKIT PADANG	6:30AM - English
		10:00AM - Korean
		7:30PM - Chinese
3.	St Paul's DONTOZIDON	6:15 AM - English
		7:30 PM – Kadazan/BM
4.	Sacred Heart, INOBONG	8:00AM - BM
	St Joseph Pogunon & St Martin Moyog	10:30 AM - Kadazan
5.	St Michael, PENAMPANG	6:30AM - English
		12:30PM - BM
		7:30PM - Kadazan
	St Aloysius, LIMBANAK	7:30 PM - English
	St Francis Xavier, WOORI JIB	8:00AM
	Assumption of Our Lady, SUGUD	7:30PM
	St Martin De Poress Chapel, MOOK	7:30PM
6.	St Augustine, KINARUT	12:30PM – BM Mass
		7:30 Malam - Kadazan
7.	Stella Maris, TANJUNG ARU	6:00AM - English
		12:00 Noon – BM Mass
		7:00PM - Bilingual
8.	St Thomas More, KEPAYAN	6:00AM 12:00PM 7:00PM
9.	Holy Nativity, TERAWI	6:30AM - English
		12:00 Noon - Kadazan
		7:30PM - BM
10.	St Simon, LIKAS	7:30PM
11.	St Catherine, INANAM	9:00AM 6:00PM
12.	Good Shepherd, MENGGATAL	9:00AM – CN & BM
		6:00 - BM

13.	Holy Family, TELIPOK	9:00AM	5:00PM
	Divine Mercy Church, KKIP	6:00PM	
14.	St John, TUARAN	7:00AM	7:00PM
	St Philip, TAMPARULI	7:00PM	
	St James, TENGHILAN	7:00AM	
15.	St Joseph Husband of Mary, KIULU	8:00AM	6:00PM
16.	St Edmund, KOTA BELUD	8:00 AM	
17.	St Theresa, KOTA MARUDU	7:00AM	6:00PM
18.	St Peter, KUDAT	6:00PM	
19.	St Peter Claver, RANAU	8:00AM	7:00PM
20.	St Pius X, BUNDU TUHAN	8:00AM	6:00PM
21.	St Joseph the Worker, PAPAR	8:00AM	
22.	Holy Rosary, LIMBAHAU	8:00AM	
23.	Blessed Sacrament, LABUAN	6:00AM - English	
		7:30PM - Dwibahasa	

The ashes placed on our foreheads are not symbolic fluff; they are a public reminder of mortality and repentance. “Remember that you are dust, and to dust you shall return” (*Genesis 3:19*)



Lent is a time to “place the mystery of God back in the centre of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life” - Pope Leo XIV

Have a fruitful Lenten Journey!