



# Ash Wednesday

*Ash Wednesday is February 18th. The ritual of receiving blessed ashes marks the beginning of the season of Lent.*

**Distribution of Ashes will take place in the Church at the following times:**

**8:30 AM ~ Mass**

**12:00 PM ~ Prayer Service**

**4:00 PM ~ Prayer Service**

## **Stations of the Cross**

**Beginning Friday, February 20th, there will be Stations of the Cross every Friday evening at 5:00pm in the church.**

## ***Fast and Abstinence During Lent***

**All Catholics who have reached their fourteenth year are bound to abstain entirely from meat on Ash Wednesday and all the Fridays of Lent.**

**All Catholics between the ages of eighteen and fifty-nine inclusive are also bound to observe the law of fast on Ash Wednesday and Good Friday. This means limiting oneself to a single full meal and avoiding food between meals. Two other light meals, which together do not equal a full meal, may be taken during the day.**

**Those whose work or health would be impaired are excused from fast and abstinence. Individual conscience should decide proper cause for excuse.**

**A more serious reason is required to excuse oneself from Ash Wednesday and Good Friday fast and abstinence.**