



# 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.