

# ASH WEDNESDAY

Ash Wednesday

Ash Wednesday the beginning of the Season of Lent.

## Why Ashes?

On this day the Church invites us to receive a cross of ashes on our foreheads as a sign that during the coming Season of Lent we will make sincere efforts to cleanse our lives of sin and to discipline ourselves through prayer and fasting.

## Who may receive Ashes?

Baptized individuals who have reached the age of reason and Catechumens may receive ashes. Babies and young children who have not yet received the Sacrament of Penance should not be presented to receive ashes as ashes are intended for those who are capable of personal sin.

# LENT

The Season of Lent begins this Wednesday, March 1st, the Lenten regulations are quite simple.

1. There are only two FAST DAYS — Ash Wednesday and Good Friday. This only obliges those from 18 - 59. On those two days, only one full meal is allowed. Two smaller meals are allowed to maintain strength but together they shouldn't equal another meal. No meat is allowed on these days.
2. Fridays during Lent are Days Of Abstinence from meat. This obliges everyone fourteen years and older. There is a serious obligation to observe these penitential practices in a substantial way.