

## **ASH WEDNESDAY / LENT**

*For those of the Christian faith, Ash Wednesday marks the beginning of the 40 days of Lent - a time of repentance, reflection and renewal - leading up to Holy Week and Easter.*

*As the first day of Lent, many Christians observe Ash Wednesday by attending religious services to receive the sign of the cross on their forehead, with the ashes being prepared by burning palm leaves from the previous years' Palm Sunday celebrations.*

*During the Lenten season leading up to Easter, Christians observe fasting obligations and abstinence from eating meat - typically on Ash Wednesday and all Fridays leading up to and including Good Friday. Ash Wednesday is also an opportunity for Christians to focus on the obligations of contrition and penitence, with silent reflection and profession of their sins.*

*During Lent, it is encouraged that you attend weekly mass / church services, set aside time for daily prayer or meditation, focus on the needs of those around you, set goals for regular acts of charity and service, and deny yourself something that you enjoy but don't need.*