

## **LENT BEGINS**

### **ASH WEDNESDAY – February 17, 2021**

#### **Distribution of Ashes**

According to guidelines provided by the Vatican, this year we are not to place ashes on the forehead; however, we are to sprinkle ashes on the top of the head, following ancient and biblical custom.

After blessing the ashes and sprinkling them with holy water in silence, the priest addresses those present, reciting once the formula found in the Roman Missal: “Repent, and believe in the Gospel” or “Remember that you are dust, and to dust you shall return.”

At that point, the priest “cleanses his hands, puts on a face mask, and distributes ashes to those who come to him.” The priest/deacon will then **sprinkle the ashes on each person’s head “without saying anything.”**

For more information:

<https://www.vaticannews.va/en/vatican-city/news/2021-01/ash-wednesday-coronavirus-note-distribution-ashes.html>

#### **Mass Times for Ash Wednesday**

Masses, with the distribution of ashes, will take place as follows:

6:30 AM

8:30 AM (Live Stream ONLY)

12:00 Noon

7:00 PM

#### **Prayer**

Catholics are encouraged to pray more during Lent, especially with Scripture. Lent is also an ideal time to receive the Sacrament of Reconciliation in preparation for the celebration of Christ’s Passion, Death and Resurrection.

#### **Fasting and Abstinence**

Catholics of age **14 and older** abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent. In addition, on Ash Wednesday and Good Friday, Catholics **from age 18-59** fast, limiting themselves to one full meal and two smaller meals each day.

#### **Almsgiving**

Moved by the sacrifice of Christ, many Christians combine almsgiving with fasting, giving to the poor the money they saved by eating, drinking or buying less as they rely more upon God’s abundant grace.

#### **Lenten Devotionals**

Lenten Devotionals will be available in the Main Narthex for those who wish to take a copy home with them while supplies last.