



# Ash Wednesday is February 18th.



Ashes will be distributed at  
7 AM, 9 AM Mass, 12 Noon,  
4 PM\*, & 7 PM.

## Children and Ashes...

***\*Our 4 PM service will be more "child friendly."***

These services will be shorter, with a homily geared to a child's understanding. This will enable the children to enter into the spirit of Lent in a manner appropriate for their age.

## Fast and Abstinence

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.