



Ash Wednesday - March 5, 2025

Ash Wednesday marks the beginning of Lent, a 40-day period of reflection and preparation leading up to Easter Sunday in the Christian calendar. It is a time for fasting, prayer, and repentance, symbolized by the imposition of ashes on the forehead in the shape of a cross, symbolizing mortality, repentance, and the need for spiritual renewal. Lent invites believers to journey with Jesus through his sacrifice, death, and resurrection, focusing on spiritual renewal, self-examination, and deepening one's relationship with God. Many Christians choose to observe Lent by practicing acts of self-discipline, such as fasting from certain foods or habits, engaging in acts of service, and devoting more time to prayer and scripture study.

HOW CAN WE CELEBRATE?

- **Give back to the community** by volunteering, donating to charitable causes, or engaging in community service projects
- **Refrain from eating meat**
- **Practice self-discipline** by giving up a food, habit, or hobby for the duration of Lent
- Visit www.bit.ly/3WmTJT3 to learn more about Ash Wednesday and Lent



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