

LENT STARTS

ASH WEDNESDAY



WHAT IS LENT?

Ash Wednesday begins the 40 days before Easter Catholics call Lent. We practice prayer, fasting, and sacrifice.

WHAT ARE FASTING AND ABSTINENCE?



Fasting

Catholics who are 18-58 years old are required to keep a limited fast: a single, normal meal & 2 snacks.

Ash Wednesday & Good Friday



Abstinence

Catholics 14 years & older are required to abstain from eating meat and fowl.

Ash Wednesday & Fridays of Lent



Do I have to give up something for Lent?

No. Giving something up is a beneficial custom. You can give up something you enjoy, engage in physical or spiritual acts of mercy for others, pray, fast, abstain, go to confession, and other acts expressing repentance in general.

WHEN DOES HOLY WEEK BEGIN?



Jesus' triumphal entrance into Jerusalem on **Palm Sunday** begins Holy Week.



HOLY TRIDUUM STARTS

with the Mass of the Lord's Supper on Holy Thursday when Jesus celebrated the first Mass, AND LENT OFFICIALLY ENDS.



Good Friday marks the anniversary of the crucifixion and death of Jesus Christ on the cross.



HOLY SATURDAY

Our Lord lay in the tomb Holy Saturday before his resurrection.



EASTER SUNDAY

the
Resurrection
of Christ, is
the greatest
holy day of the
Christian year!

