



Ash ceremony

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This year, Ash Wednesday is Wednesday, March 6.

Ash Wednesday is one of the most important on the Christian calendar, because it marks the start of Lent.

Lent is a six-week period of fasting, self-sacrifice and prayer observed by Christians each year to prepare for the celebration of Easter, when they believe Christ rose from the dead to sit at the right hand of God, his father.

Lent is celebrated over 46 days. It includes 40 days of fasting and six Sundays, on which fasting is not practiced.

The 40-day period has a special significance in the Old and New Testaments. For instance, Moses spent 40 days and nights with God on Mount Sinai in preparation to receive the Ten Commandments. Jesus also is depicted as being led into the wilderness to be tempted by the devil for 40 days.