



What is Lent?

The Lenten season is a time of preparation for the liturgical celebration of the Suffering, Death, and Resurrection of Christ. Many Catholics spend that time on the three practices of Lent: Prayer, Fasting, and Almsgiving. It is also a time to participate in the Sacrament of Penance and Reconciliation.

The Season of Lent lasts from Ash Wednesday until the evening of Holy Thursday. If Sundays are excluded from the count, the season lasts forty days. The forty-day length of Lent is rooted in the biblical usage of the number forty. Forty is typically indicative of a time of testing, trial, penance, purification, and renewal. In the New Testament, forty days is the length of Jesus' time of trial in the desert in preparation for his public ministry, proclaiming the Gospel.

Ash Wednesday and Ashes (First day of Lent)

The ashes are usually made by burning the palm fronds from the previous year's Palm Sunday. This symbolically connects the faithful to Christ's passion. We begin Lent by receiving ash on the forehead on Ash Wednesday as a common sign of repentance for sins, and a sign of one's humility before God.

"Remember that you are dust, and to dust you shall return,"

~ or ~

"Repent and believe in the Gospel"

