



Ash Wednesday service and Mass will be at 7PM on Wednesday, February 26.

Ash Wednesday is a universal day of fasting and abstinence from meat. Christian fasting obtains its full meaning when we deprive ourselves of food in order to be open to prayer, to share more in the sufferings of those who are starving and to save money to give to the poor. Fasting is a penitential discipline intended to open our hearts to God and others, a means of purification and spiritual liberation, a witness of the depth of our faith. The law on “fasting” binds from age 18 until age 59. When fasting, a person is permitted to eat one full meal. Two smaller meals may also be taken, but not to equal a full meal. The law of “abstinence from meat” binds from age 14 onwards.