

ASH WEDNESDAY

Ash Wednesday marks the beginning of Lenten. On Ash Wednesday we think about decisions and mistakes we have made and are asked to remind ourselves of how much we need a saviour, someone who forgives us for all of those bad decisions and mistakes.

Ash Wednesday is a day we say sorry and remember with confidence that we have a saviour, Jesus, who conquered sin and death.

WORD OF THE WEEK

Joel 2: 12-13

“But even now,” says the Lord,
“repent sincerely and return to me with fasting
and weeping and mourning.
Let your broken heart show your sorrow;
tearing your clothes is not enough.”
Come back to the Lord your God.
He is kind and full of mercy; he is patient and
keeps his promise; he is always ready to
forgive and not punish.



PRAYER FOR THE WEEK

God, as we receive the ashes this week, we remember that we are dust, and to dust, we shall return. We ask for Your grace to help us walk through this season of Lent with open hearts. Help us reflect on our lives, let go of what holds us back, and draw closer to You. Give us the strength to be more compassionate, more generous, and more faithful. As we journey through these 40 days, fill us with hope and guide us toward Easter with a renewed spirit. Amen.

Ash Wednesday marks the first day of Lent, a six-week period (excluding Sundays) dedicated to prayer, fasting, and giving to those in need in preparation for the great celebration of Jesus death on Good Friday and resurrection at Easter.

Spiritual writer Henri Nouwen described Lent as a time to re-focus.

In what way do you need to re-focus this Lent?

LENT: A JOURNEY OF HOPE

Lent is a special season for Christians, lasting 40 days leading up to Easter. It's a time for reflection, prayer, fasting, and helping others, focusing on spiritual growth and preparing for the joy of Easter. It's an opportunity to connect more deeply with our faith, grow in self-discipline, and practice kindness.

This year, as part of the Jubilee Year "Pilgrims of Hope," we are called to walk together, just like pilgrims on a journey of faith, seeking hope, peace, and unity. The Jubilee is a reminder of God's love and mercy, and it's an invitation for everyone, especially young people, to deepen their relationship with God and with others.



What is your hope for Lent 2025?

+ Did you know?

The ashes for Ash Wednesday are made from the burnt palms left over from last year's Palm Sunday!



During Ash Wednesday we will have the opportunity to receive ashes, in the shape of a cross on your forehead. The cross is a reminder of the call to turn back to God.



What is the meaning of Ash Wednesday? ([WATCH HERE](#))

Lead me to the Cross
([LISTEN HERE](#))

KYRIE ELEISON
([LISTEN HERE](#))

So let us be marked
not for sorrow.
And let us be marked
not for shame.
Let us be marked
not for false humility
or for thinking
we are less
than we are

but for claiming
what God can do
within the dust,
within the dirt,
within the stuff
of which the world
is made,
and the stars that blaze
in our bones,
and the galaxies that spiral
inside the smudge
we bear.

-Jan Richardson



Ash Wednesday marks the beginning of Lent, a time to pause and reflect on our lives, our relationship with God, and the path we are walking.

As we receive the ashes, we are reminded that we are human, fragile, and in need of God's love and grace. The ashes on our foreheads symbolize our humility, repentance, and the understanding that we are part of something greater than ourselves.

Where are you in your relationship with God?
Have you been feeling close to Him or distant?
What can you let go of this Lent?

Lent is about more than just giving up things like chocolate or social media—it's about letting go of anything that pulls us away from God. Is there something that you feel has a hold on you? It might be worry, anger, or a habit you want to break. Ask God for strength to make the changes you need.

How can you serve others?

During Lent, it's important to remember others, especially those in need. Can you be a source of hope for someone else?