

## Ash Wednesday

The season of Lent begins on 13th February with Ash Wednesday. Ashes will be distributed at the following Masses:

Church of St John the Baptist

8.30 am; 11.30 am and 7.00 pm

Church of St Patrick

10.00 am

Ashes are a sacramental and signify conversion, penance, fasting and human mortality. Ash Wednesday is also a day of fast and abstinence for Catholics. Those aged between 18 and 60 are permitted to consume one full meal which may be supplemented by two smaller meals. All Catholics aged 14 and over are required to abstain from meat.

TrÃ³caire Boxes are available in the parish Churches. Please take one home and support the Lenten campaign.

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