



# ASH WEDNESDAY

**Ash Wednesday begins Lent, a 40-day season of reflection, prayer, and preparation for Easter. It is a time to grow in faith, kindness and self-discipline.**

**Ash Wednesday is the first day of Lent in the Western Christian church. Lent is a prayerful, reflective and somber time that reminds us that humans are mortal and that we need to reconcile with God.**