Ash Wednesday

Ash Wednesday this year is on Wednesday 1st March, a day of fasting and is the first day of Lent.

It occurs 46 days before Easter.

According to the Gospel writers in the Bible Jesus spent 40 days fasting in the desert, he endured temptation from Satan.

Ash Wednesday and the observance of Lent as we know it came into existence somewhere between the fifth and eighth centuries.

Ash Wednesday derives its name from the practice of blessing ashes from palm branches blessed on the previous year's Palm Sunday and placed on the foreheads of the congregation, usually in the shape of a cross.

By denying ourselves luxuries and pleasures in Lent we can concentrate on spiritual matters. Even today we are encouraged to give something up for Lent.

What will yours be?