

ASH

Wednesday



“Return to the
Lord your
God, for he is
gracious and
merciful.” Joel 2:13

Live Lent with CAFOD

As we begin Lent, the great season of repentance and renewal, join us in prayer, fasting and almsgiving as we prepare our hearts to celebrate Christ's resurrection.

Pray with our Lent reflections.

Fast on Family Fast Day, Friday 27 February.

Give to our Lent Appeal.



cafod.org.uk/livelent

CAFOD
A better world needs all of us

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