

# 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](http://cafod.org.uk/livelent)

**CAFOD**  
A better world needs all of us

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