



## Lent Begins on Ash Wednesday 02 MARCH

**Celebrate at Church or at Home  
Celebrations ~ 12:05 PM & 5:30 PM**  
**5:30 PM Mass will also be Live-Streamed**

- Ashes will be blessed at our noon mass.
- For those not attending mass, Bishop Dowd has authorized households to receive blessed ashes and pray at home—see above right.



## Stations of the Cross



**Fridays in Lent at 5:30 PM**  
**Beginning Friday, 04 March**  
**Live-Streamed Every Week**

**You can view all of our live-stream celebrations on our website at [procathedral.ca](http://procathedral.ca) or at [facebook.com/procathedral](https://www.facebook.com/procathedral)**

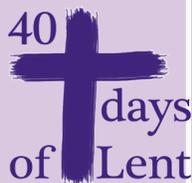
**A dispensation from mass is still in place if you are unable to attend mass. Pope Francis invites us to make a Spiritual Communion — that is to invite Christ in to our hearts, and ask that Christ come close to us, and that we come close to Christ.**

**You can join Pope Francis for Spiritual Communion Posted on Our Website under LINKS at [procathedral.ca](http://procathedral.ca)**

### Lent & Fasting & Abstinence

***We may give up meat or other desirable foods on Fridays during Lent, and especially on Good Friday, the day of Christ's saving death on the cross.***

Our abstinence for Catholics 14 years and older (as long as there are no health issues) is another way of sharing in Christ's work of saving the world. We may also substitute other good actions for abstinence. See the Lenten Calendar on reverse for some ideas.



### Celebrate at Church or at Home - Ash Wednesday (March 2)



Bishop Dowd is encouraging you not to miss out on Ash Wednesday but to celebrate from home if you cannot attend Mass.

We invite you to pick up a small container of blessed ashes and a prayer card to celebrate at home with your family or members of your household.

You can pick these items up during office hours the week of February 28 to March 4 and then on the weekend of March 5-6.

For a copy of our full prayer service, visit our website at [procathedral.ca](http://procathedral.ca)

### A Prayer for Lent

**Loving God,  
As the season of Lent unfolds,  
you call us to return again and again.  
As you invite us to reflect on your love made visible  
in the person Jesus,  
align our lives more closely with you through  
prayer, fasting and generous giving.  
Bless our desire to accompany Jesus' suffering here  
and now in the crucified people of our world.  
With your grace, may we live Lent fully  
and move with transformed hearts into the  
abundant life of Easter morning. Amen.**

### Human Frailty and Strength of Christ

The ashes on our forehead are our public witness that we acknowledge our failure and sins. We admit our human weakness and plead for Christ's help, because we are powerless without Him.



The sign of the cross on our foreheads is a reminder of the other times of our Christian lives that we have been signed with cross and holy oil: the sacraments of Baptism, Confirmation, and Anointing of the Sick. The sign of the cross sealed on our foreheads is a sign of the strength of and bonding with Christ.

On Ash Wednesday this cross upon our forehead is different. There is no sacrament, no holy oils. We are signed with dust, a reminder of our death and decay. The ashes remind us of our sins. And yet, that cross of ashes is not doom and gloom. The cross gives us hope, reminding us that our source of grace is Christ crucified. He conquers sin and death. By receiving that cross of ashes, we are making the first step to return to Christ and walk with Him on this Lenten journey, because without Him we are and can do nothing!