

# LENT

*season of grace*



## A Guide to Lent and Easter: *What Every Catholic Needs to Know*

Lent is a sacred season of preparation, reflection, and renewal leading up to Easter. It is a time for deepening our faith through prayer, fasting, and acts of charity. Here's what you need to know to observe Lent in 2025 with the **Archdiocese of New York**.

### Key Dates for Lent 2025

Ash Wednesday: <b>March 5</b> .....	The beginning of Lent
Holy Thursday: <b>April 17</b> .....	Lent officially ends in the evening
Good Friday: <b>April 18</b> .....	A solemn day of fasting and prayer
Easter Sunday: <b>April 20</b> .....	The celebration of Christ's resurrection

### Why Do We Receive Ashes?

Ash Wednesday marks the beginning of Lent, and receiving ashes is a centuries-old practice rooted in Scripture. In the Old Testament, wearing ashes was a sign of repentance and humility before God. Today, it continues as a physical expression of our desire for spiritual renewal. The ashes are made from the palms of the previous year's Palm Sunday, connecting our journey of conversion with Christ's Passion, death, and resurrection.



When you receive ashes, the priest or minister will say either:

- ***"Remember that you are dust, and to dust you shall return."***
- ***"Repent and believe in the Gospel."***

This visible sign reminds us that Lent is about more than external acts—it is about true conversion of the heart.

## Fasting & Abstinence: What It Means

During Lent, Catholics are called to practice self-discipline through fasting and abstinence as a way to grow closer to God.

- **Fasting** (Ash Wednesday & Good Friday): Adults (ages 18-59) are required to eat only one full meal. Two smaller meals are permitted, but they should not equal another full meal. Snacking is not allowed.
- **Abstinence from Meat** (Ash Wednesday & all Fridays of Lent): Catholics aged 14 and older must refrain from eating meat or poultry.
- **Who is exempt?** Those with health conditions, young children, and elderly individuals who cannot safely fast are not required to do so but are encouraged to practice other forms of sacrifice.

### *Find a Parish Near You*

Looking for a place to receive ashes or attend Lenten services?  
Use the **Archdiocese of New York's Parish Finder** to locate a church near you:  
Visit [Find a Parish](#)

## Lenten Traditions and Devotions



### **Prayer & Reflection:**

Participate in Stations of the Cross, Eucharistic Adoration, and personal prayer.

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### **Sacrament of Reconciliation:**

Confessions will be widely available, especially on Reconciliation Monday (April 14) from 2:00–4:00 PM and 6:00–9:00 PM.

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### **Almsgiving & Charity:**

Consider acts of kindness, donations, or volunteering to help those in need.

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### **Simplified Living:**

Many Catholics give up luxuries like sweets, social media, or unnecessary spending to focus on spiritual growth.

## Holy Week & the Triduum



- **Palm Sunday (April 13):**  
Marks Jesus' triumphant entry into Jerusalem.
- **Holy Thursday (April 17):**  
Commemorates the Last Supper and Lent ends.
- **Good Friday (April 18):**  
The solemn remembrance of Christ's Passion and death.
- **Holy Saturday & Easter Vigil (April 19):**  
Begins after sunset (7:39 PM in New York). This is the Church's most sacred night, celebrating Christ's victory over death.

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## Additional Notes



- **The Mass of Chrism** (where holy oils are blessed) takes place on Tuesday, April 15, at 4:00 PM at St. Patrick's Cathedral.
- **Easter Duty:** Catholics should receive Holy Communion at least once between the First Sunday of Lent (March 9) and Trinity Sunday (June 15).

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**Lent is a season of grace. By embracing prayer, fasting, and almsgiving, we prepare our hearts to celebrate the joy of Easter. May this Lenten journey draw us closer to Christ and to one another.**

*Reference: USCCB & ADNY Vicar General's Office*



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