



An Carghas Lent

Today is **Ash Wednesday** or **Céadaoin an Luathrigh**, the first day of **Lent**. It is a day of **fast and abstinence**.

During Lent we do as Jesus did when he was in the wilderness.

We pay more attention to God who is always with us, we pay more attention to other people.

Today we put ashes on our forehead as a sign that we want to be like Jesus.

“Turn to the Lord and believe the good news”.