



## Catholic Diocese of Columbus

Communications Office

PHONE 614•241•2555

FAX 614•241•2557

E-MAIL [commailbox@colsdio.org](mailto:commailbox@colsdio.org)

# News

DATE: February 25, 2009

RELEASE: Immediate

CONTACT: Carol Keene

ATTENTION: News Editor

### **Ash Wednesday Mass at the Cathedral of St. Joseph**

COLUMBUS – Mass times for Ash Wednesday, February 25, 2009, at St. Joseph Catholic Cathedral, 212 East Broad Street, Columbus, are: 7:30 a.m., 11:30 a.m., 12:30 p.m., and 5:15 pm. Ashes will be distributed within each Mass.

Ash Wednesday marks the beginning of the forty days of the liturgical season of Lent. The forty days are a significant reminder of the forty days that Jesus spent in the desert. Scripture refers to several periods of forty days or forty years as times of penance for sin. Ashes, too, carry penitential messages: one of our ownership by God and a reminder of the ancient custom of putting on sackcloth and ashes to serve penance.

On Ash Wednesday, Catholics begin the observance of Lent with the practices of fasting (eating no food between meals which include two very light meals and one more substantial yet still light meal) and abstinence, (no flesh meat is consumed). The Fridays of Lent are also days of abstinence while Good Friday includes both fasting and abstinence.

Parishes throughout the Diocese of Columbus will celebrate Mass on Ash Wednesday. Check with your local parish for the Ash Wednesday Mass schedule.

-30-

*Media should contact the Communications Office of the Diocese of Columbus, 614-241-2555 to facilitate the opportunity to film or tape at Masses on Ash Wednesday. Thank you*