

There are 3 elements in Lent
Prayer Fasting Almsgiving

Ash Wednesday

Readings of the Day:

<https://catholicreadings.org/ash-wednesday/>

What is Ash Wednesday?

Adults:

<https://youtu.be/xn80Di-ptnI>

Teenagers:

<https://www.youtube.com/watch?v=T2D-2sfbqa4>

Children:

<https://www.youtube.com/watch?v=W47w0AqI644>

Parish Mass/Children and School at 10AM, Deaf Community welcome, Mass will be signed in BSL

All masses available to watch at the link below:

www.saintvincentdepaul.co.uk/webcam