Ash Wednesday on February 17, inaugurates a journey of prayer, fasting and abstinence.

Fasting days include Ash Wednesday and Good Friday (one full meatless meal is permitted), and meatless Fridays during Lent (fish & shellfish are permitted).

The three pillars of Lent are prayer, fasting and almsgiving. In addition to fasting, many also choose to abstain from other comforts during Lent.

Holy Week begins with Palm Sunday, March 28, a celebration of Christ’s triumphant return to Jerusalem.

Easter Triduum begins with Holy Thursday, April 1 at sunset, signaling the end of the Lenten season.

For the Holy Week schedule and Easter Mass times, visit ptdiocese.org/eastermasstimes