Ash Wednesday Services  
Miercoles de Ceniza  
San Buenaventura Mission  
February 26, 2020

7:30 am: English Mass with distribution of ashes

9:00 am: English Mass with distribution of ashes  
Holy Cross School Students

12:00 pm: English Liturgy of the Word with distribution of ashes

5:30 pm: English Mass with distribution of ashes

6:30 pm: Spanish Mass with distribution of ashes  
in O'Brien hall

7:30 pm: Spanish Liturgy of the Word with distribution of ashes in O'Brien hall

Ash Wednesday is a day of fast and abstinence. Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

Fasting means partaking of only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday or in the evening—depending on when a person chooses to eat the main or full meal.

Abstinence is the omission of meat. The obligation to do penance is a serious one; the obligation to observe, as a whole or "substantially," the days of penance is also serious and unites the Church as a whole in a common act of penance.