

# Lent Is Coming: What You Need to Know



Ash Wednesday  
is on 6 March 2019  
Day of Fasting and  
Abstinence



Lent lasts 40 days  
(excluding Sundays)



The three pillars  
of Lent are:  
prayer, fasting  
and almsgiving.



Ash Wednesday  
and Good Friday  
are days of fasting  
(one primary meal and  
two lesser meals) and  
abstinence from meat.



All Fridays in Lent  
are days of abstinence  
from meat.