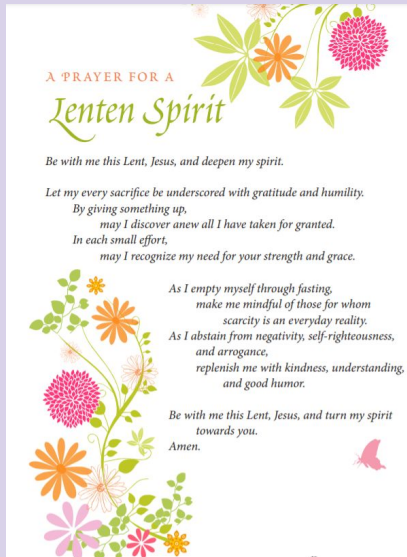


ASH Wednesday and Lenten Resources

2.17.21

Prayers, Activities, and Reflections

For weekly prayers and activities throughout Lent, take a look at some of these beautiful resources!



- [The Journey from Ash Wednesday to Easter](#)
- [Soul-Nourishing Practices for Lent](#)
- [Lenten Checklist for Families](#)
- [For Little Ones: The Road to Lent Leads to Easter](#)
- [Lenten Calendar for Families](#)
- [A Prayer for a Lenten Spirit](#)

Podcasts and Music

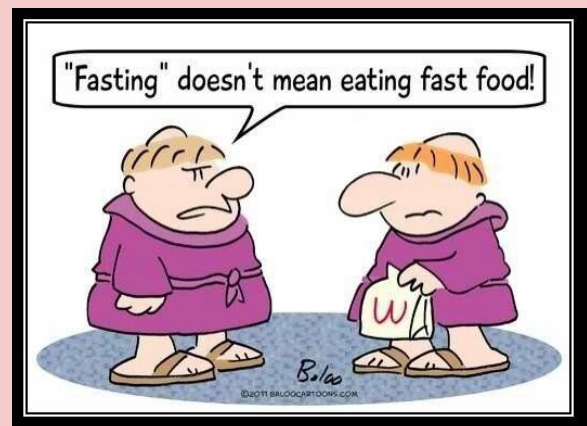
At home or on the go, these are great ways to listen to songs and sermons to keep you in the Lenten spirit!

Check out this list of [Lent Podcasts](#) to see a variety of options and decide which length, style, and format is best for you. For a nice way of reflecting on your day and evaluating your relationship with God, try [The Examen with Fr. James Martin](#).

For some Lent-inspired music, take a look at this [Lent Playlist](#) or [40 Songs for 40 Days](#).

Lenten Recipes

Sick of the same meatless meals? Try out some of these tasty [Lent Recipes](#) to mix up your palate while respecting the Lenten sacrifice on Ash Wednesday and each Friday.



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"Be doers of the word, and not hearers only; Show me your faith apart from your works, and I by my works will show you my faith" (James 1:22; 2:18)