

FAQ's About Ash Wednesday



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Why do we put ash on our forehead?

Ashes are applied to our forehead in the sign of the cross as the words, "Remember, you are dust and to dust you shall return" are spoken to us. The other formula which is used, "Turn away from sin and be faithful to the Gospel" emphasizes our call to continual conversion and holiness of life. This act symbolizes our mortality as well as our need for ongoing repentance. It is a reminder that this life is short and merely a foreshadowing of what we shall become through the redemption of Jesus Christ on the cross. The work of our redemption will not be complete until we are raised from the dead, in resurrected bodies like His own and called to the eternal communion of heaven.

Where do the ashes come from?

The ashes for Ash Wednesday normally are made from blessed palm branches from the previous Palm Sunday. The ashes are sprinkled with Holy Water and incensed before distribution.

When do I wash the Ashes off my face?

There is no specific instruction on how long ashes are to be worn. You can, in fact, wash them off immediately after the service if you want. Many people choose to wear their ashes for the remainder of the day both as a reminder of their own mortality and as a witness before those around that they are a follower of Christ and are entering into a season of examination and abstinence.