



Happy Ash
Wednesday!

Ash Wednesday

Christian

[Ash Wed-nes-day](#) 

The Day of Ashes is a day of repentance when Christians confess and mourn their sins, and profess their devotion to God. During a Mass, a priest places the ashes on a worshiper's forehead in the shape of a cross.

Date

- Ash Wednesday takes place 46 days before Easter Sunday.
- Link to [Interfaith Calendar](#) for exact date/year lookup.

Greetings

Wishing a celebrant a Happy Ash Wednesday is welcome.

Common Practices and Celebrations

- Observers are likely to attend mass and leave the smudge of the ashes on their forehead throughout the day as a way to show their faith publicly.
- It is a penitential celebration that involves fasting, abstinence and prayer.

Common Dietary Restrictions

- Ash Wednesday is a day of obligatory fasting and abstinence for Roman Catholics.

Impact to U-M Community

- Ash Wednesday observers may suspend work on this day and request to have this day off. Observers may be fasting.
- Link to [U-M Guidance Regarding Conflicts](#).

U-M Campus Resources

- [Maize Pages - Christian](#), U-M
- [Association of Religious Counselors](#), U-M

Information Sources

- [National Catholic Register](#)
- [Indy Star](#)

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This collection of information sheets on major holidays and cultural events is a joint partnership of the School of Information staff, the Office of Diversity, Equity, and Inclusion, and the Office of the Provost. Facts have been vetted by U-M's Association of Religious Counselors (ARC), and other campus groups. Public feedback is welcome; please email DEIHolidayFacts@umich.edu.