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**NORTHEASTERN CATHOLIC
DISTRICT SCHOOL BOARD**
"You Are The Light of The World!"

NEWS RELEASE

Lent Season starts off with Ash Wednesday at the Northeastern Catholic District School Board

February 16, 2010: Tomorrow, Ash Wednesday, February 17th, 2010 marks the beginning of Lent for all Catholics. The ashes that mark the foreheads of Catholics on Ash Wednesday are taken from last year's palm branches and represent hope and the opportunity to grow our relationship with God. All of the schools within our Catholic Board are having Ash Wednesday Masses or Services for our students.

Glenn Sheculski, Director of Education commented, "It is very important to celebrate our faith and as we enter into this solemn Lent Season it is a time to reflect upon our relationship with God and see how we can become better Catholics, better brothers, sisters, mothers and fathers and better members of our communities."

Lent is a time when we should strive to become closer to God; we can do this by spending more time in prayer, by fasting or by giving up something that distracts us from knowing God. Examples of "giving up" something would be to limit the time we spend watching TV or playing video games or spending time on the computer. We could instead spend time with family members, do an extra chore or try and be extra nice to someone. God only wants us to change the things we do if it will make us think about our love for Him and for our neighbour.

For a schedule of Lent Masses or Services, refer to your neighbourhood Church Lent Mass schedule.

For more information, please contact:

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