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[Ash Wednesday Fasting Instructions](#)



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Ash Wednesday is a Christian holy day of prayer and fasting It is preceded by Shrove Tuesday and falls on the first day of Lent, the six weeks of penitence before Easter.

Ash Wednesday is traditionally observed by Western Christians Most Latin Rite Roman Catholics observe it, as do some Protestants like Anglicans, Lutherans, Methodists, some Reformed churches, Baptists, Nazarenes.

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<http://presagmasend.cf/repulaven/100/1/index.html/>

<http://tioguma.cf/repulaven98/100/1/index.html/>

<http://ranscuhegarche.tk/repulaven89/100/1/index.html/>