

Ash Wednesday



St. Valentine's Day

- ✝ The solemn beginning of Lent since the 8th century
- ✝ Rooted in the ancient connection between ashes and repentance
- ✝ One of the highest ranking liturgical days of the year
- ✝ One of only two days of the year when fasting is mandatory

- ♡ St. Valentine was a priest and martyr in ancient Rome
- ♡ His feast day was celebrated on February 14 in the middle ages but is no longer on the universal Catholic calendar
- ♡ Geoffery Chaucer wrote a poem in 1382 connecting the feast day to the mating of birds in the spring, thus beginning it's romantic associations.
- ♡ The modern celebration of Valentine's day is a mostly secular celebration of romantic love. A fine cultural custom, but not a sacred one.

What should a Catholic do when they fall on the same day?

Observe Ash Wednesday Fully

- Fast & abstain from meat
- Go to Mass (not obligatory)
- Receive ashes from your parish
- Spend extra time in prayer & give alms

What about Valentine's Day?

- Plan your festivities for some other day
- Offer prayers and penances loved ones
- Volunteer or give alms together
- Any Valentine customs compatible with the solemnity and self-denial of Ash Wednesday