



Have a blessed  
Lent!

# Lent

Christian

[Lent](#)



Lent is an important time for reflection and preparation for the arrival of Easter for Christians. It is 40 days of fasting from food and festivities, charity, and reflection on the life of Jesus Christ, who, according to the Christian Bible, spent 40 days in the desert fasting and enduring temptation before preparing for public ministry. It is also important because it is believed to be the time leading up to the death and divine resurrection of Jesus, which is part of the foundation of Christianity.

## Dates

- Lent starts 46 days before Easter Sunday beginning with Ash Wednesday.
- For Catholics, Lent ends on the evening of Holy Thursday, 40 days after Ash Wednesday.
- For Protestants and Western Orthodox Christians, Lent ends on the evening of Holy Saturday.
- Check the [Calendar Index](#) for Religious Holidays during the current academic year for the exact date.

## Greetings

To observe this with colleagues or friends, saying, "Have a blessed Lent," would be welcome.

## Common Practices and Celebrations

- Shrove Tuesday/Fat Tuesday, the day before Lent begins, is marked with carnivals, feasting, and self-reflection.
- Many Christians will observe a Lenten sacrifice, where they will select a luxury or personal pleasure to abstain from.
- Charity and almsgiving are a central aspect of Lent.
- Special prayers, church services, and religious processions are offered.
- Purple is often associated with Lent and used in vestments and decorations.
- Religious icons and statues are sometimes veiled in black or violet fabric during this time.

## Common Dietary Restrictions

- Christians are encouraged to fast during the day during this time.
- Many Christians will abstain from meat, alcohol, and animal products on Fridays during Lent.

## Impact to U-M Community

- Vegan/Vegetarian menu options may be needed.
- Link to [U-M Guidance Regarding Conflicts](#).

## U-M Campus Resources

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

## Information Sources

- [Lent](#), wikipedia.org
- Quast, Kevin. "Lent." Religious Celebrations: An Encyclopedia of Holidays, Festivals, Solemn Observances, and Spiritual Commemorations, edited by J. Gordon Melton, vol. 2, ABC-CLIO, 2011, pp. 520-523. Gale eBooks, [link.gale.com/apps/doc/CX3308500310/GVRL?u=umuser&sid=bookmark-GVRL&xid=3ea388d2](https://link.gale.com/apps/doc/CX3308500310/GVRL?u=umuser&sid=bookmark-GVRL&xid=3ea388d2). Accessed 10 Aug. 2023.
- "Lent." Britannica Academic, Encyclopædia Britannica, 21 Feb. 2023. [academic-eb-com.proxy.lib.umich.edu/levels/collegiate/article/Lent/47772](https://academic-eb-com.proxy.lib.umich.edu/levels/collegiate/article/Lent/47772). Accessed 10 Aug. 2023

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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](mailto:DEIHolidayFacts@umich.edu).

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