**Ash Wednesday**

The Day of Ashes is a day of repentance when Christians confess and mourn their sins, and profess their devotion to God. During worship services, a religious leader places the ashes on a worshiper’s forehead in the shape of a cross. Ash Wednesday is observed by Catholics; some Protestant denominations such as Lutherans, Moravians, Anglicans, Methodists, and Nazarenes; and some churches in the Reformed tradition, including certain Congregationalist, Continental Reformed, and Presbyterian churches.

**Date**
- Ash Wednesday takes place 46 days before Easter Sunday.
- Check the Calendar Index for Religious Holidays during the current academic year for the exact date.

**Greetings**
Wishing a celebrant “I hope you have a meaningful (or blessed) Ash Wednesday” is welcome.

**Common Practices and Celebrations**
- Observers are likely to attend worship services 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.

**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**
- Wikipedia

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