

An At-Home Ritual For Ash Wednesday

- Invite each person to write down things that make them feel sad, afraid or hopeless on strips of paper. Take whatever time is needed.
- When ready, place the strips of paper in your fire pit or fireproof container you plan to use (outside in a well-ventilated area.)
- Begin with prayer: God, we give to you all that makes us feel sad, afraid and hopeless. You have created us and called us good, and we are grateful.
- Set the papers on fire and watch them burn into ash. Let the ashes cool. You may mix the cool ashes with a small amount of olive oil, or use them without oil. (Do not mix with water.)
- Pray: God, we thank you for the meaning of the ashes; and for your love and forgiveness. May these ashes remind us that we belong to you forever. Amen.
- Impose ashes on foreheads or on the back of each other's hands.

Gather these items:

- Strips of paper
- Pens or pencils
- Fire pit or large fireproof container
- Lighter or match
- Olive oil (optional)

