



**CENTRAL YMCA**

**Lent begins with dust and ashes**

**ASH WEDNESDAY SPIN**

**Wednesday, February 14, 2018**

**6:00–7:30 p.m.**

**Please sign up at the Front Desk**

**Beginning Saturday, February 3rd**



### **YOUR NAIL**

Some people tie a string around their finger to remind them of something important.

This Lent we hope this nail will serve that purpose for you.

We encourage you to carry this nail in your pocket

Throughout the days of Lent to help you

Reflect and pray about Jesus Christ for you.

May it also be a frequent reminder of your personal

Lenten offerings and sacrifices.

