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Ash Wednesday

by Gerelyn Hollingsworth

NCR Today

*Remember man that thou art **dust** and unto **dust** thou shalt return.*

(What are you giving up for Lent?)

Is this a good idea?

"Bishop Jaime Soto is the first leader of the Catholic Diocese of Sacramento to use a laptop, browse the Internet on his cell phone and read a book on Kindle. He regularly e-mails his priests and reads religious blogs.

"But starting today, the first day of Lent, Soto will begin a 40-day, virtual "fast." The bishop is calling on the area's 900,000 Catholics to join him in cutting back on their online connections.

<http://www.sacbee.com/140/story/2542079.html>

Liturgy of the Hours for Ash Wednesday.

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