

Lent: A Call to Fast—and to Feast...

Fast from judging others; feast on Christ dwelling in them.

Fast from emphasis on differences; feast on the oneness of all.

Fast from the darkness around us; feast on the light of Jesus within us.

Fast from thoughts of illness; feast on the healing power of God.

Fast from actions that pollute; feast on deeds that purify.

Make the commitment to Belong more Deeply to Christ and His Church.

A landscape photograph of a coastal area. In the foreground, there is a sandy dune with sparse, dry grasses. A body of water, possibly a bay or inlet, occupies the middle ground, with a dense line of reeds or marsh grasses along its edge. In the background, a sandy beach is visible, and further back, there are some buildings and a clear sky. The overall scene is bright and open.