

*Lent is a Time to Fast and a Time to Feast:*

*Fast from judging others;*

*feast on Christ dwelling within*

*Fast from the darkness around us;*

*feast on the Light of Christ within us*

*Fast from thoughts of illness;*

*feast on the healing power of God*

*Fast from emphasis on differences;*

*feast on the oneness of all*

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

