

*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.*

