



*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.*