

DO YOU WANT TO FAST THIS LENT?

Many people have requested that we reprint the following “In the Words of Pope Francis-Do You Want to Fast This Lent” from two weeks ago. It is certainly a very different outlook on fasting and more rewarding

- Fast from hurting words and say kind words
- Fast from sadness and be filled with gratitude
 - Fast from anger and be filled with patience
 - Fast from pessimism and be filled with hope
 - Fast from worries and have trust in God
- Fast from complaints and contemplate simplicity
 - Fast from pressures and be prayerful
- Fast from bitterness and fill your hearts with joy
- Fast from selfishness and be compassionate to others
 - Fast from grudges and be reconciled
- Fast from words and be silent so you can listen