

Lent is a time to FAST and FEAST.

FAST from judging others.

FEAST on the Christ
within them.

FAST from emphasis
on differences.

FEAST on the unity of all life.

FAST from apparent darkness.

FEAST on the reality of light.

FAST from thoughts of illness.

FEAST on the healing power
of God.

FAST from words that pollute.

FEAST on phrases that purify.

FAST from discontent.

FEAST on gratitude.

FAST from anger.

FEAST on patience.

FAST from pessimism.

FEAST on optimism.

FAST from worry.

FEAST on divine order.

FAST from lethargy.

FEAST on enthusiasm.

Margaret Murray, CSJ