

LENT 2019



FAST FROM

Ash Wednesday to Saturday March 9

- Fast from judging others
- Fast from indifference

March 10 FIRST SUNDAY IN LENT: Celebrate the lengthening days

- Fast from divisiveness
- Fast from despair
- Fast from words that hurt or destroy

March 17 SECOND SUNDAY IN LENT: Celebrate connection with friends or family

- Fast from fear of scarcity
- Fast from pessimism
- Fast from aggression and hostility

March 24 THIRD SUNDAY IN LENT: Share some of your abundance

- Fast from the need to control
- Fast from suspicion
- Fast from worry about illness

March 31 FOURTH SUNDAY IN LENT: Sing! Dance! Laugh! Play! Love!

- Fast from gossip and falsehood
- Fast from disrespect for life
- Fast from seeking power

April 7 FIFTH SUNDAY IN LENT: Pray for the World, and wish it God's blessing

- Fast from confrontation
- Fast from negativity
- Fast from complaining

April 14 PALM SUNDAY: Gather at worship to remember Jesus' life and teachings

- Fast from anger and blame
- Fast from overwork
- Fast from discontent

April 21 EASTER SUNDAY: Hallelujah! Christ is Risen! Celebrate Resurrection!

FEAST ON

- Feast on seeing God's light in everyone
- Feast on wonder

- Feast on connection
- Feast on hope
- Feast on words that build up and encourage

- Feast on God's abundance
- Feast on optimism
- Feast on non-violence and peacemaking

- Feast on peace with what is
- Feast on trust
- Feast on God's healing energy

- Feast on integrity and truth-telling
- Feast on the sacredness of all life
- Feast on earning respect

- Feast on curious encounter
- Feast on noticing all that is good
- Feast on appreciation

- Feast on patience and forgiveness
- Feast on Sabbath (restfulness) and playfulness
- Feast on gratitude

