

Reflection Friday after Ash Wednesday 2021

Isaiah (58) has the right idea about fasting, it is not just about doing without, fasting from food. God likens fasting to action, to act for the good of others which is much more difficult to do than just abstaining from food. The prophet appeals to us to help set people free from poverty, from hunger and thirst, from loneliness and exclusion - the unjust fetters of today. On a larger scale it could be abolishing the debt faced by the developing countries struggling to keep afloat - their thongs of the yoke. Setting people free also means standing by them on their journey into the future and helping them along the way. We are called to break the yoke of injustice wherever it arises and in whatever form. God asks us to do the simple things: providing food for the hungry and/or helping the *Foodbank* and *Feed-up Warm-up*. Sheltering the homeless is an ever-growing need and will become a greater emergency after Lockdown is over. Above all, God's fasting focuses less on self and asks us to look outwards recognising those we encounter - in fact everyone - as a brother or sister, as one who is welcome in the community, the family of the parish. This is the kind of action that provides the electricity that our light, the light of Jesus within us, needs to shine more brightly. Although some of this action is more difficult during Lockdown, we have the time to prepare to offer greater service and self-giving once it is over.

This is what makes Lent such a special time!!

Fasting from Jokes. . . . !!