

Reflection Friday after Ash Wednesday 2023

Isaiah makes it clear that God is more concerned about justice and freeing people from unjust oppressors than fasting from food; not that fasting from food is bad. Maybe one of the best diets is to follow the ideals of lent and fast more strictly throughout the forty days. If we do this however, the money saved should be given to charitable causes. We have the Food Bank in the parish and Feed-up Warm-up, as well as Warm Spaces to name a few. The three pillars of Lent: Prayer, Fasting and Almsgiving are all altruistic: we pray for others, we fast that others might benefit and we act charitably to help and support others. The end result is that we benefit by becoming more sensitive to those around us and their needs, which, in turn, encourages us to do more.

Fast from judging others; feast on Christ dwelling in them

Fast from emphasis of differences; feast on the unity of all life

Fast from apparent darkness; feast on the reality of the 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 God's providence

Fast from complaining; feast on appreciation

Fast from negativity; feast on the positive side of things

Fast from unrelenting pressure; feast on unceasing prayer

Fast from hostility; feast on non-resistance

Fast from revenge; feast on forgiveness

Fast from self-concern; feast on compassion

Fast from personal anxiety; feast on eternal truth

Fast from discouragement; feast on hope

Fast from facts that depress; feast on verities that uplift

Fast from lethargy; feast on enthusiasm

Fast from suspicion; feast on truth

Fast from thoughts that weaken; feast on promises that inspire

Fast from shadows of sorrow; feast on the sunlight of serenity

Fast from idle gossip; feast on purposeful silence

Fast from problems that overwhelm; feast on prayer that sustains. Jimmy Samuel Hanahunu