

ST. PETER'S PARISH // MARCH 10TH 2024

FOURTH SUNDAY OF LENT

PETER'S PAPER

541 SILVERGROVE DRIVE NW, CALGARY, AB T3B 4R9

TEL: 403-286-5110

FOR
GOD SO
LOVED
THE
WORLD

THAT HE GAVE HIS
ONLY-BEGOTTEN SON

JOHN 3:16

YOU ARE CALLED.



LENT 2024

It's time to refresh.

In a world filled with personal and structural sin that allows injustice to grow, we are invited to refresh our souls and our imaginations to make space for the Spirit to work through us: To reshape a dehumanizing immigration system into one that centers human dignity. To recommit to making racial justice a reality.

To renew trust in abundance versus scarcity so that all people's needs are met while safeguarding a fragile planet. During the Lenten season, Psalm 23 reminds us of God's intent that we find times of refreshing: Beside restful waters he leads me; he refreshes my soul.

St. Ignatius of Loyola refers to these times of refreshing as consolations: a deep-seated sense of God's presence leading to spiritual growth. How are we being refreshed and consoled in our lives, in our Church, and in our work for justice?

Throughout Lent, writers from the Ignatian network will guide us in a season of refreshing. Join us each day to be replenished, reinvigorated, and refreshed.



St. Peter's
Roman Catholic Church

SCHEDULE

Rosary

Tuesday - Saturday 8:00 am

Weekday Masses

Tuesday - Saturday 8:30 am

Weekend Masses

Saturday 5:00 pm

Sunday 8:00 am; 9:30 am
11:30 am; 5:00 pm

Adoration

Friday 9:00 am - 12:00 pm

Saturday 9:00 am - 9:40 am

Reconciliation

Friday 9:30 am

Saturday 9:00 am

Saturday 3:00 pm

or by appointment

LET MY TONGUE
CLING TO MY
MOUTH IF I DO NOT
REMEMBER YOU

PSALM 137



SUNDAY REFLECTION

SHARING THE WORD

Gospel – John 3:14-21

The image of a serpent raised up on a pole has become a cultural symbol of healing. The Gospel of John is an invitation to look upon Jesus crucified and to see in this image the healing of the world. It is an invitation to bring our darkness into the healing light of the cross. In the glory of the cross we see our sinfulness for what it really is – the bearer of death. In today's Gospel we are extended the invitation to step into the light and become bearers of life.

1. Nicodemus resisted stepping into the light. What makes bringing our darkness into the light so difficult?
2. It is difficult to see in the dark. Where in your life do you need the light of Christ to help you see more clearly?
3. Recall a time when you experience illumination or insight that brought you to see things in a new way. How did this change you?
4. Darkness can be social as well as personal. In what ways is our culture the bearer of darkness and death?

(Reflection: Diocese of Saskatoon)

CONTACT INFORMATION

Office Email:

Office@st-peters.ca

Bulletin Submissions:

bulletin@st-peters.ca

Sacraments:

sacraments@st-peters.ca

Baptism:

baptism@st-peters.ca

E-transfers:

donate@st-peters.ca

St. Vincent de Paul:

svdp@st-peters.ca

Website:

www.st-peters.ca

Diocesan website:

www.catholiccyyc.ca

Find us on 

OFFICE HOURS

Monday

Office and Church Closed

Tuesday - Thursday

9:00 am - 4:30 pm

Friday

9:00 am - 12:00 noon

CLERGY

Pastor:

Fr. Jonathan Gibson (on leave)

Associate Pastor:

Fr. Benedicto Marino

frben@st-peters.ca

Deacons:

Stephen Robinson

stephen.robinson@st-peters.ca

John Arbeau

john.arbeau@st-peters.ca

This Week @ St. Peter's Parish

MARCH 11 - 17

DAY	EVENT	LOCATION	TIME
Tuesday	Blue Knights	Conference C	6:00 PM
Wednesday	Celebrating the Word	Boardroom	1:30 PM
Wednesday	Mom's Prayer Grop	Room C	7:30 PM
Wednesday	Early Light Choir Practice	Music Room	7:30 PM
Thursday	Confirmation Session 5	Church	6:00 PM
Thursday	RCIA	Hall	6:30 PM
Thursday	Laudate Choir Rehearsal	Music Room	7:00 PM
Friday	Mother's Support Group	Room C	9:15 AM
Friday	Stations of the Cross	Church	6:30 PM
Friday	Young Adults Group	Room C	7:00 PM
Saturday	Men't Breakfast	Hall	7:00 AM
Saturday	Youth Alive Choir Practice	Music Room	1:30 PM

MASS INTENTIONS

Date	Time	Name	Intention
Tuesday, March 12, 2024	8:30 AM	Robert Thomas Birch & Deacon Robert Birch	(RS)
Wednesday, March 13, 2024	8:30 AM	Souls in Purgatory	(RS)
Thursday, March 14, 2024	8:30 AM	Mary-Stella Fernando	(RS)
Friday, March 15, 2024	8:30 AM	Cheryl Cuelenaere	(RS)
Saturday, March 16, 2024	8:30 AM	Linda Joanne Fletcher	(RS)
Saturday, March 16, 2024	5:00 PM	Donna & Jim Pearson	(SI)
Sunday, March 17, 2024	8:00 AM	Parishioners of St. Peter's	(SI)
Sunday, March 17, 2024	9:30 AM	Sarah, Ben, James & Clara Douglass	(SI)
Sunday, March 17, 2024	11:30 AM	Marge Reidy	(RS)
Sunday, March 17, 2024	5:00 PM	Joseph Serpico	(RS)



Stations of the Cross

February 16 - March 22

6:30 pm

Soup & Fellowship

February 23 - March 22

7:00 pm

Register online:



SACRAMENT SPLASH

March Edition

WE NEED YOUR HELP WITH SACRAMENTS!



Hi! My name is Joshua, & I'm the Sacrament Coordinator for St. Peter's. I develop & teach engaging sessions to better prepare hundreds of children & families to receive Sacraments.

Currently, I have **one** volunteer. I am feeling the weight of this heavy load, & I'm asking for your help. We need help in three areas:

- AV support during our sessions.
- Welcome & Hospitality.
- Catechesis.



Please email pvsc@st-peters.ca if you are able to help.

CONFIRMATION

Sessions are on Thursdays at 6:00pm.

Upcoming Prep Sessions:

March 14

Retreat: April 13

Celebration: May 11



BAPTISM

PREPARATION

Parents hoping to have their child Baptized at St. Peter's, please join our Baptism group to register:

stpetersca.flocknote.com/Baptism

Upcoming Prep Sessions:

March 2, April 20, May 4, June 15

Upcoming Parish Baptisms:

March 10, April 28, May 12, June 23



WORD ON FIRE ENGAGE

An exciting new opportunity for you to deepen your faith. Word on Fire (WOF) Engage is a part of the Flocknote platform we use for Sacraments.

Access the complete WOF library at

<https://stpetersca.flocknote.com/>

FIRST RECONCILIATION & COMMUNION

Sessions are on Thursdays at 6:00pm.

Upcoming Prep Sessions:

March 21, April 18



First Communion Celebrations

Will happen at all Sunday Masses on the first four weekends in June. More details to come.

SCHOOL AGE BAPTISM

For children ages 6 to 12. At this age (the age of reason), children can decide for themselves if they want to be Baptized into the Catholic Church.

Spring Preparation Sessions:

Wednesdays at 4:30pm.

May 15, May 22, May 29

Baptism: Sunday, June 9 at 2:30pm.

CHILDREN'S LITURGY

The Children's Liturgy program is during the Sunday, 9:30am Mass! Children ages 4-7 (or before their First Communion) are welcome to participate. Children need to be signed up beforehand to participate.

St. Peter's Pastoral Care



St Peter's Pastoral Care Team is a group of dedicated volunteers that serve in a variety of ways in our Parish.

We presently have 5 Residential or Care Communities that we provide weekly Lay-Led Liturgies of the Word with Communion Service as well. There is also a service for Graduated Supports in Bowness, arranged between the coordinator and the staff.

Mass is celebrated in each of these communities once a month with one of our Parish Priests.

Some of our members take Holy Communion to people in Hospitals as well as help with Masses in those Communities.

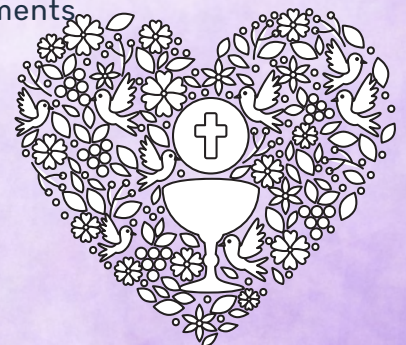
We also provide home visits as well as Holy Communion to Parishioners who request this. They may be ill, unable to drive, in need of companionship. We are there for them.

If you would like to join our Team, please contact Gail Monk, St. Peter's Pastoral Care Coordinator by email pastoralcare@st-peters.ca

Holy Communion to Homebound Parishioners

If you or a loved one is homebound & would like to have Holy Communion brought to you, please contact St. Peter's Pastoral Care Coordinator by email **pastoralcare@stpeters.ca** or office@st-peters.ca or phone 403-286-5110.

A member of the Pastoral Care Team will contact you to make the arrangements.





SOCIETY OF ST. VINCENT DE PAUL

What do Calgarians who use food hampers have in common? Chronic poverty.

In between pay cheques or approved government assistance payments (which can be “clawed back” when recipients work to try and get ahead of bills or save for the future), vulnerable Calgarians do not have enough money to buy food for their families.

You can help by making alms giving part of your Lenten observance.

Donations: Non-perishable food, cash and grocery gift cards are always welcome. Cash and card donations valued at more than \$25/year will receive a charitable tax receipt, so always include your name and address.

Pantry Wish List: Canned beans & meats, Oatmeal (1 kg bags), Peanut Butter and Pasta sauce.

Learn more: SSVP hosts online meetings. To get an e-invitation to the next meeting, contact : ssvp@st-peters.ca

Everyone welcome!

Your deeds may be the only sermon some people hear today.—St. Francis of Assisi





BLUE KNIGHTS Boys' Club

Crusaders for Virtue

The Blue Knights Catholic Club is a boys' club aimed at teaching the truths of the Catholic faith to boys through Scripture, saints' biographies, games, crafts and the Catechism of the Catholic Church. Based on the popular Little Flowers Girls' Club, this program developed by retired Marine, theologian and Catholic author, Dan McGuire maps out nine virtues for boys ages 5 to 10 in the first year, and then follows up with four years covering nine catechetical lessons each.

If you think you might be interested in this program for your son(s), please fill out the following form to receive more information:

<https://forms.gle/EztdqY8ntEWziFkHA>

Bulletin Submissions

If you have information or an event you would like included in the bulletin, please email it to bulletin@st-peters.ca.

Submissions are accepted at the discretion of the editor and are subject to editing. The deadline each week for bulletin submissions is Wednesday at noon.



GROUP SPIRITUAL DIRECTION

Spiritual Direction (Group) and Spiritual Conversations (2024)

Please join us as we are creating a monthly (Sunday evenings 7-9) gathering for group Spiritual Direction in Conference Room C. This is a space for safe, holy and inspired conversations regarding our relationship with God, the Father, Son and Holy Spirit. We explore spiritual wellbeing and help us listen how God is speaking to us in our prayers.

2024 upcoming dates April 7th, May 5th, June 2nd.

If you are interested in joining us and have any questions, please email Kathy Ervin kathy.ervin@st-peters.ca or call 403-605-3650.

Everyone is welcome to come and see how these conversations enhance our relationship with God.



MASS INTENTIONS CAN NOW BE BOOKED ON LINE

<https://st-peters.ca/2024/01/online-mass-intentions/>

INTENTIONS FOR MAY ARE NOW FULL. JUNE MASS INTENTIONS WILL OPEN ON LINE APRIL 1 AT 9AM.



Join us for our annual
Outdoor Way of the Cross
on Good Friday

STARTS 9:00 AM ,MARCH 29TH
HOT CHOCOLATE TO FOLLOW IN
THE HALL SERVED BY THE CWL.

SPECIAL COLLECTION DATES FOR 2024

- ***Solidarity Sunday (D&P): 5th Sunday of Lent (Mar 17)***
- ***Needs of the Church in Holy Land: Mar 29***
- ***Good Shepherd Sunday(Seminary): Apr 21***
- ***Pope's Pastoral Works: May 05***
- ***World Mission Sunday: Oct 20***
- ***Catholic Education Sunday: Nov 03***
- ***Mission Mexico: Dec 12***
- ***Together in Action (Bishop's Appeal): Ongoing throughout the year***

Donations to Special Collections can be made at any time during the year. Donations can be made using any of our available methods: e-transfer, direct debit, in-person, online, **OR** special envelopes will be available in the pews near the scheduled weekend. Alternatively donations can be made using a general donation envelope.

PLEASE ALWAYS REMEMBER TO INDICATE THE NAME OF THE SPECIAL COLLECTION ON YOUR DONATION.

Please email:
accounting@st-peters.ca if you have any questions.



HOLY WATER IS AVAILABLE IN THE CHURCH WITH YOUR OWN CONTAINER.

OR BOTTLES OF HOLY WATER ARE AVAILABLE IN THE PARISH OFFICE FOR A SUGGESTED DONATION OF:

\$4 PER CONTAINER.

CELEBRATING THE WORD

This gathering offers an opportunity to reflect on the upcoming Sunday readings for a deeper understanding.

You are welcome to join us!

**Wednesdays
from 1:30 pm to 3:30 pm**

Contact Mary Briggs at
marybriggs@shaw.ca for more
information.



Catholic Women's League

*HERE I AM LORD, SEND ME
ISAIAH 6:8*

1. Joining the CWL Membership

- If you would like to join the CWL or renew your membership they can be purchased online: :
<https://www.st-peterscwl.ca/get-involved>
or - E-transfer to treasurer.cwl.stpeters@gmail.com
all renewals. Kindly insert "2024 renewal" in comments.

- Cheque – make payable to CWL Membership can drop off to the CWL mailbox in the Narthex.
- Mail to CWL Treasurer, St. Peter's Church, 560 Silvergrove Drive NW, Calgary T3B 3Z4.

2. Wednesday, March 13th – Executive meeting in the Boardroom.

3. Thursday, March 14th – 1 pm – Rosary in the Grotto
– All CWL ladies are invited to come pray for Father Jonathan. In case of inclement weather, we will go to the Church.

4. Friday, March 22nd, - Mary's Stations of the Cross – 6:30 pm with CWL Ladies leading, followed by soup and fellowship in the Parish Hall.

5. Sunday, March 24th – CWL General Meeting – following the 11:30 am Mass. We will have an Installation Ceremony of New Members, refreshments (please bring your favourite appetizer), dessert and wine!



Mar 16-17 Wool Drive - CWL Prayer Shawl Ministry's The annual wool drive after all Masses.

We accept unused balls of washable wool. Drop into the Blue Box in the Narthex. Cash or Cheque Donations accepted and made payable to Catholic Women's League. Place envelope in CWL drawer in Narthex, leave your full name, email address, home address and phone number.



KNIGHTS OF COLUMBUS



St. Don Bosco Council 8146
SERVICE TO ONE. SERVICE TO ALL

1. Annual Spaghetti Dinner-Sat, April 6th
(after the 5pm mass)

2. Annual Membership Drive - weekend of April 13-14, 2024 Did you know that your first-year membership is at no cost to you! Knights will be available in the Narthex after each mass to answer any questions you may have. You are also welcome to attend an Information Social on

Wednesday April 17th starting at 6pm;
pizza and refresh-ments will be served (See poster at the end of the bulletin).

Save the Dates:

10th Ann MNO Dinner- September 27, 2024
Visit our web site for new purchase options,
<https://stpetersmensnightout.com>

or scan QR code



THINKING OF BECOMING A KNIGHT?

Contact:

David Mildenberger at cdmilden@shaw.ca,
or Angelo Scarpino at ascarpino@telus.net



St Peter's Knights of Columbus

St Don Bosco Council 8146

Membership Drive

April 13-14, 2024



Why *You* should become a *Knight*

As a Knight, you have the opportunity to support our parish, give back to our community, grow in your faith and gain exclusive access to our top-rated insurance program to protect your family. These are just some of the reasons to become a Knight.

Benefits of membership in the Knights of Columbus can be summed up in three areas: Faith, Stability, Service.



If you are a Catholic gentleman over 18 years of age and would like more information on who the Knights of Columbus are and what we do, we encourage you to contact us:

- talk to a Knight after all masses during the weekend of our membership drive; or
- plan to attend our membership information social on Wednesday, April 17th starting at 6pm in Hall C;
- Our membership coordinators are also available to answer any questions:

David Mildenberger at cdmilden@shaw.ca,
or **Angelo Scarpino** at ascarpino@telus.net



Young Adult Group

Faith, Friendship, and Fun!

Ages 18-36

Forgiven: Where are You?

How do we deal with sin? Initially we rationalize, we blame, we make excuses. We feel guilty. We are looking for peace and contentment. God is love. He wants us to be truly happy. Join us for this great presentation on Formed.org, that includes Dr. Edward Sri, Matt Fradd, Jason Evert, Jim Beckman, and a number of other top Catholic speakers.

When: Friday, Mar. 15, 2024, at 7:00 pm.

Where: St. Peter's Roman Catholic Church,
541 Silvergrove Drive NW, Calgary

Price: **FREE!**

For more information or to register for our email notification list, email:

youngadultgroup@st-peters.ca

or go to: www.spyag.ca

Come out and join us for Faith, Friendship, and Fun!

IT'S PILGRIMAGE TIME!

Join us in October 2024 for St. Peter's Italian pilgrimage. Click [here](#) for more information.

Contact Dixie at dixie.hawkins@st-peters.ca if you are interested and for the next information session.



FINANCIAL UPDATE

Year to March 1

OPERATING

Receipts	\$141,602
Expenses	\$173,864
Over/(Under)	-\$32,262

BUILDING FUND

Receipts	\$22,978
Disbursements	\$69,714
Over/(Under)	-\$46,736

TIA

Receipts	\$4,673
2024 Goal	\$74,862
Over/(Under)	-\$70,189

TAP TO GIVE

**TAP YOUR DEBIT OR CREDIT CARD
TO MAKE A
\$10 - \$25 - \$50
DONATION**

The TipTapPay device is located near the main entrance.

To receive a tax receipt, you must **scan the QR code on the sign and complete the required information to register your credit card.** Tax receipts will be issued annually.

Please email accounting@st-peters.ca with any questions.

THANK YOU FOR YOUR SUPPORT.

Lenten Prayer

Almighty and Everlasting God,
You have given the human race
Jesus Christ our Savior as a
model of humility.

He fulfilled Your Will by
becoming Man
And giving His life on the Cross.
Help us to bear witness to You
By following His example
of suffering

And make us worthy to share in His
Resurrection.

We ask this through our Lord Jesus
Christ, Your Son.

Amen.

Retreat Centres Upcoming Events

FCJ Centre, Calgary - The FCJ Centre is offering a large number and range of retreats, prayer services, workshops, and other experiences for spiritual enrichment. See Upcoming schedule at:

<https://www.fcjcentre.ca/>

Mount St. Francis, Cochrane - Nestled in the foothills of the Rocky Mountains where all are welcome in the name of Christ, Mount St. Francis offers silent retreats and spiritual direction led by The Franciscan Friars of Canada. See the Upcoming schedule at:

<https://mountstfrancis.ca/year-at-a-glance/>

Divine Mercy Centre, Calgary Livestream Prayers available at:

<https://sistersofdivinemercy.org/livestream-adoration>

Martha Retreat Centre, Lethbridge The Martha Retreat Centre seeks to provide a quiet, welcoming space where people, individually or in groups, can come away and rest awhile, nourish their spirits and open their hearts to God's call to them in the current reality of their life's circumstances. New programs and events are starting up. Click [here](#) to register or call 403-328-3422 for more details.



CWL PRAYER SHAWL MINISTRY



Our Ministry handcrafts beautiful prayer shawls, which are then blessed. The shawls are given out to bring comfort and prayer support to those experiencing illness, loss, loneliness or depression. If you know someone (man, woman or child) who would benefit from a shawl, please contact Ann Dowling anndowli@telus.net or Marie Sieben sieben.7@shaw.ca. **We gratefully accept cash donations and donations of unused yarn!**

St Peter's Parish



Audio Visual Ministry



VOLUNTEERS NEEDED!

The Audio Visual Ministry is looking for interested individuals who have some prior general computer knowledge.

Even if you are not trained on any AV equipment do not worry! We will provide thorough training for all new volunteers!

If you are interested in helping out in this ministry please email the AV Coordinator, Chris Abel, at chris.abel@st-peters.ca or our AV Team Lead, Zach Blair, at zach.blair@st-peters.ca.



WAY TO THE *Father*

27th Annual Men's Conference

March 22, 6 pm - 9 pm
& March 23, 9 am - 4 pm



GUEST SPEAKERS

JON LEONETTI

Ascension Parish, 1100 Berkshire
Blvd NW, Calgary, AB

BR.SIMON & CHRISTOPHER
SEEDS OF THE WORD COMMUNITY

Info Detail: www.godsquad.ca

PRAYER CHAIN

Do you have a loved one that you would like to put on our confidential prayer list? The Prayer Chain is a powerful group of CWL women who pray for the ill or for anyone in need of prayer.

Please contact Catherine at: cmj75@shaw.ca

HEROICMEN.com

MINISTRY TO MEN

Most Catholic men lack connection and friendship with other men.
HeroicMen strengthens men with the best Catholic media,
meetups, and materials - for men.

MINISTRY TO MEN BREAKFAST

Inviting all men
to join us
the 1st and 3rd
Saturday each month
in the Parish Hall
for

**Breakfast
Faith
Brotherhood**

Next Mtg: March 16



KARA PROGRAM

SOW SEEDS OF COMPASSION: LENTEN LOVE FOR PREGNANT & PARENTING STUDENTS

FEBRUARY 14 - MARCH 31, 2024

This Lenten season, let us come together to make a meaningful impact in the lives of pregnant and parenting students in our Calgary Catholic community. Your financial contribution can be a beacon of hope, providing crucial support for these young parents as they navigate the challenges of pregnancy, student life and parenthood.

EMPOWERING FUTURES

Your generous donation will directly fund essential resources such as prenatal care, educational support, and counseling services. By contributing, you are helping these young students build a foundation for a brighter future.

MAXIMIZE YOUR IMPACT

Donating securities, such as stocks or mutual funds, not only supports pregnant and parenting teens but also offers you potential tax advantages. Your contribution can go even further, transforming the lives of young students in need. You may also choose to make a one-time cash donation or a monthly donation.

Thank you for your generosity and compassion during this Lenten season. Together, we can make a lasting impact on the lives of pregnant teens

For more information on how your donation can impact students, please visit theccef.ca





**WOMEN'S CONFERENCE
HOSTED BY BELOVED DAUGHTERS**

WORTHY *and* MADE NEW

Revelation 21:5

MAY 3, 2024

7 PM - 9:30 PM

MAY 4, 2024

8:30 AM - 6 PM

**ST. MICHAEL'S PARISH
CALGARY, AB**

**CRYSTALINA
EVERT**



**FR. ANTHONY
SORTINO, LC**



SCAN FOR MORE INFO



February 14-March 24 **40 DAYS FOR LIFE®**

HELP SAVE LIVES IN CALGARY!

You can protect mothers and children by joining this worldwide mobilization to pray and fast for an end to abortion!

Through prayer and fasting, peaceful vigils and community outreach, 40 Days for Life has inspired 1,000,000+ volunteers!

With God's help, here are the proven results in 30 coordinated campaigns:

- Over **20,000 babies** saved from abortion
- Over **200 abortion** workers converted
- Over **100 abortion** centers closed

Here's how to take part in 40 Days for Life in our community:

Vigil location: Abortion "Kensington Clinic"
2431 5 Ave NW – Calgary, AB

Vigil hours: 7 am to 7 pm

Questions or comments:

403-870-3905

40daysforlife.calgary@gmail.com

Learn more ... get involved ... and sign up for prayer times by visiting our campaign at the web address shown below!

40daysforlife.com/calgary

On Ash Wednesday, February 14th starts the 40 Days for Life Lenten vigil campaign in more than 600 cities around the world.

So the invitation is for everyone to take the leadership in guiding others to participate peacefully in front of the abortion centre "Kensington Clinic" 2431 5 Ave NW – Calgary, AB.

Each day during 40 Days for Life, individuals, churches, families, and groups will be asked to join together in prayer for a specific request so the entire Body of Christ can unite around a common focus: "to make abortion unthinkable".

St. Joseph pray for us and pray for Canada.
For more information call Jairo Garzon at 403-870-3905.

REAPING OUR RIGHTS



Development
and Peace
CARITAS CANADA

*"We live every day
with the fear of
being killed or having
one of our children
taken away."*

— Juana Zúniga,
Guapinol defender,
Honduras.

CREATE
HOPE

In rural Indonesia, young people are abandoning agriculture to work in cities.

Over time, this could threaten food sovereignty.

Our partner PAYOPAYO empowers village communities to work together to find solutions to common challenges related to agriculture, food, energy, natural resource management and the engagement of youths, especially women.

This Lent, meet our solidarity visitor Karno Batiran, the executive director of PAYOPAYO. Learn more at :

devp.org/lent.

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

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; contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.

