



LENT FASTING & FEASTING



Sundays - Fast from ALL screens

- No TV/Computer/Phone/Ipad

Feast on Hospitality

- Bake cookies/bread for a neighbor, friend, church member, or coworker.
- Invite someone for coffee or tea
- Have lunch with someone after church
- Invite someone over for lunch or dinner
- Make a meal for someone
- Spend time with someone who is shut-in, lonely, struggling, or recently suffered a loss.
- Offer to take someone with you to an event or gathering.
- Take someone to the grocery store or pick up groceries for them.
- Introduce a newcomer to some other friends in your community.

