

March 11, 2021



How has your Lenten Season been going for you? I found another Lenten reflection that you might like. It is entitled “**Forms of Fasting**” from one of our community’s brochures. It tells us that we can *‘fast with our eyes, fast with our ears, fast with our mouth, with our hands, and our feet, fast from judging*

others, and fast from anger, resentment, & bitterness.’ We often think of fasting with our mouth by not eating between meals, or by refraining from candy and sweets during Lent.

The Lenten reflection I found says *‘we should fast with our eyes by becoming more informed about the hungers of the world.*’ When we notice that people are truly hungry, we want to share what we have with them, and we become attentive to their needs. When we fast with our ears, we **listen** to their needs. When we fast with our mouth, we strive to eat and drink more simply. When we fast with our hands and feet, we share what we have with others, and pray for the desire to walk humbly **with them**. We can also fast from judging others by noticing their needs, forgiving them when they hurt us, and praying to guard against all resentfulness. We can also strive to **fast from feelings of anger, resentment, & bitterness**. Every time you experience some of those feelings, ask God to lead and guide you away from those unpleasant feelings.

May God lead and guide you throughout this Lenten Season.

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