

# Fasting and Feasting - Celebrating the 90 Days: Ash Wednesday to Pentecost

**Ash Wednesday**  
Fast from negativity.  
Feast on a positive heart.

**Be intentional when you pray, fast, and give alms.**

**Thursday**  
Fast from selfishness.  
Feast on generosity.

**Friday**  
Fast from compulsions.  
Attend Stations of the Cross.

**Saturday**  
Fast from hard-headedness.  
Feast on cooperation.

**1<sup>st</sup> Sunday of Lent**  
Fast from control.  
Feast on collaboration.

**Monday**  
Fast from self-indulgence.  
Feast on abstinence.

**Tuesday**  
Fast from resentment.  
Feast on letting go.

**Wednesday**  
Fast from resentment.  
Feast on gratitude.

**Thursday**  
Fast from stubbornness.  
Feast on flexibility.

**Friday**  
Fast from resentment.  
Pray Stations of the Cross.

**Saturday**  
Fast from abusing others.  
Feast on appreciating others.

**2<sup>nd</sup> Sunday of Lent**  
Fast from rigidity.  
Feast on flexibility.

**Monday**  
Fast from wasting time.  
Feast on good planning.

**Tuesday**  
Fast from judging.  
Feast on affirming.

**Wednesday**  
Fast from compulsions.  
Feast on praying.

**Thursday**  
Fast from shaming.  
Feast on honoring.

**Friday**  
Fast from wasting time.  
Pray Stations of the Cross.

**Saturday**  
Fast from sarcasm.  
Feast on graciousness.

**3<sup>rd</sup> Sunday of Lent**  
Fast from stressing differences.  
Feast on appreciating them.

**Monday**  
Fast from arrogant pride.  
Feast on humility.

**Tuesday**  
Fast from road rage.  
Feast on road compassion.

**Wednesday**  
Fast from fear.  
Feast on risks for faith.

**Thursday**  
Fast from a blind heart.  
Feast on seeing with love.

**Friday**  
Fast from being divisive.  
Pray Stations of the Cross.

**Saturday**  
Fast from hypocrisy.  
Feast on integrity.

**4<sup>th</sup> Sunday of Lent**  
Fast from belittling.  
Feast on praising.

**Monday**  
Fast from useless stress.  
Feast on being intentional.

**Tuesday**  
Fast from arrogance.  
Feast on humility.

**Wednesday**  
Celebrate Sacrament of Reconciliation during Lent

**Thursday**  
Fast from contempt.  
Feast on admiration.

**Praying**  
**Fasting**  
**Almsgiving**

**Friday**  
Fast from confrontation.  
Pray Stations of the Cross.

**Saturday**  
Fast from willfulness.  
Feast on 20 minutes in prayer with God.

**5<sup>th</sup> Sunday of Lent**  
Fast from insecurity.  
Feast on confidence in God.

**Monday**  
Fast from discouragement.  
Feast on hope.

**Tuesday**  
Fast from religious rigidity.  
Feast on openness to God.

**Wednesday**  
Fast from rebelling.  
Feast on supporting.

**Thursday**  
Fast from caustic glares.  
Feast on loving glances.

**Friday**  
Fast from judging.  
Pray Stations of the Cross.

**Saturday**  
Fast from being disorderly.  
Feast on good planning.

Celebrate  
Sacrament of Reconciliation  
with your family

**Passion Sunday**  
Fast from sadness.  
Feast on honoring your grief.

**Monday of Holy Week**  
Fast from craving approval.  
Feast on who you are in God.

**Tuesday of Holy Week**  
Fast from betrayals.  
Feast on loyalty.

**Wednesday of Holy Week**  
Fast from anger.  
Feast on forgiveness.

## The Triduum

**Holy Thursday**  
Fast from laziness.  
Feast on generous service.

**Good Friday**  
Fast from fear.  
Feast on sacrificing with joy.

**Attend Women of Jerusalem**

**Holy Saturday**  
Fast from anxiety and fear.  
Feast on waiting in joyful hope.

## Easter Sunday



Feast on the promise of Everlasting Life.

<b>Easter Monday</b> Feast on Christ's light.	<b>Tuesday</b> Feast on being created by God.	<b>5th Sunday of Easter</b> Feast on compassion.	<b>Feast of the Ascension</b> Feast on Christ's prayer for us: <i>"That all may be one."</i>	<b>Pentecost Sunday</b>
<b>Easter Tuesday</b> Feast on Christ's recompense.	<b>Wednesday</b> Feast on being chosen by God.	<b>Monday</b> Feast on a childlike wonder.	<b>Monday</b> Feast on Christ's words: <i>"Ask and you shall receive."</i>	 Feast on the gift of the Spirit sent by Jesus, the love of God always with you.
<b>Easter Wednesday</b> Feast on Christ's presence.	<b>Thursday</b> Feast on being anointed by God.	<b>Tuesday</b> Feast on God's glory.	<b>Tuesday</b> Feast on Christ's prayer for us: <i>"I entrust them to You."</i>	<b>Monday</b> Feast on the Spirit's gift given in Confirmation: <b>Wisdom.</b>
<b>Easter Thursday</b> Feast on Christ's courage.	<b>Friday</b> Feast on being sent by God.	<b>Wednesday</b> Feast on your faith journey.	<b>Wednesday</b> Feast on Christ's prayer for us: <i>"I guarded them with your name."</i>	<b>Tuesday</b> Feast on the Spirit's gift given in Confirmation: <b>Knowledge.</b>
<b>Easter Friday</b> Feast on Christ's resolve.	<b>Saturday</b> Feast on being God's prophet.	<b>Thursday</b> Feast on God's fabulous deeds.	<b>Thursday</b> Feast on Christ's prayer for all of us: <i>"I have revealed your Name to them, and I will continue to reveal it so that your love for me may live in them."</i>	<b>Wednesday</b> Feast on the Spirit's gift given in Confirmation: <b>Fortitude.</b>
<b>Easter Saturday</b> Feast on Christ's mercy.	<b>4th Sunday of Easter</b> Feast on being lead by God.	<b>Friday</b> Feast on God's peace.	<b>Friday</b> Feast on Christ's words to you: <i>"Do you love me?" "Feed my lambs... Feed my sheep."</i>	<b>Thursday</b> Feast on the Spirit's gift given in Confirmation: <b>Understanding.</b>
<b>2nd Sunday of Easter</b> Feast on healed wounds.	<b>Monday</b> Feast on thirsty for God.	<b>Saturday</b> Feast on God's respect of you.	<b>Saturday</b> Feast on Christ's words to you: <i>"Follow me."</i>	<b>Friday</b> Feast on the Spirit's gift given in Confirmation: <b>Piety / Spirituality.</b>
<b>Monday</b> Feast on gratitude.	<b>Tuesday</b> Feast on praising God.	<b>6th Sunday of Easter</b> Feast on being God's Child.		<b>Saturday</b> Feast on the Spirit's gift given in Confirmation: <b>Wonder and Awe in God's Presence.</b>
<b>Tuesday</b> Feast on thoughtfulness.	<b>Wednesday</b> Feast on God's faith in you.	<b>Monday</b> Feast on Christ's victory over death.		
<b>Wednesday</b> Feast on creation.	<b>Thursday</b> Feast on God's goodness.	<b>Tuesday</b> Feast on blessings.		
<b>Thursday</b> Feast on joy.	<b>Friday</b> Feast on worshiping God.	<b>Wednesday</b> Feast on achievements.		
<b>Friday</b> Feast on patience.	<b>Saturday</b> Feast on the faith of our ancestors.	<b>Thursday</b> Feast on being Church.		
<b>Saturday</b> Feast on your Baptism.		<b>Friday</b> Feast on inclusiveness.		
<b>3rd Sunday of Easter</b> Feast on waiting.		<b>Saturday</b> Feast on a variety of music.		
<b>Monday</b> Feast on being loved by God.				