

## *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.

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### *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.

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**Easter Monday**

Feast on Christ's light.

**Easter Tuesday**

Feast on Christ's recompense.

**Easter Wednesday**

Feast on Christ's presence.

**Easter Thursday**

Feast on Christ's courage.

**Easter Friday**

Feast on Christ's resolve.

**Easter Saturday**

Feast on Christ's mercy.

**2nd Sunday of Easter**

Feast on healed wounds.

**Monday**

Feast on gratitude.

**Tuesday**

Feast on thoughtfulness.

**Wednesday**

Feast on creation.

**Thursday**

Feast on joy.

**Friday**

Feast on patience.

**Saturday**

Feast on your Baptism.

**3rd Sunday of Easter**

Feast on waiting.

**Monday**Feast on  
being loved by God.**Tuesday**Feast on  
being created by God.**Wednesday**Feast on  
being chosen by God.**Thursday**Feast on  
being anointed by God.**Friday**Feast on  
being sent by God.**Saturday**Feast on  
being God's prophet.**4th Sunday of Easter**Feast on  
being lead by God.**Monday**Feast on  
thirsty for God.**Tuesday**

Feast on praising God.

**Wednesday**

Feast on God's faith in you.

**Thursday**

Feast on God's goodness.

**Friday**

Feast on worshipping God.

**Saturday**Feast on  
the faith of our ancestors.**5th Sunday of Easter**

Feast on compassion.

**Monday**

Feast on a childlike wonder.

**Tuesday**

Feast on God's glory.

**Wednesday**

Feast on your faith journey.

**Thursday**Feast on God's fabulous  
deeds.**Friday**

Feast on God's peace.

**Saturday**Feast on God's respect of  
you.**6th Sunday of Easter**

Feast on being God's Child.

**Monday**Feast on Christ's victory  
over death.**Tuesday**

Feast on blessings.

**Wednesday**

Feast on achievements.

**Thursday**

Feast on being Church.

**Friday**

Feast on inclusiveness.

**Saturday**

Feast on a variety of music.

**Feast of the Ascension**Feast on Christ's  
prayer for us:  
*"That all may be one."***Monday**Feast on Christ's words:  
*"Ask and you shall receive."***Tuesday**Feast on Christ's  
prayer for us:  
*"I entrust them to You."***Wednesday**Feast on Christ's  
prayer for us:  
*"I guarded them  
with your name."***Thursday**Feast on Christ's prayer  
for all of us:  
*"I have revealed  
your Name to them,  
and I will continue  
to reveal it  
so that your love  
for me may live in them."***Friday**Feast on  
Christ's words to you:  
*"Do you love me?"*  
*"Feed my lambs....  
Feed my sheep."***Saturday**Feast on  
Christ's words to you:  
*"Follow me."***Pentecost Sunday**Feast on the gift of the  
Spirit sent by Jesus,  
the love of God  
always with you.**Monday**Feast on the Spirit's gift  
given in Confirmation:  
**Wisdom.****Tuesday**Feast on the Spirit's gift  
given in Confirmation:  
**Knowledge.****Wednesday**Feast on the Spirit's gift  
given in Confirmation:  
**Fortitude.****Thursday**Feast on the Spirit's gift  
given in Confirmation:  
**Understanding.****Friday**Feast on the Spirit's gift  
given in Confirmation:  
**Piety / Spirituality.****Saturday**Feast on the Spirit's gift  
given in Confirmation:  
**Wonder and Awe  
in God's Presence.**