

# St. Bridget

CATHOLIC CHURCH

211 E. Division Street, PO Box 86  
River Falls, WI 54022

Phone: 715-425-1870  
Fax: 715-425-1871

E-mail address: [recept@stbparish.com](mailto:recept@stbparish.com)  
Web site: [www.saintbridgets.org](http://www.saintbridgets.org)

#### Weekend Mass Schedule

Saturday 5:00 p.m.  
Sunday 9:30 & 11:00 a.m.

#### Sacrament of Reconciliation:

Saturday 4:00-4:30 p.m.

#### Weekday and Holy Day Masses:

Please consult the bulletin  
or website.

#### Church Office Hours

Mon.-Thur. 8:30 a.m. - 4:30 p.m.  
Fri. 8:30 a.m. - 4:00 p.m.



#### Church Contacts

Pastor - Fr. Gerald Harris  
Deacon - Larry Hennemann  
Parish Administrator - Sue Steckbauer  
Office Assistant - Kristin Miller  
Accountant - Susan Landry  
Pastoral Minister/Visitor - Deacon Gregg Miller  
Faith Formation (PreK - Gr. 5) - Diane Wengelski  
Coordinator of Teen Faith Formation  
and Discipleship - Tessa Schuermann  
High School Ministry Leader - Amy Burns  
Media-Communications -  
Liturgical Ministry Coordinator - Barrett Grove  
St. Bridget Kitchen  
St. Bridget Lubich Hall

**Phone:**  
715-425-1879 ext. 103  
651-308-4031  
715-425-1879 ext. 102  
715-425-1879 ext. 101  
715-425-1879 ext. 104  
715-425-1879 ext. 110  
715-425-1879 ext. 105  
715-425-1879 ext. 106  
715-425-1879 ext. 107  
715-425-1879 ext. 111  
715-425-1879 ext. 108  
715-425-1879 ext. 117  
715-425-1879 ext. 118  
715-425-1872 ext. 201  
715-425-1872 ext. 202  
715-425-1873  
715-425-1876  
715-684-2336

**Email:**  
pastor@stbparish.com  
deacon@stbparish.com  
parishadmin@stbparish.com  
recept@stbparish.com  
accountant@stbparish.com  
visitation@stbparish.com  
faithform@stbparish.com  
youthministry@stbparish.com  
hsleader@stbparish.com  
media@stbparish.com  
liturgy@stbparish.com

#### St. Bridget Parish School (135 E Division Street)

Principal - Joelynn Lahr  
Office Assistant - Hillary Gilles  
Fax

#### Pastor's Residence

#### Prayer Request Line

715-425-1872 ext. 201  
715-425-1872 ext. 202  
715-425-1873

715-425-1876  
715-684-2336

**St. Bridget is clustered with St. Mary's Immaculate Conception Catholic Church**

**Phone:** 715-796-2244 **Fax:** 715-796-2244  
1265 Ridgeway St., Hammond WI 54015

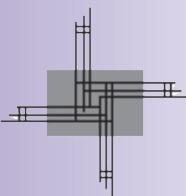
#### Weekend Mass Times:

Saturday, 7:00 p.m. and Sunday, 8:00 a.m.

**BULLETIN DEADLINE:** Items are due, in writing, at the parish office by Noon on Monday. Email: [recept@stbparish.com](mailto:recept@stbparish.com)

#### Parish Mission Statement

St. Bridget Catholic Church is a Christian Community which exists to continue the mission of Jesus Christ under the guidance of the Holy Spirit. As such, we are committed to working for the coming of God's Kingdom. We accomplish this through worship, community life, Christian education and service to those who are in need.



## SECOND AND THIRD SUNDAYS OF LENT

MARCH 12 AND 19, 2017

### Masses/Services: March 13 - March 19

#### Monday, March 13

8:00 a.m. Liturgy of the Word with Holy Communion

#### Tuesday, March 14

8:30 a.m. - 8:00 p.m. Adoration of the Blessed Sacrament

5:15 p.m. Mass

+Int: *Andrew Huppert by Ken and JoAnne Lubich*

#### Wednesday, March 15

1:30 p.m. Mass at Kinnic Health

+Int: *Ted Andrie by family and friends*

2:30 p.m. Prayer Service at Comforts of Home Gardens

#### Thursday, March 16

10:45 a.m. Liturgy of the Word with Holy Communion at Comforts of Home - Falls

#### Friday, March 17

7:30 a.m. Rosary

8:00 a.m. Mass

+Int: *Rhoda Lubich by Ray and Janice Matzek*

7:00 p.m. Stations of the Cross

#### Saturday, March 18

9:30 a.m. Visitation: Jo-Ann Lunney

10:30 a.m. Funeral Mass: Jo-Ann Lunney

4:00-4:30 p.m. Individual Reconciliation

5:00 p.m. Mass

+Int: *Joanne Schultz by Arnold Bauer, Sr. and Family and Larry Schultz Family*

#### Sunday, March 19

8:45 a.m. Rosary

9:30 a.m. Mass

+Int: *Chris and Curt Vorwald by John and Bertha Jacobs*

11:00 a.m. Mass

Int: *Churches of St. Bridget and St. Mary*

7:00 p.m. Mass at UWRF Newman Center

### Masses/Services: March 20 - 26

#### Monday, March 20

8:00 a.m. Liturgy of the Word with Holy Communion

#### Tuesday, March 21

8:30 a.m. - 8:00 p.m. Adoration of the Blessed Sacrament

5:15 p.m. Mass

+Int: *Rita Mountain by the family*

#### Wednesday, March 22

9:00 a.m. School Mass

+Int: *Alice Merta by Mike and Lisa Maier*

1:30 p.m. Mass at Comforts of Home - Lodge

+Int: *Butch Rohl by Dennis and Margaret Sailer*

#### Thursday, March 23

1:30 p.m. Liturgy of the Word with Holy Communion at Wellhaven

#### Friday, March 24

7:30 a.m. Rosary

8:00 a.m. Mass

+Int: *LaVerne McAleavey by Don and Phyllis Foley and Family*

2:45 p.m. Stations of the Cross

7:00 p.m. Stations of the Cross

#### Saturday, March 25

2:00 p.m. Wedding: Klein/Howard

4:00-4:30 p.m. Individual Reconciliation

5:00 p.m. Mass

+Int: *Marijane and Earl Cernohous and Denise Maier by the family*

#### Sunday, March 26

8:45 a.m. Rosary

9:30 a.m. Mass

+Int: *John Hildebrandt by Tim and Karen Engel*

11:00 a.m. Mass

+Int: *Joe Schommer by Diane and Bob Olson*

5:00 p.m. Youth Mass

+Int: *Darold Pechacek by Geo and Stella Johnson*

7:00 p.m. Mass at UWRF Newman Center

### Scripture Readings: March 13-19

[www.usccb.org/bible/readings](http://www.usccb.org/bible/readings)

Mon., 3/13 Dn 9:4b-10/Lk 6:36-38

Tue., 3/14 Is 1:10, 16-20/Mt 23:1-12

Wed., 3/15 Jer 18:18-20/Mt 20:17-28

Thu., 3/16 Jer 17:5-10/Lk 16:19-31

Fri., 3/17 Gn 37:3-4, 12-13a, 17b-28a/Mt 21:33-43, 45-46

Sat., 3/18 Mi 7:14-15, 18-20/Lk 15:1-3, 11-32

Sun., 3/19 Ex 17:3-7/Rom 5:1-2, 5-8/Jn 4:5-42 or 4:5-15, 19b-26, 39a, 40-42

### Scripture Readings: March 20 - 26

[www.usccb.org/bible/readings](http://www.usccb.org/bible/readings)

Mon., 3/20 2 Sm 7:4-5a, 12-14a, 16/Rom 4:13, 16-18, 22/Mt 1:16, 18-21, 24a or Lk

Tue., 3/21 Dn 3:25, 34-43/Mt 18:21-35

Wed., 3/22 Dt 4:1, 5-9/Mt 5:17-19

Thu., 3/23 Jer 7:23-28/Lk 11:14-23

Fri., 3/24 Hos 14:2-10/Mk 12:28-34

Sat., 3/25 Is 7:10-14; 8:10/Heb 10:4-10/Lk 1:26-38

Sun., 3/26 1 Sm 16:1b, 6-7, 10-13a/Eph 5:8-14/Jn 9:1-41 or 9:1, 6-9, 13-17, 34-38

## Events: March 13 - March 19

### Monday, March 13

6:30 p.m. Breast Cancer Support Group  
6:30 p.m. DivorceCare  
7:00 p.m. Knights of Columbus Meeting

### Tuesday, March 14

11:00 a.m. The Gathering (for those 60+)  
8:00 p.m. Parish Council Meeting

### Wednesday, March 15

7:45 p.m. Praise Team Practice

### Thursday, March 16

9:30 a.m. Resurrection Choir Practice  
6:00 p.m. Men's Choir Practice  
7:00 p.m. RCIA  
7:00 p.m. SATB Choir Practice

### Saturday, March 18

7:30 a.m. Dance Ministry Practice  
7:30 a.m. Men's Group

### Sunday, March 19

9:30 a.m. Sunday Preschool  
6:00 p.m. High School Youth Group

## Events: March 20 - March 26

### Monday, March 20

6:30 p.m. DivorceCare

### Tuesday, March 21

5 - 6:00 p.m. Soup and Bread Community Dinner  
7:00 p.m. Pro-life for the unborn: Education and Action Group

### Wednesday, March 22

3:15-4:30p.m. Grade 6-8 Faith Formation  
5:30 p.m. Faith Formation Meal  
6:00 p.m. Youth Choir Practice  
6:30 p.m. Faith Formation Classes  
7:45 p.m. Praise Team Practice

### Thursday, March 23

9:30 a.m. Resurrection Choir Practice  
6:00 p.m. Men's Choir Practice  
7:00 p.m. RCIA  
7:00 p.m. SATB Choir Practice

### Saturday, March 25

7:30 a.m. Dance Ministry Practice  
8:00 a.m. Fitness Ministry  
5:30 p.m. Last Saturday Middle School Youth Event

### Sunday, March 26

9:30 a.m. Sunday Preschool  
6:00 p.m. High School Youth Group

## SACRAMENTS

### Rest in Peace

Jo-Ann Lunney

Justin Bystrom, husband of Stacy Bystrom

Gene Weiss, father of Doug (Nancy) Weiss

### Baptism

Grayson James Richert, son of Tara and Aaron Richert

## TITHES AND FINANCIAL NEWS

**MARCH 5, 2017**

Adult Envelopes	\$13341.00	Debt Retirement (Incl. ACH)	\$4054.00	Emergency Fund	\$2170
Loose Collection	\$869.20	Scrip (75 orders)	\$937.71	Catholic Herald	\$80
Black & Indian Mission	\$175.00	Pancake Supper	\$3180.92	Donuts	\$498.91

## FROM THE PASTOR

### Scripture Reflection: Second Sunday of Lent - March 12, 2017

Today's gospel is the Transfiguration. Jesus takes Peter, James and John up the mountain. Something big always happens on mountains in scripture. Jesus appears with Moses and Elijah and they are talking to each other. Moses represents the "Law" and Elijah represents the "prophets." Jesus is in the middle and represents the fulfillment of the law and the prophets. The disciples get a deeper understanding of who Jesus is. Peter wants to stay in the moment and not leave. That is not possible. We all have moments when we don't want to leave a special time. Various graduations will happen this spring. It is a time when you celebrate an accomplishment and rightly so. However, you can stay in your "cap and gown" of graduation forever. You have to move on but you don't forget the moment. A retired priest told me how having a heart attack changed his life forever. The event scared him and caused him to rethink how he looked at life. In the end it gave him more peace and understanding of other people in God's love in a way he never thought possible.

I hope you pay attention to "mountain top experiences." They are revelation of God guiding you in life. - Fr. Harris

## **Scripture Reflection: Third Sunday of Lent - March 19, 2017**

The Third Sunday of Lent Jesus meets the Samaritan woman at Jacob's well. The woman is there midday to avoid other people because people know that she is a sinner. Jesus doesn't care that she is a sinner. He cares that she is one of God's children who needs to hear the good news. At the end of the story, the Samaritan woman spreads the good news. No matter how sinful we are or someone else is, we are called to share the gospel.

### **Do You Want to Receive the Sacrament of Confirmation?**

I will be offering another class for adults who have not yet been confirmed in the Catholic Church. The three sacraments for full initiation into the Catholic faith are Baptism, Confirmation, and Eucharist. This class will take place on Saturday, April 1 from 8:00 a.m. to 10:00 a.m., at St. Bridget. These candidates will be confirmed by Bishop James Powers on Sunday, May 7 at 11:00 a.m. Mass at St. Bridget OR at 8:00 a.m. Mass at St. Mary's in Hammond or at the Easter Vigil at either parish. Please contact Fr. Harris for more information.

## **FROM THE PARISH ADMINISTRATOR**

### **Catholic Services Appeal (CSA) Update**

As of March 7, we have received \$91,931 of our diocesan goal! That leaves only \$44,920 (33%) to be paid by the parish: the smallest amount we have ever paid. Thank you for your generosity and commitment to our parish and diocese.

### **Bulletin Changes**

As part of our strategic plan, we will be changing the look of our bulletin in the upcoming months. For that reason, the parish council approved discontinuing the advertisements on the back cover and cancelled our contract with LPI. If you are a current advertiser, thank you for your support of St. Bridget. LPI will be in contact with you regarding your current contract and any payment you may have made.

## **PARISH LIFE**

### **March 11 and March 18 Radio/TV Mass Broadcasts**

The radio broadcast is aired over WEVR 1550 AM and 106.3 FM on Sunday at 9:00 a.m. for our sick and shut-ins. Tune to Channel 16 on Wednesday at 6:00 p.m. or Thursday at 9:00 a.m. for a TV rebroadcast. The Mass for March 11 is in loving memory of John Lubich by Family and Friends . The Mass for March 18 is in loving memory of Joanne Schultz by Arnold Bauer, Sr. and Family and Larry Schultz Family.

### **Thank You**

Dear St. Bridget Church Family,

We would like to thank everyone who has touched the life of our dear wife and mother, Rita Mountain. Thank you for your friendships, your kindness and spirit of giving. Rita loved this congregation and the people that make it such a welcoming place! She loved singing with the choir for funerals and weddings and she loved being part of the Ecumenical Giving Tree all these years.

Thank you especially for reaching out to her and our family during her illness and after her passing. It meant so much to hear all the wonderful sentiments from everyone. Thank you to Father Jerry and to Bishop Powers for the thoughtful words spoken at her Celebration of Life, to Barrett, George, Cindy, Keith and the Resurrection Choir for the beautiful music shared and to all the people who were so kind to make delicious food and serve at the reception that followed. Our family felt so much love that day because of all of you! Thank you for your continued thoughts and prayers, they are very much appreciated! With thankful hearts, Dave, Tricia, Jeff, Matt & Steve Mountain

### **Invitation to Eucharistic Adoration**

Now that Lent is here, why not consider committing to one hour of Eucharistic adoration - not one hour every day, or one hour every week, but one hour, one time. You can sign up by calling the church office. It's important to make that commitment in writing because, if you are like many, you might tell yourself that you will go some time and this some time will be pushed back over and over, and never actually happen. We have Adoration of the Blessed Sacrament at St. Bridget on Tuesdays from 8:30 a.m. to 8:00 p.m.

### **Decree from Bishop Powers**

The bishops of Wisconsin have announced a special dispensation for Catholics statewide from adhering to the law of abstinence for Friday, March 17, 2017. This Lenten dispensation will allow the faithful to celebrate the Feast of St. Patrick. If you utilize this dispensation you are encouraged to perform another act of penance (self-denial, charity, prayer, etc.) in observance of the day.

### **Opportunity to Join the Knights of Columbus**

The weekend of March 25/26 is your opportunity to learn about the Knights of Columbus. There will be two opportunities for St. Bridget's men to meet our Knights of Columbus members that weekend.

- Knights will be located at St. Bridget's entrances before each Mass on March 25/26 to provide information cards about the KC's.
- Immediately following each Mass, Knights will also be available in the Garden View Room to answer questions, and discuss the Knights and our mission.

## FAITH FORMATION

### **Mission Trip M&M Fundraiser**

Our 31 mission trip youth and adults want to thank you for the generous donations of change, cash and checks that you've been returning in the M&M capsules! We've received 141 capsules back so far, and donations totaling \$2349.57. We will continue to collect the capsules through Easter. You can find the M&M return bins at church on the information desk by the library, on the table at the east end of the Fellowship Hall, and in the west entrance. Thanks for your amazing support!

### **Save the Date for Vacation Bible School (VBS)**

VBS will take place Monday, June 5 to Friday, June 9, 2017. Stay tuned to future bulletins for more information.

### **National Catholic Youth Conference (NCYC)**

It's time to sign up for the National Catholic Youth Conference for youth who will be in high school in the fall of 2017. This experience will open your eyes to how widespread and alive the Catholic church is in the U.S.! We'll ride coach buses to Indianapolis IN, November 16-19, and stay in a hotel while attending NCYC with over 20,000 Catholic youth! The conference includes speakers and bands in the Lucas Oil Stadium, break out sessions, adoration and reconciliation, and an exhibit hall packed with Catholic organizations looking to give away freebies, sell cool stuff, and give you hands on learning experiences. Contact Tessa to sign up!

## PASTORAL MINISTRY

### **Remember in Your Prayers**

- If someone you know becomes hospitalized and would like a visit, please call the church office.
- Let us know if someone would like to be prayed for in church or be listed in the bulletin prayer list.  
To be included in the prayer line, call Virginia Magnier at 715-684-2336.

Marie Amundsen  
Jodi Bjellum  
Dave Bjork  
Marguerite Brown

Daniella Carrasco  
Gerald Cernohous  
Erica Glover  
David Hake

Ann Holland  
Barb Ickler  
Frances Jauquet  
Peter Jauquet

Kevin Larson  
Rose Marie Ogden  
Gwen Paulson  
Stanley Prochnow

Mike Sutton  
Izabella Thompson

## AREA EVENTS

### **Christian Business Network**

Calling all small business owners! Come meet in a Christian based atmosphere to bounce ideas off one another and share advice. The first meeting will be on March 29 at noon at the Westwind in River Falls, WI. The goal of the group is to prosper as God intended and all work together doing it. For information, contact Nick Cudd at 715-944-6020.

### **Retreat, Rest, Renew at St. Anthony's!**

The historical St. Anthony Spirituality Center is the ideal location for a private retreat of any duration, to attend a spiritually nourishing weekend program, or to just come for a day away from the ordinary. Go online to [www.sarcenter.com](http://www.sarcenter.com) to see all upcoming retreats or call 715-443-2236 for more info.

### **Full Time Custodian Needed**

Saint Patrick School in Hudson is hiring a full time custodian. This person would be responsible for the janitorial duties for the school, and will provide support as needed at the church. Experience is preferred, although not required. For specific job duties, or to apply, contact Principal Dan Bell at [dbell@stpatrickeducenter.org](mailto:dbell@stpatrickeducenter.org) or 715-386-3941.

### **Silent Messengers: Celebrating A Savior**

Join us for a presentation of the life, death, and resurrection of Jesus Christ on March 19 at Faith Community Church New Richmond (1040 Paperjack Drive, New Richmond, WI). Soup Supper at 5 p.m., show at 6 p.m. Free will offering to benefit Grace Place and Serenity Home Shelters.

### **River Falls Community Blood Drive**

The American Red Cross is holding a blood drive on Thursday, March 16 and Friday, March 17 at the American Legion (701 N. Main St, River Falls, WI). For appointments or information, call Judy at 715-425-7500 or visit [www.redcrossblood.org](http://www.redcrossblood.org).

### **RFHS Seeking Veteran and Active Duty Alumni**

River Falls High School along with American Legion Post 121 is seeking to identify all veterans and active duty alumni as part of the school's military "Wall of Honor." The goal is to have a photo, name, graduation year, and branch of service for each alumni on active duty and a list with name, graduation year, and branch of service for all RFHS alumni who are veterans. If you fit the above guidelines, contact the American Legion at 715-425-7362.

# LENT 2017

## ADORATION OF THE BLESSED SACRAMENT

Tuesdays from 8:30 a.m. to 8:00 p.m.

## RECONCILIATION

### COMMUNAL PENANCE

Monday, March 27: 7:00 p.m.

### INDIVIDUAL CONFESSION

Tuesday, March 28 and April 11  
4:30 p.m. - 5:00 p.m.

Friday, March 31 and April 7  
7:30 a.m. - 7:50 a.m.

Tuesday, April 11: 11:00 a.m.  
Every Saturday  
(excluding Holy Saturday) 4:00 -4:30 p.m.

## STATIONS OF THE CROSS

Fridays at 7:00 p.m.  
March 3 | 10 | 17 | 24 | 31, April 7

Fridays at 2:45 p.m.  
March 10 | 24, April 7

Wednesday, April 12 at 6:30 p.m.  
Parish Wide Soup Supper at 5:00 p.m.

## FASTING AND ABSTAINING

Everyone 14 years of age or older are asked to abstain from meat on Ash Wednesday, Good Friday and all Fridays of Lent. Everyone at least 18 years of age and under 59 years of age are asked to fast on Ash Wednesday and Good Friday: only one full, meatless meal is allowed. Two other meatless meals, sufficient to maintain strength, may be taken according to each one's needs, but together they should not equal another full meal. Eating between meals is not permitted. When health and ability to work would be seriously affected, the rule does not apply. As always, there is a one-hour fast prior to receiving communion.

## PALM SUNDAY

Saturday, April 8 - Mass at 5 p.m.  
Sunday, April 9 - Masses at 9:30 a.m. | 11:00 a.m.

## ENCOUNTER

Sunday, April 9: 5:00 p.m.  
Prepare for Holy Week, with time for Adoration, short videos, silent reflection and music.

## THE TRIDUUM

HOLY THURSDAY - APRIL 13  
Mass of the Lord's Supper 7:00 p.m.

GOOD FRIDAY - APRIL 14  
Good Friday Service Noon  
Evening Prayer Service 7:00 p.m.

HOLY SATURDAY - APRIL 15  
Easter Vigil Mass 7:30 p.m.

## EASTER RESURRECTION OF THE LORD

Easter Sunday, April 16  
Masses at 7:00 a.m. | 9:00 a.m. | 11:00 a.m.  
Listen to Mass live on WEVR 1550 AM & 106.3 FM at 9 a.m.

## AREA COMMUNAL PENANCE SERVICES

Unable to come to Communal Penance at St. Bridget? Join one of our neighboring parishes for their service.

St. Mary's | Hammond, WI  
Tuesday, March 21 at 7:00 p.m.

St. Patrick | Hudson, WI  
Thursday, March 23 at 7:00 p.m.

St. Joseph | Prescott, WI  
Sunday, March 26 at 1:00 p.m.

St. Francis of Assisi | Ellsworth, WI  
Wednesday, April 5 at 7:00 p.m.

## LENT IDEAS FOR FAMILIES WITH YOUNG CHILDREN

- Color Easter Eggs: While you do, talk about why they are part of Easter.
- Check out a book, like God Gave us Easter or Benjamin's Box: A Resurrection Story from the Joany Shepard Library.
- Make Pretzels: They symbolize arms crossed in prayer.
- Plant Something: Plant flowers, a plant or Easter grass, take care of it and watch it grow. Talk about new life and rising from the grave.
- Plan and cook a meatless meal together.
- Light a Candle at Church: Let your child choose a special person to light a candle for.
- Make a Prayer Chain: List intentions on slips of paper. Link them together into a chain. Rip one off each morning and pray for that need.
- Come to Stations of the Cross.

## LENT IDEAS FOR YOUNG ADULTS

- Listen to Christian music.
- Put down your phone. Instead, talk face to face with a friend/family member.
- Bring a friend and come together for Adoration.
- Go to Communal Penance with your family.
- Give up one TV show today and spend that time helping a family member.
- Give up buying something new (clothes, CD, magazine, jewelry) and donate \$1 to your Operation Rice Bowl box.
- Write a letter or create a card for someone who is sick or might be lonely.
- Come to Stations of the Cross.
- Buy a can of food to give to a food bank or homeless shelter.
- Pray the "Our Father" three times today – in the morning when you get up, at noontime, and when you go to bed.
- Do someone else's chores one day this week.

## LENT IDEAS FOR ADULTS

- Make a commitment to read the Sunday scriptures before you go to Mass.
- Try a new spiritual practice. Sign up for an hour of Adoration. Attend a silent retreat.
- Go to a weekday Mass one day during the week.
- Spend at least one weekend or evening volunteering during Lent. Visit the elderly. Stock shelves at a food pantry.
- Tap into your creative side and try using coloring as a way to pray and meditate during Lent. Check out the Joany Shepard Library for new options to try.
- Celebrate the Sacrament of Reconciliation.
- Say three nice things to your spouse/kids every day.
- Replace 30 minutes of TV time with 30 extra minutes of devotion/prayer time.

Faithful God, **forgive** us again.  
**Strengthen** us to release our hands so that our hearts will fill.  
Give us the **grace** we need to

Fast from **JUDGEMENT**  
Feast on **COMPASSION**

Fast from **GREED**  
Feast on **SHARING**

Fast from **SCARCITY**  
Feast on **ABUNDANCE**

Fast from **FEAR**  
Feast on **PEACE**

Fast from **LIES**  
Feast on **TRUTH**

Fast from **ANXIETY**  
Feast on **PATIENCE**

Fast from **APATHY**  
Feast on **ENCOURAGEMENT**

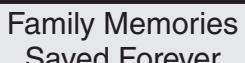
Fast from **DISCONTENT**  
Feast on **GRATITUDE**

Fast from **NOISE**  
Feast on **STILLNESS**

Fast from **DISCOURAGEMENT**  
Feast on **HOPE**

Fast from **HATRED**  
Feast on **LOVE**

...amen.

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