

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

## *Ash Wednesday*

Fast from negativity  
Feast on a positive heart.

**\*\* Fast for Ukraine, Turkey  
and Syria this Lent.**

## **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.

*Our Lady,  
Queen of Peace,  
pray for us!*

## **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

**\*\* Fasting: no eating  
between meals.**

## *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.

### *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 worshiping 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.**