

## Do you want to fast this Lent?

In the words of Pope Francis



*Fast from hurting words and say kind words.*

*Fast from sadness and be filled with gratitude.*

*Fast from anger and be filled with patience.*

*Fast from pessimism and be filled with hope.*

*Fast from worries and have trust in God.*

*Fast from complaints and contemplate simplicity.*

*Fast from pressures and be prayerful.*

*Fast from bitterness and fill your hearts with joy.*

*Fast from selfishness and be compassionate to others.*

*Fast from grudges and be reconciled.*

*Fast from words and be silent so you can listen.*

-pietrafitness.com

## Updated Information

Have you moved recently? Had a new baby?  
Changed your email address?

Your old information will appear in our new pictorial directory IF we do not have your updates ☹

Please email the office – [stachurch@eaglecom.net](mailto:stachurch@eaglecom.net)

Or call the office, #263-1570.

## Blessing of Homes during Lent



**In India, there is a custom when a new priest comes to a parish, he is asked to bless the homes of all the parishioners, thus meeting the members in the Church where the he has been asked to serve.**

If you would for Father Abraham to come to your home for a house blessing, please fill in the blue form at the church entrances or call the office, #263-1570.

Even if your home has been blessed, Father Abraham will be happy to bless your home or any special items that you may have.