



## Fasting as a Spiritual Practice

During the season of Lent every household will be invited to fast one meal a week. This will be a total of six meals between February 17 and March 28. The intent is to fast a meal each week and set aside the money that would have been spent on that meal. Everyone will be invited to give the total money collected over the six weeks as a special offering to Saint Andrew on Sunday March 28 which is Palm Sunday. The money collected will support the overall ministry of the church. This is one of our targeted ways to enhance the financial effort of our church's life in 2021.

Rev. Dr. Wilson will be providing a weekly reflection exercise to be used for the fasted meal of the week. Each reflection offers different ways to reflect on the spiritual practice of fasting and its spiritual significance to the Christian journey. Below are the six weekly themes for the fasting experience. These are meant to be reflected on during the time you dedicate for fasting.

Week 1 – Jesus models the practice of fasting	Feb 17 to Feb 21
Week 2 – Fasting from food/feasting on the spirit	Feb 22 to Feb 28
Week 3 – Fasting and a Healthier Body	March 1 to March 7
Week 4 – Praying and Giving through Fasting	March 8 to March 14
Week 5 – Discipleship through a fast	March 15 to March 21
Week 6 – Fasting as Solidarity for Hunger Justice	March 22 to March 28

We invite all households to celebrate their fasting practice with a fasting [financial gift on Palm Sunday, March 28](#), and we will celebrate all we have learned and experienced with our collective fast as a congregation.