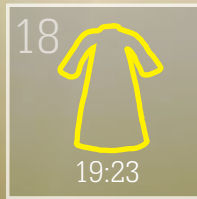
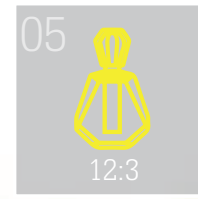
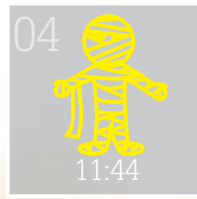
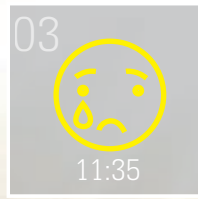
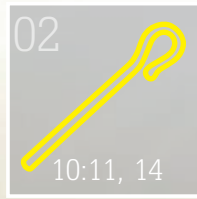
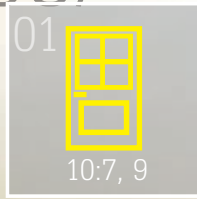
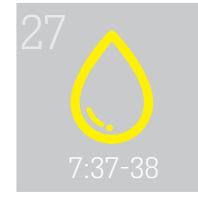
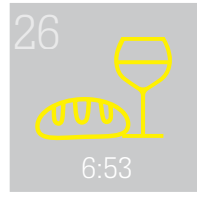
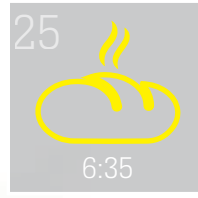
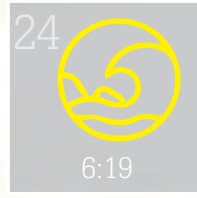
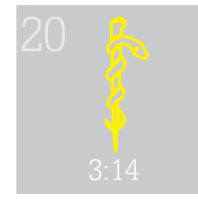
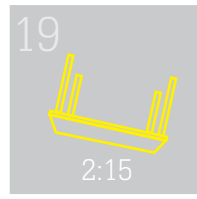
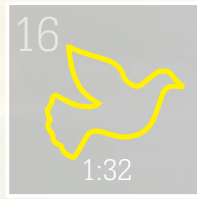


02/



In Him  
was  
life,  
and the life was  
the light  
of men.

The light  
shines  
in the darkness,  
and  
the darkness  
has not  
overcome  
it.

03/

# F . A . S . T .

is an acronym meaning **FRESH ATTITUDES SHOWING TRUST**. This is our prayer for the weeks ahead. May we all as the church be conformed to the image of Jesus Christ our Lord.

Given this period is characterized by fasting there will be certain things we will do together with **an accountability partner**. **We will prayerfully consider fasting from one thing for 40 days**. Coupling this, we will all have weekly items to fast from as listed below. And with this we will aim to fast from one meal a week as a way of devoting our energies to the Lord more fully.

## WEEKLY ITEMS TO FAST FROM:

- Feb 14-20 / Social Media
- Feb 21-27 / Listening to music whether at home, car or from electronic devices
- Feb 28 - March 5 / Spending Money on non-essential things for survival
- March 6-12 / TV shows, NetFlix, Video Games
- March 13-19 / Using caffeine, Refined Sugar or Stimulants of any variety
- March 20-24 / Abstain from Meat & Shellfish

## JOURNEYING THROUGH THE GOSPEL OF JOHN

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Welcome to F.A.S.T. 2016! In the Christian tradition this season is called Lent which has to do with the season of Spring. This time is one that identifies with Jesus' testing period in the wilderness for forty days and forty nights. It is a time of solemnity and discipline before the Lord. The ways we live before God call for closer examination and discernment of spirits. This year we will be journeying through the Gospel of John. Specifically, we will focus on the images that are prominent in the fourth gospel. There is no greater Christian symbol of our faith than the cross. We will seek to interpret and reflect on the cross as the image to make sense of all other images. May God our Father and the Son image their love for us by the power of the Holy Spirit so that we as a body may love one another fervently, committedly and faithfully. Amen.

F . A . S . T . 2 0 1 6

