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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.

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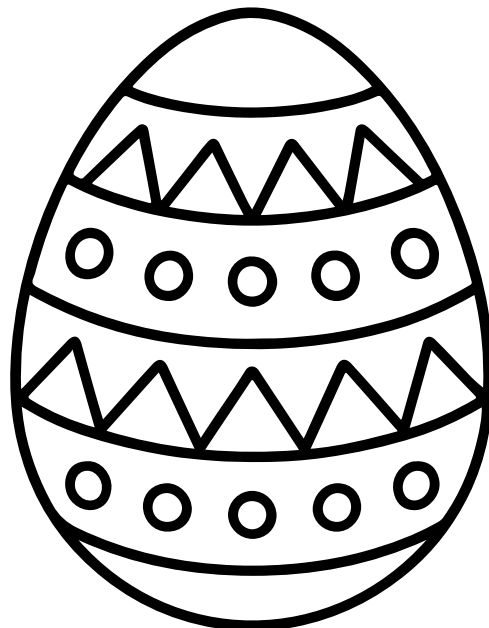
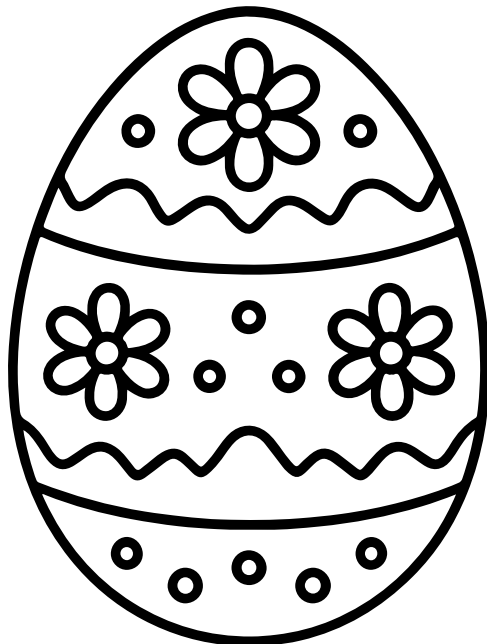
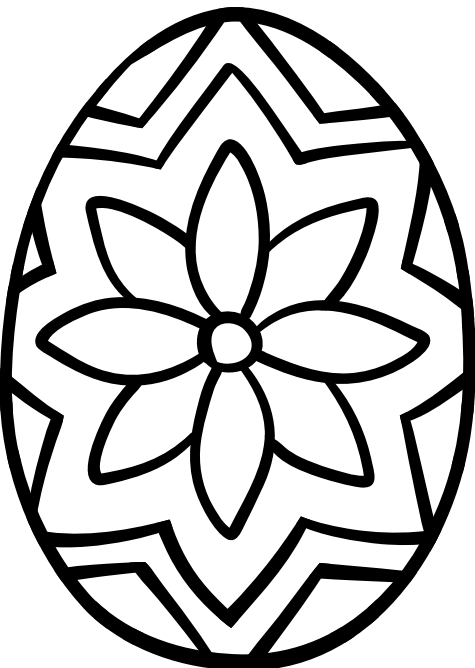
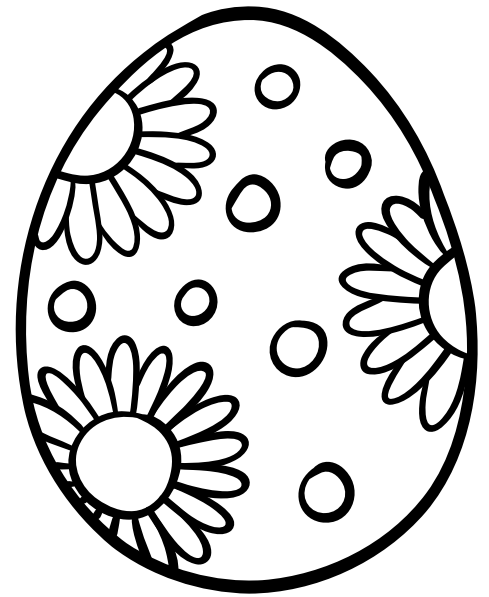
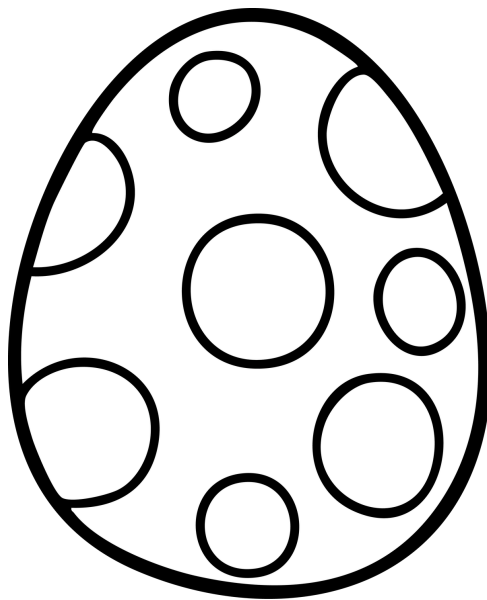
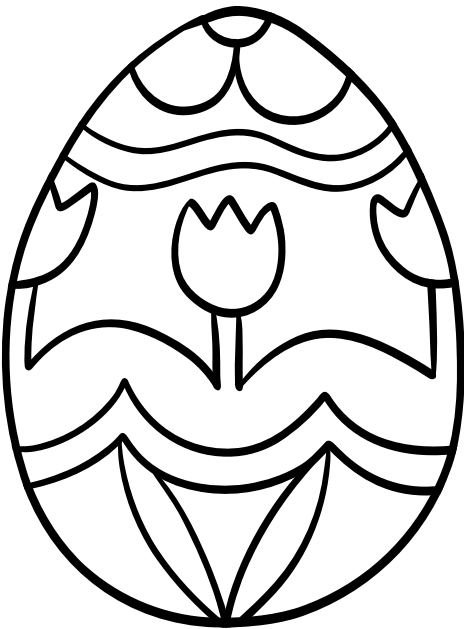
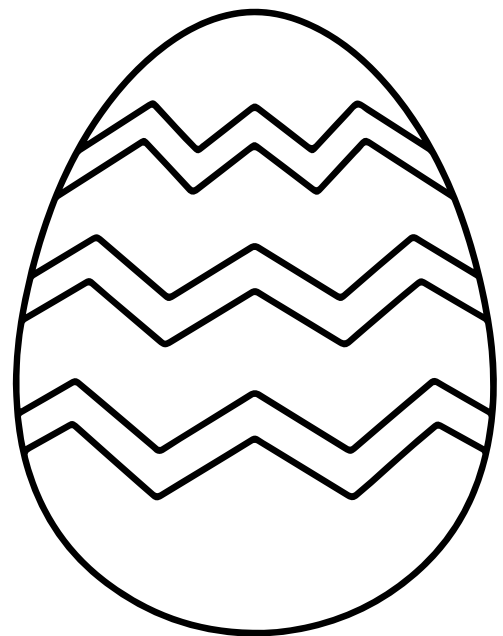
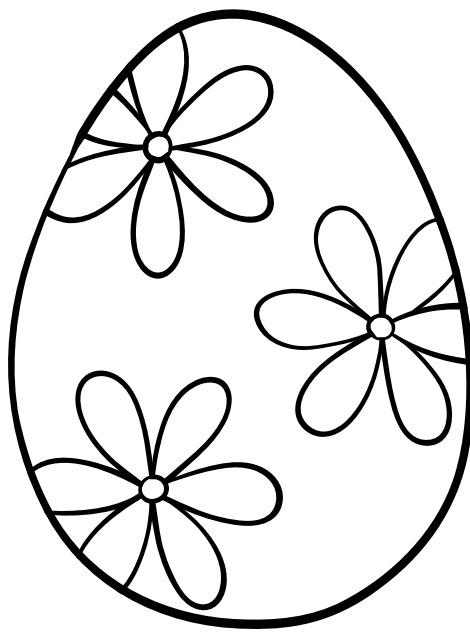
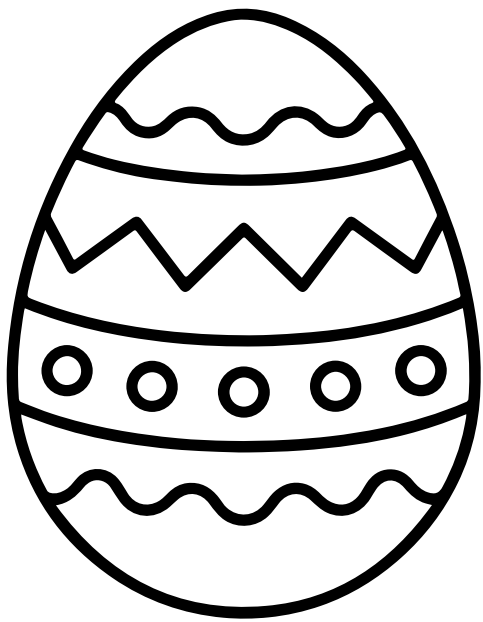


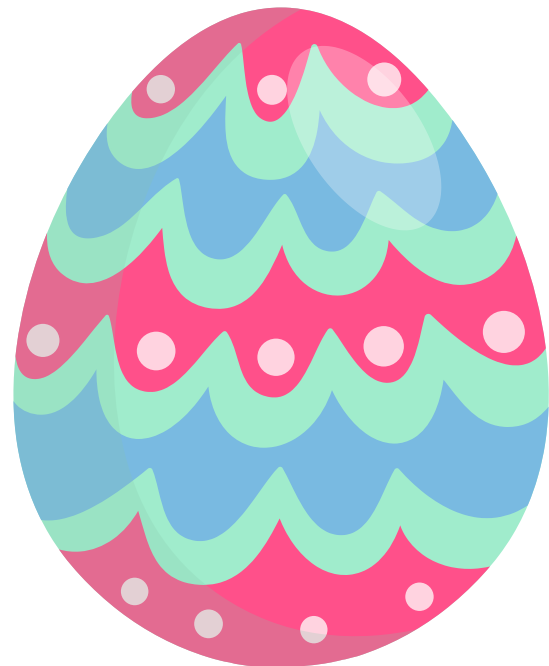
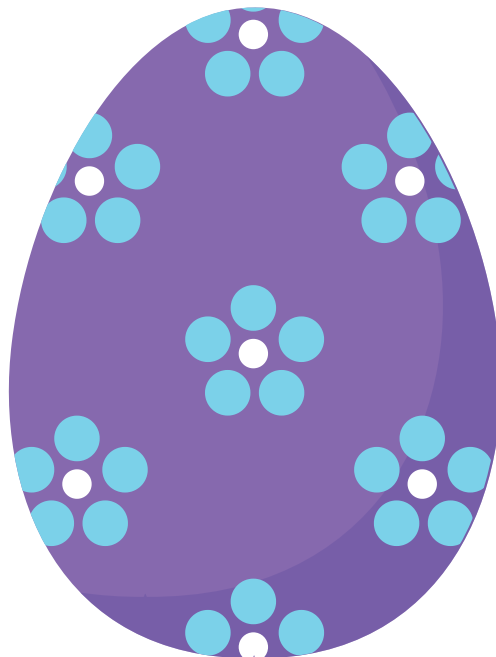
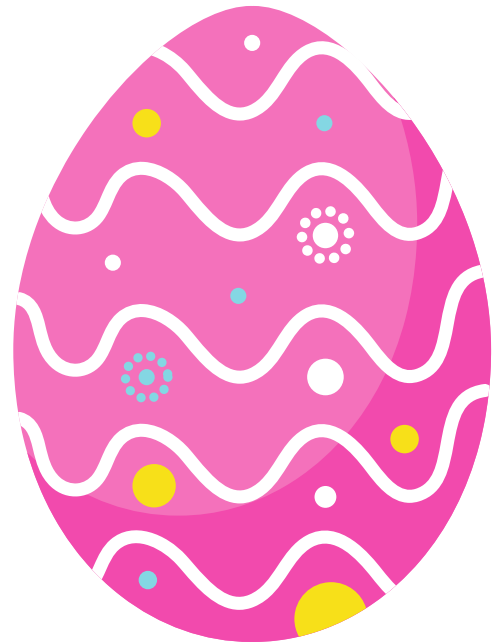
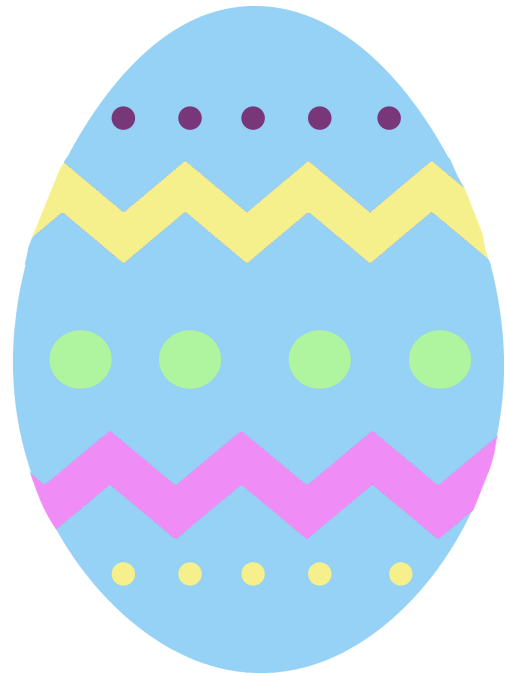
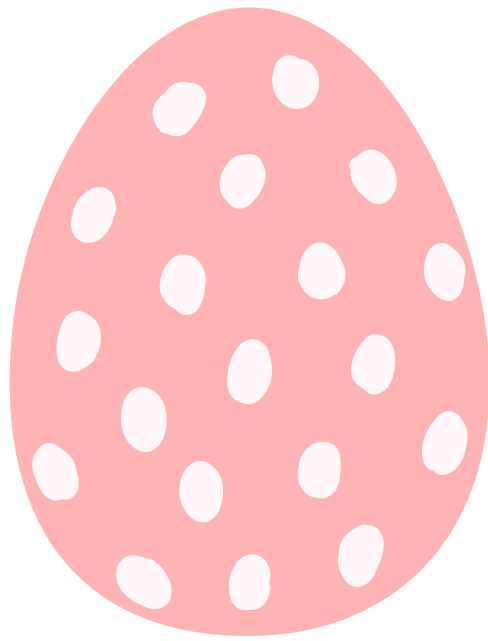
IDEA FOR LENT GRATITUDE TREE CENTERPIECE

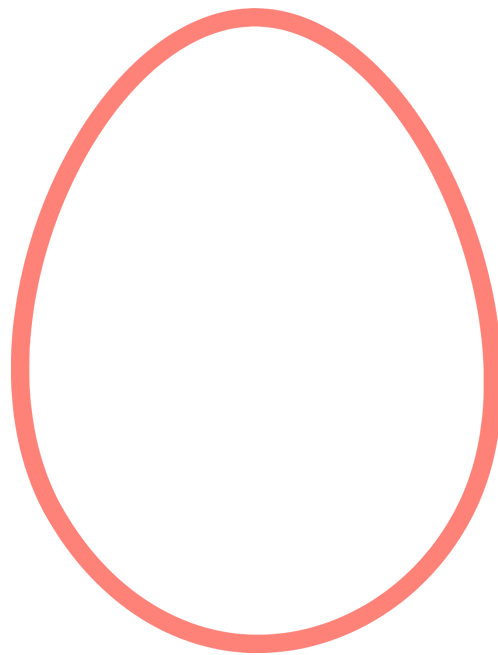
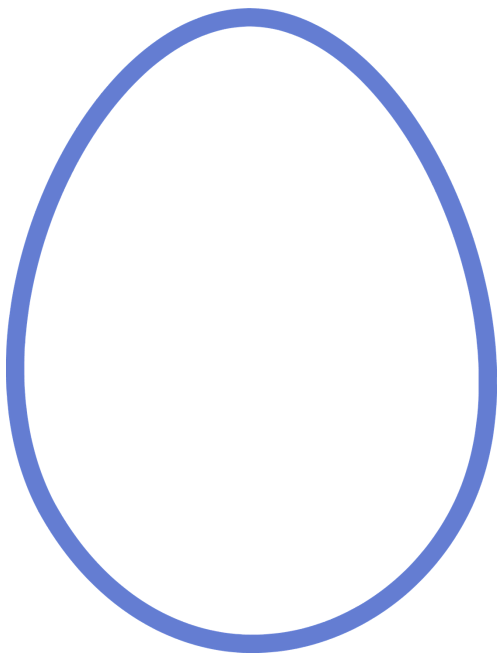
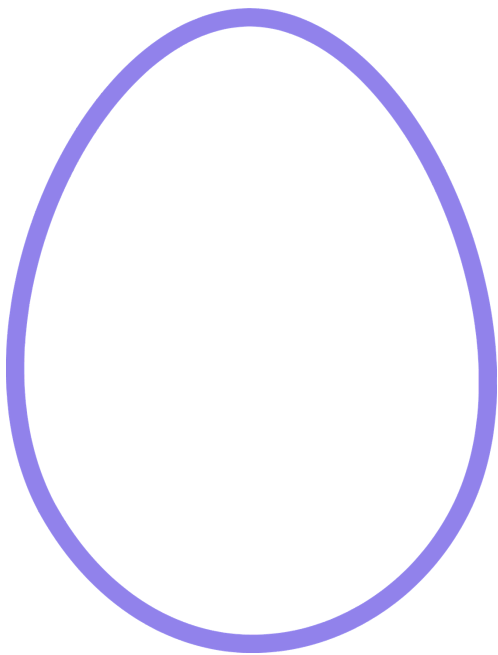
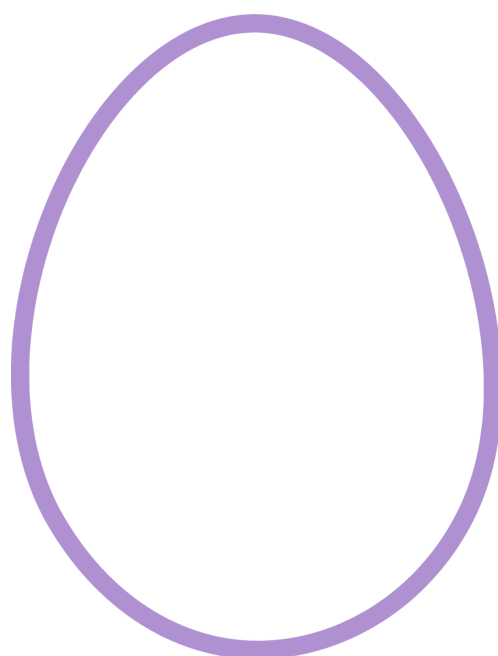
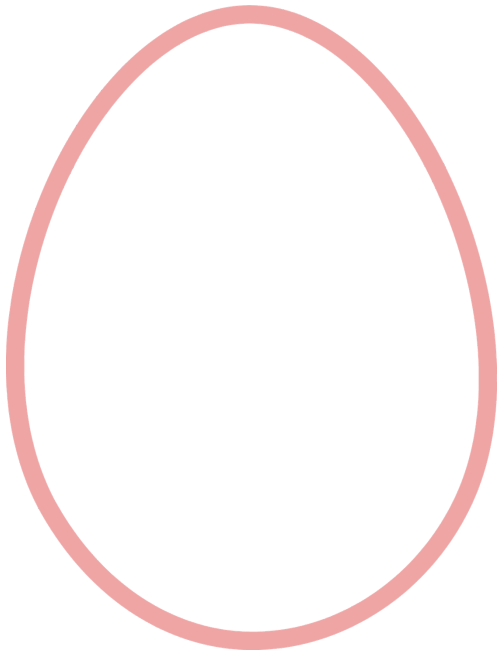
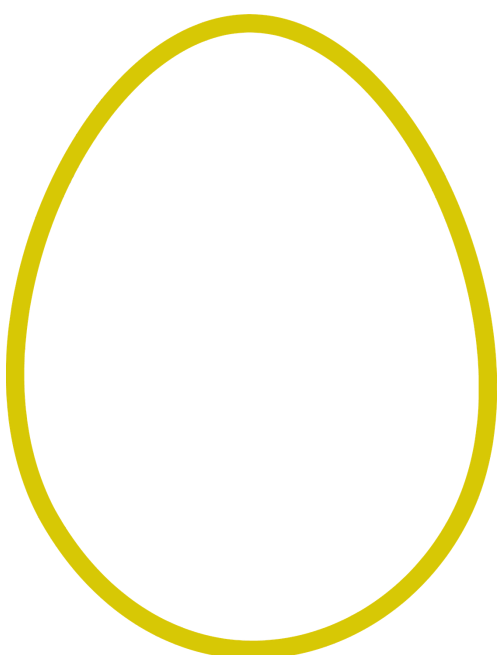
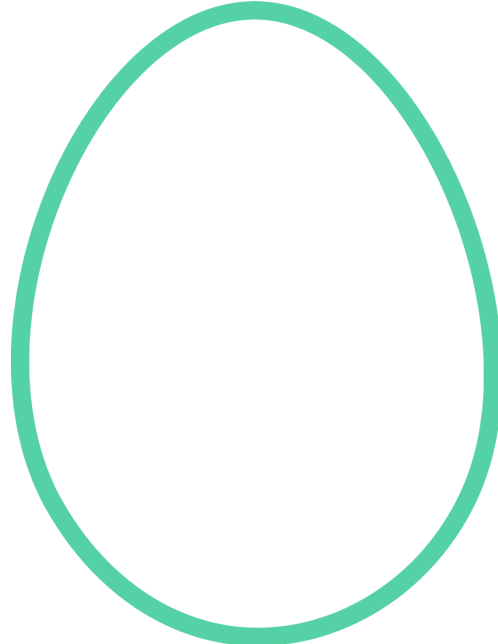
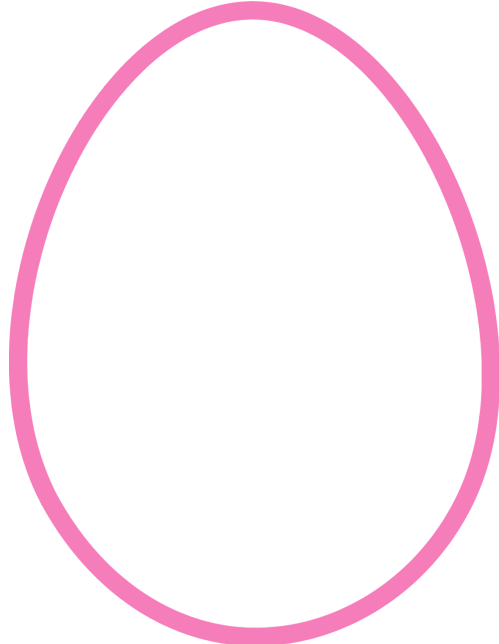
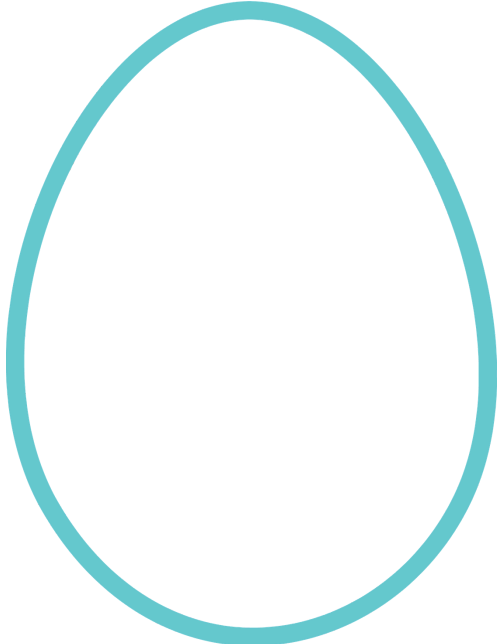
1. FIND A LARGE JAR OR VASE
2. COLLECT SOME TWIGS
3. CUT OUT AND EVEN DECORATE PAPER EGGS- LEAVE ROOM FOR WORDS
4. PUNCH A HOLE AND ADD A STRING TO EACH EGG
5. ADD EGGS EACH DAY (OR WHEN YOU CAN), WRITING THINGS FOR WHICH YOU ARE GRATEFUL
6. YOU CAN WORK AS A FAMILY TO WRITE ON AN EGG OR EACH PERSON CAN ADD EGGS
7. READ ALL OF THEM TOGETHER AT YOUR EASTER MEAL

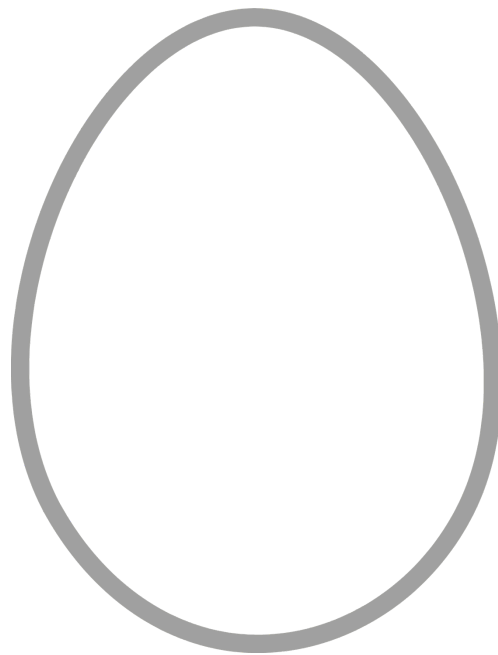
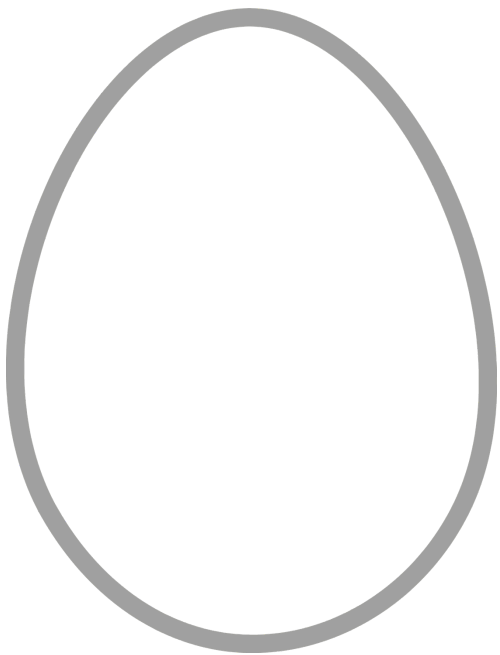
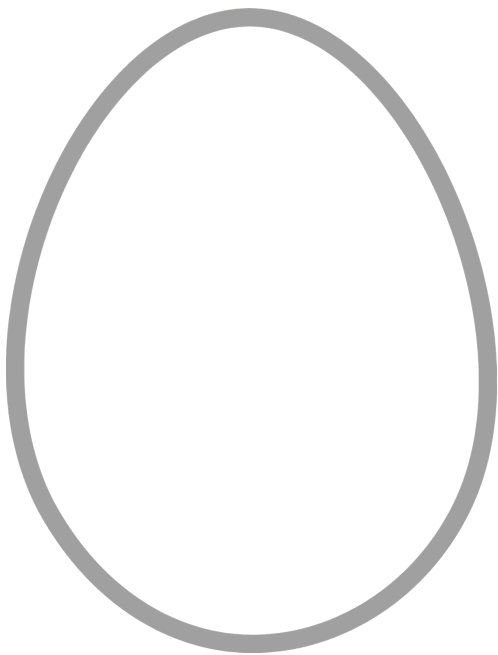
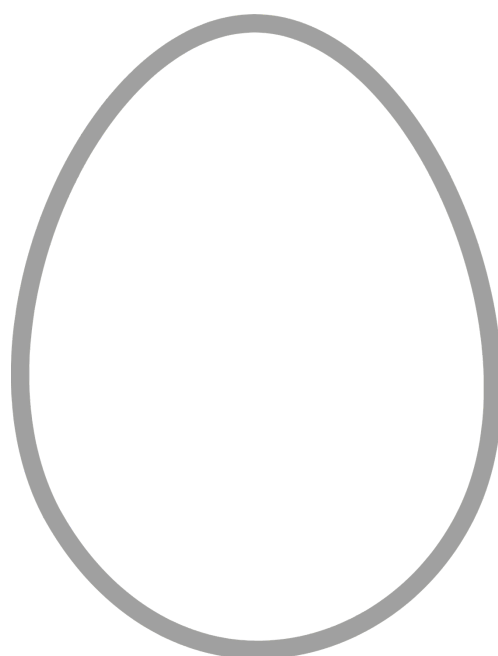
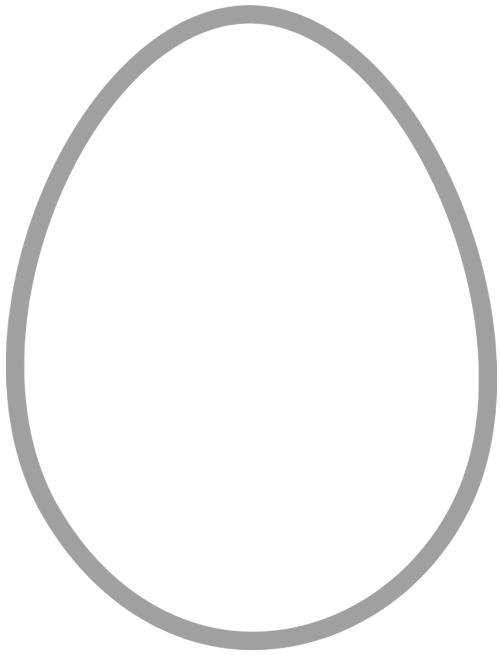
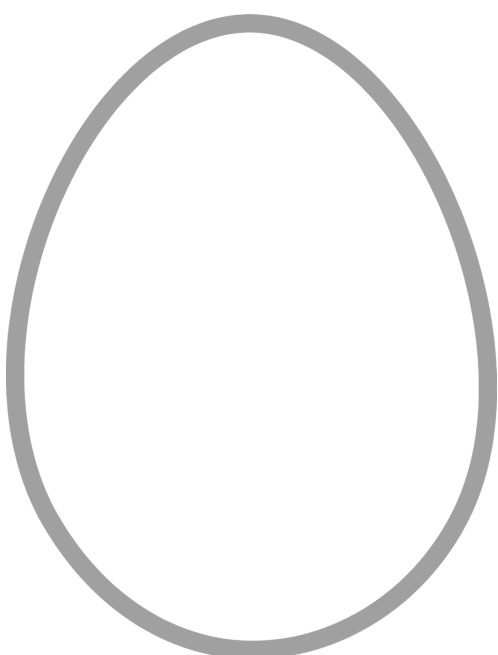
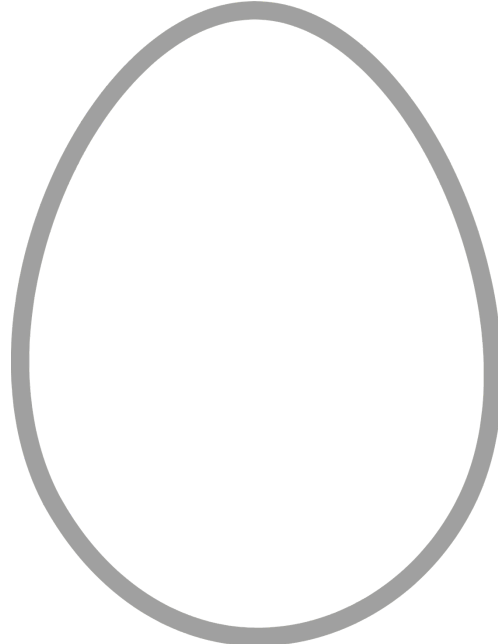
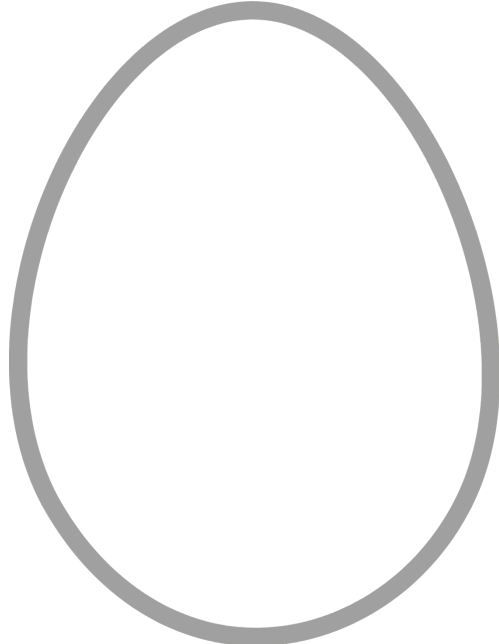
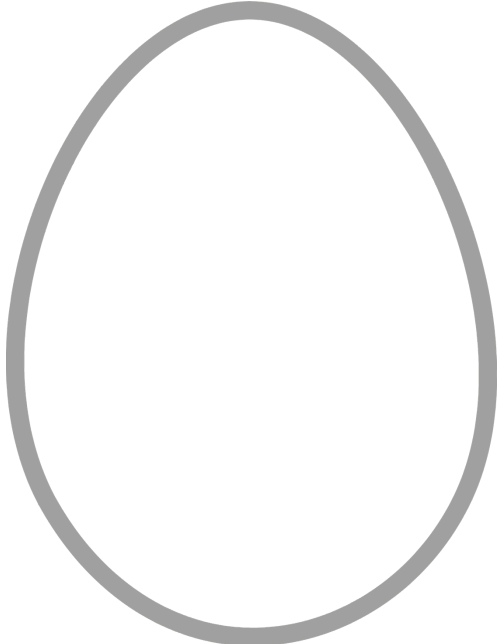
ALTERNATIVE: FILL A JAR WITH COLORFUL SLIPS OF PAPER WITH GRATITUDE NOTES ON THEM- SHARE THEM AT YOUR EASTER MEAL

Pages 2-5 are eggs you could print and use for your tree. Page 6 is a place to write 40 things you are thankful for this lent.









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