

## LENTEN MESSAGE

Brothers

We are about 3 weeks into Lent with 5 weeks left. As good Catholics, we usually make Lenten sacrifices to show our devotion to Jesus Christ and what he endured for us, and make atonement for our sins and faults. As Knight we try to make many sacrifices throughout the year to help others. Thus, we strive to **LEAVE NO NEIGHBOR BEHIND** and help our fellow man as best we can. Sometimes we fast as another sacrifice. This sacrifice can be made in many ways, such as abstaining from some of our favorite things in life, Ex. Food, and fun things to do. There are many ways we can sacrifice. Besides these physical sacrifices. Pope Frances suggests that we fast in other ways.

### **DO YOU WANT TO FAST THIS LENT**

**Fast from hurting words and say kind things**  
**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 faith in God**  
**Fast from bitterness and fill your heart with joy**  
**Fast from pressure and be prayerful**  
**Fast from selfishness and be compassionate**  
**Fast from grudges and be reconciled**  
**Fast from words be silent and listen**

These are all easy to do , we just have to remember to do them.

Being a Knight of Columbus should encourage us to do these all the time and not just wear the emblem "on our sleeves "