



FASTING DURING LENT IS OUR SPIRITUAL TOOL TO HONOR JESUS' SUFFERING. WE DETACH OURSELVES FROM WORLDLY GOODS AND OUR DESIRE FOR THEM TO MAKE ROOM FOR GOD.

What nourishes and feeds you- and literally gives you life?

Food and water! Fasting has always been a powerful tool to turn us toward and draw us deeper into a life with God. Our Catholic tradition shows many of the prophets and saints fasting before making important decisions. Jesus began his ministry with a 40-day fast and would oftentimes fast before performing miracles. It is about setting aside a little comfort so we can listen and attend to the voice and nourishment of God alone. Just as we can't live without food, we cannot live without God. Fasting reminds us of that in a powerful way.

Abstinence is a form of fasting.

Abstinence from eating meat is one of the oldest Christian traditions. From as early as the first century, the day of Christ's crucifixion has been observed as a day of abstaining from flesh meat (the meat of mammals and poultry) also known as "black fast" to honor Jesus' sacrifice of his flesh.

So why do we eat fish instead?

It used to be that flesh meat was more expensive, was used in celebration meals, and was considered a luxurious food, so abstaining from it was a way to show self-denial and to unite ourselves to the poor. Weirdly, today FISH is more expensive than meat; but not eating meat on Friday's is now more symbolic in nature.

The Fish symbol was a secret code.

During the Roman Empire's persecution of Christians, the fish served as a secret symbol representing one's devotion to their Christian faith. It allowed believers to discreetly recognize each other without drawing attention to their faith.

The Greek word for "fish" is "ΙΧΘΥΣ", which is an acronym for "Ιησους Χριστος Θεου Υιος Σοτηρ" or "Jesus Christ, Son of God, Savior". And so we offer it as our symbol/visual this 3rd week of Lent.

