

SAFC is sponsoring **Stations of the Cross** for the school community - **Friday, March 1st, and March 15th.**

All are welcome. Pizza and Pasta dinner will be served starting at 6 pm.

Stations will start in the Cathedral at 7:30 pm. There is no cost.

Please sign up at the link below so we can get a headcount.

Also, indicate any food allergies at signup. Thank you.

<https://stagnesfathersclub.org/stations>



This holy season, let us think about our call to:

- ✚ Fast from judging others; feast on the Christ dwelling in them
- ✚ Fast from emphasis on our differences; feast on our oneness
- ✚ Fast from the darkness around us; feast on the light of Christ
- ✚ Fast on thoughts of illness; feast on the healing power of God
- ✚ Fast on words that pollute; feast on words that purify
- ✚ Fast from discontent; feast on gratitude
- ✚ Fast from withholding anger; feast on sharing our feelings
- ✚ Fast from pessimism; feast on optimism
- ✚ Fast from worry; feast on trust
- ✚ Fast from guilt; feast on freedom
- ✚ Fast from complaining; feast on appreciation
- ✚ Fast from stress; feast on self-care
- ✚ Fast from hostility; feast on letting go
- ✚ Fast from bitterness; feast on forgiveness
- ✚ Fast from selfishness; feast on compassion for others
- ✚ Fast from discouragement; feast on seeing the good
- ✚ Fast from apathy; feast on enthusiasm
- ✚ Fast from suspicion; feast on seeing the good
- ✚ Fast from idle gossip; feast on spreading good news
- ✚ Fast from being so busy; feast on quiet silence
- ✚ Fast from problems that overwhelm us; feast on prayerful trust
- ✚ Fast from talking; feast on listening
- ✚ Fast from trying to be in control; feast on letting go.

Loving God, let us Fast from anything that leads us away from you and teach us to feast on all that brings us closer to you. Amen.

(Source: unknown)