DID YOU KNOW BY DEACON AL

A REFLECTION ON LENTEN FASTING

I found an article called *A Reflection on Lenten Fasting*, supported by the USCCB and written by Rev. David Merz, that I would like to share with you. In the early church and to a lesser extent still today, there are two fasts. The fast and abstinence from certain foods, meats or fats, which we talked about at the beginning of Lent. It is general and personal, to help one be more disciplined or self-controlled. The other is a total fast that proceeds all major feasts or sacramental events. The ancient name for this fast was called "statio" from the verb "sto/stare" it means to stand watch, to be on guard, or to keep vigil. It means to watch and wait for something. How did fasting become such an important means of preparing for the Eucharist and learning the virtue through self-discipline? Christian fasting is revealed in an interdependence between two events in the Bible: the 'breaking of the fast' by Adam and Eve, and the 'keeping of the fast' by Christ at the beginning of his ministry. To be continued.