



## "Put On A Happy Face!" - Jesus

With the beginning of Lent, it might be helpful to read this small excerpt from the Gospel according to St. Matthew.



*"When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you." (Matt. 6: 16 - 18)*

Lent can be a time of rejoicing! In old English, "Lent" means "spring time." That term stirs many images of beautiful blossoms, awakening trees, birds nesting, and walks along the beach. The "Lenten" time of our Faith has the same power - to bring NEW LIFE, NEW ENERGY, NEW HOPE to each and everyone of us. Here are some "Ventura Boulevard Spirituality" suggestions to help this Lent truly become

Fast from judging others.

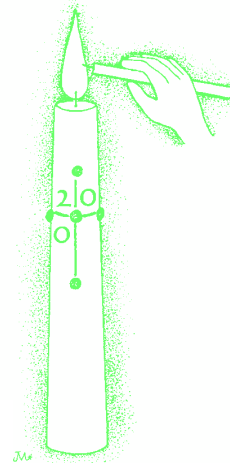
*Feast on Christ who dwells in others.*

Fast from apparent darkness.

*Feast on the Light of the world.*

Fast from discontent.

SPRING  
TIME for all  
of us!



Fast from anger.

*Feast on patience.*

Fast from complaining.

*Feast on appreciation.*

Fast from negatives.

*Feast on affirmatives.*

Fast from hostility.

*Feast on non-resistance.*

**THIS IS MY BLOOD**



Fast from bitterness. *Feast on forgiveness.*

Fast from self-concern.

*Feast on compassion for others.*

Fast from discouragement. *Feast on hope.*

Fast from facts that depress.