

THE SEASON OF LENT 2019

March 6, 2019 – April 20, 2019

The season of Lent is one of the two most known seasons of the Church (liturgical) year. Whereas Advent leads up to the birth of Christ, Lent marks the final days of Jesus' life and ministry. The season lasts for forty days, from Ash Wednesday until Holy Saturday (the day before Easter) excluding Sundays.

Lent is known for visual or conspicuous expressions of penitence, humility, or sorrow. This is because of the association made between the crucifixion of Christ and human sinfulness. One example of such expression is the placing of ashes on the foreheads of believers on Ash Wednesday. Throughout the time of Lent, sacrificial choices are emphasized. Such choices may include dietary changes (temporary or permanent), giving to the poor, or relinquishing personal luxuries. With the coming of Easter, which is technically beyond Lent, there is a shift from remorse to joy. Jesus, who died for our sins, is triumphant over sin. God's people are granted a reprieve and a new covenant. Easter is as colorful and full of life as the Lenten season is careful to avoid such celebratory signs.

LENTEN FAST

****Please consult with your Physician if you are on medication or have a medical condition that would require the altering of this proposed Lenten Fast****

Foods to Partake in on the Fast:

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger

root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Fast:

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.