

RELIGIOUS ED

SUNDAY, MARCH 7TH IN-PERSON CLASSES

SUNDAY, MARCH 21ST VIRTUAL CLASSES

LIFE WITH CHRIST IS A WONDERFUL ADVENTURE!-POPE ST. JOHN PAUL II



Pray Fast Give

You have created us for Yourself, O Lord, and our hearts are restless until they rest in you.

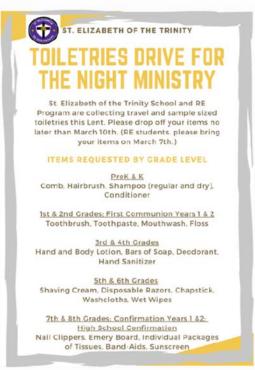
ST. AUGUSTINE

Fast

Typically, we think of fasting as not eating or drink a particular item or items. Fasting, however, can be applied to other areas of lives, such as the internet, social media, TV or video games. Fasting helps us to become spiritually strong because when we purposefully say "No" to something we like, we build our spiritual muscle and strengthen our self-control. A person who is spiritually strong can more easily ward off temptation from the devil.

Fasting also helps us keep in mind that God is the only one who can truly fill our souls and make us happy. Food, the latest gadgets, a new outfit or some other item can make us happy for a period of time, but that joy, while good, is fleeting. The happiness that comes from being in

relationship with the Blessed Trinity, however, is everlasting.





Please keep the St. Elizabeth of the Trinity

Candidates for Confirmation from the RE program
in your prayers during their retreat

February 28th (RE).