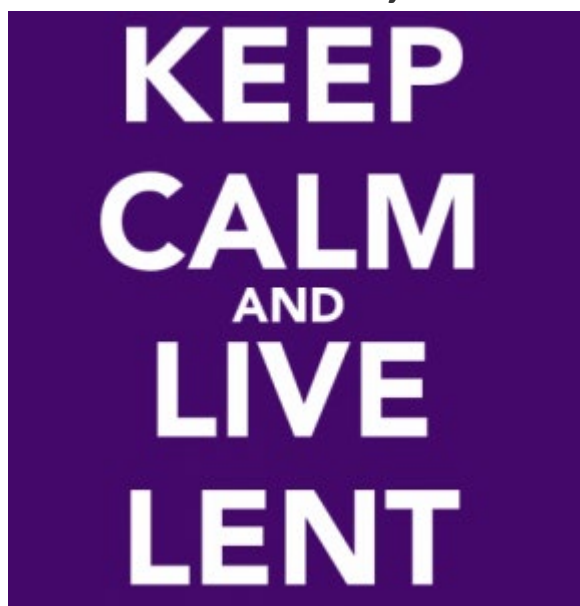


Feast and Fast, Lent in a time of epidemic



Let us fast from hugging and handshaking
And let us feast on bowing and waving.
Let us fast from hoarding food and toilet paper
And let us feast on the food in the back of our pantries.
Let us fast from gathering physically
And let us feast on communing virtually.
Let us fast from obsessing about the future
And let us feast on the everyday wonders of the present.
Let us fast from casting blame for our troubles
And let us feast on showing compassion for the most vulnerable.
Let us fast on being scared
And let us feast on getting prepared.
Let us fast from fear
And let us feast on the perfect Love that casts it out.

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This reflection has been made available via '[Worship Words](#)' - creative and refreshing liturgy for [today's church](#), which is curated by the Revd Ana Gobledale, a Minister in Wessex Synod.