## WHAT WILL YOU FAST FROM THIS LENT?

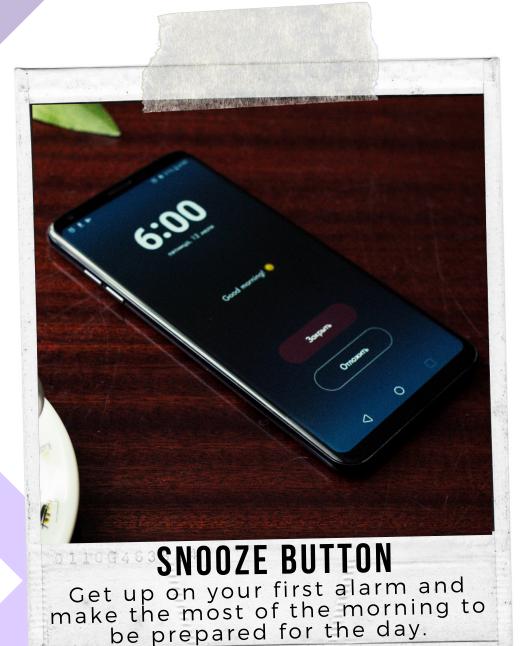
Here are some ideas...

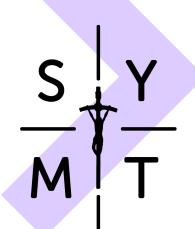














you use. Is there any way you can reduce your waste?

## WHAT WILL YOU FAST FROM THIS LENT?

Write down your Lenten fast to inspire others on their journey

This Lent I am fasting from...

 $\frac{S}{M} \neq \frac{Y}{T}$ 

This Lent I am fasting from...