

Friday, February 19, 2021  
Friday after Ash Wednesday

Friday is a day of fast and abstinence. Isaiah is a great help on our Lenten journey. “This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed, breaking every yoke; sharing your bread with the hungry, sheltering the oppressed and the homeless; clothing the naked when you see them, and not turning your back on your own.” “My sacrifice, O God, is a contrite spirit; a heart contrite and humbled, O God, you will not spurn.” The Bridegroom – is He present? If not, then we fast and pray. Heeding Isaiah’s words and acting upon them, we will hear the voice of the Bridegroom: “Here I am!”

God Love You!

*Fr. Jim Starasinich*

