

## AT THE TABLE

MAKING SPACE FOR GOD AND OTHERS

MARCH THEME: FASTING

## LENT

AT A GLANCE:  
3/6 - LENT BEGINS

3/18 - MEDIA FAST PANEL  
4/18 - LENT CONCLUDES  
4/23 - DEBRIEF LUNCHEON

Contact  
jkaech@westmont.edu for  
more info

## FASTING

"Fasting is, first and  
foremost, an  
exercise for identifying  
and managing  
adversity in all its  
forms."  
-Tariq Ramadan

## PRACTICE

## IDEAS:

- unplug for a day
- fast from social media  
an hour before/after  
bed
- no media after 6pm
- no media on Sundays
- no social media

## WHAT IS LENT?

by Rachael Phillips, GLC SFC



*Lent begins March 6, but what exactly is it? It is a span of 40 days that are meant to be a time of reflection, contemplation, self-examination, repentance, and joyful anticipation of the Resurrection of Christ. It is a time for us to specifically focus on our relationship with Christ. For some, this may mean fasting, or giving something up that distracts us or is harmful to our relationship with Christ. For others, it may mean adding something to our daily routine, such as setting aside time to be silent and listen to God, or committing to a daily devotional. However you choose to participate, remember to give yourself grace throughout the 40 days. Know that you will probably miss a day here and there, and that's okay! God doesn't expect us to be perfect. The goal is to recenter our lives around Christ. So during this time, don't be afraid to rely on your friends and SFC for support, and offer encouragement to others as well. Lent isn't meant to be easy, but it should be a time when we grow in community and grow in Christ. If you are looking for an opportunity to participate in Lent but aren't sure where to start, you can join the SFCs and the Martin Institute in our social media fast, or reach out to your dorm's SFC for other ideas!*