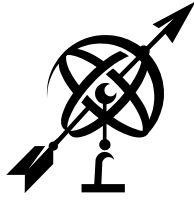


Let's Give **ZIP** for
it Lent



NO

- Meat - yes, fish & chicken too!
- Animal Products e.g. dairy, eggs



NOW THE HARD STUFF...



- Fast from Anger and Hatred
- Fast from Complaining
- Fast from Judging Others
- Fast from Resentment or Bitterness
- Fast from Discouragement
- Fast from Over-Spending

YES



- Pray, Meditate, find time to reflect
- Spend time with loved ones and those in need of love
- Give to those in need
- Attend Church - Sunday, 10:30AM - Worship!
- Attend Evening Services - Wednesdays 7:00PM
- Read the Gospel of Matthew in your Bible
- Log in Daily: www.IntHisShoes.org
- Listen on Thursdays: www.epostle.net