

## *Let Us Fast*

*While fasting with the body,  
brothers and sisters,  
let us also fast in spirit.  
Let us loose every bond of iniquity;  
let us undo the knots of every contact  
made by violence;  
let us tear up all unjust agreements;  
let us give bread to the hungry  
and welcome to our house  
the poor who have no roof to cover them,  
that we may receive mercy from  
Christ our God.  
- Byzantine Vespers*



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