

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*

