

## Schedule for 2017 Lenten Bible Study

Week 1: **March 8 at St. Aidan's, Louisa –**  
**6 pm** for a soup supper followed by the Bible study.  
**FASTING:** *Food*

Week 2: **March 15 at St. Simeon's Lachute –**  
**5:30 pm** for Eucharist;  
**6 pm** for soup supper and the Bible study.  
**FASTING:** *Television and Movies*

Week 3: **March 22 at St. Aidan's, Louisa –**  
**6 pm** for a soup supper and the Bible study.  
**FASTING:** *Social Networking and Internet*

Week 4: **March 29 at St. Simeon's Lachute –**  
**5:30 pm** for Eucharist;  
**6 pm** for soup supper and the Bible study.  
**FASTING:** *Caffeine and Sweets*

Week 5: **April 5 at St. Aidan's, Louisa –**  
**6 pm** for a soup supper and the Bible study.  
**FASTING:** *Radio and Music*

FYI: for **Holy Week** the **FAST** suggestion is *Shopping for Non-essentials and Sleep.*

If anyone needs a ride to the church, please contact Susan Sioui 450-562-8451.

Fast



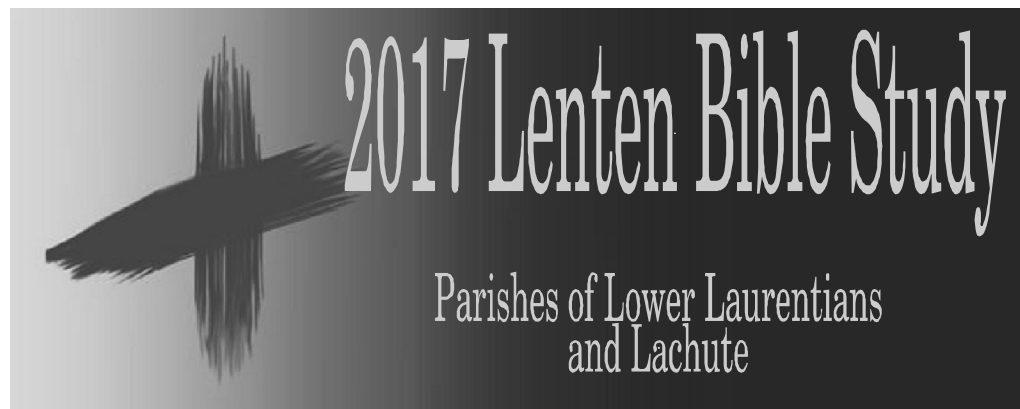
Give



Prepare



Pray



*O Lord and Master of my life!*

*Take from me the spirit of sloth, faint-heartedness,  
lust of power and idle talk.*

*But give me rather the spirit of chastity, humility,  
patience and love to my servant.*

*Yea, O Lord and King!*

*Grant me to see my own errors and not to judge my brother;  
for thou art blessed unto ages of ages. Amen.*

This Lenten Bible Study is offered to all interested people and our meeting place will alternate each week between St. Aidan's, Louisa and St. Simeon's, Lachute. A simple meal of soup and bread will be offered before each study.

This year, we are using material that was developed by The Village Church and it is based on passages from the Gospel of Luke. Each week, the study suggests an area of fasting to apply to our lives.

**About fasting:** You may choose to fast for an entire day, or for multiple days, and in the case of food, perhaps for one meal during the day. There is also the possibility of building each week upon the next. The goal would be that the time normally spent with these activities would be devoted to communication and relationship with God, whether in prayer, study, community, meditation, etc.

Please see the schedule on the other side of this insert.