

Commentary on the Gospel for Fri, Mar 11th 2011

We do not fast to get something out of it from God. It is done as a penance and also to unite ourselves with the poor (Family Fast Day). We taste their lives, to weep over their sad and hungry children, to feel their helplessness. By fasting and giving alms, by sharing our bread and sheltering the oppressed, we stop turning our back on our own, as Isaiah announced. Fasting reunites us with our true family. It teaches us the true values of life.

As the poor share with us their sorrow and their mourning they lead us to Jesus. In the desire of Jesus a new love is born and love always unites and brings about new life/ “Lord open my heart to all who are needy in our world of plenty”.

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