

Avedis

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ON FASTING DURING LENT

Satan came to Adam in Paradise; he came to Christ in the desert. He came to two hungry men and said: eat, for your hunger is the proof that you depend entirely on food, that your life is in food. And Adam believed and ate; but Christ rejected that temptation and said: man shall not live by bread alone but by God. By doing this, Christ restored that relationship between food, life, and God which Adam broke, and which we still break every day.

What then is fasting for us Christians? It is our en-

trance and participation in that experience of Christ Himself by which He liberates us from the total dependence on food, matter, and the world. By no means is our liberation a full one. Living still in the fallen world, in the world of the Old Adam, being a part of it, we still depend on food. But just as our death—through which we still must pass—has become by virtue of Christ's Death a passage into life, the food we eat and the life it sustains can be life in God and for God. Part of our food has already become "food of immortality"—the Body and Blood of Christ Himself. But even the daily bread we receive from God can be in this life and in this world that which strengthens us, our communion with God, rather than that which separates us from God. Yet it is only fasting that can perform that transformation, giving us the existential proof that our dependence on food and matter is not total, not absolute, that united to prayer, grace, and adoration, it can itself be spiritual.

All this means that deeply understood, fasting is the only means by which man recovers his true spiritual nature. It is not a theoretical but truly a practical challenge to the great Liar who managed to convince us that we depend on bread alone and built all human knowledge, science, and existence on that lie. Fasting is a denunciation of that lie and also the proof that it is a lie. It is highly significant that it was while fasting that Christ met Satan and that He said later that Satan cannot be overcome "but by fasting and prayer." Fasting is the real fight against the Devil because it is the challenge to that one all-embracing law which makes him the "Prince of this world." Yet if one is hungry and then discovers that he can truly be independent of that hunger, not be destroyed by it but just on the contrary, can transform it into a source of

ALPHABET

How to Teach the Alphabet

... and how to use it in the classroom



The first step in teaching the alphabet is to ensure that the child has a good understanding of the sounds of the letters. This can be done by using a variety of activities, such as singing the alphabet song, using flashcards, and playing letter recognition games. Once the child has a good understanding of the sounds of the letters, the next step is to teach the child how to write the letters. This can be done by using a variety of activities, such as tracing, copying, and writing from memory. It is important to start with simple letters and gradually move on to more complex letters. Once the child has a good understanding of how to write the letters, the next step is to teach the child how to use the letters in words. This can be done by using a variety of activities, such as reading books, writing simple sentences, and playing word games. It is important to start with simple words and gradually move on to more complex words. Finally, it is important to encourage the child to use the alphabet in a variety of ways, such as labeling objects, writing letters on a sign, and using letters to communicate. This will help the child to develop a strong understanding of the alphabet and its uses.

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