



MOUNT SAINT MARY  
House of Prayer  
*An Oasis of Peace, Contemplation & Hospitality*

# Fasting from Fear: Lenten Morning for Women

Presented by  
Regina Furlan



When we Fast from Fear, we open more doorways for God to enter into our hearts. Fear is one of the greatest obstacles to God, and therefore to our freedom. God wants us to be free of obstacles so that we may grow closer through prayer.

Regina shares her story of overcoming fear with the help of God through imaginative contemplation and journaling. Come and see how to Fast from Fear this Lent. The gifts, spiritual and otherwise, that flow from such freedom are too numerous to count.

*In Person  
or Virtual*

**March 11, 9:30 - 11:30am**  
**\$20-\$30 as you are able**

Mount Saint Mary House of Prayer  
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To register, please visit: [www.msmhope.org](http://www.msmhope.org)