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Give Up a Grudge, Fast from Whining: Two Suggestions from UD's Lent Web Site

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Contact: Pam Huber
huber@udayton.edu

NEWS RELEASE

GIVE UP A GRUDGE, FAST FROM WHINING: TWO SUGGESTIONS FROM UD'S LENT WEB SITE

DAYTON, Ohio -- Intense. Fast-paced. Focused. Aggressive.

In today's society, it can be hard to focus on spirituality. Lent, with its emphasis on prayer and penance, gives people in the modern world a chance to slow down and reflect, says the Rev. Gerald Chinchar, S.M., a campus minister at the University of Dayton who has created a Lent Web page with daily suggestions, readings, prayers and homilies.

Chinchar, known as the "techno-priest" on campus, will add to the site throughout the Lenten season, which ends with Easter Sunday on April 23. The site is located at <http://www.udayton.edu/~campmin/lent.html>.

Some of his daily suggestions offer a twist on the traditional "giving something up for Lent," such as "let go of a long-standing grudge." One suggestion sprinkled throughout the Lenten calendar is "fast from words of criticism and negativity, nagging words, whining words." Another reminds that "a diet of amoral and immoral programs can and will corrupt your values. Do you control the media you watch and listen to?"

Other suggestions are more traditional — "pray for those who are being persecuted for their faith or race" and "practice real forgiveness after the example of Jesus."

"The suggestions can help people who are looking for something positive to do," Chinchar said. "And there is value in giving up as well, if you are giving something up so that it makes you more connected to God and God's people."

The homilies on the site are written by campus ministers and members of the religious studies faculty at the University of Dayton. Links to other sites offer further daily reflections, Lenten music, papal messages and prayers.

"The page may give some people some resources they otherwise wouldn't have thought about," Chinchar said. "It may help them put the focus on their spiritual life."

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For media interviews, contact **Father Gerald Chinchar, S.M.**, at (937) 229-2725 or via e-mail at chinchar@udayton.edu.

OFFICE OF PUBLIC RELATIONS
300 College Park Dayton, Ohio 45469-1679
(937) 229-3241 (937) 229-3063 Fax
www.udayton.edu