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Christians fast for faith

By **Belinda Connolly**

GIVING up something you cherish during Lent is common among Christians.

The 40-day period between Ash Wednesday and Good Friday is a time when people reconnect with their faith and in turn abstain from something close to their hearts.

Norma's Lebanese Foods cooking school owner, Norma Dakhoul, has given up sugar for Lent.

"I gave up coffee last year and I was not fun to be around," she said.

"You are supposed to give up the one

thing you cherish so much.

"I'm not having sweets, cakes or biscuits but I'm not fanatical about it. I still have half a sugar in my coffee."

Many Lebanese Christians give up coffee or bread for Lent.

"Drinking Lebanese coffee is like a ritual to the Lebanese: it is an important thing," she said.

"Bread is probably more important than coffee in our diet; in the old days bread sustained people in villages.

"It is so important it translates as 'life'."

Mrs Dakhoul said not eating meat for Lent was common while some younger people gave up social media.

"At the end of day sacrificing something is good," she said.

"It is about reconnecting with God, praying again, finding peace again in their heart.

"As long as you are true to yourself and morally and ethically living, that's the most important thing."



No meat for Lent: Norma Dakhoul said many people ate a vegetarian diet during Lent.

Picture: Jane Dyson