

# LAY DAY OF FAST TO SUPPORT OUR PRIESTS

*This is  
my  
Body*



*This is  
my  
Blood*

*Do this in memory of me*

## Saturday, October 24, 2009

FAST from Dawn until 3.00 PM

Participants can fast from anything that will allow each to share in some way in the sacrifice of Our Lord. Fasting from food, television, speech, cigarettes or anything else will be offered for the fast hours on behalf of our priests in the local, national and Universal Church.

At 3.00 PM, the day's fast can be ended in prayer, such as a Rosary for our priests.

**FOR MORE DETAILS:**

**[www.annaprae.com](http://www.annaprae.com)**



**PLEASE JOIN US,  
SIGN UP SHEET ATTACHED**