



# LAY FAST TO SUPPORT OUR PRIESTS

## Saturday, 24 October 2009



**SIGN UP SHEET**

" .. would that today you might fast so as to make your voice heard on high, this is the fasting that I wish which will release those bound unjustly and untie the thongs of the yoke. It will set free the oppressed. Then your light shall break forth like the dawn, and your wounds shall quickly be healed; your vindication shall go before you and the glory of the Lord shall be your rearguard. Then you shall call and the Lord will answer, you shall cry for help and He will say: Here I am!" *(adapted from Isaiah 59: 6-14)*

Fasting is praying with the body. We, the Laity, will offer one day of Fast for our priests in the local, national and Universal Church.

As lay members of the Mystical Body of Christ, we need to support our priests, whom the Father calls "My Christs" (St. Catherine of Siena), those anointed ones of God whose hands bring us **Jesus** in the Eucharist.

We will offer our priests to Our Blessed Lady's care and protection by fasting on **Saturday, October 24 from Dawn until the 3.00 PM hour**. Our intention will be held for their Spirituality, their needs and thanksgiving for the sacrifice of their lives: which they daily offer for us.

You can fast from any thing that you feel lets you share in some way in the sacrifice of Our Lord. You may fast from Food, Television, Speech, Cigarettes or anything else on behalf of our priests past, present and future.

**PLEASE JOIN ALL FASTERS IN A PRIVATE ROSARY FOR OUR PRIESTS AT 3.00 PM ON SATURDAY, 24 OCTOBER BEFORE BREAKING THIS POWERFUL FAST DAY.**

FOR MORE INFORMATION PLEASE VISIT: [www.annaprae.com](http://www.annaprae.com) or email: [admin@annaprae.com](mailto:admin@annaprae.com)

*[My Reminder: I will fast from \_\_\_\_\_]*

**Please complete the SIGN UP SHEET BELOW and TEAR OFF.**

NAME: \_\_\_\_\_

On **Saturday, 24 October 2009**, from Dawn until 3.00 PM, I commit to fast from

\_\_\_\_\_

and offer this up for our priests and for vocations to the priesthood.

**PLEASE DEPOSIT YOUR COMPLETED SIGN UP SHEET IN THE BASKET AT THE BACK OF THE CHURCH. THANK YOU.**