



5<sup>th</sup> ANNUAL

2006 2007 2008 2009 2010

OCTOBER 23 OCTOBRE

# LAY FAST FOR PRIESTS

"...prayer united with fasting is the most powerful force in human history." – Pope John Paul II

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, who St Catherine of Siena calls the Father's "other Christs", 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 23 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, 23 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)

SEARCH "LAY FAST"

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

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

On **Saturday, 23 October 2010**, from Dawn until 3.00 PM, I commit to fast from

\_\_\_\_\_ and offer this up for our priests and vocations.

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