



SIXTH, ANNUAL, GLOBAL

LAY FAST FOR PRIESTS

SATURDAY, 22 OCTOBER 2011

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

" .. 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)*

SIGN UP SHEET

Fasting is praying with the body. We, the laity, can offer one common 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. The Father told St. Catherine of Siena that priests are His "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, 22 OCTOBER 2011 from Dawn until 3.00 PM.** Our Fast can be concluded at 3.00 PM with a personal prayer for priests.

Our fast intention will be 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.

FOR MORE INFORMATION PLEASE VISIT: www.annaprae.com

Email: admin@annaprae.com

ONLINE SIGN UP: <http://www.annaprae.com/layfast2011onlinesignup.html>

Please complete the SIGN UP SHEET BELOW and TEAR OFF.

I, (NAME): _____

on **Saturday, 22 October 2011**, from Dawn until 3.00 PM, commit to fast from

and will 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.**