

# Saturday 9<sup>th</sup> FEBRUARY 2019 NATIONAL DAY OF PRAYER & FASTING FOR LIFE

*A great prayer for Life is urgently needed. St John Paul II*



**Vigil of Our Lady  
Of Lourdes**

**Join us each month in Prayer and Fasting:**

### **Fasting**

**Fast from all food except bread and water for the day**

Or

Fast from a particular food or luxury, e.g. chocolate, alcohol, cigarettes, TV.

Fast from whatever you can given your state of health etc, but make sure it is something that involves a sacrifice to yourself.

### **Prayer**

**We are asking people to say a Rosary (or an extra Rosary if you say it daily already).**

You could also offer an extra effort such as going to Mass (or an extra Mass) on the day, or going to Adoration. You can even pray before a closed tabernacle if Adoration is not available near you.

*And He said to them; This kind (of demon) can go out by nothing, but by prayer and fasting.  
(Gospel of Mark 9:29)*

On Saturday 9<sup>th</sup> February please pray and fast for the end of abortion and euthanasia. Your prayer and fasting is urgently needed. For information on the days of Prayer and Fasting contact;  
**The Good Counsel Network on 020 7723 1740.**

*And the people of Ninevah believed in God; they proclaimed a fast and put on sackcloth, from the greatest to the least...God saw their efforts to renounce their evil ways. And God relented about the disaster which He had threatened to bring on them, and He did not bring it. (Jonah 3:5,10)*