

SATURDAY 23rd MARCH 2019 NATIONAL DAY OF PRAYER & FASTING FOR LIFE

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



**23rd March Saturday
before the Annunciation**

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

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.

On 23rd March, the Saturday before The Annunciation, please pray and fast for the end of abortion and euthanasia. **Pray especially that ‘buffer zones’ will not be introduced around abortion ‘clinics’.**

Your prayer and fasting is urgently needed.

For information on the day 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)