

Lord, help us to make this a Holy Time!

## A Purposeful Apostles' Fast

*Discuss with family, get your priest's blessing, and keep in a prominent place.*

**Dietary Abstinence:** \_\_\_\_\_

**Bible** reading: \_\_\_\_\_

**Spiritual** reading: \_\_\_\_\_

Extra **Services** I will attend: \_\_\_\_\_

When will I go to **Confession**? \_\_\_\_\_

With whom do I need to **reconcile**? \_\_\_\_\_

How will I **help the Needy**? \_\_\_\_\_

From what **Media** will I unplug? \_\_\_\_\_

How will I create **Stillness**? \_\_\_\_\_

How can I be more **Apostolic**? \_\_\_\_\_

What special **Offerings** will I make to help the Church? \_\_\_\_\_

What big **Decision** will I postpone? \_\_\_\_\_

How will I **celebrate the Feast** on June 28/29?



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