

Lord, help us to make this a Holy Time!

A Purposeful Apostles' Fast

Discuss, get a priest's blessing, and follow through.

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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