

A Week of Prayer, Fasting, and Reflection

Suggestions of ways to face and spiritually overcome the senseless violence of these last several weeks.

	Prayer	Fasting	Reflection
	<i>Each day should include the Peace Prayer of St. Francis of Assisi. These are extra prayers</i>	<i>Fasting should be done only by those healthy enough not to become ill because of fasting.</i>	<i>These are questions supplemental to those recommended by the Bishop.</i>
Monday July 18, 2016	Offer a decade of the Rosary (10 Hail Marys) for peace.	Do without soft-drinks or sugar drinks – experience a lack of sweetness as seen in social strife.	How can God help me to let go of my anger?
Tuesday July 19, 2016	Recite the Apostles' Creed for unity of humanity under God's protection.	No seasoning on your food today – experience the tastelessness of life without God's touch.	How can God help me to show respect to people who might seem "different" from me?
Wednesday July 20, 2016	Recite the Our Father, seeing Jesus as the "Bread of Life."	Do without bread / wheat products – experience the absence of something most of us take for granted.	How can I acknowledge depending on God more than upon myself?
Thursday July 21, 2016	15 minutes of silence, (no electronic devices), praying to "hear" God first.	Skip one full meal (without adding snacks) – experience true hunger for what the world cannot provide.	How can I listen more and not demand so much attention from others?
Friday July 22, 2016	Recite a full Rosary for forgiveness and reconciliation in our community and country.	Do without any sweets or desserts all day – experience the harshness of life without the joy of friendship.	From whom do I need forgiveness? To whom must I offer forgiveness?
Saturday July 23, 2016	Read the Beatitudes (Matt 5:1-12), prayerfully asking for these blessings for all people.	Allow yourself cold food only today – experience the truth that we are still blessed even when things do not go our way.	How can I become a blessing in the lives of other people?
Sunday July 24, 2016	Receive Communion at your Sunday Mass for <u>all</u> those who died violently across our country in these days.	Go back to the older practice of fasting for <u>3 hours</u> before going to Sunday Mass – experience a real preparation for the Eucharist.	How can I make myself a brother/sister to all other people around me who are in need.