



ACT.



PROCLAIM.



PRAY.

1. GIVE YOUR GIFT OF ACTION.

We each have the power to make change! Give the gift of action. FAST! FAST! FAST! When we offer up our actions...our sufferings...our joys...our struggles....and our fasting...we work with God's Power to transform the world! Fasting has become "old news," so let's get back to the power of fasting...with a purpose. Fast for LIFE to build a culture that truly respects human life from the moment that they are conceived until the moment of natural death. We have the power to move mountains with our fasting!

We are suggesting two forms of Action: fasting and doing something to support others, either through volunteering or financial support. First, imagine the whole diocese fasting in order to build a culture of life! There are tons of possibilities...here are a few ideas:

- Fast for women facing crisis pregnancies
- Fast from your favorite desserts
- Fast from all food after dinner...no snacking
- Fast from your favorite cup of coffee or can of soda
- Fast for people in Haiti
- Fast for the elderly with chronic illness
- Fast for women and men who have had an abortion and need to know God's healing and forgiveness
- Fast for all religious that they have great fortitude in proclaiming the Gospel of LIFE
- Fast for conversion of hearts and minds to better understand the dignity of all human life
- Fast from using the Wii or Xbox and pray or help someone instead
- Fast from using your text messaging for one day, or week or for 40 days of Lent
- Fast from your favorite candy or dessert
- Fast from your favorite TV show
- Fast on only bread for the entire day, once a week

- Fast from swearing or talking back or saying unkind, or unnecessary words to others
- Fast for those who are suffering

Remember, fasting is about offering up something you value, in order to add power to your prayers.

There are a many things that you can fast for; the key is just to begin...

The other aspect of Action...would be to do something to support other life-giving organizations that need your volunteer help and your financial support. There are many life-giving organizations and ministries....nationally and locally.

- Get some friends together and Walk the 40 Days for LIFE Vigil
- Support apostolates that help women to choose life by volunteering at your local crisis pregnancy centers,
- Help out at a MOM's support home that truly promotes life and help moms and their babies.
- Visit a nursing home and schedule to play the piano for 30 minutes before the residents' dinner
- Support the diocesan respect life office that will empower every parish with life-giving ways to help others to better understand the teachings of Christ and His Church.
- Take one hour a week to visit with your elderly friend whose spouse has passed on
- Stop by to visit our retired priests and take them a box of chocolates
- Send a donation to a variety of Catholic organizations such as Priests for LIFE and Mission Haiti or Relevant Radio, LoveLife, hospice, Catholic Relief Services, Project Rachel and Catholic Charities, Mother and Unborn Baby Care and other crisis pregnancy centers, etc. There are many life-giving organizations.....add up your pennies, quarters and dollars for LIFE and at the end of Lent, you will be surprised how much you saved for life!
- Turn off the TV and spend the time visiting with your parents
- Write a letter to people whom you appreciate and have not told in a long time
- Call your mom or dad and spend time talking with them
- Volunteer at a place that empowers children's self worth
- Make dinner for a family that just had a new baby
- Write letters to your papers, call your legislators and explain why life has great dignity and should be protected by law
- Send a card to your mother or father telling them how much you appreciate the gift of your life
- Make cards for the nursing home, men and women in the military or retired priests and religious telling them how much you appreciate their lives

2. PROCLAIM YOUR GIFT OF TRUTH ABOUT LIFE.

As we long to see the changes we hope for....let's transform this culture by listening to what Jesus Christ has asked us to do...bring the truth to all of the nations...spread the truth of the Gospel of LIFE that every human being is sacred. Too many times we are innocent bystanders. Let us join in, deeper and wider and stronger in getting out the truth! God is longing for us to" jump in" and truly live the life that He has called us to live!

Let's begin by searching our own hearts and minds. How can we change to become better Catholics? Let's learn as much as we can about the Gospel of Life. What are the facts versus opinion? What are the Truths? Why do we say that all life is sacred? Where do we find the teachings? How can we meet people where they are and share this truth? What resources are there to better understand life issues...or share it...or teach it...? A lot of information is out there:

- Turn to the Teachings of Christ and His Church by checking out the Catechism of the Catholic Church on the sections about LIFE (Catechism of the Catholic Church on life issues from 2259-2379.)
- Read the Gospel of Life, *Evangelium vitae*, and learn more about what the Church says about the dignity of life.(www.vatican.va)
- Read the Bible and learn what it says about choosing life? (you can go to www.usccb.org and use the keyword search)
- Begin to share your learned information about why life is sacred with your friends. Google respect life resources from Catholic websites to learn about different aspects of life

3. GIVE YOUR GIFT OF PRAYER.

We have been given an awesome gift: faith! We have the freedom to pray whenever we want, wherever we want and how much we want...so we can **FASTforward!** Let's raise the bar and begin to add prayer on a higher level than ever before! Let's pray and fast to bring about the changes we hope for. St. Augustine encourages us to "pray as if everything depends on God and work as if everything depends on you." Use our prayer to knock out the enemy through the power of the Holy Spirit! Pray! Pray! Pray!

- Attend Stations of the Cross
- Attend daily Mass for the conversion of hearts and minds.
- Pray in Adoration for all those who have the power to promote and protect life to have the fortitude and courage to do so.
- Say an extra prayer or two each day for people to better understand the life issues.
- Get a group of friends for pizza and end by going to Adoration together or saying the Rosary.
- Organize a lunch time prayer for each day of Lent.
- Get your school to pray a morning prayer for life during Lent. (attached)
- Pass around a Prayer for Life with your coworkers and invite them say it each day (see **FASTforward!** prayer)
- Join a few friends and form a simple prayer group dedicated to praying for life
- Spiritually adopt an unborn baby (www.spiritualadoption.com)
- Pray an intercession at every Mass for life
- Pray for an end to division and for all to grow in the love that God calls us to live
- Pray for all in the medical field to protect life and for their protections and freedoms
- Pray for the Holy Spirit to continue to give priests the wisdom to teach about why life is sacred and must be defended

**JOIN IN AND PRAY THAT TOGETHER WE WILL TRANSFORM THE WORLD
AS IT BECOMES FILLED WITH RESPECT FOR ALL LIFE!**

We have the power to change this world, through our actions, words and prayers! We are created in God's image and likeness and are called to become saints!! When we "run the race in such a way as to win the prize" we are on our way. We shall change the world...and ourselves! Expect in faith, that God hears and answers the prayers we ask in His name! So, let us begin the race.... Awesome changes can take place when we fast and pray as a community to end the culture of death and work toward building heaven on earth!

DON'T MISS OUT ON A CHANGE FOR LIFE THIS LENT!
LET'S GET TOGETHER AND MAKE EACH DAY COUNT FOR LIFE!
MOVE FORWARD IN A FAST FOR LIFE!



For more information on *FASTforward!* contact the Diocese of Green Bay Respect Life Office, Christina Pallini, Respect Life Consultant, at 920/272-8271 or by email at cpallini@gbdioc.org

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