



Please join us in observing...

A Day of Prayer and Penance for Life

MONDAY, JANUARY 23, 2012

(Marking the anniversary of the Roe vs. Wade Supreme Court decision legalizing abortion in the United States)

at

MARY, MOTHER OF THE REDEEMER CHURCH

North Wales, PA

Mark your calendar and plan to attend all or part of this solemn day's events. Penance and fasting* are encouraged throughout the day.

OUTLINE OF THE DAY'S SERVICES

- 9:00 AM** EXPOSITION OF THE BLESSED SACRAMENT (*in the church*)
- ROSARY FOR LIFE (*6th -8th grade students of Parish School, parishioners, and general public*)
- EUCCHARISTIC EXPOSITION THROUGHOUT THE DAY
- RECITATION OF THE ROSARY BY PARISH GROUPS (*all are invited*)
- 11AM Adoption Support Group, Mothers of Young Children, MoM Prayer Group
- 1PM Bereavement Ministry, Prayer Shawls, Prayer Chain
- 3PM Respect Life Committee
- 5PM: Knights of Columbus
- 7:30 PM** EVENING MASS

**Reference the reverse side for information on penance and fasting.*

PENANCE AND FASTING

Penance and fasting are two devotional practices that we hear about mostly during the Season of Lent. For many, they have a negative connotation. **Penance** is an action done to show repentance for wrongdoing or sin. **Fasting** means to abstain from all or certain foods or actions. No one likes to do these things, except perhaps the saints. The saints are examples to us of how we are to live, therefore, penance and fasting need to be a regular part of our lives. These practices may be done for our own spiritual benefit or for the benefit of others. Fasting, in particular, serves as a sacrifice to strengthen us. When we are hungry, we have a heightened sense of awareness. Fasting is a practice whenever we want to ask for an important grace from God. Fasting does not get God's attention, but by fasting, **our** thinking and feelings become clearer. Fasting purifies us and prepares us to pray more deeply. We have much to pray about in our world today and many sins for which to repent – our own and those of our society.

During the month of January, the Supreme Court decision ruling on abortion and privacy rights is our focus. On January 24th, we will be marking the 38th anniversary of this decision. This day, should be for us, as believers, one of penance and fasting for this sin of our country. On this day, we are all encouraged to make a conscious effort to pray and fast for all who are or have been involved in abortions. Let us be specific in our fasting. Fasting is more than giving up food; it is giving up something that we hang onto at the price of our own peace and well-being. It gives us a freedom of heart. May we pray for a change of heart for those who do not see abortion as evil. May we pray that we have the courage to stand for the Culture of Life. Let us pray that the gentle heart of Jesus may look upon us all and say "Father forgive them."

Suggested Readings from Scripture Referencing Penance and Fasting:

Matthew 3:1-6 Repentance; Matthew 6:16-18 Fasting; Matthew 7:1-5 Judging Others; Matthew 19:13-15 Blessing of Children; Mark 2:18-22 Fasting; Mark 9:14-29 Prayer; Luke 4:1-13 Temptations of Jesus; Luke 5:33-39 Fasting; Luke 11:9-13 Prayer; John 8:1-11 Woman Caught in Adultery; John 15:18-27 The World's Hatred; John 17 Pray of Jesus

