

How will you make this a Holy Time?

A Purposeful Apostles' Fast

Keep this list in a prominent place to remind you of your goals.

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**? _____

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



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