



40 DAY BREAD & WATER GUIDED PERSONAL FAST RETREAT - 2024

"Fasting purifies the soul, elevates the spirit, subjects the flesh to the spirit, gives contrition and humility to the heart, dissipates the darkness of concupiscence, appeases the ardor of pleasure and lights the light of chastity"

SAINT AUGUSTINE, Sermon 73



Many people are willing to fast, but for various reasons such as lack of guidance and support, most fail in their attempts. There is an abundance of spiritual blessings and graces, along with health benefits that come from fasting.

Before you begin, it is good to pray and discern the intentions for which you will offer the fast. It can be offered in thanksgiving, to ask for a grace, to overcome some weakness, temptation or sin, etc.

DETAILS:

- The fast begins on Wednesday, February 14, and ends on Holy Saturday, March 30, 2024.
- The fast consists of eating Bread and Water, Monday to Saturday and resting on Sundays.
- Prayers, bible readings, documents from fathers of the Church along with supporting videos will be provided to assist.
- It is highly encouraged to frequent the Sacraments of Holy Eucharist and Confession.
- It is also recommended to have sacramentals on hand, such as holy water, blessed salt and blessed cooking oil, more information on how to use them will be provided.
- Weekly meetings for guidance and to answer questions on Mondays at 7PM via zoom.
- Free will love offering.

FOR MORE INFORMATION OR TO SIGN UP VISIT THE CCRS OF MB WEBSITE:

www.catholicrenewalservices.com

NOTE: If you are not able to do the Bread and water fast, because of age, health restrictions/reasons or chronic disease/medication, you may still join the guided personal retreat to journey with other members of the group by selecting to "give up" something in proportion to the fasting program. Please pray, consult your medical practitioner and/or spiritual adviser as applicable.

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