

"LET US PRAY!"

40 DAYS of FASTING and PRAYER: September 14 to October 23

Bishop Joseph Brennan Calls us Together as a Diocese

LET US PRAY:

*For all who are living in fear. For all who have died or lost a loved one.
For the sick and the elderly. For an end to racism around us and within us.
For protection and deliverance from this pandemic.
For all who have suffered from wildfires.
For an end to violence and for the triumph of peace.
For our nation as we prepare for a presidential election.*

How Can we Participate in these 40 Days of Prayer?

- *A Prayer to Our Lady of Guadalupe to be said every day by everyone at home and at Mass*
- *A public outdoor gathering for the Holy Rosary. Daily Rosary encouraged.*
- *40 Hours of Eucharistic Adoration (offered at all parishes in various ways)*
- *An encouragement to engage in fasting in various ways*
- *Sunday and daily Mass whenever and wherever possible*

<https://dioceseoffresno.org/office-of-worship-and-christian-initiation/>

This link will lead you to . . .

- 1. A prayer booklet to be used during a Holy Hour of Prayer, especially during Eucharistic Adoration, read silently or out loud, either alone or in groups*
- 2. A Daily Prayer to Our Lady, which can be read online or printed*
- 3. Suggestions for fasting*
- 4. Special intentions to be used at Mass or in private prayer*
- 5. A booklet providing a Scriptural Verse for each Hail Mary of the Rosary*

All these materials are available in English and Spanish and can be either read online or printed. The prayer cards may be printed in color or black and white.