

Fast and pray with NCCW on November 20!

*Join NCCW's Second Annual
Nationwide Fast to Relieve Hunger, to
be held on the Thursday before
Thanksgiving*

Pope Benedict has said, "The Church cannot neglect the service of charity any more than she can neglect the Sacraments and the Word". (*Deus Caritas Est*, No. 22)

Unite with your council sisters in the service of charity. Join NCCW in observing a nationwide day of fasting and prayer on November 20, the Thursday before Thanksgiving, asking God to give his children the grace to work toward eliminating hunger from our world.

Suggestions for observing the day of fast:

- ▶ Fast in whatever way is right for you. Everything from eliminating between-meal snacks to a water-only fast can be productive, as long as it stimulates prayerful consideration of the needs of the poor. Reflect on how we might simplify our lives to make a larger share of resources available to others (the United States holds about five percent of the world's population, but we consume approximately 25 percent of its resources!).
- ▶ For prayers and readings you can use in conjunction with your fasting, visit <http://www.catholiccharitiesusa.org/poverty/pray.cfm>.
- ▶ Consider contributing the money you save by fasting to help alleviate hunger. Invite others to do the same.
- ▶ Learn more about world poverty by visiting the webpage of the Catholic Campaign Against Global Poverty, <http://www.usccb.org/sdwp/globalpoverty/>. This is a joint project of the U.S. Conference of Catholic Bishops and Catholic Relief Services. See also the Catholic Relief Services site at http://education.crs.org/get_involved.cfm. Find out about poverty in the United States at the website of Catholic Charities-USA's Campaign to End Poverty in America, <http://www.catholiccharitiesusa.org/poverty/>.

Join us. Let us all be a part of the solution.