

## Pledge to Fast on Fridays

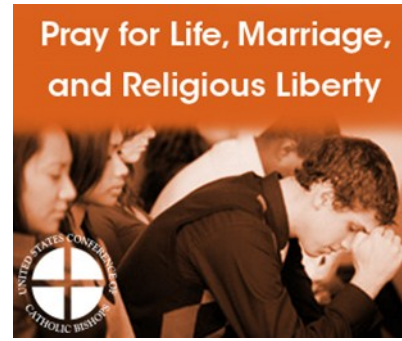
In this Year of Faith, the U.S. Bishops are encouraging Catholics throughout the country to offer their Friday acts of sacrifice and penance, and particularly to abstain from meat and fast on Fridays until Christ the King Sunday (November 24, 2013), for the intention of the protection of Life, Marriage, and Religious Liberty. Answer this call by making the pledge below, and invite others to join you!

**I pledge to join the bishops' call to prayer by fasting and abstaining from meat on Fridays for the intention of the protection of Life, Marriage and Religious Liberty.**

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Signature

Visit [www.usccb.org/fast](http://www.usccb.org/fast) to sign the pledge online and to sign up for weekly email and/or text message reminders.  
Text "FAST" to 99000



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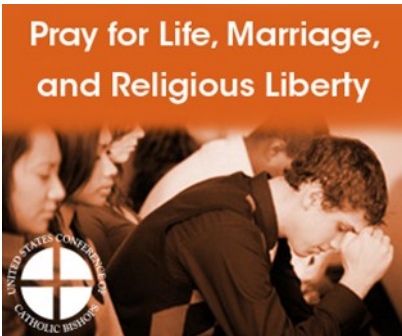
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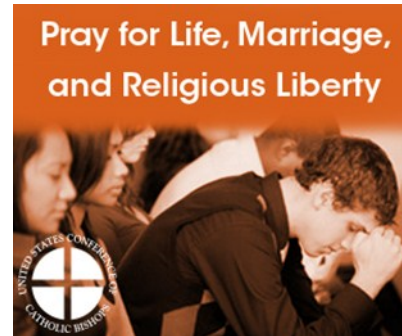
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