January 17: Friday Fast

**Intention:**
We pray that we can continue to serve the poor and needy while living out the fullness of our faith.

**Did you know?**
Each year, the President declares January 16th to be Religious Freedom Day, which commemorates the landmark adoption in 1786 of the Virginia Statute of Religious Freedom, drafted by Thomas Jefferson. The goal of this day is to promote and protect religious expression and to “observe this day through appropriate events and activities in homes, schools, and places of worship.”

**Reflection:**
In his exhortation, Evangelii Gaudium, Pope Francis urges Catholics and non-Catholics alike to serve the poorest among us. As Christians, we are called to serve Christ by serving and caring for our brothers and sisters. We do this every day in our schools, hospitals, and charitable organizations that seek to alleviate the suffering of the vulnerable.

Read Pope Francis’ recent words regarding Christ’s love for humanity and living out this love in our daily lives.

Archbishop Kurtz, President of the USCCB, has explained how the HHS mandate threatens our ability to serve the poor and vulnerable and how “forcing our ministries to divert funds from serving their neighbors to paying government fines will have real consequences for real people.” Let us pray that the administration, Congress, and the courts will allow us to serve others while living out the fullness of the Catholic faith.

**Quick Links**
- Join today! Jan 18-26: 9 Days for Life
- Join the Movement! (video)
- Call to Prayer webpage

VISIT WWW.USCCB.ORG/FAST TO SIGN THE FASTING PLEDGE & TO SIGN UP FOR WEEKLY E-MAIL REMINDERS & INTENTIONS, OR TEXT “FAST” TO 99000 TO RECEIVE WEEKLY TEXT MESSAGES.