



Friday Fast

For Life, Marriage & Religious Liberty

March 22: Fifth Friday in Lent

Intention:

For all who will march in the March for Marriage on Tuesday, or join spiritually from a distance, that they may witness boldly to the truth of marriage as the union of one man and one woman.

Did you know?

On Tuesday, March 26, a March for Marriage will take place in our nation's capital to show citizens' support for upholding marriage as the union of one man and one woman.

Information about the March can be found at the [March for Marriage website](#). Those who cannot participate in person are encouraged to participate spiritually by offering prayers and fasting on March 26.

Quick Links

- ⇒ [Call to Prayer webpage](#)
- ⇒ [Call to Prayer Facebook event](#)
- ⇒ [Past weekly intentions and reflections](#)

Reflection:

If you need a good reason to attend the March for Marriage, here's one: When Pope Francis was Archbishop of Buenos Aires, he encouraged the Catholic faithful [to participate in a march for marriage](#)! The Argentinean legislature was then considering a bill that would redefine marriage to include two men or two women. In a letter to Carmelite nuns in Argentina, then-Cardinal Bergoglio [said about the marriage debate](#), "At stake is the identity and survival of the family: father, mother and children. At stake are the lives of children who will be discriminated against in advance, and deprived of their human development given by a father and a mother and willed by God." ([Original Spanish here](#).)

In closing, the future Pope Francis wrote, "We look to Saint Joseph, Mary and the Child Jesus and ask that they fervently defend the family in Argentina at this particular time." Following our Holy Father's example, let us entreat the Holy Family to defend marriage and the family in the United States!

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.