



# Join together

with the Legion of Mary  
Our Lady of Miracles of Fatima  
every Wednesday for a day of

*Prayer* + **FASTING**

for an end to this pandemic.

*every Wednesday  
in November*

Let us come together for a fast\* to pray for relief from the physical, mental, emotional and economic effects of this pandemic.

\*health permitting





# Pandemic Prayer

(pray this at the start and end of your fasting day)

O Mary, you shine continuously along our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick, who at the Cross were near to the pain of Jesus, keeping your faith firm.

You, Salvation of the Roman people, know what we need, and we trust that you will provide for those needs so that, as at Cana of Galilee, joy and celebration may return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the will of the Father and to do what Jesus tells us, He who took our sufferings upon Himself, and took up our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.

WAYS  
TO FAST

Skip a meal • Drink water only • Sit in silence for 10 mins  
Pray "Come Holy Spirit" every time you walk through a door  
Skip coffee/tea • Limit internet time • Don't switch on the TV  
Read the Bible • Put away your device • Pray the Rosary