



DIOCESE *of* GAYLORD

Day of fasting and prayer in reparation for sins against the Fifth Commandment on Friday November 18, 2022

A voluntary (not obligatory) day of fasting and prayer in the reparation for sins against the Fifth Commandment (Thou shalt not Kill) will take place in the Diocese of Gaylord on Friday, Nov. 18, 2022. In our Catholic tradition, every Friday is a remembrance of the day our Lord suffered and died for our sins. In solidarity with our Lord's cross, we are being invited to offer a voluntary fast and prayers to "make up for what is lacking" in the Lord's suffering (Col.1:24). In particular, the passing of Proposal 3, which will enshrine an artificial "right" to abortion in the Michigan State Constitution, cries out for reparation. Fasting from a favorite food or snack and offering a devotion like the rosary or divine mercy chaplet, or ideally going to daily Friday Mass, will unite us to God in His promise that we will have life and have it to the full.