

30 HOUR Fast

**Serve the Elderly!!!
Jesus Help us be your
Hands & Feet**



What: Fast for 30 Hours & Serve the Elderly

When: Friday, February 26th-27th

Where: St. Joseph Catholic Church Waconia, MN

Who: 6th-12th Grade

Time: Friday 6:30pm-Saturday 7:15pm

(Start Fast at ~12:30pm on Friday)

Cost: \$20

REGISTER BY DEADLINE: Sunday, February 7th!

MUSIC Jesus Christ Confession Serve
sacrifice **Mass** GROW
LEARN LOVE LAUGH Pray



WHEN YOU ARE FASTING, DO NOT PUT ON A GLOOMY LOOK AS THE HYPOCRITES DO: THEY GO ABOUT LOOKING UNSIGHTLY TO LET PEOPLE KNOW THEY ARE FASTING. IN TRUTH I TELL YOU, THEY HAVE HAD THEIR REWARD. BUT WHEN YOU FAST, PUT SCENT ON YOUR HEAD AND WASH YOUR FACE, SO THAT NO ONE WILL KNOW YOU ARE FASTING EXCEPT YOUR FATHER WHO SEES ALL THAT IS DONE IN SECRET; AND YOUR FATHER WHO SEES ALL THAT IS DONE IN SECRET WILL REWARD YOU.

MATTHEW 6:16-18