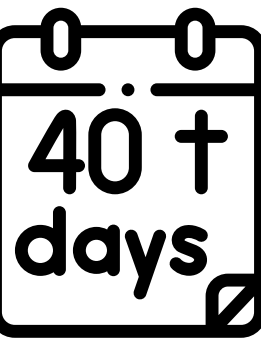


PRAY AND FAST FOR UKRAINE



*"Prayer linked to sacrifice is the most powerful force in the world."
Pope St John Paul II*



This represents you and your class



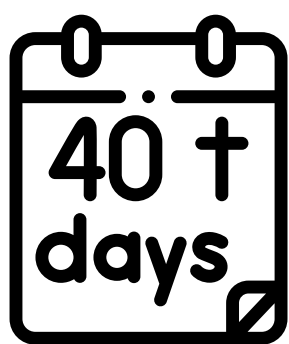
Think of some things you can 'fast' from on

Fridays during Lent



Remember that your prayers, fasting and fundraising will help the people in Ukraine

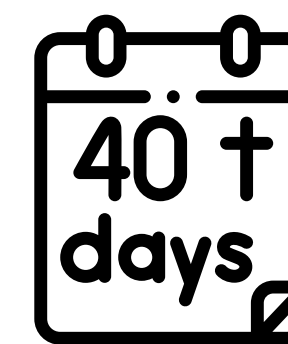




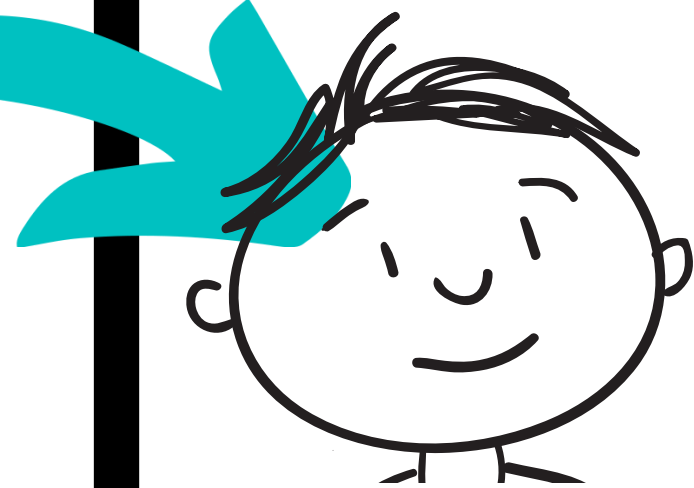
PRAY AND FAST FOR UKRAINE



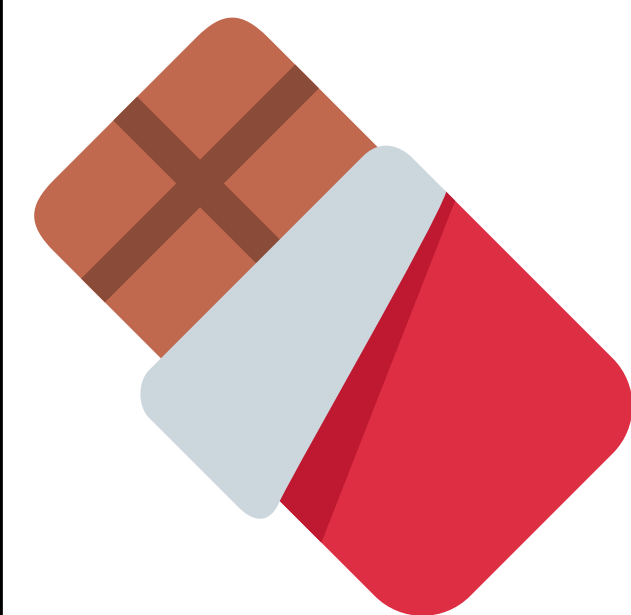
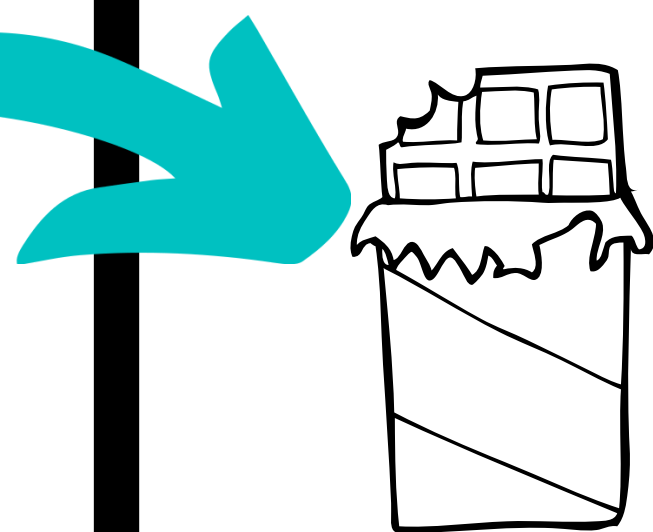
"Prayer linked to sacrifice is the most powerful force in the world."
Pope St John Paul II



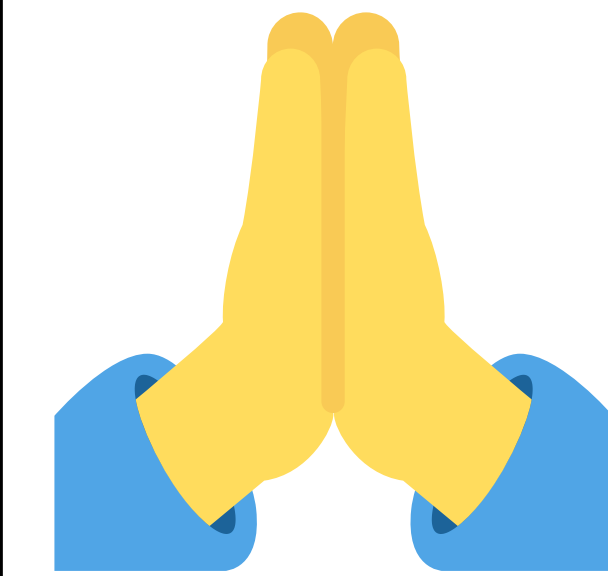
Your photo, name or drawing of yourself



The thing you are fasting from on Fridays



The extra thing you are going to do



GO TO MASS FOR SOMEONE IN UKRAINE!

Pray for Peace

AID TO THE CHURCH IN NEED



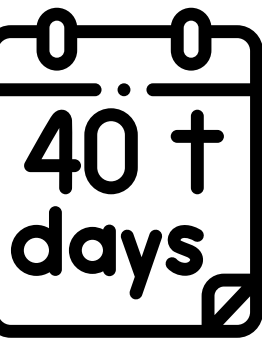
Remember to go to an extra Mass to pray for peace in Ukraine



PRAY AND FAST FOR UKRAINE



*"Prayer linked to
sacrifice is the most
powerful force in the world."
Pope St John Paul II*



OUR CLASS: _____
