

30-Day United TASTE Fast for Our Country **October 4 (feast of St. Francis of Assisi) through Nov 3 (Election Day)**

Based on Fr. Swink's request, we would like to encourage our women to review the lists below and prayerfully discern a minimum of 1 item from each category as a fast for our country. If anyone wants to choose several, that's fine too. If anyone discerns that 1 from each category would be challenging enough, that's fine too.

The bottom line is that we encourage everyone to select an item from each list that would be a sacrifice — it needs to pinch us and help us to grow. In choosing sacrifices, we need to discern what's impeding our relationship with the Lord and with the people He's placed in our daily lives.

Lord, I will praise you through my body

- I will eat three meals per day, with no snacking in between.
(A meal is defined as one main item and two side items.)
- I will do Intermittent Fasting (allow one period time each day for eating, if health allows).
- I will not eat sweets or desserts
- I will not drink alcohol, soda or add anything to my drinks.
- I commit to fasting on Wednesdays and Fridays. this fast will contain one full meal and the other two meals will be only one side dish and contain no meat.
- I commit to the Heroic Minute in which I wake up on my first alarm and not hit snooze.
- I will work out 5 times per week, but I will not push my body outside of my limits.
- I will do regular and challenging exercise (this may be 1 of the greater challenges for many)
- I will get 7 hours of sleep per night.

Lord, I will praise you through my soul

- I will spend 30 to 60 minutes per day in prayer which may include, a Holy Hour, Lectio Divina with the daily Gospel, the Rosary, Divine Mercy chaplet, a daily Examen, Morning Offering, Bedtime Prayers Angelus (6am, Noon, 6pm)
- I will attend Mass each Sunday (or Saturday evening) and daily Mass when I am able.
- I will resolve to let go of repetitive sin for which I struggle
- I will wear a Brown Scapular (Scapular Medal allowed) – Akin to Sackcloth
- I will receive the Sacrament of Reconciliation at least 1x month or immediately following grave sin

Lord, I will praise you through my mind

- I will abstain from social media (outside of work obligations)
- I will abstain from TV and movies and consume a moderate amount of news.
- I will not watch televised sports (this has been made easier for us)
- I will only listen to uplifting music, Catholic podcasts & radio & read spiritual books.
- I will not make any unnecessary purchases.
- I will not gossip or complain about things out of my control.
- I will ask the Holy Spirit how my time, talent and/or treasure may be used during these 40 days
- I am going to try not to multitask.
- I am going to limit my texting and call people instead.

Combined from:

<http://www.holyandhealthycatholic.com/flat-90>

<https://usgraceforce.com/40-days-for-america-forty-more-days-and-nineveh-america-will-be-overthrown/>