

OPTIONS FOR 24 JANUARY 2020 IF YOU DON'T ATTEND THE RESPECT LIFE PILGRIMAGE IN WASHINGTON D.C.



CHECK OUT ALL THE POSSIBILITIES:

- ☐ Attend **Holy Mass**
- ☐ Participate in the **Prayer Vigil** between 12:45 P.M. and Midnight at Our Holy Redeemer Church/Freeport
- ☐ Spend One Hour Before the **Blessed Sacrament**
- ☐ Read **the Holy Gospel** according to Saint Mark
- ☐ Pray the **Rosary**
- ☐ Pray the **Stations of the Cross**
- ☐ Pray the **Divine Mercy Chaplet**
- ☐ **Fast** - Limit Yourself to One Full Meal
- ☐ **Abstain** from Eating Meat
- ☐ **Pray-Pray-Pray**

