

## THE 2020 OCTOBER CHALLENGE



### JESUS IS ASKING YOU FOR A FAVOUR

Jesus would like you to do a fast for the month of October. Don't Panic! He's Leaving it up to you...

Will you make a sacrifice for Jesus and help change the world for the better?

Fasting is one of the surest ways to effect change!

WE ARE INVITING YOU TO JOIN US:  
IN OUR OCTOBER MISSION PROGRAM.

OUR LADY SAID THAT:  
"Prayer and Fasting can stop wars"  
Imagine what it can do in your life!

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### AND HERE ARE THE WAYS YOU CAN HELP

DOING EVEN ONE OF THE FOLLOWING  
CAN MAKE A BIG DIFFERENCE!

- Skip Tea & Coffee for one day a week during October.
- Avoid using Phones, Internet & TV every Friday during October, and if you think this is too much at least skip one of the above every Friday!
- Fast Wednesday & Friday each week of October on Bread & Water.
- Fast One day per week for the month of October on Bread & Water.
- If that is too difficult, Fast for One day in October on Bread & Water.

Do you want change?  
How much can you do?  
How much will you take on?  
How far will you go to change everything for the better?

Do you want to help a friend or family member?  
Take on fasting for that intention during the month of October.

Do you want to significantly increase the effect of your fast?  
Add prayer to your fast by saying an additional Daily Rosary.

To Signup for "The 2020 October Challenge" text 089 448 1656 or email fast@raphoemission.com stating the days you can fast along with your name and phone number, additionally please visit www.raphoemission.com or the RaphoeMission Facebook.

EVERYTHING IS POSSIBLE  
THROUGH PRAYER AND FASTING.

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