



**Then Mary said,
 "Here am I, the servant of the Lord; let it be with me according to your word."
 St. Luke 1: 38**

Fasting Retreat

led by
Rev. Fr. Abu Varghese Peter
 and other spiritual leaders

on
Saturday, August 2, 2014
 8 am - 7 pm

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| 8AM | Midnight Prayer | 1:30PM | Intercession Prayers for Various Needs |
| 9AM | Song Session and Bible Reading | 2PM | Meditation by Mrs. Shobha Biju |
| 9:25AM | Morning Prayer | 2:45PM | Song Session |
| 10AM | Meditation by Rev. Fr. Abu Varghese Peter | 3:15PM | Meditation by Mr. Shibu Thomas |
| 11AM | 3rd Hour Prayer | 4PM | 9th Hour Prayer |
| 11:30AM | Meditation by Dr. C. C. John | 4:15PM | Silent Meditation & Jesus Prayer |
| 12:15PM | Noon Prayer | | Confessions |
| 12:30PM | Silent Meditation & Jesus Prayer | 4:45PM | Meditation by Mr. Jerin Juby |
| | Confessions | 5:30PM | Silent Meditation & Jesus Prayer |
| 1PM | Song session | | Confessions |
| | | 6PM | Evening and Soothoro Prayers |

Please note the following:

- Confession will take place in the library rooms. Those who want to go for confession should sign the confession register and wait in the library room.
- No food is served during any of the sessions. Those who are sick or weak may bring their own medicine and food. Dinner will be served at the end.
- Silence is maintained throughout the day. All children will be engaged in the school area by designated persons.
- Bring your Bibles and notebooks.

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