

Fasting Brothers

in conjunction with Seven Sisters Apostolate

WHO WE ARE:

Fasting Brothers are **men who commit to fasting one day a week** in conjunction with their parish's Seven Sisters group (cf. SevenSistersApostolate.org) **exclusively for the intention of their pastor**. Sunday is excluded as it is the Lord's day and thus unsuited to penance.

WHAT WE DO:

Fasting Brothers each commit to a day of the week (other than Sunday) to **offer their fasts in union with the Eucharistic Holy Hour of a Seven Sister for their priest**. Each man chooses what type of fast he will offer, e.g. no food all day, only bread and water, not eating until 3 p.m.—whatever he discerns from the Holy Spirit. **It should be sacrificial.**

WHY WE FAST:

On the specific day of the week to which he has committed, a Fasting Brother offers his fast **solely for the intentions of the pastor**. These include: the priest's sanctification in general, specific spiritual and temporal needs, and his ever-deepening devotion to Our Lady, Mother of Priests. These mirror the Seven Sisters' intentions during their Eucharistic Holy Hours. It is also encouraged that the Fasting Brothers offer their **fasts for the priest's increased devotion to St. Joseph, model of fortitude and purity.**

WHY IT MATTERS:

Holy Mother Church is under attack like never before. **Our priests daily face the brunt of Satan's brutal assault.** Like officers bravely leading the charge into battle, our priests need the support of the entire Church Militant. Jesus tells us of how to fight the most powerful devils: "But this kind is not cast out but by prayer and fasting" (Matthew 17:21). The Seven Sisters provide the prayer and the Fasting Brothers complement it with their fasts. **We need both!**

HOW TO START:

Identify six men in your parish who are willing to put themselves on the line physically and spiritually for your pastor. Get a commitment from someone for each day of the week (except Sunday) and invite them to make a one-year commitment. Choose a solemnity on which to renew your commitment each year (such as the Solemnity of the Sacred Heart or Solemnity of Saint Joseph). Let your pastor and your local Seven Sisters group know when you're underway! **Godspeed!**