



THE TITULAR ROMAN CATHOLIC BISHOP OF PENANG DIOCESE OF PENANG

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PASTORAL DIRECTIVE FOR A DAY OF PRAYER & FASTING

Dear Clergy, Religious Brothers and Sisters, Lay Faithful and People of God,

I extend a heartfelt invitation to all the People of God in Penang, Perak, Perlis, Kedah, and Kelantan for **A Day of Prayer and Fasting, which will be observed from 6.00 am on Friday, 13th October 2023, to 6.00 am the following day, Saturday.** We will unite in prayer and fasting for the following specific intentions:

- 1) For the ongoing Synod on Synodality in Rome, taking place from the 4th - 29th October. ([click here](#))
- 2) For the restoration of justice and peace in the regions of Palestine and Israel. ([click here](#))
- 3) For the Young Priests' Gathering of Malaysia – Singapore – Brunei at Keningau, Sabah. ([click here](#))
- 4) For yourself.

To guide your reflections during this day, I recommend the readings of Friday of Week 27 in Ordinary Time.

First Reading | Joel 1:13-15, 2:1-2

"Order a fast..." (Joel 1:4)

Responsorial Psalm | Psalm 9: 2-3, 6, 16, 8-9

"The Lord will judge the world with justice..." (Psalms 9:8)

Gospel | Luke 11: 15-26

"Then know that the kingdom of God has overtaken you..." (Luke 11:20)

For those who may need guidance, here are some practical suggestions for observing this day of prayer and fasting:

- ✓ Consume one full meal and two smaller meals.
- ✓ Refrain from eating meat.
- ✓ Avoid desserts, snacks, tasty drinks and alcohol.
- ✓ Dedicate non-prime hours (11pm – 6am) for complete rest. If unable to rest, pray with Mother Mary.
- ✓ Listen more and speak less during conversations.
- ✓ Limit screen time and social media usage. Try to reduce the duration of use from the usual norm.
- ✓ Seek out for someone in need and offer them a meal today.

If you receive this directive after 13th October 2023, please find a suitable day for you to fast and pray.

Blessings for all in the Diocese of Penang and beyond.

Sincerely in Christ,

Sebastian Francis

**Cardinal Sebastian Francis
Bishop of Penang**