



## Nuns Against Gun Violence Lenten Fasting Sign-Up Form

Name: \_\_\_\_\_

I will fast from food during Lent:

- I will give up some food during Lent.
- My two smaller meals will not equal the size of my main meal.
- I will not eat meat during Lent.
- I will abstain from food one day a week during Lent.
- Other: \_\_\_\_\_

Other than fasting from food, in solidarity with all who work to end gun violence, I will \_\_\_\_\_

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Standing in solidarity with other sisters, I will make my fast public by

- Declaring that I am fasting and to what degree in letters to Congress
- Signing my name in a newspaper ad or other public notice
- Sharing my fast on social media
- Other: \_\_\_\_\_



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