



FAST24

5th to 6th APRIL 2019

FOR AN ADVENTUROUS 24 HOURS

Capture the *SPIRIT OF LENT* through
Catholic Faith Renewal Activities

- Fasting, Praying and Growing in Faith Together

FAST24 will begin with a Shared Meal on Friday 5th April at 6.30pm, followed by the adventure of an overnight sleep-out in cardboard boxes (that's if you are up to it!). We shall not have glum faces during our 24-hour fast (or abstinence) as the time will be made colourful through a myriad of spiritual & fun activities.

If you are not able to join us overnight, you may go home at night and return early next morning.

CHECK OUT fast24experience.wordpress.com

WORSHIP
SONGS

FUN
GAMES

INSPIRATIONAL
TALKS

TEAM
BUILDING

PRAYER &
ADORATION

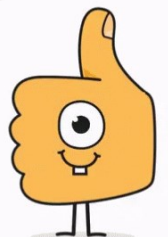
*"Blest are they who hunger and thirst for holiness;
they shall have their fill." (Matthew 5:6)*



GUEST PRESENTERS Sherlyn Khong & Sylvester Singh (Acts29Mission) at the first FAST24 (2016)

"FAST24 has been such a great experience to become closer to God. I enjoyed every part of it. I learnt the simplest things that helped me be a better person. I was really surprised that the fasting didn't affect me too much, and I was able to enjoy fasting because we did it together. I would love to come back and do this again."

FREE
EVENT



VENUE : St Christopher's Church - Hennessy Hall

5 Doon Avenue, Glen Waverley, off Blackburn Road

Starts Friday 5th April 6.30pm & ends with Sat 6pm Mass

For **DETAILS & TO REGISTER**, contact **Melissa Kwok 0430012903**

elevateyouthminister@gmail.com or fast24experience.wordpress.com/register

For the young &
not so young
ALL ARE WELCOME