

# WEIGHT LOSS CHALLENGE

## Featuring Fr. James

Join Fr. James as he takes a journey of weight loss during the season of Lent. Yes, you read it right, Father is on a mission to lose as much weight as he can during Lent. How can we help encourage him you may be asking? Well, we're glad you asked.

You can pledge a donation per pound of weight lost. For example, if by the end of lent if Father loses 20 pounds, and you pledged \$1.00 per pound, then you would send in \$20.00. The pledges will help keep Fr. James committed and all proceeds benefit Most Blessed Sacrament 100%. What do you have to lose?!

Just tune into our weekly bulletin or visit our website for weekly healthy recipes, workout ideas and fun facts. We thank you in advance for your support!

Brought to you by the Stewardship Committee

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Parishioner Name \_\_\_\_\_

\$1.00 Per Pound \_\_\_ \$2.00 Per Pound \_\_\_ \$5.00 Per Pound \_\_\_ \$10.00 Per Pound \_\_\_

Pledge your own amount \$ \_\_\_\_\_