



Intercessory prayer is a service that we do for our family, friends, neighbour, for all those, who are encountering difficult moments in their lives: ordeals, suffering, depression, unemployment, and separation...

We do not know what to do, but Jesus and Mary are waiting for our prayers in order to help those we have entrusted to them.

For those who are no longer able to pray, let us commit to giving a bit of our time, a bit of ourselves.

In practice, we commit to participating actively in a continuous chain of prayer and offering:

- **Either for an hour of prayer a month and preferable during the night,**
- **Or for a day of fasting a month,**
- **Or by daily offering up our joys and difficulties or suffering in union with the Intercessors.**

Don't forget, the Lord helps us with our weakness!

In our commitment, the most important thing is to unite ourselves with Our Holy Mother's YES and we will be filled with graces in the accomplishment of this beautiful mission.

The prayer intentions can be sent to via email if you wish on a monthly basis and every quarter, you will receive the spiritual newsletter, The Intercessors' Letter to sustain and help you in your prayer of intercession.

[→ Intercessors Transatlantic website.](#) [3]

[→ Click here to download the application form.](#) [4]

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