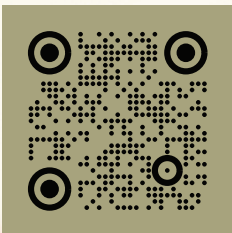


“One way we as covenant women can help care for those in need and keep the covenants we have made in the temple and at baptism is to prayerfully fast ‘with real intent’ and to offer a generous fast offering to help those in need.”

Sister Kristin M. Yee



Read Sister Yee's article "Relief Through Jesus Christ: The Power of the Fast"