



# PIONEER LENTEN CHALLENGE

Many people abstain from alcohol and take the  
Short-Term Pledge for the duration of Lent.

There are three rules of membership to be observed:

1. Abstain from alcoholic drink
2. Wear the Pioneer Emblem
3. Recite the 'Pioneer Prayer' twice daily

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*For Thy greater glory and consolation,  
O Sacred Heart of Jesus,  
for Thy sake to give good example,  
to practice self-denial, to make reparation  
to Thee for the sins of intemperance,  
and for the conversion of excessive drinkers,  
I will abstain for life from all intoxicating drinks.  
Amen.*



Download the membership form on [www.pioneers.ie](http://www.pioneers.ie)