

PALANCA AS SACRIFICE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Communion																				
Sacrificial Works (Posters, baking, meetings)																				
Study																				
Meditation/Prayer																				
Fasting																				
Travel (10 miles per link)																				

Mark and "X" for each 1/2 hour or 10 miles. Each "X" equals one link of the chain.