



ပြည်ထောင်စုသမ္မတမြန်မာနိုင်ငံတော်ကက်သလစ်ဆရာတော်ကြီးများအဖွဲ့ချုပ်

၂၉၂(က) ပြည်လမ်း၊ စမ်းချောင်း၊ ရန်ကုန်မြို့၊ ၁၁၁၁။

CATHOLIC BISHOPS' CONFERENCE OF MYANMAR (CBCM)

292(A) Pyay Road  
Sanchaung P.O  
YANGON 11111  
MYANMAR

G.P.O BOX 1080  
(+95) - (9) 5083866 - Executive Secretary  
(+95) - (9) 440166577 - Procurator  
(+95) - (9) 448736944, 942561365 - Reception  
E-mail: secrbcm@gmail.com

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Dear Children of God,

May the Peace of Jesus Christ be with you all.

For the Catholic Church, the Holy Lenten Season is the time to make more effort for penance, conversion of heart and the intimate relationship with God. In this Holy Season, the Catholic Church encourages the Catholic Faithful to do more prayer, fasting and charity.

We do need to make special prayers for PEACE in the world, especially in the Middle East and in Myanmar. We sincerely thank you for your prayers for PEACE too. His Holiness Pope Leo XIV also reminds that PEACE is built by the practical living of love, compassion and mutual understanding in daily life.

The Catholic Bishops' Conference of Myanmar (CBCM) has designated **26 March 2026 (Thursday)** as a special day of intense prayers and fasting for Myanmar and encourages all to do it.

At the same time, we further request all to continue doing the followings:

1. Prayers: That God gives His Peace to the world and to Myanmar and that there will be mutual understanding and progress in unity.
2. Fasting: Uniting with the suffering of Jesus Christ, that we offer our sufferings for the conversion and unity of hearts.
3. Charity: That we help and make donation for the poor and suffering people.

As we pray, let us keep in our heart the prayer of St. Francis of Assisi for PEACE.

In Love,

+ Charles

H. Em. Charles Cardinal Bo  
President  
Catholic Bishops' Conference of Myanmar



+ Noel

H. E. Bishop Noel Saw Naw Aye  
Secretary General  
Catholic Bishops' Conference of Myanmar