


March to  
Pentecost

# 50 DAYS FASTING CALENDAR



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>April 16<sup>th</sup></b> Start 6:00pm Drop all secular TV and radio programs. Christian programs, news and sports -only.	<b>17</b> Watch only Christian TV, News, Sports, & Documentary. No Entertainment tonight. Game Show okay.	<b>18</b> Watch only Christian TV, News, Sports, & Documentary. Game Shows okay..	<b>19</b> Watch only Christian TV, News, Sports, & Documentary. Game Shows okay..	<b>20</b> Watch only Christian TV, News, Sports, & Documentary. Game Shows okay..	<b>21</b> Watch only Christian TV, News, Sports, & Documentary. Game Shows okay..	<b>22</b> Watch only Christian TV, News, Sports, & Documentary. Game Shows okay...
<b>23</b> This week we drop all tea, sodas, & coffee. 100% Juice & water only.	<b>24</b> No Sodas, Coffee, Tea, or Energy Drinks, 100% Juice, and Water Only	<b>25</b> No Sodas, Coffee, Tea, or Energy Drinks, 100% Juice, and Water Only	<b>26</b> No Sodas, Coffee, Tea, or Energy Drinks, 100% Juice, and Water Only	<b>27</b> No Sodas, Coffee, Tea, or Energy Drinks, 100% Juice, and Water Only	<b>28</b> No Sodas, Coffee, Tea, or Energy Drinks, 100% Juice, and Water Only	<b>29</b> No Sodas, Coffee, Tea, or Energy Drinks, 100% Juice, and Water Only
<b>30</b> This week we drop all deserts. Pies, cakes, candy, ect.	<b>May 1<sup>st</sup></b> No Sweets or deserts of any kind.	<b>2</b> No Sweets or deserts of any kind.	<b>3</b> No Sweets or deserts of any kind.	<b>4</b> No Sweets or deserts of any kind.	<b>5</b> No Sweets or deserts of any kind.	<b>6</b> No Sweets or deserts
<b>7</b> This week we drop all beef, and pork from our plate.	<b>8</b> Chicken, Poultry, Fish, is the only meat you can eat.	<b>9</b> Chicken, Poultry, Fish, is the only meat you can eat.	<b>10</b> Chicken, Poultry, Fish, is the only meat you can eat.	<b>11</b> Chicken, Poultry, Fish, is the only meat you can eat.	<b>12</b> Chicken, Poultry, Fish, is the only meat you can eat.	<b>13</b> Chicken, Poultry, Fish, is the only meat you can eat.
<b>14</b> Drop chicken, turkey & all poultry. Fish and seafood are the only meat we can	<b>15</b> Fish and seafood is the only meat we can eat this week.	<b>16</b> Fish and seafood is the only meat we can eat this week.	<b>17</b> Fish and seafood is the only meat we can eat this week.	<b>18</b> Fish and seafood is the only meat we can eat this week.	<b>19</b> Fish and seafood is the only meat we can eat this week.	<b>20</b> Fish and seafood is the only meat we can eat this week.
<b>21</b> This week we drop all fish and seafood from our plate.	<b>22</b> Fruits, nuts, crackers, juice or water. Fruit smoothies okay, No chips or popcorn	<b>23</b> Fruits, nuts, crackers, juice or water. Fruit smoothies okay, No chips or popcorn	<b>24</b> Fruits, nuts, crackers, juice or water. Fruit smoothies okay, No chips or popcorn	<b>25</b> Fruits, nuts, crackers, juice or water. Fruit smoothies okay, No chips or popcorn	<b>26</b> Fruits, nuts, crackers, juice or water. Fruit smoothies okay, No chips or popcorn	<b>27</b> Fruits, nuts, crackers, juice or water. Fruit smoothies okay, No chips or popcorn
<b>28</b> Only fruits & vegetables, fruit juice okay, no nuts..	<b>29</b> Only fruits & vegetables, fruit juice okay, no nuts..	<b>30</b> Only fruits & vegetables, fruit juice okay, no nuts..	<b>31</b> Drop vegetables, Fruit, water, & Juice Only. Frozen juice okay	<b>June 1<sup>st</sup></b> Fruit, water, & Juice Only. Frozen juice okay	<b>2</b> <b>Beginning 6:00pm. Drop the Fruit. Drink Water &amp; Juice only.</b>	<b>3</b> <b>Drink Water &amp; Juice only. Frozen juice okay.</b>
<b>4</b> <b>Water Only.</b> Fast Ends at 1:00pm Day of Pentecost		<p><i>Celebrating Pentecost and Members Ordination &amp; Licensing Service June 4<sup>th</sup>, at 11:45AM</i></p> <p><i>Stay for the Banquet, Immediately after the worship service.</i></p>				