

# Law - Giver

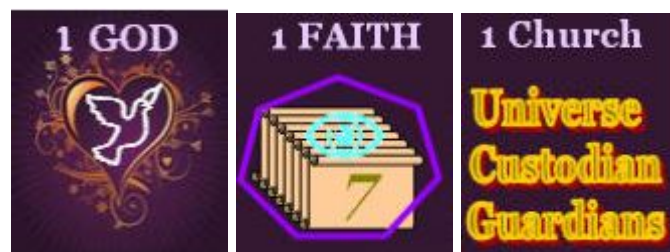
## *Manifest*

As it is written it shall be !

### Chapter 3

New-Age time

Welcome to a Wonderful World of Worshiping 1GOD



Year 13 Edition



# New-Age time-management

1 GOD's latest message the Law-Giver Manifest

1GOD 1FAITH 1Church Universe Custodian Guardians

**1GOD** created time to measure Beginning & End !

**1GOD'S** latest message the **Law-Giver Manifest** starts the **New-Age**. For the New-Age **1GOD** wanted new time-management introduced.

**'New-Age Time':**

**C-G Klock:** For short-term (hour) use. Replaces all other clocks.

**Daily-time-line:** 'Time-Triangle' ~ Daily-Routine ~ Daily-Prayer ~ Thank You Prayer ~ Daily-Fit ~ Sleep.

**Night-Curfew:** Mandatory for the well being of the human body & Habitat.

**C-G Planner:** Is part of your Daily-routine.

**Control-time:** Don't let time control you.

**C-G Kalender:** For medium-term time, 'Year'! C-G Kalender replaces all other calendars.

**Fun-Day themes:** Participating on Theme-Day's (celebration, memorial, shame) are an important & essential part of community living.

**Klock Comparison:** 21hour C-G Klock / 24 hour outdated pagan clock.

**BS-1:** (Bedding-standard) for a goods night rest.

**Switch year:** C-G Kalender / obsolete Pagan Calendar

**New-Age time-management** should not be misused to enslave or for profiteering & exploitation. Don't use Time to hurry a human body which is not designed for hurrying. There is no need for speed.

**1GOD is waiting to here from YOU !** 

## TIME – Prayer

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Thanks' You for giving us a beginning & an end  
Time to be measured, Time to plan, Time to enjoy  
Help me to control time so it will not enslave  
I try not to hurry or rush  
For the Glory of **1GOD** & the Good of Humankind



This prayer can be said any day, alone or in a group in anyplace.



# C - G K L O C K

**Custodian-Guardian KLOCK** (C-G Klock) for short-term (hour) time-management, replaces all other clocks (Compare 24h v 21h):  
 a day has 21 hours > 1 hour has 21 minutes > 1 minute has 21 seconds >  
 1 second has 21 blinks > 1 blink has 21 flashes > 1 flash has 21 clicks !

C-G Klock			D	h	m	s	b	f	c
1	D	Day	1						
21	h	hour	1	21					
21	m	minute	1	21	441				
21	s	second	1	21	441	9,261			
21	b	blink	1	21	441	9,261	194,481		
21	f	flash	1	21	441	9,261	194,481	4,084,101	
21	c	click	1	21	441	9,261	194,481	4,084,101	85,766,121

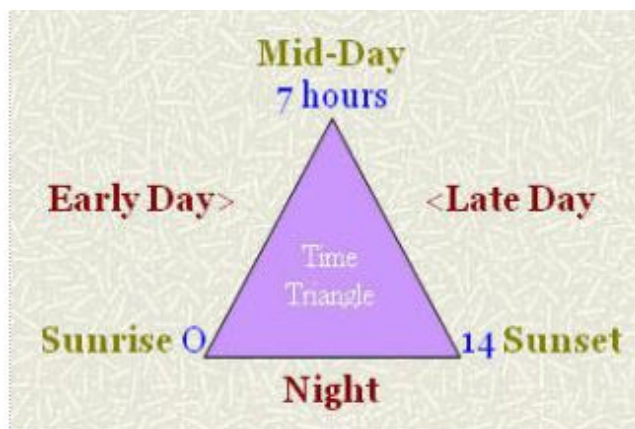
Clock & watch use in 3 line display:

**14h-12m-16s** **Line 1:** the 14th hour, 12 minutes & 16 seconds.  
**207 dy - 4 dw** **Line 2:** 207th day of year, 4th day of week (mid-week).  
**Y1-M8-W2-D4** **Line 3:** **Year 1 - Month 8 -Week 2 - Day 4**  
 or: Mid-week of Week 2 in Jupiter-month of Year 1.

The stop-watch would also display blink, flash & click time ... The C-G Klock is displayed by clock, watch & stop-watch. Ask your watchmaker to get you 1 (21h clock, watch, stopwatch).

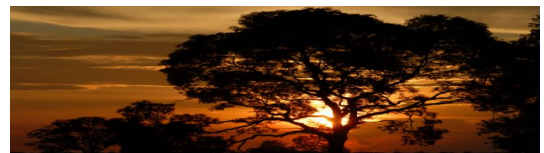
0 hours is set every year after the shortest night at Sunrise. Every 73 days (5x a year) 0 hour is reset (daylight-saving). Daylight-saving is needed to get up as close to sunrise as possible. Getting up at sunrise is natural & healthy.

## Time - Triangle



**Day start:** 0 hours **Sunrise**  
**Early Day** is from 0 - 7 hours  
 7 hours is **Mid-Day**  
**Late Day** is from 7 - 14 hours  
 14 hours is **Sunset**  
**Night** is from 14 - 21 hours

Mandatory Night-Curfew:  
 from 14-21 hours.



## DAILY - ROUTINE a human need

A 'Daily-routine' is essential to meet 'Obligation 2 (Protect the human body)' & be ready to face upcoming challenges. Get up, have a glass of filtered water, go toilet, do 'Daily-Fit (Exercises)', worship 'Daily-Prayer', wash face & hands, have breakfast & get dressed. Check your 'Planner'. Now your ready for challenges. 'Have a Good-Day, may **1GOD** Bless you'.

### DAILY – Prayer



Dear **1GOD**, Creator of the most beautiful Universe

Help me be clean, compassionate & humble

Using the 7 Scrolls as guide:

I will protect your creations & Punish Evil.

Stand up for the unfairly attacked, disadvantaged, weak & needy

Feed the hungry, shelter homeless & comfort sick

Proclaim: **1GOD**, 1FAITH, 1Church, Universe Custodian Guardians

Thank you for today

Your most humble faithful custodian-guardian (1<sup>st</sup> name)

For the Glory of **1GOD** & the Good of Humankind



This prayer should be said everyday, alone or in a group in any-place you like, facing the rising sun eyes closed. Recited at the Gathering.

A 'Daily-routine' includes cleanliness & feeding not only of I but all other people & creatures depending on you. Wash hands after every toilet visit & be -fore every feed. Wash face before every feed. Brush teeth & wash whole body before going to bed. Feed 5 times a day: 'Breakfast, Early Day-snack, Lunch, Late Day-snack,Dinner'.

**Note!** Before every feed You worship: **Thank\_You\_Prayer**

### THANK YOU – Prayer



Dear **1GOD**, Creator of the most beautiful Universe

Thank you for supplying me with Daily drink & food

Living by your latest message

I endeavor to be deserving nourishment every day

May I be spared agonizing Thirst & numbing Hunger pains

Your most humble faithful custodian-guardian (1<sup>st</sup> name)

For the Glory of **1GOD** & the Good of Humankind



Use this prayer before every feed!

A 'Daily-routine' includes being good & punishing Evil. Being good involves doing 'Random acts of Kindness'. Be kind to I, to people around you, the community, other creatures, the habitat... **1GOD** loves Random acts of Kindness. Punish Evil every-time use the '**Law-Giver Manifest**' as guide.

Endeavor to 'Seek, gain & apply Knowledge', '**Learn & Teach**' & pass on 'Life-experiences'. Learning, Teaching passing on Life

-experiences are essential to a useful **1GOD** pleasing existence. These activities help in 'harmonizing' with the surroundings & survival of species.



Rest is needed for survival & good health. The main rest is '**Sleep**'. Sleep ends the Daily-routine. 1hour should have passed since feed & cleansing. Worship 'Sleep-Prayer'. To get restful revitalizing sleep the bedroom must be as dark as possible & an absence of internal & external noise is a must. **Night-Curfew** makes this possible. **Note!** 'Shire' must implement 'Night-curfew'.

## Hints

When going outside always wear suitable 'Protective-clothing'. To protect (eyes, hair, skin & feet) the human-body from climate, disease & pollution.

When doing Daily-Fit (Exercises) use commonsense on how fast to reach maximum repeats. Exercising 1 day & not exercising the next is not beneficial.

When feeding avoid unhealthy Nourishment e.g. (GM) Genetic modified food Alcohol, Fructose, Manufactured-food.

When using your Planner at work or study don't let Time control You! Time is not to be used to hurry people. The human body is not designed for hurrying.



**Day start:** 0 hours Sunrise ~

**Early Day** is from 0 - 7 hours ~ 7 hours is Mid-Day ~

**Late Day** is from 7 - 14 hours Sunset ~ **Night** is from 14 - 21 hours

## Daily N O U R I S H M E N T

Daily must have, is drinkable water. Water is cool filtered, drink a glass (0.2l) 7 times (Morning, Breakfast, Early Day-snack, Lunch, Late Day-snack, Dinner, Night). A total of 1.4l.



The 7 glasses of water may be supplemented with other water-based drinks: **Ground-Coffee, Cocoa-powder, Herbal-Teas, Black-Tea, Green -Tea.** These may be served hot or cold. **Vegetable-Juices** are good. **No Fruit-juice! No lemonade! Diets' biggest No! No! is FRUCTOSE.**

Every week-day needs to have a theme: e. g. **Day1: Vegetables;**  
**Day2: Poultry;** **Day3: Mammal;** **Mid-week: Reptile;** **Day5: Seafood;**  
**Week-end: Nuts & Seeds; Fun-Day: Insects.**

Breakfast includes, Bread, Honey, Herbs, Spices, egg, onion,..  
Early Snack includes, Bread, Margarine, Herbs, Spices, grated  
cheese, onion,..

Lunch includes, is to include Salad,..

Late Snack includes, Fruit & / or Nuts & / or berries.

Dinner includes, **Vegetables, Day-theme,..**



7 Foods that should be eaten daily: Fungi (mushroom), Grains (barley, lentil, maize, oats, millet, quinoa, rice, rye, sorghum, wheat), Hot Chillies, Onions (brown, chives, garlic, green, leek, red, spring), Parsley, Sweet-Capsicum, Vegetables (asparagus, beans, broccoli, cauliflower, carrots, sprouts,...).  
Diet-No-No's: Manufactured-food, & Genetic modified food.

## DAILY- EXERCISES a human need...

Daily-exercises a good-health must are part of the Daily-routine. They are completed every morning. Daily-exercises increase: all-round well-being, blood-circulation, brain-activity, food digestion, mating-urge, muscle-toning, self-esteem, stimulation of immune system. The 7 exercises are: Chest, Windmill, Door frame, Dumbbell, Kneeling, Hook, Swivel. All 7 exercises are for HE & SHE & are repeated.

Start with 1 repeat & increase to a maximum of 21. Use commonsense on how fast to reach maximum repeats. Persisting with daily repeats is beneficial. Exercising 21 repeats 1 day & not exercising the next is not beneficial. After finishing the exercises stand erect & breath in deeply then exhale to the maximum do this 3 times. Continue with your Daily-routine. **Note !** Not exercising is a sign of total disregard for the body, low self-esteem, laziness.

**Chest Exercise 1:** Stand tall, arms bent horizontal to the floor (t shape) thumbs touching chest. Now snap arms back as far as possible. Then snap arms to the original bent position. **REPEAT !**

**Windmill Exercise 2:** Stand tall, arms outstretched sideways horizontal to the floor (t shape). Focus your vision on a single point straight ahead. Start turning clock-wise (l. to r.). Focusing on the vision point until the turning body forces you to lose it. Keep turning refocusing as soon as possible. Keep turning to the point of dizziness or 21 turns whichever comes 1st. **Breath** deeply walking a few steps steadying yourself. **Note!** Beginners should begin with 1 turn increasing to a maximum of 21 turns.

**Warning!** Always stop when starting to feel dizzy.

**Door frame Exercise 3:** Stand erect in open door frame with feet hipwidth apart elbows bend upwards at right angle (90°, trident shape). Press elbows against sides of door frame until you feel tension between shoulder blades, hold (count 3), release tension. **REPEAT !** After releasing tension from the last repeat inhale through the nose evenly filling the lungs to max, hold (count 3), then slowly exhale through mouth to max.

**Dumbbell Exercise 4:** 1 dumbbell is used HE(4kg), SHE(2kg). **Do not use 2 Dumbbells.** Stand erect with feet hipwidth apart elbows to your sides palms facing forward. Pick up dumbbell with left hand bending your elbow until the forearm is at right angle (90°). Slowly squeeze bicep, lifting dumbbell up towards shoulder, hold (count 3), then slowly lower dumbbell to starting position **repeat** (1-7). Change to right arm **repeat** (1-7). Do 3 left & 3 right.

**Kneeling Exercise 5:** Kneel on a prayermat (protect knees) body erect, hands firmly placed against buttock. Incline head forward until chin touches chest. Now slowly tip head back as far as it will go, at the same time lean back as far as possible keeping your hands firm on the buttocks. **REPEAT !**

**Hook Exercise 6:** On a prayer-mat (protect from cold) lie flat on your back, extended arms palms down against body. Now slowly incline head forward until chin touches chest at the same time lift your legs, knees straight, vertical (90°), hold (count 3), then slowly return (head & legs) to beginning. **REPEAT!**

**Swivel Exercise 7:** On a prayer-mat (protect from cold) lie flat on your back, extended arms palms down. Now bent knees heels touching buttock. Keeping palms firm on mat swivel knees to the right until they touch mat. Then swivel knees to the left touching the mat. Repeat right & left swivel counting each left swivel. Do 21!

## S L E E P

1/3 of everyday is spent lying down, part of this entails sleeping.



Sleep is needed for survival of human-body. 7 hours should do. Lack of sleep leads to death but only after a very painful transit through depression & outbursts of insanity.

To get restful revitalizing sleep the bedroom must be as dark as possible & an absence of internal & external noise is a must. Local Government (Shire) must implement Night-curfew. **Note!** It is normal to have 2 sleeps with a break in-between. 1st sleep is about 3.5 hours with an up to 1.5 hour break followed by a 3.5 hour sleep.



During the 1.5 hour sleep break. People get up, go toilet,... Before lying back down do the night-time exercises & have a glass of water. Those that do not get up, pray, read, write, couples chat, mate (during the sleep break people are more relaxed better at conceiving), ...

### N I G H T – T I M E exercises

It is normal to have 2 sleeps with a break in-between. Should you get up (e.g. to go to the toilet), on returning sit on the bed's edge, drink some water & do the following exercises (All exercises are done while sitting on the bed's edge knees shoulder-wide apart). **Every-time you get up do a different exercise.**

**1st Exercise:** Place the palms\* of your hands against the outside of your knees. Press hands inward & knees outward, hold 7 seconds (You feel tension in arms, legs & shoulder). Relax, take a breath, no repeats, sip water, lie down, sleep well. \*variation use fists.

**2nd Exercise:** Make fists\* place them against the inside of your knees. Press fists outward & knees inward, hold 7 seconds (You feel

tension in arms, legs & stomach). Relax, take a breath, no repeats, sip water, lie down, sleep well. \*variation use flat palms.

**3rd Exercise:** Bend arms (90%) at chest level turn left hand upwards bending fingers, turn right hand downward bending fingers. Interlock fingers tight. Now pull hands in opposite direction, hold 7 seconds (You feel tension in fingers, arms, & chest). Relax, take a breath, no repeats, sip water, lie down, sleep well.

**4th Exercise:** Bend arms (90%) at chest level turn left hand upwards, turn right hand into fist. Place fist into hand & press down at the same time press open hand upwards, hold 7 seconds. Reverse sequence, hold 7 seconds (You feel tension in hands, arms, neck & chest). Relax, take a breath & sip of water lie down, sleep well. No repeats.

People with tense back add this exercise to each exercise: Place hands on knees. Tilt head back bend back then rock forward without losing contact with knees (You feel tension in arms, back & stomach). Relax, take a breath, 7 repeats, sip water, lie down, sleep well.

**Note!** People who sit a lot during day-time. Are to do 1 of the night-time exercises in rotation every 2 hours.

## It's your body! Keep it Fit!

There are prerequisites before lying down to sleep.

It should be dark, it should be night. To get restful re-vitalizing sleep the bedroom must be as dark as possible. An absence of internal & external noise is a must 'Shire' must implement 'Night-curfew'.

1 hour should have passed since the last feed. Brush teeth & wash whole body before going to bed. Worship 'Sleep-Prayer'.

**1GOD** is waiting to here from YOU ! 

### S L E E P – Prayer

Dear **1GOD**, Creator of the most beautiful Universe  
Protect me when I'm most vulnerable  
Protect me from unsettling & Evil thoughts  
Let me have restful, healing & re-vitalizing sleep  
Don't let worry disrupt my dreams & sleep  
Let me only remember the sweet dreams  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used before going to Sleep !





Have Drinking-glass (no plastic) filled with 0.2l of filtered water (nothing added) on each Bedside-table. Every night before going to bed put glass on Bed-side table. **Note!** Drink during night every time after you visited a toilet & when having a dry throat, drink rest when getting up in the morning.

Have 1 Gold-tone glass bowl (1 only for doubles) containing herbal concoction on window side Bedside-table! Aroma therapie for the bedroom.

### In the morning after 7 hours of sleep

Get up, have a glass of filtered water, go toilet, do 'Daily-Fit (Exercises)', worship 'Daily-Prayer', wash face & hands, have breakfast & get dressed. Check your 'Planner'. Now your ready for Life-experiences. When going outdoors wear 'Protective-clothing' & Head-protection (H-ps1).

## NIGHT – CURFEW



The human body was not designed to be nocturnal. Humans misused their brain-power to create a nocturnal lifestyle. This lifestyle is not beneficial to good health. Therefore a night-curfew is needed for good health.

A 7 hour Night-curfew from 14-21 hours (22- 6 hours, 24 hour Pagan-clock) is mandatory. For good health, reduction in energy consumption, reduction in pollution & protection of wildlife. Reduction in crime, reducing cost to government & encouraging multiplication.

Nobody works (everything is closed) except minimum emergency personal. No energy is to be used except for emergency or heating! 1 public news radio station is allowed all other entertainment is switched off! No manufacturing, office, or retailer is to operate or use energy! Homes can use heating in extreme cold.

Night-curfew needs to be mandatory. For the well being of the human-body & local Habitat. A Shire enforces Night-Curfew through Shire-Rehabilitation **MS/R1** Repeat-Offenders are passed on to Provincial-Rehabilitation **MS/R3** Night-Curfew to **SAVE PLANET EARTH!!**

# C-G P L A N N E R / Planner-Prayer

**1GOD** created time to measure Beginning & End of everything.

The N-A t / C-G Planner is referred to every morning as part of a daily routine. Use the Planner as guide do not let time control You! Time should not be used to hurry people. The humanbody is not designed for hurrying.



Start by saying the:

## P L A N N E R – Prayer



Dear **1GOD**, Creator of the most beautiful Universe  
Help me plan my Daily-routine  
I shall analyze & review my plan  
I will encourage others to use a Planner  
Thank you, for my Planner  
I endeavor to use it for short & long-term planning  
For the Glory of **1GOD** & the good of humankind



This prayer is used in the morning part of the 'Daily-Routine'!



## Planner Specifications

Order of Pages & instructions: Daily: Routine, Prayer, Fit. Contacts: Emergency, Addresses. Prayers: Plan, Planner, Time

Planner\* page is split into 2 columns: 'Plan' / 'Analyze'

**\*Note!** Weekly-Planner: 52 pages only. Daily-Planner: 365 pages only.

Appendix of Pages & instructions:

Time: C-G Klock, Night-Curfew, C-G Kalender, Fun-Day themes

Passover-Planner: 1 page only. Quattro-Planner: 1 page only

7Scrolls (Overview), Map, Measures

Plus! Empty pages to write down 'Ideas'.

**U S A G E :** Fun-Day analyze your actions against current plan & enter your plans for the coming 6 days (days 1-6). Yearly planning should start with a:

## P L A N – Prayer



Dear **1GOD**, Creator of the most beautiful Universe  
Hear my plan & Please support my plan  
I shall plan weekly, yearly & quattro yearly  
Help me plan wisely with a hint of boldness  
Thank you, for my Planner



Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
For the Glory of **1GOD** & the good of humankind

This prayer is used before doing yearly planning!



Every Passover analyze your actions against current yearly plan & enter your plans for the coming year. Quattro-years: analyze your Quattro-years (4) actions against current 4 year plan. Then enter your coming 4 years plan.

## **C O N T R O L - time**

**1GOD** created time so (Day1) we can measure Beginning & End of anything.

Humans created time-management to control-time. In the imperfect Universe time is vague & not precise. Greed embraced time-management to control-time, the rush-job & time-slave were created.

**1GOD** created time & set the example to control-time. Work 5 days on day 6 evaluate your achievement, complete any unfinished work & plan next weeks work. On day 7 rest enjoy life have a Fun-Day! **Note !** The weekly work-plan is done on day 6 & the weekly family plan on day 7!

Humans use time-management to control-time. A combination of processes, tools & techniques are used to achieve this. E. g. :

Each data that crosses your desk: act on it, file it, or toss it.

Make time for important things, not just urgent ones.

Set a starting time & deadline for each project.

Slice up big projects to bite size steps then decide order of steps.

Don't panic do the best you can.

If you run out of steam on a project, switch to another.

Don't rush stay in control of time.

**Greed** embraced time-management to control-time.

Greed created rush-jobs (piece work) to increase profit.

Greed created time-cards to turn workers into time-slaves.

Greed created Just-in-Time inventory time-management to increase profit.

Side-effects of hurrying & rushing! To hurry or rush results eventually in accidents, shoddy work & anxiety. Leaders that hurry or rush are unfit to lead! Leaders that force others to hurry or rush are unfit to lead!

**1GOD** did not rush with any of the creations! **1GOD** did not design the human-body to hurry or rush. To hurry or rush is a health-hazard: Accidents, Addictions, Anxiety, Depression, Heart-decease, High-blood pressure, ...

Time should not be used to hurry people.  
There is no need for speed.

# C - G KALENDER

## 1. Star-month

W 1	01	1	C	001	2	002	3	003	4	004	5	005	6	006	7	F	007
W 2	02	1		008	2	009	3	010	4	011	5	012	6	013	7	F	014
W 3	03	1		015	2	016	3	017	4	018	5	019	6	020	7	C	021
W 4	04	1		022	2	023	3	024	4	025	5	026	6	027	7	F	028

## 2. Sun-month

W 1	05	1		029	2	030	3	031	4	032	5	033	6	034	7	C	035
W 2	06	1		036	2	037	3	038	4	039	5	040	6	041	7	F	042
W 3	07	1		043	2	044	3	045	4	046	5	047	6	048	7	F	049
W 4	08	1		050	2	051	3	052	4	053	5	054	6	055	7	M	056

## 3. Mercury-month

W 1	09	1		057	2	058	3	059	4	060	5	061	6	062	7	C	063
W 2	10	1		064	2	065	3	066	4	067	5	068	6	069	7	F	070
W 3	11	1		071	2	072	3	073	4	074	5	075	6	076	7	F	077
W 4	12	1		078	2	079	3	080	4	081	5	082	6	083	7	M	084

## 4. Venus-month

W 1	13	1		085	2	086	3	087	4	088	5	089	6	090	7	C	091
W 2	14	1		092	2	093	3	094	4	095	5	096	6	097	7	S	098
W 3	15	1		099	2	100	3	101	4	102	5	103	6	104	7	F	105
W 4	16	1		106	2	107	3	108	4	109	5	110	6	111	7	F	112

## 5. Earth-month

W 1	17	1		113	2	114	3	115	4	116	5	117	6	118	7	C	119
W 2	18	1		120	2	121	3	122	4	123	5	124	6	125	7	F	126
W 3	19	1		127	2	128	3	129	4	130	5	131	6	132	7	C	133
W 4	20	1		134	2	135	3	136	4	137	5	138	6	139	7	F	140

## 6. Moon-month

W 1	21	1		141	2	142	3	143	4	144	5	145	6	146	7	C	147
W 2	22	1		148	2	149	3	150	4	151	5	152	6	153	7	S	154
W 3	23	1		155	2	156	3	157	4	158	5	159	6	160	7	F	161
W 4	24	1		162	2	163	3	164	4	165	5	166	6	167	7	F	168

## 7. Mars-month

W 1	25	1		169	2	170	3	171	4	172	5	173	6	174	7	C	175
W 2	26	1		176	2	177	3	178	4	179	5	180	6	181	7	F	182
W 3	27	1		183	2	184	3	185	4	186	5	187	6	188	7	C	189
W 4	28	1		190	2	191	3	192	4	193	5	194	6	195	7	F	196

## 8. Jupiter-month

W 1	29	1		197	2	198	3	199	4	200	5	201	6	202	7	C	203
W 2	30	1		204	2	205	3	206	4	207	5	208	6	209	7	S	210
W 3	31	1		211	2	212	3	213	4	214	5	215	6	216	7	F	217
W 4	32	1		218	2	219	3	220	4	221	5	222	6	223	7	F	224

## 9. Saturn-month

W 1	33	1		225	2	226	3	227	4	228	5	229	6	230	7	C	231
W 2	34	1		232	2	233	3	234	4	235	5	236	6	237	7	F	238
W 3	35	1		239	2	240	3	241	4	242	5	243	6	244	7	C	245

W 4 36 1 246 2 247 3 248 4 249 5 250 6 251 7 F 252

### 10. Uranus-month

W 1 37 1 253 2 254 3 255 4 256 5 257 6 258 7 C 259

W 2 38 1 260 2 261 3 262 4 263 5 264 6 265 7 S 266

W 3 39 1 267 2 268 3 269 4 270 5 271 6 272 7 F 273

W 4 40 1 274 2 275 3 276 4 277 5 278 6 279 7 F 280

### 11. Neptune-month

W 1 41 1 281 2 282 3 283 4 284 5 285 6 286 7 C 287

W 2 42 1 288 2 289 3 290 4 291 5 292 6 293 7 F 294

W 3 43 1 295 2 296 3 297 4 298 5 299 6 300 7 C 301

W 4 44 1 302 2 303 3 304 4 305 5 306 6 307 7 F 308

### 12. Pluto-month

W 1 45 1 309 2 310 3 311 4 312 5 313 6 314 7 C 315

W 2 46 1 316 2 317 3 318 4 319 5 320 6 321 7 F 322

W 3 47 1 323 2 324 3 325 4 326 5 327 6 328 7 C 329

W 4 48 1 330 2 331 3 332 4 333 5 334 6 335 7 F 336

### 13. Solar-month

W 1 49 1 337 2 338 3 339 4 340 5 341 6 342 7 C 343

W 2 50 1 344 2 345 3 346 4 347 5 348 6 349 7 F 350

W 3 51 1 351 2 352 3 353 4 354 5 355 6 356 7 C 357

W 4 52 1 358 2 359 3 360 4 361 5 362 6 363 7 F 364

### 14. Passover-month

1 C 365 Passover

#### Quattro-years

1 C 365 2 C 366 Quattro-Passover

C > Celebration-day, F > Fun-day, M > Memorial-day, S > Shame-day.

Advantages of C-G Kalender:

1 calendar lasts forever. Each day falls on the same day every year.

**Standard-Year:** (365 days) 14 month (13 months 28 days each, 1 month has 1 day) 52 weeks (each week has 7 days)

**Quattro-Year** (every 4 years) : (365 days) 14 month (13 months 28 days each, 1 month has 2 days) 52 weeks (each week has 7 days)

Quattro-Years : 0, 4, 8, 12, 16, 20, 24, 28, 32, 36, 40, 44, 48, 52, 56, 60, ...

Kalender usage: E .g. birthday every year falls on same day.

Born on day 1 of year 10, **10.1.1.1** > Year 10, Month 1, Week 1, Day 1. ~

E. g. Day 1 Passover in year 71, **71.14.1** > Year 71, Month 14, Day 1.

E. g. Day 2 Quattro-Passover in year 52, **52.14.2** > Year 52, Month 14, Day 2.

NOTE ! Passover & Quattro-Passover have no week.

Naming: **Week & Day/Day**

#### Week 1

Day 1  
1<sup>st</sup> Day

#### Week 2

Day 2  
2<sup>nd</sup> Day

Mid-week  
3<sup>rd</sup> Day

#### Week 3

Day 4  
4<sup>th</sup> Day

#### Week 4

Day 5  
5<sup>th</sup> Day

#### Weekend

Weekend  
6<sup>th</sup> Day

#### Week 4

Fun-Day  
7<sup>th</sup> Day

## Fun-Day themes

<b>Star-month</b>	New-Year Day 1.1.1	Shire Day 1.3.7
<b>Sun-month</b>	Blossom Day 2.1.7	Victims' of Crime Day 2.4.7
<b>Mercury-month</b>	Multiplication Day 3.1.7	Victims' of War Day 3.4.7
<b>Venus-month</b>	Children Day 4.1.7	<b>Pollution Day 4.2.7</b>
<b>Earth-month</b>	Workers Day 5.1.7	Mothers Day 5.3.7
<b>Moon-month</b>	Education Day 6.1.7	<b>Defoliant Day 6.2.7</b>
<b>Mars-month</b>	Grandparents Day 7.1.7	Nourishment Day 7.3.7
<b>Jupiter-month</b>	Universe Day 8.1.7	<b>Holocaust Day 8.2.7</b>
<b>Saturn-month</b>	Habitat Day 9.1.7	CRON Day 9.3.7
<b>Uranus-month</b>	Fathers Day 10.1.7	<b>Blubber Day 10.2.7</b>
<b>Neptune-month</b>	Survival Day 11.1.7	Pet Day 11.3.7
<b>Pluto-month</b>	Good-health Day 12.1.7	<b>Addictions Day 12.2.7</b>
<b>Solar-month</b>	Shrub Day 13.1.7	Tree Day 13.3.7
<b>Passover-month</b>	Passover Day 14.1.7	Quattro Day 14.0.2

Fun-Day themes cater for a community need to celebrate be shamed & remember. Fun-Days not covered by Custodian Guardian Fun-Day themes may be used for local themes. **Note!** Public Holidays are not supported on Week-Days' 1>6 ! Except New-Years day, Passover & Quattro-Passover.

A healthy human body & Soul need to be happy, laugh, sing, dance, pray, care, share, socialize & enjoy so participate in Fun Day themes. Participating at **Celebrations, Memorial & SHAME** Day's all year is an important & essential part of community living. Socializing with other people is important & needed for personal emotional stability. It also plays an important part in a well functioning community. A well functioning community has a better chance of Survival.



**Memorial** Days help victims of wrongs & encourage the community to try to prevent future wrongs.

**SHAME** day's are concerned with **evil attacks** by humans on planet Earth &/or Humankind. Shame day's are a wake up call for Humankind.



## F U N - D A Y Celebrations

**1GOD** set the example work 5 days. On day 6 evaluate your achievement, complete any unfinished work & plan next weeks work. On day 7 rest enjoy life have a **Fun-Day**.



**1GOD** had a rest. Meditating & praying seeking inner harmony & happiness for his soul. The Angels made music, sang, danced & laughter was heard everywhere. **1GOD** was in the middle of all this merriment enjoying all of it. **1GOD** called this 7<sup>th</sup> day **Fun-Day**.

We follow **1GOD!** Work 6 days & make day 7 a Fun-Day. Socialize, be merry, eat, drink(*non-alcoholic*), sing, dance, laugh but also meditate & pray seeking inner harmony & happiness. Visit a Gathering. Support Celebrations.



**Socialize**  
**Support Your Community**  
**Celebrate**



Fun-Day starts' with a Fun-Day Prayer.

**F U N - D A Y – Prayer** 

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Thanks' you for this weeks challenges  
I tried to live the Daily-Prayer  
Today I celebrate & worship with family & friends  
I ask for guidance over the coming Week  
For the Glory of **1GOD** & the Good of Humankind



On theme days' a relevant prayer is used on top of the Fun-Day prayer!



**F U N - D A Y T H E M E S :**



**1.1.1. New-Year's** day (symbol: **Snake**)



**C-G Kalender Celebration**

New-Years Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

**New-Year's day at the Gathering:** The Gathering is open from 1 hour after Sunrise go there. Have food & drink (*non-alcoholic*); listen, sing, dance to music, enjoy laughter, have a happy heart & a positive mind. **Custodian Guardians** welcome the coming year with a *non-alcoholic* toast, a hug, a kiss & a prayer. **Happy New Year !**

**Note!** The shrub reef & tree should be removed.



**Socialize**  
**Support Your Community**  
**Celebrate**



New-Years Day starts' with a New-Years Day Prayer.

## New Years Day – Prayer



Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Asks for guidance over the coming year  
So that I may stay humble & serve my community  
Live up to my full potential  
Spread the message of the Law-Giver Manifest  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on the 1<sup>st</sup> day of the year!



**1.3.7. Shire** day (symbol: **Ant**)

**C-G Kalender Celebration**



Shire Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Parks are open & full of activities. Local-Government presents carnival type activities & entertainment. Underlining unique local traditions & Dialect + a parade & flag raising. Main language & Dialect are in use also traditional clothing should be worn & local cuisine enjoyed.

**Shire day at the Gathering:** The Gathering dazzling with traditional clothing is open from 1 hour after Sunrise go there. Have local cuisine & drink (non-alcoholic); listen, sing & dance to traditional music, enjoy laughter, have a happy heart & a positive mind. **Happy Shire-Day!**



**Socialize**  
**Support Your Community**  
**Celebrate**



A **Shire** is where people come together to build a community of social responsibility for a pursuit of a common good for all. A '**Shire**' keeps local traditions alive. It provides SmeC (Free-Education) & guards the local Habitat. It owns all the land, it provides Cluster-homes (rental s'), establishes **CRon** (Community Run & Owned not-for-profit business). A '**Shire**' has 1 or more '**Shire-Oasis**', made up of **SmeC**, '**CRBC** (CRon-Retail & Bazaar Complex)', Sanctuaries (Habitat), Agriculture, Communal-Cluster-Housing & Work-Chapels.



Shire Day starts' with a Shire Day Prayer.



## Shire Day– Prayer

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Asks that this humble community may be blessed  
A community that lives in harmony with its habitat  
A community that encourages growing families  
A community that is my home  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Shire day !



### 2.1.7. Blossom day (symbol: Blossom)



#### C-G Kalender Celebration

Blossom Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Parks & Nurseries display blossom exhibits. Enjoy **1GOD**'s creation, Blossoms. Admire their looks, colors, & diversity, smell their intricate intoxicating aroma. Thank **1GOD** for Blossoms. He & She declare their affection for each other by sharing a blossom, a meal, dancing & laughing together.

**Blossom day at the Gathering:** The Gathering dazzling with blossoms is open from 1 hour after Sunrise go there. Have food & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Blossom-Day!**

**Note !** Protect plants that we may enjoy them in the future.



**Socialize**  
**Support Your Community**  
**Celebrate**



Blossom Day starts' with a Blossom Day Prayer.

## Blossom Day – Prayer

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Thanks' You for the beauty of blossoms  
Blossoms are pleasant to the eye & the heart  
I ask that like the blossoms, romance may blossom  
I pledge to protect & nurture plants  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Blossom day !



**1GOD's**      **HE & SHE** establish a Family!  
 Design:      **HE** is Father, Provider / Protector.  
                  **SHE** is Mother, Carer / Homemaker.

## HE & SHE a match made in Heaven !

There's no equality, no Holy-matrimony, no looking after children for, child-molester, same gender, confused gender.



### 2.4.7. Victims of Crime day (symbol: Handcuffs)



#### C-G Kalender Memorial

Victims of Crime (V-C) Day memorial is a joint effort of the public, Shire & Universe Custodian Guardians. Memorial Services are held. There will be exhibits of 'Crime-prevention', 'Community-protection', 'Law-enforcement' & Judiciary. Support & join 'Crime-prevention' (Neighborhood-watch). Support community efforts in helping & comforting, 'Victims of Crime'.

**Victims of Crime day at the Gathering:** The Gathering is comforting 'Victims of Crime'. It is open from 1hour after Sunrise go there. Have food & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.



**Socialize**  
**Support Your Community**  
**Reflect & Support**



Victims of Crime Day starts' with a Victims of Crime Day Prayer.

## Victims of Crime Day – Prayer

Dear **1GOD**, Creator of the most beautiful Universe  
 Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
 Asks to ease the anguish & pain of Victims of Crime  
 Help Victims of Crime get Justice & compensation  
 I promise to help prosecute crime unending  
 Ask that Evil is punished in Life & Afterlife  
 For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Victims of Crime day !





### 3.1.7. Multiplication day (symbol: Egg)



#### C-G Kalender Celebration

Multiplication Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Parks & Nurseries display blossom exhibits. In the morning families give each other eggs of any kind. For children they should be hidden so they can look for them. Toys like chicken, lizard or fish are also suitable. In the afternoon families should have a picnic & enjoying the parks & gardens (weather permitting). Couples celebrate mating.

**Multiplication day at the Gathering:** The Gathering dazzling with blossoms is open from 1 hour after Sunrise go there. Have food (eggs any kind) & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Multiplication-Day!**  
**Note!** Multiplication for Specie Survival & Space-colonizing.



**Socialize**  
**Support Your Community**  
**Celebrate**



Multiplication Day starts' with a Multiplication Day Prayer.

#### Multiplication Day – Prayer

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Thanks' You for the enjoyment of mating  
Asks for fertility & healthy births  
Pledges to mate & multiply  
So humankind can colonize the Universe  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Multiplication day !



For specie survival humans are to mate & multiply. C-G belief that mating & multiplying is part of a steady relationship (Holy-Matrimony Contract) of a HE & a SHE. Mating & multiplying outside Holy Matrimony is, 'Trashy'.

**For Sexual-disability** (child-molester, same gender, confused gender) sufferers' there is no Holy-matrimony, no parenting.



### 3.4.7. Victims of War day (symbol: Bajonet)



#### C-G Kalender Memorial

Victims of War (V-W) Day memorial is a joint effort of the

public, Shire & Universe Custodian Guardians. Memorial Services are held. Victims of War are remembered & comforted. Anti-war parade is held.

## **SOLUTIONS must be NON-VIOLENT!**

Community pledges never to participate in invasions & to prosecute Invaders & war-criminals. Low-key show of Military preparedness. Peace & Justice. Support Peace Movement & prosecution of Violence!



**Victims of War day at the Gathering:** The Gathering holds a memorial service remembering 'Victims of War'. It is open from 1 hour after Sunrise go there. Have food & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.



**Socialize**  
**Support Your Community**  
**Reflect & Support**



Victims of War Day starts' with a Victims of War Day Prayer.

### **Victims of War Day – Prayer**



Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Promises to help & get Community help for Victims of War  
Asks to ease the grief & pain of Victims of War  
I promise to help prosecute War-criminals  
Ask that Invasions are abolished  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Victims of War day !



### **4.1.7. Children** day (symbol: **Lantern**)

#### **C-G Kalender Celebration**



Children Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Parks display lantern exhibits. It is bonding time for Parents & Children who play, sing & laugh together. A day of family joy. Thank **1GOD** for Children. Shire downtown is decorated with Lanterns. Shire organizes kite flying. In the evening a lantern parade where all the children should participate.



**Note!** No candles are used or any other flame to light lantern.

**Children day at the Gathering:** The Gathering open from 1 hour after Sunrise is glowing with lanterns go there. Have food & drink (non-alcoholic);

listen, sing, dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Children-Day !**

**Note!** Children are our future & immortality.



**Socialize**  
**Support Your Community**  
**Celebrate**



Children Day starts' with a Children Day Prayer.

**Children Day – Prayer**



Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Thanks you, for the blessing of Children  
May we always enjoy this blessing  
I pledge to give & get them education  
I shall show them how to worship  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Childrens' day !



**4.2.7. Pollution** day (symbol: **Rubbish-bin**)

**C-G Kalender Shame**



Pollution Day Shame are a joint effort of the public, Shire & Universe Custodian Guardians. Parks are cleaned up. A greed driven industrial revolution & its juggernaut throwaway marketing have & are polluting our planet. The throwaway rubbish is urning Earth into a disease riddled Tip. Water is turning into a slime, smelly & un-healthy, Sewerage. A mandatory clean-up day by & of the community. Shire organize the clean-up anything that needs cleaning & rubbish removed.



A mandatory clean-up day by & of the community. Shire organize the clean-up anything that needs cleaning & rubbish removed. After clean-up everyone is having a picnic & reflecting on how to reduce Garbage, pollution & punish polluters!

**Pollution day at the Gathering:** The Gathering hands out cleaning advise & garbage-bags. Open from 1 hour after **Sunrise** go there. Have food & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.



**Secure the Future**  
**Support Your Community**  
**Turn SHAME into Action**



Containing pollution & punishing Polluters is a Humankind survival must.

Pollution Day starts' with a Pollution Day Prayer.

**Pollution Day – Prayer** 

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Apologizes for rubbishing by my community  
I shall make amends  
Every polluter shall be punished  
I endeavor to live in a pollution free community  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Pollution day !



**5.1.7. Workers** day (symbol: **Bee**)



**C-G Kalender Celebration**

Workers Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Parks display trade exhibits. Held in the parks & gardens. An appreciation for all the work employees did for the good of the community. Trades exhibits & skills are shown.

Honey is made available to all. A Beeswax-candle (non-flame candle may be more suitable) is lit for all the exploited & killed Workers! Humans have needs which are satisfied by results which entail some-kind of action (e.g. work). **1GOD** set the example work 5 days on day 6 evaluate your achievement, complete any unfinished work & plan next weeks work. On day 7 rest enjoy life have a **Fun-Day** (celebrate).

**Workers day at the Gathering:** The Gathering dazzling with trade exhibits is open from 1 hour after Sunrise go there. Have food, honey & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Workers-Day!**

**Note!** Workers are the life-force of the community.



**Socialize**  
**Support Your Community**  
**Celebrate**



For economic management, wages & conditions(wmw) are set by Provincial Government. For best economic management everyone's a wage earner.

**wmw**(x 1-7) are set annually by Government.

Workers Day starts' with a Workers Day Prayer.

## Workers Day – Prayer



Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Asks for help so I may be a useful worker  
May my efforts be appreciated & rewarded fairly  
I endeavor to do my best at all times  
I will make my community proud of me  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Workers day !



### 5.3.7. Mothers day (symbol: **Rabbit**)

#### C-G Kalender Celebration



Mothers Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Parks & Nurseries display blossom exhibits. Children honor their mother. Fathers show adoration for the mother of their children. Thank **1GOD** for Mothers. The community celebrates specie survival through Motherhood. Mothers feast with family & friends.

**Mothers day at the Gathering:** The Gathering, dazzling with blossoms honor all mothers present, is open from 1 hour after Sunrise go there. Have food & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Mothers-Day!**

**Note!** Mothers is what Humankind grows from.



**Socialize**  
**Support Your Community**  
**Celebrate**



**1GOD's** Design: **SHE** is Mother, Carer / Homemaker.

Mothers Day starts' with a Mothers Day Prayer.

## Mothers Day – Prayer



Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Thanks you, “**1GOD**” for the blessing of Mothers  
May their efforts be appreciated & rewarded with love  
I shall honor my mother  
I shall care for her should the need arise  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Mothers day !



### 6.1.7. Education day (symbol: **Book**)



#### C-G Kalender Celebration

Education Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Education displays itself. Public Educators & Scholars show off! All Public Education facilities are open. Education-Certificates are handed out. Families practice Knowledge-Continuity. Grand-parents & Parents share Life-experiences with Children & Grand-children!

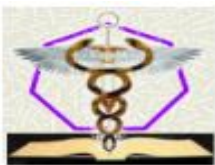
**Education day at the Gathering:** The Gathering, dazzling with Knowledge is open from 1 hour after Sunrise go there. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Education-Day!**



**Note!** Seek, gain then apply knowledge (learn & teach, knowledge-continuity)



**Socialize**  
**Support Your Community**  
**Celebrate**



**SmeC** 'Shire medical & education Complex'  
**PHeC** 'Provincial Hospital & education Complex'  
**PDEc** 'Provincial Defense & Emergency center'  
**CE** 'Community Emergency service'

Education-Day starts' with a Education-Day Prayer.

### Education Day – Prayer

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Promises to seek, gain & apply Knowledge all life long  
To Learn & Teach via Free Education  
To support public Free-education  
Pass on Life Experiences to next generation  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Education day !



### 6.2.7. Defoliant day (symbol: **Dead-foliage**)



#### C-G Kalender Shame

Defoliant-Day Shame are a joint effort of the public, Shire & Universe Custodian Guardians. Land is cleared of GM-Crops. GM-Crop farmers are held accountability.



Defoliant-day draws attention to an evil war waged against plants. Defoliant-toxin (E.g. Agent-orange) makes a plant loose its leaves. It was developed by the US-Military to increase its killing rate of humans. Defoliant-toxin does not only harm plants it ends up in the water hurting & killing other life-forms (e.g. Humans, livestock...). Defoliant-toxin is a single purpose herbicide. Most herbicides are more toxic than Defoliant-toxin. **STOP using Herbicides.**



The makers of Defoliant-toxin expanded into Genetic Modified (GM) food plants (Monster Crop). It has been found that these (GM) food plants wilt easy & die young & have trouble reproducing. When eating food from these plants humans can expect to age faster, wrinkle easy, miscarriage, have birth defects & early death.

Organize or be part of non-violent protest to have military rid itself of toxic weapons. Help Local-Government clear (scorch) land of Genetic Modified (GM) food plants. **Stop using Herbicides.**

**Pollution day at the Gathering:** The Gathering supports community activities. Open from 1 hour after Sunrise go there. **Have food & drink** (non-alcoholic); **listen, discuss Herbicides & GM-Crop.**

**Note !** Herbicides & Genetic modified seeds/plants move up the food-chain modifying every-link including humans. A Threat to Humankind!



**Secure the Future**  
**Support Your Community**  
**Turn SHAME into Action**



Defoliant-Day starts' with a Defoliant-Day Prayer.

**Defoliant Day – Prayer** 

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Will protect plant, soil & water from toxin  
Oppose & stop genetic modification of any thing living  
Will ensure Shire scorches poisoned soil  
Will punish Herbicides, GM-Crops polluters  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Defoliant day !



**7.1.7. Grandparents** day (symbol: **Turtle**)

**C-G Kalender Celebration**



Grandparents Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Parks are open. A day to spend time

together, grandchildren with grandparents. Playing, singing, sharing a meal, talking, laughing. Thank **1GOD** for Grandparents.

Where grandparents moved to the Afterlife. Grandchildren remember them through reminiscing with parents. So as to keep their existence alive in the hearts & minds of the youngest members of the family. After reminiscing parents should pray, play, sing, share a meal & laugh together with the children, ending the day happy.



**Grandparents day at the Gathering:** The Gathering, dazzling with blossoms honor all Grandparents present. It is open from 1 hour after Sunrise go there. Have food & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

**Happy Grandparents-Day!**

**Note!** Grandparents a families Heritage & Knowledge-Continuity



**Socialize**  
**Support Your Community**  
**Celebrate**



Grandparents-Day starts' with a Grandparents-Day Prayer.

**Grandparents Day – Prayer** 

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Respects Grandparents for Knowledge-Continuity  
Thanks' Grandparents for giving us a Heritage  
Thanks' Grandparents for teaching us Traditions  
Respects Grandparents for their achievements  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Grandparents day !



**7.3.7. Nourishment** day (symbol: **Food**)  
**C-G Kalender Celebration**



Nourishment Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Parks & Nurseries display focal food. Food & drink (non-alcoholic) are celebrated. Enjoy **1GOD**'s supply of nourishment, smell & taste a variety of food. Thank **1GOD** for nourishment.

The local community shows off its local cuisine. Meals are shared, laughter is shared. Feed the hungry, quench the thirsty. Nobody should go hungry or thirsty on this day.



**Nourishment day at the Gathering:** The Gathering, shows the diversity



of local cuisine. Food preparation & diet-dangers info are available. Enjoy the local cuisine, have food & drink (non-alcoholic), feed the hungry quench the thirsty, listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Nourishment-Day!**

**Note!** Good Nourishment keeps the body healthy.



**Socialize**  
**Support Your Community**  
**Celebrate**



Every week-day needs to have a Dinner theme: e.g.

Day1: **Vegetables**; Day2: **Poultry**; Day3: **Mammal**; Mid-week: **Reptile**;  
Day5: **Seafood**; Week-end: **Nuts & Seeds**; Fun-Day: **Insects**.

Feed 5 times a day:

'Breakfast, Early Day-snack, Lunch, Late Day-snack, Dinner'.

Nourishment-Day starts' with a Nourishment-Day Prayer.

**Nourishment Day – Prayer** 

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Thank you for supplying me with Daily drink & food  
I endeavor to be deserving nourishment every day  
May I be spared agonizing Thirst & numbing Hunger pains  
I endeavor to eradicate hunger & thirst in my community  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Nourishment day !



**8.1.7. Universe** day (symbol: **Rocket**)

**C-G Kalender Celebration**



Universe Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Space-Exploration displays in Parks! Celebrating achievements of Humankind's Space-Exploration! Updates on Space-Exploration & Space-Colonization! Fulfilling human destiny as custodians of the Physical Universe. The main celebration of the year for Universe Custodian Guardians (1Church)!

**Universe day at the Gathering:** The Gathering, shows images of achievements in Space-Exploration & Space-Colonization. As well as future plans. The Gathering is open from 1 hour after Sunrise go there. Have food & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Universe-Day!**

**Note !** Space-Exploration & Space-Colonization, Humankind's Destiny.



**Socialize**  
**Support Your Community**  
**Celebrate**



**1GOD** created the Universe & selected humankind to become Custodian of the physical Universe. **1GOD** wants humans to multiply & colonize space & become Custodians of the physical Universe.

Universe-Day starts' with a Universe-Day Prayer.

**Universe Day – Prayer** 

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Thanks You for selecting Humankind to be Custodian of the  
Physical Universe  
Pledges to be Custodian of Humankind & Planet Earth  
Pledges to colonize the Universe & become its Custodian  
Asks for help in fulfilling Humankind's Destiny  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Universe day !



**8.2.7. Holocaust** day (symbol: **Atomic-cloud**)



**C-G Kalender Shame**

Holocaust Day Shame are a joint effort of the public, Shire & Universe Custodian Guardians. **Parks have Anti-Nuclear vigils**



In year -59 (C-G NAt), the 'US' attacked Humankind & Planet-Earth twice, insulting **1GOD**. The 2 Atomic attacks on the cities of 'Hiroshima & Nagasaki' are a declaration of war against Humankind, Planet-Earth & Anti-**1GOD**. The Evil English Hereditary-Tyrant & Evil US President Franklin Roosevelt (the 2 most Evil people in human history) joined to develop weapons to exterminate Humankind & Planet Earth, **1GOD's** Creations.

Evil US, English & Canadian citizens joined to develop 'Weapons of Mass Destruction' to destroy **1GOD's** creations. Evil US President Harry Truman



(WWII most Evil War-Criminal) then committed the most horrendous cowardly criminal acts using 'Weapons of Mass Destruction' to slaughter civilians (Hospitals, Schools, Homes, Mothers, Babies...). The most Evil act in Human history. Pray with us that everyone involved in this Holocaust. Relive the misery & suffering they caused for all time.

The US is the only country to use these 'Weapons of Mass Destruction'. They constantly threaten Civilizations with extermination. E.g. The Evil Criminal Kennedy-brothers/the Soviet Civilization; Bush, Howard, Blair coalition of the willingly Evil/the Iraqi & Iranian Civilizations. The US Military is the greatest threat to Human Survival. The US Military is disarmed of 'Weapons of Mass Destruction'. Production of Weapons of Mass Destruction, Ends. Existing weapons are dismantled: Breach, **MS/R7**

Uranium the main source of materials for Nuclear Power used to enrich uranium, needed to build 'Weapons of Mass Destruction'. Therefore Uranium mines are closed/ sealed. Nuclear Power is closed down & dismantled. Nuclear Scientists are caged, **MS/R7** & Nuclear-Science banned!!!



**Holocaust day at the Gathering:** The Gathering supports community activities. Open from 1 hour after Sunrise go there. Have food & drink (non-alcoholic); listen, discuss disarmament.

**Note !** Closing Uranium-mines is a Humankind survival must.



**Secure the Future**  
**Support Your Community**  
**Turn SHAME into Action**



**Remember the Attack on Humankind**  
**Remember the innocent civilians of 'Hiroshima/ Nagasaki'**

Organize or be part of non-violent protest to have 'Weapons of Mass destruction' dismantled.

Help Shire close down Uranium mines, Nuclear Power Plants & Nuclear Research facilities.

Demand: **MS/R7** for all Nuclear Scientists, for all 'Weapons of Mass Destruction' manufactures, political leaders who promote this type of armament, any military personal using these weapons.

## Humankinds' survival depends on You !

Holocaust-Day starts' with a Holocaust-Day Prayer.

### Holocaust Day – Prayer

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Will remember Hiroshima & Nagasaki victims & US Evil  
Will prosecute all people who are a threat to your creations  
Will ensure destruction of weapons of mass destroying  
Will close Uranium mines, dismantle all Nuclear Power Plants  
Research facilities & prosecute their operators.  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Holocaust day !



### 9.1.7. Habitat day (symbol: any **Weed**)

#### C-G Kalender Celebration



Habitat Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. There is a Yearly Community clean-up! The Habitat day is a local Community initiative to create awareness of the local environment. Local-Government organizes environmental friendly activities supported by the community & Custodian Guardians e. g. how to tackle air, water, soil pollution & garbage; how to save endangered creatures & plants. Self-preservation means we have to live in harmony with the environment. Looking after the Habitat is part of humankind's destiny.

**Habitat day at the Gathering:** The Gathering supports community activities. There are Habitat display! The Gathering is open from 1 hour after Sunrise go there. Have food & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

**Happy Habitat-Day!**

**Note !** 2nd most important day for Custodian Guardians.



**Socialize**  
**Support Your Community**  
**Celebrate**



Habitat-Day starts' with a Habitat-Day Prayer.

**Habitat Day – Prayer** 

Dear **1GOD**, Creator of the most beautiful Universe  
 Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
 Asks for help in protecting the Habitat  
 Promises to hold Polluters accountable  
 Promises to Harmonize with the Habitat  
 Asks polluters be punished now & in the Afterlife  
 For the Glory of 1GOD & the Good of Humankind



This prayer is used on Habitat day !



**Moral & Civil duties:** Close Coal-Mines! Stop burning Coal! Prosecute Air Polluters! Close Uranium-mines! Dismantle Nuclear Power-Stations! Disarm military of Nuclear-Weapons! Stop producing Toxins! Prosecute Toxin dumpster! Stop growing GM- Crop! Close Seed producers & prosecute them.

**Harmonize with the Habitat!**

**0%** **9.3.7. CROn** day (symbol: **Percent**)

**C-G Kalender Celebration**



**CROn** Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. **CROn's** hand-out Freebies. '**CROn**' (Community Run Owned not-for profit), lobby for support & volunteers! '**CRBC**' (CROn-Retail & Bazaar Complex) are open for shoppers.

**Note ! CROn** replace (make obsolete) State-ownership (Communism) & private-ownership (Capitalism) Profiteers.

**CROn day at the Gathering:** The Gathering supports CROn. Local CROn make info & freebies available. The Gathering is open from 1 hour after Sunrise go there. Have food & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

**Happy CROn Day!**

**0%**

**Socialize**  
**Support Your Community**  
**Celebrate**

**0%**

**Note !** Community Run Owned not-for profit, Humankind's Destiny.  
CROn Day starts' with a CROn Day Prayer.

**CROn Day – Prayer** 

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Promises to replace State & private-ownership with CROn  
Pledges to see Profiteers prosecuted  
Pledges to adhere to community duties & work-ethic  
Work to my highest standard for the benefit of the community  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on CROn day !



**CROn** (Community Run, Owned not-for-profit) a Universe Custodian Guardians business model which replaces State-owned entities & Private-ownership business models. **CROn** organization needs to be managed. Single leadership is tyranny. Leadership by Committee is fair. **CROn D-mC** (Decision-making Committee) consists of 7 members.



**10.1.7. Fathers** day (symbol: any **Lizard**)



**C-G Kalender Celebration**

Fathers Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Barbeques sizzling in parks. Children honor their father. Mothers show adoration towards the father of their children.

**Fathers day at the Gathering:** The Gathering is sizzling with food honoring all fathers present. The Gathering is open from 1hour after Sunrise go there. Have food & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

**Happy Fathers-Day!**

**Note !** Fathers implementing Humankind's Destiny.

**1GOD's** Design: **HE** is Father, Provider / Protector.



**Socialize**  
**Support Your Community**  
**Celebrate**



Fathers-Day starts' with a Fathers-Day Prayer.

**Fathers Day – Prayer** 

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)



Thanks you for the blessing of Fathers  
 May their efforts be appreciated & rewarded with respect  
 I love you Dad!  
 I shall care for him should the need arise  
 For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Fathers day !



**10.2.7. Blubber** day (symbol: **Hippopotamus**)



**C-G Kalender Shame**

Blubber Day Shame are a joint effort of the public, Shire & Universe Custodian Guardians. **Junk-food ugliness, exhibits!**



Blubber is caused by overeating, wrong diet & lack of physical activity. Overweight people tire easily, making them less useful a burden. **The community needs to take charge over these hapless weak individuals.**

Shire gives 'Blubber elimination report'. Community has to work together to eliminate & prosecute providers of junk-food & sweetened drinks both alcohol & non-alcoholic. **Blubber is ugly revolting making you want to throw up.**



**For your body's well being eliminate Blubber !!!**

**Blubber day at the Gathering:** The Gathering supports community activities. Open from 1 hour after Sunrise go there. **Have food & drink (non-alcoholic); listen, discuss obesity, diet & activity. Say NO! To SWEET!**

**Note !** Obesity side-effects 'Depression, Diabetes, High blood-pressure, early death!

**Fructose** the main cause of Diabetes, Obesity,...(☹ Blubber-People) Fructose is bad whether it comes in Sugar or Fruit. **Say NO to Cake, Breakfast-cereal, Cola, Cordial, Energy-drinks, Flavored-Milk, Ice-cream, Liquers, Lemonades, Marmalade, sweet desert, sweet-snacks**



**Secure the Future  
 Support Your Community  
 Turn SHAME into Action**



**Blubber-Day starts' with a Blubber-Day Prayer.**

**Blubber Day – Prayer** 

Dear **1GOD**, Creator of the most beautiful Universe  
 Your most humble faithful custodian-guardian (1<sup>st</sup> name)

Help me be not obese  
 Help the obese get healthy  
 Punish junk-food providers in life & Afterlife  
 Let this community be junk-food free  
 For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Blubber day !



**11.1.7. Survival** day (symbol: any **Wildcat**)



**C-G Kalender Celebration**

Survival Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Check out Emergency Services. Show pride in human survival. Evaluate 'Survival-Chain'! A day where the emergency services, internal & external security personal show off their capabilities. Support them

**Survival day at the Gathering:** The Gathering supports, Emergency & Security Services. Open from 1 hour after Sunrise go there. Have food & drink (non-alcoholic); listen, discuss obesity, diet & activity. Live by, Survival-Chain  
**Happy Survival-Day!**

**Note !** No 1 priority Survival.

**Survival order:** 1.Specie, 2.Habitat, 3.Community, 4.Family, 5.Individual, 6.Animals, 7.Personal belongings

**Survival by Age:** 1.Unborn, 2.Newborn, 3.Baby, 4.Child, 5.Juvenile, 6.Adult, 7.Senior

When a need to decide an order of Survival applies use above rules.



**Socialize**  
**Support Your Community**  
**Celebrate**



Survival-Day starts' with a Survival-Day Prayer.

**Survival Day – Prayer** 

Dear **1GOD**, Creator of the most beautiful Universe  
 Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
 Thanks' you for the Survival of Humankind  
 I endeavor to help my body, specie & community survive  
 I shall make survival my no.1 priority  
 Please support my efforts to survive  
 For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Survival day !



### 11.3.7. Pet day (symbol: any Pet)



#### C-G Kalender Celebration

Pet Day celebrations a joint effort of the public, Shire & Universe Custodian Guardians. Pets' show off... Pet clubs put on exhibits & give out information. A day to pamper your pet. Pets' fulfill a social need. Pet ownership needs to be responsible. A Pet can help a person lead a longer healthier life.

**Pet day at the Gathering:** The Gathering is celebrating pets (note this is the only day pets are welcomed at the Gathering). It is open from 1 hour after Sunrise go there. Have food & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

**Happy Pet-Day!**

**Note !** Pets a Human need. Pet's are a vital part of 'Free Education'.



**Socialize**  
**Support Your Community**  
**Celebrate**



Pet-Day starts' with a Pet-Day Prayer.

#### Pet Day – Prayer



Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Thanks you, for the joy of Pets  
I shall train, care for & cherish all pets  
I endeavor to be a responsible caring Pet keeper  
I shall protect Pets from cruelty & mistreatment  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Pet day !



### 12.1.7. Good-health day (symbol: Octopus)



#### C-G Kalender Celebration

Good-health Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Health & Fitness in parks... Shire presents carnival type activities & entertainment underlining health & fitness. Health services show exhibits. A day to eat & drink healthy (No sweets! No Lemonades! No Alcohol!) & do some fitness activity. Visit the sick!

**Pet day at the Gathering:** The Gathering is sizzling with health food. It is open from 1hour after Sunrise go there. Have food & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Good-health Day!**

**Note !** Good health for a happy life.



**Socialize**  
**Support Your Community**  
**Celebrate**



Good-Health Day starts' with a Good-Health Day Prayer.

**Good Health Day – Prayer** 

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Apologize for my unhealthy lifestyle  
I endeavor to make amends  
Please support my efforts to make amends  
I support 'Free treatment when sick'  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Good Health day !



**12.2.7. Addiction** day (symbol: **Halt**)



**C-G Kalender Shame**

Addiction Day Shame are a joint effort of the public, Shire & Universe Custodian Guardians. Addiction ugliness, exhibits! Addictions are caused by peer pressure & weakness of mind & body. Addicted people are desperate & untrustworthy, making them a threat & a burden. The community needs to take charge over these hapless weak individuals.

**Halt Addictions from destroying Communities !!!**

**Addiction day at the Gathering:** The Gathering supports community activities. It is open from 1 hour after Sunrise go there. Have food & drink (non-alcoholic); listen, discuss Addiction, diet & activity.

Say **NO!** To **Addiction!**



**Note !** Everyone has a moral & civil duty to exclude addictions from the community! Addicts need constant observing to stop them from re-addicting. Addicts & past addicts cannot be trusted!



**Secure the Future**  
**Support Your Community**  
**Turn SHAME into Action**



Addiction-Day starts' with a Addiction-Day Prayer.

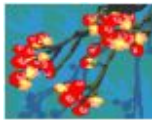
## Addiction Day – Prayer

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Help me be not an addict  
Help Humankind contain addictions  
Punish addictions providers in life & Afterlife  
Let this community be addiction free



For the Glory of **1GOD** & the Good of Humankind

This prayer is used on Good Health day !



### **13.1.7. Shcrub** day (symbol: **Berry/Nut**)



#### **C-G Kalender Celebration**

Shrub Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Reef, Berry/Nuts & polished Boots...

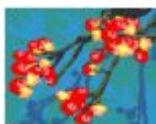
In the morning parents fill boots with berries & nuts (No sweets !!!). The polished boots were on the previous evening placed in the living area by the children & parents.

A reef made out of local shrub-leaves (artificial). Colorful decorated including 3 electric candles (any color/size) symbolizing **1GOD 1FAITH 1Church**. A bowl of berries & nuts is placed in the center of the reef. The reef stay's on the table until next New Year's day.

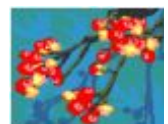
**Shrub day at the Gathering:** The Gathering, has a Shrub-leaves Reef (artificial) display. It is open from 1hour after Sunrise go there. Have food (berries/nuts) & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

**Happy Shrub-Day!**

**Note !** Berries & Nuts a must in any diet!



**Socialize**  
**Support Your Community**  
**Celebrate**



Shrub-Day starts' with a Shrub-Day Prayer.

## Shrub Day – Prayer

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Thanks you, for Shrubs

I shall make Berries & Nuts part of my daily diet  
 I promise to plant & keep Shrubs in the Shire-Oasis  
 I shall be a responsible caring Shrub custodian  
 For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Shrub day !



### 13.3.7. Tree day (symbol: **any Tree**)



#### C-G Kalender Celebration

Tree-Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Visits Parks. Plant a Tree! Trees are essential for humankind survival & well being. **Be a Tree-Custodian.**

The family gathers around an artificial tree. Which has been decorated, singing, being merry & loving, giving each other presents (Tree-fruit only) then sharing a meal. **The tree stay's up until New Year's day.**

**Tree day at the Gathering:** The Gathering, is celebrating Trees. It is open from 1hour after Sunrise go there. There is a decorated artificial Tree. **Have food (tree fruit) & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. Happy Tree-Day!**



**Note !** Being Tree-Custodian is Humankind's Destiny!



**Socialize**  
**Support Your Community**  
**Celebrate**



Tree-Day starts' with a Tree-Day Prayer.

### Tree Day – Prayer

Dear **1GOD**, Creator of the most beautiful Universe  
 Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
 Thanks you, for the beauty of Trees  
 I pledge to have Tree-vandals prosecuted  
 I promise to plant & keep Trees in the Shire-Oasis  
 I shall be a responsible caring Tree custodian  
 For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Tree day !





### 14.0.1. **Passover** day (symbol: **any Owl**)



#### **C-G Kalender Celebration**

Passover-Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Reflect on past year! Shire presents carnival type activities, entertainment ending with Laserlight display at Sunset. Night-Curfew applies 3 hours later. It is time to reflect on the previous 364 days. Each person makes an analysis of the past year & prepares a plan for the coming year.

**Passover day at the Gathering:** The Gathering, is sizzling with healthy food. The Gathering reflects on the past year & plans for the coming year. It is open from 1hour after Sunrise go there. Have food & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Passover-Day!**

**Note !** Look back then plan ahead.



**Socialize**  
**Support Your Community**  
**Celebrate**



Passover-Day starts' with a Passover-Day Prayer.

#### **Passover Day – Prayer**

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Thank You for a varied year  
I am analyzing this years life-experiences  
In the coming year the plan is do more good  
Now Passover can take me into the next year  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Passover day at Sunset before the Laserlight !



### 14.0.2. **Quattro** day (symbol: **any Frog**)



#### **C-G Kalender Celebration**

Quattro-Day celebrations are a joint effort of the public, Shire & Universe Custodian Guardians. Reflect on past 4years! This is a day of reflection. Normal Night-Curfew applies.

It is time to reflect on the previous 4 years. Each person makes an analysis of the past 4 years & prepares a plan for the coming 4 years. Shires & Province publish 4 year plans.

**Quattro day at the Gathering:** The Gathering, is reflecting & is open from 1hour after Sunrise go there. Have food & drink (non-alcoholic); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

**Happy Quattro Day!**

**Note !** Look back 4 years then plan ahead 4 years.



**Socialize**  
**Support Your Community**  
**Celebrate**



Quattro-Day starts' with a Quattro-Day Prayer.

**Quattro Day – Prayer** 

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Thank You for challenging 4 years  
I am reflecting on the past 4 years  
I endeavor to persevere over the coming 4 years  
I am preparing my new 4 year plan  
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Quattro day !



The Khronicle is longterm time-management. The Khronicle presents events & explanations from the beginning of time to now. Humankind's family-tree, our Heritage & Knowledge-Continuity!

**Heritage Day – Prayer** 

Dear **1GOD**, Creator of the most beautiful Universe  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
Is thankful for having a Heritage  
A Heritage that shows were we come from  
A Heritage that tells who we are  
A Heritage that can be passed on to the next generation  
For the Glory of **1GOD** & the Good of Humankind



This prayer is recited at home or at a Gathering !







# Humankind's Family-Tree

**Week 1 Birth of Humankind !**  
**Ancient-Times 1st Civilizations !**  
**Distant-Past -2,100 to -1,400 yrs !**  
**Medium-Past -1,400 to -700 yrs !**  
**Near-Past -700 to -70 yrs !**  
**Current-Times -70 to 0 yrs !**  
**New-Age from 0 years on-ward's !**



**1000's of years of Evil are coming to an end:**  
**BE GOOD CAGE EVIL MS/R1-7**



## G L O S S A R Y

### Comparison 24h clock/21h C-G Klock

Old time	D	ts	Custodian-Guardian Klock click			
1 Day	1 D	86400000	85766121	D	Day	1
24 hour	24 h	3600000	4084101	h	hour	21
60 minute	1440 m	60000	194481	m	minute	21
60 second	86400 s	1000	9261	s	second	21
10 tenth of second	864000 t	100	444	b	blink	21
100 hundred of second	8640000 hs	10	21	f	flash	21
1000 thousand of second	86400000 ts	1	1	c	click	1

### 24 hour pagan clock

6 hours

6 - 12 Morning

12 Noon

12 - 18 Afternoon

18 - 22 Evening

22 - 24 + 1 - 6 Night

night Curfew 22 - 6

### Time-Triangle

Day starts at 0 hours Sunrise >

Early Day is from 0 - 7 hours >

7 hours is Mid-Day >

Late Day is from 7 - 14 hours >

14 hours is Sunset >

Night is from 14 - 21 hours.

night Curfew from 14 - 21 hours.

# C-G. KALENDER Switch Pagan

## 1. Star-month

W 1 01	1 C 00	12 002	3 003	4 004	5 005	6 006	7 F 007
	Jan 1	Jan 2	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7
W 2 02	1 008	2 009	3 010	4 011	5 012	6 013	7 F 014
	Jan 8	Jan 9	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14
W 3 03	1 015	2 016	3 017	4 018	5 019	6 020	7 C 021
	Jan 15	Jan 16	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21
W 4 04	1 022	2 023	3 024	4 025	5 026	6 027	7 F 028
	Jan 22	Jan 23	Jan 24	Jan 25	Jan 26	Jan 27	Jan 28

## 2. Sun-month

W 1 05	1 029	2 030	3 031	4 032	5 033	6 034	7 C 035
	Jan 29	Jan 30	Jan 31	Feb 1	Feb 2	Feb 3	Feb 4
W 2 06	1 036	2 037	3 038	4 039	5 040	6 041	7 F 042
	Feb 5	Feb 6	Feb 7	Feb 8	Feb 9	Feb 10	Feb 11
W 3 07	1 043	2 044	3 045	4 046	5 047	6 048	7 F 049
	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18
W 4 08	1 050	2 051	3 052	4 053	5 054	6 055	7 M 056
	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23	Feb 24	Feb 25

## 3. Mercury-month

W 1 09	1 057	2 058	3 059	4 060	5 061	6 062	7 C 063
	Feb 26	Feb 27	Feb 28	Mar 1	Mar 2	Mar 3	Mar 4
W 2 10	1 064	2 065	3 066	4 067	5 068	6 069	7 F 070
	Mar 5	Mar 6	Mar 7	Mar 8	Mar 9	Mar 10	Mar 11
W 3 11	1 071	2 072	3 073	4 074	5 075	6 076	7 F 077
	Mar 12	Mar 13	Mar 14	Mar 15	Mar 16	Mar 17	Mar 18
W 4 12	1 078	2 079	3 080	4 081	5 082	6 083	7 M 084
	Mar 19	Mar 20	Mar 21	Mar 22	Mar 23	Mar 24	Mar 25

## 4. Venus-month

W 1 13	1 085	2 086	3 087	4 088	5 089	6 090	7 C 091
	Mar 26	Mar 27	Mar 28	Mar 29	Mar 30	Mar 31	Apr 1
W 2 14	1 092	2 093	3 094	4 095	5 096	6 097	7 S 098
	Apr 2	Apr 3	Apr 4	Apr 5	Apr 6	Apr 7	Apr 8
W 3 15	1 099	2 100	3 101	4 102	5 103	6 104	7 F 105
	Apr 9	Apr 10	Apr 11	Apr 12	Apr 13	Apr 14	Apr 15
W 4 16	1 106	2 107	3 108	4 109	5 110	6 111	7 F 112
	Apr 16	Apr 17	Apr 18	Apr 19	Apr 20	Apr 21	Apr 22

## 5. Earth-month

W 1 17	1 113	2 114	3 115	4 116	5 117	6 118	7 C 119
	Apr 23	Apr 24	Apr 25	Apr 26	Apr 27	Apr 28	Apr 29
W 2 18	1 120	2 121	3 122	4 123	5 124	6 125	7 F 126
	Apr 30	May 1	May 2	May 3	May 4	May 5	May 6
W 3 19	1 127	2 128	3 129	4 130	5 131	6 132	7 C 133
	May 7	May 8	May 9	May 10	May 11	May 12	May 13
W 4 20	1 134	2 135	3 136	4 137	5 138	6 139	7 F 140
	May 14	May 15	May 16	May 17	May 18	May 19	May 20

## 6. Moon-month

<b>W 1</b> 21	<b>1</b> 141	<b>2</b> 142	<b>3</b> 143	<b>4</b> 144	<b>5</b> 145	<b>6</b> 146	<b>7</b> <b>C</b> 147
	May 21	May 22	May 23	May 24	May 25	May 26	May 27
<b>W 2</b> 22	<b>1</b> 148	<b>2</b> 149	<b>3</b> 150	<b>4</b> 151	<b>5</b> 152	<b>6</b> 153	<b>7</b> <b>F</b> 154
	May 28	May 29	May 30	May 31	Jun 1	Jun 2	Jun 3
<b>W 3</b> 23	<b>1</b> 155	<b>2</b> 156	<b>3</b> 157	<b>4</b> 158	<b>5</b> 159	<b>6</b> 160	<b>7</b> <b>C</b> 161
	Jun 4	Jun 5	Jun 6	Jun 7	Jun 8	Jun 9	Jun 10
<b>W 4</b> 24	<b>1</b> 162	<b>2</b> 163	<b>3</b> 164	<b>4</b> 165	<b>5</b> 166	<b>6</b> 167	<b>7</b> <b>F</b> 168
	Jun 11	Jun 12	Jun 13	Jun 14	Jun 15	Jun 16	Jun 17

## 7. Mars-month

<b>W 1</b> 25	<b>1</b> 169	<b>2</b> 170	<b>3</b> 171	<b>4</b> 172	<b>5</b> 173	<b>6</b> 174	<b>7</b> <b>C</b> 175
	Jun 18	Jun 19	Jun 20	Jun 21	Jun 22	Jun 23	Jun 24
<b>W 2</b> 26	<b>1</b> 176	<b>2</b> 177	<b>3</b> 178	<b>4</b> 179	<b>5</b> 180	<b>6</b> 181	<b>7</b> <b>F</b> 182
	Jun 25	Jun 26	Jun 27	Jun 28	Jun 29	Jun 30	Jul 1
<b>W 3</b> 27	<b>1</b> 183	<b>2</b> 184	<b>3</b> 185	<b>4</b> 186	<b>5</b> 187	<b>6</b> 188	<b>7</b> <b>C</b> 189
	Jul 2	Jul 3	Jul 4	Jul 5	Jul 6	Jul 7	Jul 8
<b>W 4</b> 28	<b>1</b> 190	<b>2</b> 191	<b>3</b> 192	<b>4</b> 193	<b>5</b> 194	<b>6</b> 195	<b>7</b> <b>F</b> 196
	Jul 9	Jul 10	Jul 11	Jul 12	Jul 13	Jul 14	Jul 15

## 8. Jupiter-month

<b>W 1</b> 29	<b>1</b> 197	<b>2</b> 198	<b>3</b> 199	<b>4</b> 200	<b>5</b> 201	<b>6</b> 202	<b>7</b> <b>C</b> 203
	Jul 16	Jul 17	Jul 18	Jul 19	Jul 20	Jul 21	Jul 22
<b>W 2</b> 30	<b>1</b> 204	<b>2</b> 205	<b>3</b> 206	<b>4</b> 207	<b>5</b> 208	<b>6</b> 209	<b>7</b> <b>S</b> 210
	Jul 23	Jul 24	Jul 25	Jul 26	Jul 27	Jul 28	Jul 29
<b>W 3</b> 31	<b>1</b> 211	<b>2</b> 212	<b>3</b> 213	<b>4</b> 214	<b>5</b> 215	<b>6</b> 216	<b>7</b> <b>F</b> 217
	Jul 30	Jul 31	Aug 1	Aug 2	Aug 3	Aug 4	Aug 5
<b>W 4</b> 32	<b>1</b> 218	<b>2</b> 219	<b>3</b> 220	<b>4</b> 221	<b>5</b> 222	<b>6</b> 223	<b>7</b> <b>F</b> 224
	Aug 6	Aug 7	Aug 8	Aug 9	Aug 10	Aug 11	Aug 12

## 9. Saturn-month

<b>W 1</b> 33	<b>1</b> 225	<b>2</b> 226	<b>3</b> 227	<b>4</b> 228	<b>5</b> 229	<b>6</b> 230	<b>7</b> <b>C</b> 231
	Aug 13	Aug 14	Aug 15	Aug 16	Aug 17	Aug 18	Aug 19
<b>W 2</b> 34	<b>1</b> 232	<b>2</b> 233	<b>3</b> 234	<b>4</b> 235	<b>5</b> 236	<b>6</b> 237	<b>7</b> <b>F</b> 238
	Aug 20	Aug 21	Aug 22	Aug 23	Aug 24	Aug 25	Aug 26
<b>W 3</b> 35	<b>1</b> 239	<b>2</b> 240	<b>3</b> 241	<b>4</b> 242	<b>5</b> 243	<b>6</b> 244	<b>7</b> <b>C</b> 245
	Aug 27	Aug 28	Aug 29	Aug 30	Aug 31	Sep 1	Sep 2
<b>W 4</b> 36	<b>1</b> 246	<b>2</b> 247	<b>3</b> 248	<b>4</b> 249	<b>5</b> 250	<b>6</b> 251	<b>7</b> <b>F</b> 252
	Sep 3	Sep 4	Sep 5	Sep 6	Sep 7	Sep 8	Sep 9

## 10. Uranus-month

<b>W 1</b> 37	<b>1</b> 253	<b>2</b> 254	<b>3</b> 255	<b>4</b> 256	<b>5</b> 257	<b>6</b> 258	<b>7</b> <b>C</b> 259
	Sep 10	Sep 11	Sep 12	Sep 13	Sep 14	Sep 15	Sep 16
<b>W 2</b> 38	<b>1</b> 260	<b>2</b> 261	<b>3</b> 262	<b>4</b> 263	<b>5</b> 264	<b>6</b> 265	<b>7</b> <b>S</b> 266
	Sep 17	Sep 18	Sep 19	Sep 20	Sep 21	Sep 22	Sep 23
<b>W 3</b> 39	<b>1</b> 267	<b>2</b> 268	<b>3</b> 269	<b>4</b> 270	<b>5</b> 271	<b>6</b> 272	<b>7</b> <b>F</b> 273
	Sep 24	Sep 25	Sep 26	Sep 27	Sep 28	Sep 29	Sep 30
<b>W 4</b> 40	<b>1</b> 274	<b>2</b> 275	<b>3</b> 276	<b>4</b> 277	<b>5</b> 278	<b>6</b> 279	<b>7</b> <b>F</b> 280
	Oct 1	Oct 2	Oct 3	Oct 4	Oct 5	Oct 6	Oct 7

### 11. Neptune-month

<b>W 1</b> 41	<b>1</b> 281	<b>2</b> 282	<b>3</b> 283	<b>4</b> 284	<b>5</b> 285	<b>6</b> 286	<b>7 C</b> 287
	Oct 8	Oct 9	Oct 10	Oct 11	Oct 12	Oct 13	Oct 14
<b>W 2</b> 42	<b>1</b> 288	<b>2</b> 289	<b>3</b> 290	<b>4</b> 291	<b>5</b> 292	<b>6</b> 293	<b>7 F</b> 294
	Oct 15	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20	Oct 21
<b>W 3</b> 43	<b>1</b> 295	<b>2</b> 296	<b>3</b> 297	<b>4</b> 298	<b>5</b> 299	<b>6</b> 300	<b>7 C</b> 301
	Oct 22	Oct 23	Oct 24	Oct 25	Oct 26	Oct 27	Oct 28
<b>W 4</b> 44	<b>1</b> 302	<b>2</b> 303	<b>3</b> 304	<b>4</b> 305	<b>5</b> 306	<b>6</b> 307	<b>7 F</b> 308
	Oct 29	Oct 30	Oct 31	Nov 1	Nov 2	Nov 3	Nov 4

### 12. Pluto-month

<b>W 1</b> 45	<b>1</b> 309	<b>2</b> 310	<b>3</b> 311	<b>4</b> 312	<b>5</b> 313	<b>6</b> 314	<b>7 C</b> 315
	Nov 5	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10	Nov 11
<b>W 2</b> 46	<b>1</b> 316	<b>2</b> 317	<b>3</b> 318	<b>4</b> 319	<b>5</b> 320	<b>6</b> 321	<b>7 F</b> 322
	Nov 12	Nov 13	Nov 14	Nov 15	Nov 16	Nov 17	Nov 18
<b>W 3</b> 47	<b>1</b> 323	<b>2</b> 324	<b>3</b> 325	<b>4</b> 326	<b>5</b> 327	<b>6</b> 328	<b>7 C</b> 329
	Nov 19	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24	Nov 25
<b>W 4</b> 48	<b>1</b> 330	<b>2</b> 331	<b>3</b> 332	<b>4</b> 333	<b>5</b> 334	<b>6</b> 335	<b>7 F</b> 336
	Nov 26	Nov 27	Nov 28	Nov 29	Nov 30	Dec 1	Dec 2

### 13. Solar-month

<b>W 1</b> 49	<b>1</b> 337	<b>2</b> 338	<b>3</b> 339	<b>4</b> 340	<b>5</b> 341	<b>6</b> 342	<b>7 C</b> 343
	Dec 3	Dec 4	Dec 5	Dec 6	Dec 7	Dec 8	Dec 9
<b>W 2</b> 50	<b>1</b> 344	<b>2</b> 345	<b>3</b> 346	<b>4</b> 347	<b>5</b> 348	<b>6</b> 349	<b>7 F</b> 350
	Dec 10	Dec 11	Dec 12	Dec 13	Dec 14	Dec 15	Dec 16
<b>W 3</b> 51	<b>1</b> 351	<b>2</b> 352	<b>3</b> 353	<b>4</b> 354	<b>5</b> 355	<b>6</b> 356	<b>7 C</b> 357
	Dec 17	Dec 18	Dec 19	Dec 20	Dec 21	Dec 22	Dec 23
<b>W 4</b> 52	<b>1</b> 358	<b>2</b> 359	<b>3</b> 360	<b>4</b> 361	<b>5</b> 362	<b>6</b> 363	<b>7 F</b> 364
	Dec 24	Dec 25	Dec 26	Dec 27	Dec 28	Dec 29	Dec 30

### 14. Passover-month

**1 C** 365 Passover  
Dec 31

### Quattro-years

**2 C** 366  
Feb 29

Quattro-Passover

### Explanation:

**12.** Which month (1-14)? **12. Pluto-month**

**W 4** Which Week (1-4) of the month? **W 4**  
48 accumulated weeks (1-52) for the year.

**1** Which Day (1-7) of the week?  
330 accumulated days (1-365) for the year.

**7 F** Day 7 of the week, Fun-Day. **7 C** Fun-Day theme, Celebration.

**7 S** Fun-Day theme, Shame. **7 M** Fun-Day theme, Memorial.

**Nov 26** Outdated Pagan Calender \*.

C-G Kalender starts Year, **0** (2004 outdated pagan Calender)

<.....	<b>19</b> 2023	<b>18</b> 2022	<b>17</b> 2021	<b>16</b> 2020	<b>15</b> 2019	<b>14</b> 2018	<b>13</b> 2017
<b>12</b> 2016	<b>11</b> 2015	<b>10</b> 2014	<b>9</b> 2013	<b>8</b> 2012	<b>7</b> 2011	<b>6</b> 2010	<b>5</b> 2009

**4** 2008    **3** 2007    **2** 2006    **1** 2005    **0** 2004    **New-Age**    **-1** 2003    **-2** 2002  
**-3** 2001    **-4** 2000    **-5** 1999    **-6** 1998    **-7** 1997    **-8** 1996    **-9** 1995    **-10** 1994  
**-11** 1993    **-12** 1992    **-13** 1991    **-14** 1990    **-15** 1989    **-16** 1988    **-17** 1987    **-18** 1986

**Naming**, week: Day

Day 1	Day 2	Day 3	Mid-week	Day 5	Week-end	Fun-Day
1 <sup>st</sup> Day	2 <sup>nd</sup> Day	3 <sup>rd</sup> Day	4 <sup>th</sup> Day	5 <sup>th</sup> Day	6 <sup>th</sup> Day	7 <sup>th</sup> Day
Sunday*	Monday*	Tuesday*	Wednesday*	Thursday*	Friday*	Saturday*

With the C-G Kalender the 1<sup>st</sup> day of the year always falls on the 1<sup>st</sup> day of the week. With the outdated Pagan Calendar the 1<sup>st</sup> day of year falls on a different day of the week every year, inefficient time-management. With the C-G Kalender every day falls on the same day every year, endless. Only 1 Kalender is needed all life, efficient time-management.

Join us! Embrace Custodian-Guardian New-Age time-management!

**C-G Klock ~ Daily-time-line ~ Night-Curfew ~ C-G Planner ~**  
**C-G Kalender ~ Fun-Day themes ~ Time-Prayer**

A Custodian-Guardian Community use:



New-Age time-management

Read ON !!! The next Chapter, Community.