

## LENTEN FASTING CALENDAR 2009

*“Follow Me” Mark 8:34*

<b>WEEK OF FEBREUARY 25</b>	<b>Fast from:</b> sweets, breads, excessive media (TV, Internet...) and unnecessary shopping
<b>WEEK OF MARCH 1</b>	<b>Fast from:</b> favorite food, excessive media (TV, Internet...) and unnecessary shopping
<b>WEEK OF MARCH 8</b>	<b>Fast from:</b> meat, poultry, excessive media (TV, Internet...) and unnecessary shopping
<b>WEEK OF MARCH 15</b>	<b>Fast from:</b> starches (potatoes, rice, bread, pasta and excessive media (TV, Internet...) and unnecessary shopping
<b>WEEK OF MARCH 22</b>	<b>Fast from:</b> 6:00am – 6:00pm <b>Fast from</b> excessive media (TV, Internet...) and unnecessary shopping <b>Eat fruits and vegetables only</b>
<b>WEEK OF MARCH 29</b>	<b>Fast from:</b> 6:00am – 6:00pm <b>Fast from</b> excessive media (TV, Internet...) and unnecessary shopping
<b>WEEK OF APRIL 5</b>	<b>Fast from:</b> 6:00am – 6:00pm and <b>Fast from</b> excessive media (TV, Internet...) and unnecessary shopping