

THE CHOSEN VESSEL CATHEDRAL

2018 FAST

Week 1 – January 2nd – 6th

*Fasting from 12 Midnight to 4:00 p.m. **(No Food – Water Only)**

Week 2 – January 7th – 13th

*Fasting from 12 Midnight to 4:00 p.m. **(No Food – Water Only)**

Plant Based Diet (No Meats)

**Sunday, January 7th – Fasting until after Church Service & Meat Allowed*

Week 3 – January 14th – 20th

*Fasting from 12 Midnight to 4:00 p.m. **(No Food – Water Only)**

**Sunday, January 14th – Fasting until after Church Service*

Week 4 – January 21st – 27th

*Fasting from 12 Midnight to 4:00 p.m. **(No Food – Water Only)**

Plant Based Diet (No Meats)

**Sunday, January 21st – Fasting until after Church Service & Meat Allowed*

Week 5 – January 28th – January 31st

Sunday, January 28th - Fast Until After Church Service

Monday, January 29th – Wednesday, January 31st

**Solom Assembly (No Food – Water Only until 4:00 p.m. on January 31st)*

During the month of fasting:

Only **Chicken, Fish or Turkey** will be permitted during the weeks we eat meat – **CANNOT BE FRIED**

We Will Abstain From

- Fried Foods
- Desserts or Sweets
- Sodas
 - Water, Coffee or Tea only**
- Movies or Secular Music

*Only Wholesome Entertainment Allowed

**If taking medication or under the doctor's care; seek the counsel of your physician regarding the fast



BISHOP RICHARD E YOUNG, SENIOR PASTOR