

2019 TCVC Fast – 12/24 Fast

January

2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Fasting begins @ 7:00pm	2 Fasting ends @ 7:00 am Solemn Assembly begins @ 12 midnight	3 Solemn Assembly ends @ 12 midnight	4 Fasting begins @ 7:00pm	5 Fasting ends @ 7:00 am Fasting begins @ 7:00pm	6 Fasting ends @ 7:00 am Fasting begins @ 7:00pm
7 Fasting ends @ 7:00 am Fasting begins @ 7:00pm	8 Fasting ends @ 7:00 am Fasting begins @ 7:00pm	9 Fasting ends @ 7:00 am Solemn Assembly begins @ 12 midnight	10 Solemn Assembly ends @ 12 midnight	11 Fasting begins @ 7:00pm	12 Fasting ends @ 7:00 am Fasting begins @ 7:00pm	13 Fasting ends @ 7:00 am Fasting begins @ 7:00pm
14 Fasting ends @ 7:00 am Fasting begins @ 7:00pm	15 Fasting ends @ 7:00 am Fasting begins @ 7:00pm	16 Fasting ends @ 7:00 am Solemn Assembly begins @ 12 midnight	17 Solemn Assembly ends @ 12 midnight	18 Fasting begins @ 7:00pm	19 Fasting ends @ 7:00 am Fasting begins @ 7:00pm	20 Fasting ends @ 7:00 am Fasting begins @ 7:00pm
21 Fasting ends @ 7:00 am Fasting begins @ 7:00pm	22 Fasting ends @ 7:00 am Fasting begins @ 7:00pm	23 Fasting ends @ 7:00 am Solemn Assembly begins @ 12 midnight	24 Solemn Assembly ends @ 12 midnight	25 Fasting begins @ 7:00pm	26 Fasting ends @ 7:00 am Fasting begins @ 7:00pm	27 Fasting ends @ 7:00 am
28	29	30	31			

THINGS TO REMEMBER



Christian Music Only
 No Movies – At Home or Theater
 No Sweets
 No Coke/Pepsi

If on Medication – Check with Your Doctor First