

Time Eternal Nativity Fast Time Log

Week of:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-5:30 AM							
5:30-6 AM							
6-6:30 AM							
6:30-7 AM							
7-7:30 AM							
7:30-8 AM							
8-8:30 AM							
8:30-9 AM							
9-9:30 AM							
9:30-10 AM							
10-10:30 AM							
10:30-11 AM							
11-11:30 AM							
11:30-12 PM							
12-12:30 PM							
12:30-1 PM							
1-1:30 PM							
1:30-2 PM							
2-2:30 PM							
2:30-3 PM							
3-3:30 PM							
3:30-4 PM							
4-4:30 PM							
4:30-5 PM							
5-5:30 PM							
5:30-6 PM							
6-6:30 PM							
6:30-7 PM							
7-7:30 PM							
7:30-8PM							
8-8:30 PM							
8:30-9 PM							
9-9:30 PM							
9:30-10PM							
10-10:30 PM							
10:30-11 PM							
11-11:30 PM							
11:30-12 AM							

"If we use crumbs of wasted time to try to build short moments for recollection and prayer, we may discover that there is quite a lot of it."

Met. Andrew (Bloom) of Sourozh

Developed by Nicole Roccas, blogs.ancientfaith.com/timeeternal/