

"The Spirituality of Fasting"		
Date	Assigned Reading	Pages
6/12/2015	Chapter 1 - The Importance of Fasting	pg 8-23
6/19/2015	Chapter 2 - Fasting & The Body	pg 24-39
6/26/2015	Chapter 2 - Fasting & The Body	pg 40-50
7/3/2015	Chapter 3 - Consecrate a Fast	pg 52-62
7/10/2015	Chapter 3 - Consecrate a Fast	pg 63-75
7/17/2015	Chapter 4 - Virtues	pg 78-94
7/24/2015	Chapter 5 - Drills while fasting	pg 98-106
7/31/2015	Chapter 5 - Drills while fasting	pg 106-113
8/7/2015	Review	