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The Fast

## The Fast

The fasting period, which lasts nineteen days starting as a rule from the second of March every year and ending on the twentieth of the same month, involves complete abstinence from food and drink from sunrise till sunset. It is essentially a period of meditation and prayer, of spiritual recuperation, during which the believer must strive to make the necessary readjustments in his inner life, and to refresh and reinvigorate the spiritual forces latent in his soul. Its significance and purpose are, therefore, fundamentally spiritual in character. Fasting is symbolic, and a reminder of abstinence from selfish and carnal desires.

(Shoghi Effendi: quoted in *Kitáb-i-Aqdas*, pp 167-7, note number 25)

### Times of sunrise and sunset during the period of the Fast

MARCH	London	Bristol	Birmingham	Manchester	Newcastle	Glasgow	Belfast
2	6.43 17.42	6.53 17.52	6.52 17.49	6.54 17.49	6.54 17.44	7.06 17.53	7.11 18.02
3	6.41 17.44	6.51 17.50	6.50 17.50	6.52 17.51	6.51 17.47	7.03 17.56	7.08 17.04
4	6.39 17.46	6.49 17.47	6.47 17.52	6.50 17.52	6.49 17.49	7.01 17.58	7.06 17.06
5	6.37 17.48	6.47 17.58	6.45 17.54	6.47 17.54	6.46 17.51	6.58 18.00	7.03 18.08
6	6.35 17.50	6.45 17.59	6.43 17.56	6.45 17.56	6.44 17.53	6.56 18.02	7.01 18.10
7	6.33 17.51	6.42 18.01	6.41 17.58	6.43 17.58	6.41 17.55	6.53 18.04	6.58 18.12
8	6.30 17.53	6.40 18.03	6.38 17.59	6.40 18.00	6.39 17.57	6.50 18.06	6.56 18.14
9	6.28 17.55	6.38 18.05	6.36 18.01	6.38 18.02	6.36 17.59	6.48 18.08	6.54 18.16
10	6.26 17.57	6.36 18.06	6.34 18.03	6.36 18.04	6.34 18.00	6.45 18.10	6.51 18.18
11	6.24 17.58	6.33 18.08	6.31 18.05	6.33 18.06	6.31 18.02	6.43 18.12	6.49 18.20
12	6.21 18.00	6.31 18.10	6.26 18.07	6.31 18.07	6.29 18.04	6.40 18.14	6.46 18.22
13	6.19 18.02	6.29 18.12	6.27 18.08	6.28 18.09	6.26 18.06	6.38 18.16	6.44 18.24
14	6.17 18.03	6.27 18.13	6.24 18.10	6.26 18.11	6.24 18.08	6.35 18.18	6.41 18.26
15	6.15 18.05	6.24 18.15	6.22 18.12	6.24 18.13	6.21 18.10	6.32 18.20	6.39 18.28
16	6.12 18.07	6.22 18.17	6.20 18.14	6.21 18.15	6.19 18.12	6.30 18.23	6.36 18.30
17	6.10 18.08	6.20 18.18	6.17 18.16	6.19 18.17	6.16 18.14	6.27 18.25	6.34 18.31
18	6.08 18.10	6.18 18.20	6.15 18.17	6.16 18.19	6.14 18.16	6.24 18.27	6.31 18.33
19	6.06 18.12	6.15 18.22	6.13 18.19	6.14 18.20	6.11 18.18	6.22 18.29	6.29 18.35
20	6.03 18.14	6.13 18.23	6.10 18.21	6.11 18.22	6.09 18.20	6.19 18.31	6.26 18.37