

Fasting

R X L F R Q J S F T R J D O C H A
P S I E V J N X R H A H G K L P U
E V X M Y H O O X F N P F N I J T
N D E W I D E I I F A Q S G T Z F
A F B G O E S C D T T S U E Y A Z
N U R H A V X Y N E A L T A L S H
C W T A P N X C A E S R M I L U W
E R J S G G D C I D N I A C N J R
O H U L U M V U Z L T I T P R G B
H Y T I V I T A N B O S T C E P Q
N F I G E A S T E R N H A S A R X
H L I O O N H E D Q P L T E B R P
U T P K T W N C W Z Q D I A F A P
D E T A R B E T R E V N I F C F C
Y R G J L E A V E T A K I N G M Y
F G Y B F W S S Z K G A G H K X R
T A C W X H T Y O R I E N T A L L

invertebrate leave taking preparation abstinence
feast days practised Catholic Nativity
Oriental Orthodox Eastern Fasting
penance no oil rules vegan