

THE POETS SPEAK SATURDAY NIGHT

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Of
course
we'll
share a
few
poems
too!

**"FASTING IS MORE THAN
JUST NOT EATING!"**

THE FAST BEGINS FEBRUARY 28 AT SUNSET. ARE YOU MENTALLY READY? SHOGHI EFFENDI INDICATES THAT THE FASTING PERIOD, IS ... ESSENTIALLY A PERIOD OF **MEDITATION AND PRAYER, OF SPIRITUAL RECUPERATION**, DURING WHICH THE BELIEVER MUST STRIVE TO MAKE THE NECESSARY READJUSTMENTS IN HIS INNERLIFE, 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.**

FEBRUARY 20, 2021 @8PM EST ON ZOOM