

## HOW TO KEEP THE HIGH DAYS

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What can i do, and can't do on **FEAST DAYS & HOLY HIGH DAYS**

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### **NEW YEARS ( ABIB I )**

**YES** : working, buying, selling, trading, pleasures, cooking. (if it falls on weekly sabbath then **NO**.)

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### **PASSOVER**

**YES** : working, buying, selling, trading, pleasures, cooking.

**YES** : bread & wine , at sundown (evening)

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### **THE FEAST OF UNLEAVENED BREAD**

**YES** : on 1st & 7th day - ( HOLY CONVOCATION) pleasures, cooking.

**NO** : on 1st & 7th day - working, buying, selling, trading.

**YES** : (threw the week) - working, buying, selling, trading, pleasures, cooking. (If it falls on the sabbath day **YES** because God said a Fire for 7 Days) must eat unleavened bread threw the week.

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### **THE DAY OF PENTECOST**

**YES** : (HOLY CONVOCATION) pleasures, cooking

**NO** : working, buying, selling, trading

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### **THE MEMORIAL OF THE BLOWING OF THE TRUMPETS**

**YES** : (HOLY CONVOCATION) pleasures, cooking

**NO** : working, buying, selling, trading

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### **THE DAY OF ATONEMENT**

**YES** : (HOLY CONVOCATION) FASTING (afflict your souls)

**NO** : working, buying, selling, trading. pleasures

**YES** : Take Medication if necessary, Cooking **YES, BUT EATEN AFTER SUNDOWN**)

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### **THE FEAST OF TABERNACLES**

**YES** : on 1st day- (HOLY CONVOCATION) pleasures, cooking.

**NO** : on 1st day- working, buying, selling, trading.

**YES** : on 2nd day threw the 7th day - working, buying, selling, trading, pleasures, cooking. (if it falls on weekly sabbath **YES**.)

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**YES** : on 8th day (HOLY CONVOCATION :WITHOUT MUSIC/ CHOIR SINGING )

**NO** : on 8th day - working

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