

Online Prayer Gathering Schedule	
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Pray4Afghans - 3 Day Fast

Time Zones

Prayer Meeting Number	Hamilton, New Zealand	Melbourne, Australia	Seoul, South Korea	Singapore, Singapore	Jakarta, Indonesia	Dushanbe, Tajikistan	Kabul, Afghanistan	Moscow, Russia	Istanbul, Turkey	Athens, Greece	Berlin, Germany	Oslo, Norway	London, United Kingdom	Rio De Janeiro, Brazil	Toronto, Canada	New York, USA	Los Angeles, USA
	NZDT (UTC +13)	AEST (UTC +10)	KST (UTC +9)	SGT (UTC +8)	WIB (UTC +7)	TJT (UTC +5)	AET (UTC +4:30)	MSK (UTC +3)	EEST (UTC +3)	EEST (UTC +3)	CEST (UTC +2)	CEST (UTC +2)	BST (UTC +1)	BRT (UTC -3)	EDT (UTC -4)	EDT (UTC -4)	PDT (UTC -7)
#1	12am (Oct 1st)	9pm (Sep 30th)	8pm (Sep 30th)	7pm (Sep 30th)	6pm (Sep 30th)	4pm (Sep 30th)	3:30pm (Sep 30th)	2pm (Sep 30th)	2pm (Sep 30th)	2pm (Sep 30th)	1pm (Sep 30th)	1pm (Sep 30th)	12pm (Sep 30th)	8am (Sep 30th)	7am (Sep 30th)	7am (Sep 30th)	4am (Sep 30th)
#2	12pm (Oct 1st)	9am (Oct 1st)	8am (Oct 1st)	7am (Oct 1st)	6am (Oct 1st)	4am (Oct 1st)	3:30am (Oct 1st)	2am (Oct 1st)	2am (Oct 1st)	2am (Oct 1st)	1am (Oct 1st)	1am (Oct 1st)	12am (Oct 1st)	8pm (Sep 30th)	7pm (Sep 30th)	7pm (Sep 30th)	4pm (Sep 30th)
#3	6pm (Oct 2nd)	3pm (Oct 2nd)	2pm (Oct 2nd)	1pm (Oct 2nd)	12pm (Oct 2nd)	10am (Oct 2nd)	9:30am (Oct 2nd)	8am (Oct 2nd)	8am (Oct 2nd)	8am (Oct 2nd)	7am (Oct 2nd)	7am (Oct 2nd)	6am (Oct 2nd)	2am (Oct 2nd)	1am (Oct 2nd)	1am (Oct 2nd)	10pm (Oct 1st)
#4	6am (Oct 3rd)	3am (Oct 3rd)	2am (Oct 3rd)	1am (Oct 3rd)	12am (Oct 3rd)	10pm (Oct 2nd)	9:30pm (Oct 2nd)	8pm (Oct 2nd)	8pm (Oct 2nd)	8pm (Oct 2nd)	7pm (Oct 2nd)	7pm (Oct 2nd)	6pm (Oct 2nd)	2pm (Oct 2nd)	1pm (Oct 2nd)	1pm (Oct 2nd)	10am (Oct 2nd)
#5	11pm (Oct 3rd)	8pm (Oct 3rd)	6pm (Oct 3rd)	6pm (Oct 3rd)	5pm (Oct 3rd)	3pm (Oct 3rd)	2:30pm (Oct 3rd)	1pm (Oct 3rd)	1pm (Oct 3rd)	1pm (Oct 3rd)	12pm (Oct 3rd)	12pm (Oct 3rd)	11am (Oct 3rd)	7am (Oct 3rd)	6am (Oct 3rd)	6am (Oct 3rd)	3am (Oct 3rd)

**These prayer times will be facilitated in English but you are encouraged to pray in your heart language*

***Zoom links for these prayer meetings will be emailed to you once you sign up to pray*

***Can you find your time zone? If not, check out <https://www.timeanddate.com/worldclock/converter.html>