

The

Morning **W**atch

2009

STUDY
MEDITATION
and PRAYER

2009
Morning Watch Calendar

The 1909 Morning Watch reprinted just for today's youth and young adult

The reason why the youth, and even those of mature years, are so easily led into temptation and sin, is that they do not study the word of God and meditate upon it as they should. The lack of firm, decided will power, which is manifest in life and character, results from neglect of the sacred instruction of God's word. They do not by earnest effort direct the mind to that which would inspire pure, holy thought and divert it from that which is impure and untrue. There are few who choose the better part, who sit at the feet of Jesus, as did Mary, to learn of the divine Teacher. Few treasure His words in the heart and practice them in the life (*Conflict and Courage*, page 304).

A Year At His Feet

What will be the result of a year's tuition under the Spirit? A year with the wonderful Teacher will so change you that you will hardly know yourself. In one year of following his voice, with all your life conformed to Him, what developments in love, in humility, in patience, in spiritual discernment, in faith, in wisdom, in light on God's Word, what change in outward life, what increase of power for service may be yours!

Think what we might learn in one year in heaven by talking with God, hearing him speak, being under the influence of his presence. But here under trial is the place to be changed into his image. Our association with him, and the degree of his power over our lives, are limited only by the degree to which we yield to him.

"The Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things." Great sums are paid for the most competent instructors, but who can estimate the value of such a teacher? The poorest may have the best.—*Selected.*

My New Year's Resolve

RESOLVED: That I will this year endeavor, by God's help to live a simple, sincere, and active Christian life; repelling promptly every thought of discontent, discouragement, impurity, and self-seeking; cultivating cheerfulness, magnanimity, charity, and the habit of holy silence; exercising economy in expenditure, carefulness in conversation, diligence in appointed service, fidelity to every trust, and a child-like trust in God; I will make an earnest effort to spend some time in Bible study and prayer every day, and to make some personal effort to encourage or draw someone nearer to Christ at least once every week.

January

“Take me, O Lord, as wholly Thine. I lay all my plans at Thy feet. Use me today in Thy service. Abide with me, and let all my work we wrought in Thee.”

TRUST IN GOD

Thursday	1	Nahum 1:7
Friday	2	Psalm 42:8
Saturday	3	Isaiah 26:4

RESULTS OF TRUSTING

Sunday	4	Deuteronomy 33:27
Monday	5	Romans 8:38, 39
Tuesday	6	Acts 16:25
Wednesday	7	Acts 16:31
Thursday	8	Romans 15:13
Friday	9	11 Corinthians 1:3, 4
Saturday	10	1 Thessalonians 5:21

STANDARDS OF LIVING

Sunday	11	Luke 6:45
Monday	12	Philippians 4:6
Tuesday	13	John 15:5
Wednesday	14	Philippians 1:6
Thursday	15	1 Timothy 6:12
Friday	16	Colossians 4:5
Saturday	17	Romans 8:28

DEVOTION TO CHRIST

Sunday	18	II Corinthians 12:9
Monday	19	II Corinthians 12:10
Tuesday	20	Galatians 2:20
Wednesday	21	John 14:23
Thursday	22	Joshua 24:15
Friday	23	John 15:10
Saturday	24	John 14:1-3

THE BLESSED HOPE

Sunday	25	I Corinthians 2:2
Monday	26	II Timothy 4:7, 8
Tuesday	27	Isaiah 25:9
Wednesday	28	1 Thess. 4:16, 17
Thursday	29	Philippians 1:27
Friday	30	Hebrews 9:28
Saturday	31	Philippians 2:3

Special Prayer—

- Power for witnessing. The young people of my church.
- SID—Southern Africa Indian Ocean. Islamic regions.
- Young people studying at Helderberg College in South Africa who will begin producing radio programs for the first time in January, which will be broadcast by AWR throughout the continent of Africa. What a major responsibility!

February

“I expect to pass through this world but once. If therefore there be any kindness I can show, or any good that I can do a fellow traveler, let me do it now; let me not defer it nor neglect it, for I shall not pass this way again.”

LOVING OTHERS

Sunday	1	Romans 12:10
Monday	2	Philippians 2:5
Tuesday	3	Philippians 2:7
Wednesday	4	11 Corinthians 8:9
Thursday	5	Isaiah 53:6
Friday	6	Jeremiah 31:3
Saturday	7	1 Peter 3:22

FAITHFUL SERVICE

Sunday	15	Galatians 5:13
Monday	16	Isaiah 41:6
Tuesday	17	1 Samuel 12:24
Wednesday	18	Luke 16:10
Thursday	19	Galatians 6:9
Friday	20	Revelation 2:10
Saturday	21	Romans 5:1

LET YOUR LIGHT SHINE

Sunday	8	John 8:12
Monday	9	Ephesians 5:14
Tuesday	10	Matthew 5:16
Wednesday	11	James 4:10
Thursday	12	Romans 8:17, 18
Friday	13	Philippians 2:14, 15
Saturday	14	Galatians 6:10

KNOWING CHRIST

Sunday	22	Matthew 3:8
Monday	23	Colossians 2:10, 11
Tuesday	24	John 17:3
Wednesday	25	Ephesians 3:19
Thursday	26	Hebrews 7:25
Friday	27	Philippians 3:7
Saturday	28	Isaiah 64:6

Special Prayer—

- Conference Youth Leaders
- ECD—East Central Africa
- Bible Workers worldwide
- Young people who work in the AWR studio at Babcock University in Nigeria. They produce programs in the Ibo, Yoruba, and Hausa languages. Hausa is spoken among the Muslim people in the northern part of the country. These radio programs are drawing responses, and a significant number of Muslims are becoming Christians.

March

“The secret of being a saint is being a saint in secret.”

THE HEAVENLY CALLING

Sunday	1	Romans 8:3
Monday	2	Ephesians 3:17, 18
Tuesday	3	I Peter 4:12, 13
Wednesday	4	I Peter 1:15, 16
Thursday	5	Philippians 3:13, 14
Friday	6	Hebrews 12: 1, 2
Saturday	7	Hebrews 11:10

THE CHRISTIAN’S PEACE

Sunday	15	John 14:27
Monday	16	Isaiah 48:18
Tuesday	17	Philippians 4:5, 6
Wednesday	18	Philippians 4:7
Thursday	19	Psalms 119:165
Friday	20	Philippians 4:8
Saturday	21	Philippians 4:11

HEAVENLY CITIZENSHIP

Sunday	8	Galatians 6:14
Monday	9	Colossians 3:1, 2
Tuesday	10	I John 3:2
Wednesday	11	Philippians 3:20, 21
Thursday	12	Revelation 7:9
Friday	13	Revelation 7:14
Saturday	14	James 3:17

CONTENTMENT

Sunday	22	Psalms 37:6, 7
Monday	23	Philippians 4:13, 19
Tuesday	24	Romans 8:32
Wednesday	25	Psalms 16:11
Thursday	26	Hebrews 13:5
Friday	27	John 16:33
Saturday	28	II Corinthians 4:6

GOD WITH US

Sunday	29	Matthew 1:23
Monday	30	John 1:14
Tuesday	31	John 3:16

SPECIAL PRAYER—

- NSD—Northern Asia Pacific
- Youth workers worldwide.
- Medical missionaries and the work.
- Young people at Mission College in Thailand have begun to produce radio programs in their new AWR studio to reach not only Thai people but also the communists, atheists, animists, and Buddhists of Laos, where there is much Christian persecution. AWR is scheduled to begin these broadcasts in the month of March – the first time any Adventist media will have been prepared specifically for this country.

April

“As flows the river calm and deep in silence toward the sea, So floweth ever and ceaseth never the love of God to thee.”

GOD WITH US

Wednesday	1	John 1:4
Thursday	2	John 1:9
Friday	3	John 1:12
Saturday	4	Galatians 4:4, 5

SAVIOUR FROM SIN

Sunday	5	Acts 13:23
Monday	6	Luke 1:33
Tuesday	7	Luke 1:50
Wednesday	8	Luke 1:53
Thursday	9	Matthew 1:21
Friday	10	1 John 3:5
Saturday	11	Luke 1:68, 69

COMPLETE SAVIOUR

Sunday	12	Ephesians 1:3
Monday	13	Jude 25
Tuesday	14	I Timothy 1:15
Wednesday	15	I John 3:8

Thursday	16	Acts 5:31
Friday	17	Luke 4:18
Saturday	18	Isaiah 9:6

THE PRINCE OF PEACE

Sunday	19	Luke 2:14
Monday	20	Job 22:21
Tuesday	21	Isaiah 26:3
Wednesday	22	John 16:33
Thursday	23	Romans 5:1
Friday	24	II Corinthians 13:11
Saturday	25	Ecclesiastes 12:1

PROPER DEVELOPMENT

Sunday	26	Exodus 20:12
Monday	27	Luke 1:51
Tuesday	28	Luke 1:49
Wednesday	29	Luke 1:40, 52
Thursday	30	Psalms 119:9

SPECIAL PRAYER—

- Greater appreciation of the plan of Salvation
- Church Schools
- EUD—Euro Africa Division
- There are several young new producers at the AWR studio in Hong Kong who have part of the responsibility to prepare programs to reach the huge territory of mainland China. They have felt the overwhelming burden of their task. Let’s pray that God will give them the spiritual gifts that they need and that their efforts will transform many lives.

May

*“Is thy burden hard and heavy? Do thy steps drag wearily? Help to bear thy brother’s burden!
God will bear both it and thee.”*

PROPER DEVELOPMENT

Friday 1 I Timothy 4:12
Saturday 2 Acts 8:22

REPENTANCE

Sunday 3 Luke 3:5
Monday 4 Luke 3:9
Tuesday 5 Hosea 14:1, 2
Wednesday 6 II Corinthians 7:10
Thursday 7 Matthew 3:8
Friday 8 Luke 15:7
Saturday 9 Matthew 3:15

OBEDIENCE AND VICTORY

Sunday 10 Mathew 3:17
Monday 11 I Peter 1:22
Tuesday 12 James 1:12
Wednesday 13 Matthew 4:4
Thursday 14 Matthew 4:10
Friday 15 I Corinthians 10:13
Saturday 16 Matthew 5:14

PERSONAL WORK

Sunday 17 John 1:36
Monday 18 John 1:41
Tuesday 19 Acts 10:38
Wednesday 20 Ezekiel 3:18
Thursday 21 Isaiah 50:4
Friday 22 Matthew 25:21
Saturday 23 Ecclesiastes 5:1

THE HOUSE AND WORSHIP OF GOD

Sunday 24 Exodus 25:8
Monday 25 Isaiah 66:5
Tuesday 26 Psalm 84:2
Wednesday 27 Luke 4:16
Thursday 28 Psalm 122:1
Friday 29 Hebrews 10:25
Saturday 30 Matthew 5:20

THE GREAT TRANSFORMATION

Sunday 31 John 3:5

SPECIAL PRAYER—

- General Conference Youth Ministries Department
- WAD—West Central Africa
- Just a few months ago, a new FM station was installed by AWR on the campus of the University of Eastern Africa at Baraton, Kenya. Students and faculty are preparing programs to reach their area of more than one million people, which was one of the hot spots during the political unrest and killing that took place after this country’s election. One of their programs stopped one young man from carrying out his plan to attack some people that he disagreed with and loot their belongings. Pray that this positive, calming influence will continue.

June

“Anywhere, any time, anything, for the son of God and the sons of men.”

THE GREAT TRANSFORMATION

Monday	1	Romans 12:2	Wednesday	17	Isaiah 63: 1
Tuesday	2	I Peter 1:23	Thursday	18	Psalms 34:7
Wednesday	3	Romans 8:10	Friday	19	Revelation 1:18
Thursday	4	Ezekiel 36:26	Saturday	20	Matthew 4:19, 20
Friday	5	Ezekiel 36:27			
Saturday	6	John 4:10			

OBEDIENCE AND VICTORY

Sunday	7	John 4:14	Sunday	21	Luke 14:33
Monday	8	Zechariah 13:1	Monday	22	Mark 13:34
Tuesday	9	Jeremiah 2:13	Tuesday	23	John 17:18
Wednesday	10	Isaiah 12:3	Wednesday	24	Ecclesiastes 11:6
Thursday	11	John 7:37	Thursday	25	Matthew 5:16
Friday	12	Revelation 22:17	Friday	26	Psalms 126:6
Saturday	13	Luke 4:18	Saturday	27	Luke 5:13

THE HOUSE AND WORSHIP OF GOD

Sunday	21	Luke 14:33
Monday	22	Mark 13:34
Tuesday	23	John 17:18
Wednesday	24	Ecclesiastes 11:6
Thursday	25	Matthew 5:16
Friday	26	Psalms 126:6
Saturday	27	Luke 5:13

PERSONAL WORK

Sunday	14	Psalms 103:3
Monday	15	John 4:50
Tuesday	16	Psalms 89:13

THE GREAT TRANSFORMATION

Sunday	28	Matthew 9:2
Monday	29	Matthew 8:17
Tuesday	30	Exodus 15:26

SPECIAL PRAYER—

- Children of the world. June is **International Children’s Month**
- SAD—South America Division
- Youth Ministries and Sabbath School and Personal Ministries departments
- Pray for four-year-old Mariana from Venezuela, who is AWR’s youngest producer. She prepares a daily children’s program, which has a popular following and has won to Jesus even adults who listen. She began when she was three years old. Pray that the Lord will continue to be with her, and that her example will move other youth to courageously step out and do something big for God.

July

“Every act of life is a revelation of the character, and he only who in small duties proves himself ‘a workman that needeth not to be ashamed,’ will be honored by God with weightier trusts.”

THE GREAT HEALER

Wednesday	1	Isaiah 53:5
Thursday	2	James 5:16
Friday	3	Psalm 107:20
Saturday	4	John 5:24

SAVIOUR FROM SIN

Sunday	5	John 6:40
Monday	6	John 6:29
Tuesday	7	Hebrews 11:1
Wednesday	8	Hebrews 11:6
Thursday	9	Romans 5:1
Friday	10	John 3:18
Saturday	11	Exodus 20:8-11

COMPLETE SAVIOUR

Sunday	12	Mark 2:27, 28
Monday	13	Matthew 12:12
Tuesday	14	Isaiah 58:13
Wednesday	15	Isaiah 56:2

Thursday	16	Ezekiel 20:12
Friday	17	Ezekiel 20:20
Saturday	18	Matthew 5:3

THE PRINCE OF PEACE

Sunday	19	Matthew 5:4
Monday	20	Matthew 5:5
Tuesday	21	Matthew 5:6
Wednesday	22	Matthew 5:7
Thursday	23	Matthew 5:8
Friday	24	Matthew 5:9
Saturday	25	Luke 16:17

PROPER DEVELOPMENT

Sunday	26	Romans 7:12
Monday	27	Matthew 22:37, 38
Tuesday	28	Matthew 22:39, 40
Wednesday	29	Psalm 19:7
Thursday	30	Isaiah 42:21
Friday	31	John 15:10

SPECIAL PRAYER—

- NAD—North American Division
- Temperance
- All ministers globally
- Pray for the new young producers in Ulaanbaatar, Mongolia, who are just learning how to prepare radio programs. Pray that more people will find the broadcast on their radios and that this will be an effective tool to reach the people of this country, who know very little about Christianity.

August

“Let us advance upon our knees.” “Guard well thy thoughts, for they are heard in heaven.”

ASK

Saturday 1 Luke 11:9, 10

PRAYER

Sunday 2 Luke 11:13
 Monday 3 Matthew 6:9
 Tuesday 4 Matthew 6:10
 Wednesday 5 Matthew 6:11
 Thursday 6 Matthew 6:12
 Friday 7 Matthew 6:13
 Saturday 8 Matthew 6:20

THINGS THAT COUNT

Sunday 9 Matthew 6:22
 Monday 10 Matthew 6:25
 Tuesday 11 Matthew 6:33
 Wednesday 12 Matthew 6:24
 Thursday 13 I Timothy 4:8
 Friday 14 I Timothy 6:6
 Saturday 15 Matthew 7:17, 20

FAITH

Sunday 16 Matthew 7:21
 Monday 17 Matthew 7:24
 Tuesday 18 Matthew 7:26
 Wednesday 19 John 15:2
 Thursday 20 John 15:8
 Friday 21 Revelation 22:14
 Saturday 22 Matthew 8:13

A MERCIFUL SAVIOUR

Sunday 23 Titus 3:5
 Monday 24 Luke 7:13
 Tuesday 25 Luke 7:14
 Wednesday 26 Ephesians 5:14
 Thursday 27 Ephesians 2:4, 5
 Friday 28 Colossians 1:13
 Saturday 29 Luke 6:45

Our Words

Sunday 30 Ephesians 4:29
 Monday 31 Ephesians 5:4

SPECIAL PRAYER

- IAD—Inter-American Division
- SDA schools, colleges, and universities
- Those entering academic programs
- Mexico has severe limitations on who can own and broadcast on radio stations. But there are some young people who are working to prepare programs and find places where public stations are willing to air these broadcasts. Pray that their efforts, in spite of the limitations they face, will be successful and that soon Mexico will be able to have more freedom for broadcasting.

September

“As a pebble dropped in water sends its waves out more and more, in an ever-widening circle till they reach the very shore; So a word, a deed, an action dropped upon the seas of life, Sends a blessing or a cursing to this world of sin and strife.”

OUR WORDS

Tuesday	1	Colossians 3:8
Wednesday	2	I Corinthians 15:13
Thursday	3	Matthew 12:36
Friday	4	Revelation 14:5
Saturday	5	Matthew 13:11

THE GOOD SEED

Sunday	6	Matthew 13:19
Monday	7	Matthew 13:20, 21
Tuesday	8	Psalm 51:10
Wednesday	9	Matthew 13:22
Thursday	10	Luke 8:14
Friday	11	Matthew 13:23
Saturday	12	Matthew 13:44

ETERNAL RICHES

Sunday	13	Matthew 13:45, 46
Monday	14	Mark 8:36
Tuesday	15	Matthew 13:25

Wednesday	16	I Kings 20:4
Thursday	17	Matthew 13:41
Friday	18	Matthew 13:43
Saturday	19	Luke 8:24

THE PACIFIER

Sunday	20	Luke 8:35
Monday	21	Isaiah 57:20, 21
Tuesday	22	Psalm 89:9
Wednesday	23	Isaiah 32:17
Thursday	24	II Timothy 1:7
Friday	25	Isaiah 48:18
Saturday	26	Mark 5:26

THE GREAT PHYSICIAN

Sunday	27	Matthew 9:22
Monday	28	Mark 5:41
Tuesday	29	Matthew 9:35
Wednesday	30	Psalm 147:3

SPECIAL PRAYER

- Youth Ministry Accent
- EUD—Euro Africa Division
- Union Conference Officers
- Pray for the students at Zaoski Theological Seminary in Russia, who help to produce programs for broadcast throughout this great country. So many people write to say that the radio broadcasts have given them hope. Pray that nothing will stop these broadcasts from continuing, because this is a constant lurking possibility.

October

“Sculptor of souls, I lift to thee encumbered heart and hands: Spare not the chisel, set me free, however dear the bands.”

THE GREAT PHYSICIAN

Thursday	1	Isaiah 57:15
Friday	2	Revelation 21:4
Saturday	3	Matthew 9:36

THE HARVEST FIELD

Sunday	4	Matthew 9:37, 38
Monday	5	John 4:35
Tuesday	6	Matthew 24:14
Wednesday	7	Revelation 18:1
Thursday	8	Matthew 20:6
Friday	9	John 9:4
Saturday	10	Matthew 10:17

THE CONFLICT

Sunday	11	Matthew 10:18
Monday	12	Matthew 10:19, 20
Tuesday	13	Matthew 10:22
Wednesday	14	Matthew 10:28
Thursday	15	Matthew 10:30, 31
Friday	16	Matthew 10:38
Saturday	17	Matthew 10:39

FAITHFUL UNTO DEATH

Sunday	18	Philemon
		1:29
Monday	19	John 16:2
Tuesday	20	Revelation 2:10
Wednesday	21	Hebrews 12:3, 4
Thursday	22	Psalms 23:4
Friday	23	II Timothy 4:6-8
Saturday	24	Psalms 145:16

THE GREAT PROVIDER

Sunday	25	Psalms
		104:14, 15
Monday	26	Psalms 103:5
Tuesday	27	Acts 14:17
Wednesday	28	Matthew 5:45
Thursday	29	Psalms 107:9
Friday	30	Ephesians 1:3
Saturday	31	Isaiah 55:2

SPECIAL PRAYER—

- Students
- General Conference officers
- SPD—South Pacific Division
- Those who are resisting the spirit
- Pray for the studio at Valley View University in Ghana, that there will be enough young people who are willing and able to help keep up the regular production of needed programs. Also pray for their plans to begin a new FM station to reach the major city of Accra.

November

“God is love. Like rays of light from the sun, love and light and joy flow out from him to all his creatures. It is his nature to give. His very life is the outflow of unselfish love.”

THE BREAD OF LIFE

Sunday	1	John 6:22
Monday	2	John 6:51
Tuesday	3	John 6:37
Wednesday	4	John 6:56
Thursday	5	John 6:63
Friday	6	Ephesians 2:1
Saturday	7	Matthew 15:28

DANGER OF UNBELIEF

Sunday	15	John 12:35
Monday	16	Jeremiah 13:16
Tuesday	17	John 3:16
Wednesday	18	I John 5:10
Thursday	19	Hebrews 4:11
Friday	20	Hebrews 10:39
Saturday	21	Matthew 16:24

SALVATION FOR ALL

Sunday	8	Acts 10:34, 35
Monday	9	Romans 3:22
Tuesday	10	Proverbs 22:2
Wednesday	11	Romans 10:13
Thursday	12	Matthew 11:28-30
Friday	13	Mark 16:15
Saturday	14	Hebrews 3:12

KNOWING CHRIST

Sunday	22	Matthew 16:25
Monday	23	John 12:24
Tuesday	24	John 12:27, 28
Wednesday	25	Matthew 16:26
Thursday	26	Matthew 5:20
Friday	27	Matthew 16:27
Saturday	28	Luke 9:31

COMING TO CHRIST

Sunday	29	II Peter 1:16
Monday	30	I Cor. 15:51, 52

SPECIAL PRAYER—

- Elder or leader of my church
- TED—Trans-European Division
- In one country in Central Asia there are such restrictions that AWR is not able to arrange any broadcast time whatsoever on the local radio. But one young man writes scripts and passes them to a sympathetic public radio broadcaster, who simply reads them as part of the ongoing program material. Any responses to this material are then passed back to our young man, who follows up the questions of those listeners. Thank God for this creative way of getting the message out, and pray that His hand will protect this young man and his method so that God’s Word can be heard.

December

“God’s greatness flows around our incompleteness; around our restlessness his rest.”

COMING OF CHRIST

Tuesday	1	Revelation 1:7	Wednesday	16	Matthew 6:14, 15
Wednesday	2	John 5:28, 29	Thursday	17	Matthew 18:32, 33
Thursday	3	I Corinthians 15:54	Friday	18	Matthew 5:23, 24
Friday	4	Revelation 14:14	Saturday	19	Luke 17:15
Saturday	5	Philippians 2:7, 8			

HUMILITY

Sunday	6	II Peter 5:6	GRATITUDE	Sunday	20	Psalm 116:12, 14
Monday	7	Matthew 18:3		Monday	21	Ephesians 5:20
Tuesday	8	Isaiah 57:15		Tuesday	22	Isaiah 63:7
Wednesday	9	Micah 6:8		Wednesday	23	Psalm 107:1, 20
Thursday	10	Matthew 23:11, 12		Thursday	24	Psalm 117
Friday	11	Mark 10:43		Friday	25	Revelation 5:11-13
Saturday	12	Ephesians 1:7		Saturday	26	Galatians 1:4

FORGIVENESS

Sunday	13	Galatians 6:1	THANKFULNESS	Sunday	27	Proverbs 23:26
Monday	14	Luke 17:3		Monday	28	Genesis 12: 2
Tuesday	15	Matthew 18:15		Tuesday	29	Acts 20:35
				Wednesday	30	Proverbs 3:9
				Thursday	31	Revelation 2:10

SPECIAL PRAYER

- SUD—Southern Asia Division
- SSD—Southern Asia Pacific Division
- Outpouring of the Holy Spirit
- Unconverted friends
- Pray for the young man who as a Muslim became an Adventist by listening to AWR, then became the producer of the programs for a very difficult Muslim country. He recently was kidnapped, tortured, and nearly beheaded, but now being free has chosen not to back away from the task, but to continue his work in a new location. What a commitment and demonstration of courage!

2009

	SUN	MON	TUE	WED	THU	FRI	SAT	WEEK NO.
1/09 JAN	DEC 28	29	30	31	1	2	3	1
	4	5	6	7	8	9	10	2
	11	12	13	14	15	16	17	3
	18	19	20	21	22	23	24	4
	25	26	27	28	29	30	31	5

	SUN	MON	TUE	WED	THU	FRI	SAT	WEEK NO.
3/09 JUL	JUN 28	29	30	1	2	3	4	27
	5	6	7	8	9	10	11	28
	12	13	14	15	16	17	18	29
	19	20	21	22	23	24	25	30
	26	27	28	29	30	31	AUG 1	31

FEB	1	2	3	4	5	6	7	6
	8	9	10	11	12	13	14	7
	15	16	17	18	19	20	21	8
	22	23	24	25	26	27	28	9

AUG	2	3	4	5	6	7	8	32
	9	10	11	12	13	14	15	33
	16	17	18	19	20	21	22	34
	23	24	25	26	27	28	29	35

MAR	1	2	3	4	5	6	7	10
	8	9	10	11	12	13	14	11
	15	16	17	18	19	20	21	12
	22	23	24	25	26	27	28	13

SEP	AUG 30	31	1	2	3	4	5	36
	6	7	8	9	10	11	12	37
	13	14	15	16	17	18	19	38
	20	21	22	23	24	25	26	39

2/09 APR	MAR 29	30	31	1	2	3	4	14
	5	6	7	8	9	10	11	15
	12	13	14	15	16	17	18	16
	19	20	21	22	23	24	25	17
	26	27	28	29	30	MAY 1	2	18

4/09 OCT	SEP 27	28	29	30	1	2	3	40
	4	5	6	7	8	9	10	41
	11	12	13	14	15	16	17	42
	18	19	20	21	22	23	24	43
	25	26	27	28	29	30	31	44

MAY	3	4	5	6	7	8	9	19
	10	11	12	13	14	15	16	20
	17	18	19	20	21	22	23	21
	24	25	26	27	28	29	30	22

NOV	1	2	3	4	5	6	7	45
	8	9	10	11	12	13	14	46
	15	16	17	18	19	20	21	47
	22	23	24	25	26	27	28	48

JUN	MAY 31	1	2	3	4	5	6	23
	7	8	9	10	11	12	13	24
	14	15	16	17	18	19	20	25
	21	22	23	24	25	26	27	26

DEC	NOV 29	30	1	2	3	4	5	49
	6	7	8	9	10	11	12	50
	13	14	15	16	17	18	19	51
	20	21	22	23	24	25	26	52