

# The Feast of 7 Fowls

A celebration of purpose, camaraderie,  
affirmation and manifestation

December 24<sup>th</sup>-26<sup>th</sup>



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Our sample seven Fowls Menu are as follows:  
you can create your own .

Roasted Chicken	Yellow rice
Jerk Chicken	Rice & peas
Thai Chicken	Coconut rice
Curry Chicken	White rice
Lemon pepper	Brown rice
BBQ Chicken	Jollof rice
Fried Chicken	Wild rice pilaf

Vegan chicken is an option as well.

Kale, Spinach, Asparagus, Broccoli, Zucchini,  
Green beans, Collard greens

Mango Mint Tea- Peach Lemonade

Please share your dishes and feast on social  
media. [@sevenfeastoffowl](#)  
Email us: [sevenfeastoffowl@gmail.com](mailto:sevenfeastoffowl@gmail.com)

You can hold your feast on any one of the  
days you choose to. December 24<sup>th</sup>-26<sup>th</sup>

Created for African Americans-Afro Latin Americans, people of color and purpose.

Why? We are the children of the most high and further our reverence and gratitude with this celebration that spans over 3 days, December 24<sup>th</sup> -26<sup>th</sup>. The feast of the Seven fowls wraps around the seven Kwanza principles, the seven days God created in which the number seven represents completion and the gifts of the Holy Spirit (Isaiah: 11 1-2)(1 Cor 12:1-11) The feast will be a combination of seven different chicken dishes accompanied with seven rice dishes, green vegetables of choice and accompaniment.

The focus is family, friends, loved ones, camaraderie and purpose.

Loved ones and friends can share in the feast by contributing their own chook and rice dishes of choice. Remember, Seven is our manifestation number. Additionally, participants will write down seven things that they are grateful for and seven things that they want to manifest into their lives. These items will be spoken out loud and prayed over for manifestation. Afterwards, seal your affirmations in an envelope and keep it safe. Every seven weeks after the new year revisit your affirmations to reaffirm your blessings. Let's walk this path together and love each other as the creator loves us.

## Feast Information

The Feast of seven fowls can be hosted amongst friends and loved ones, you can get together at home or a gathering place of your choosing. There are several ways to incorporate your feast.

Participants can bring individual dishes to make up the seven meals.

Be creative with your dishes . Whole roasters, wings, Cornish hens or chicken parts work well. For your rice dishes. 5-8 pounds can yield you seven different styles. For your green vegetables, make it However you like. Enjoy your feast.

It's suggested that you get Manila envelopes that have a clasp on it. That way you can easily access your affirmations every 7 weeks. Self awareness, personal accountability is the goal. We will hold each other accountable, all while working towards our higher being. The manifestation will happen. purposed filled thinking and powerful speaking of life cemented with action will be your life.

# A Deeper Dive Into The Feast.

- Family, camaraderie, unity, purpose all has an alignment that we can all relate to. The feast utilizes all of the mentioned to come together with the same mindset and goals, it allows for conversation, breaking bread, joy and time spent with loved ones.

## The Number 7

- Why is the number (7) important? Why (7) items throughout the celebration? It's simply the power that is represented within the number 7.

- It symbolizes completion and perfection.

- There is a celebration and jubilee surrounding the number (7)

## Purpose & Power

- Proverbs 18:21 tells us of the power of the tongue, hence why when writing out your affirmations of manifestation we will speak them out loud and clear. Invoking the power we possess.

## Accountability

- Writing and speaking your manifestation is one step, sealing your affirmations away for seven weeks requires a self awareness and accountability that you must believe in. Upon reaching the 7th week you can look back and press forward in the manifestation. Faith without works is dead. James 2: 14-26.

## The Meal

- This one is very simple, cost effective, tasty, with different flavors and styles of chicken and rice dishes. And quite frankly who doesn't enjoy a great piece of chicken. Have fun with your feast. Be creative in your spices and sauces. Don't forget your veggies!

## The Dates

- The celebration can be held on any day of your choosing from December 24th-26th. It gives you options for starters and there is divinity in the number 3. The Trinity is in (3) The Father - The Son - The Holy Spirit. It also wraps around Harmony, completeness, understanding, wholeness are just a few reasons why the celebration covers 3 days.

## Cultural awareness

- Knowing who we are as a people, celebrating our heritage and giving respect to our ancestors. A continuous path together to reaffirm our faith and break the chains of the past. Pressing forward for the future for the next generations to come. We have a purpose; we must live and walk in it to the fullest.