

ethiopian orthodox fasting calendar 2023 pdf

ethiopian orthodox fasting calendar 2023 pdf is an essential resource for followers of the Ethiopian Orthodox Tewahedo Church, providing a detailed schedule of fasting periods throughout the year 2023. This calendar outlines the significant fasting seasons, their durations, and the specific fasting rules observed by the faithful. The Ethiopian Orthodox fasting tradition is deeply rooted in religious history, emphasizing spiritual discipline, prayer, and self-denial. Understanding the fasting calendar helps adherents prepare both physically and spiritually for these important times. In this article, the ethiopian orthodox fasting calendar 2023 pdf will be explored in depth, including the major fasting periods, their significance, and how the calendar is organized for easy use. Additionally, practical guidance on accessing and utilizing the fasting calendar in PDF format will be discussed. The following sections will provide a comprehensive overview of the fasting practices according to the Ethiopian Orthodox tradition.

- Overview of Ethiopian Orthodox Fasting
- Major Fasting Periods in 2023
- Details of Each Fasting Season
- Using the Ethiopian Orthodox Fasting Calendar 2023 PDF
- Importance of Fasting in Ethiopian Orthodox Christianity

Overview of Ethiopian Orthodox Fasting

The Ethiopian Orthodox Church follows a unique and rigorous fasting tradition that is integral to its

religious practice. The fasting periods are observed with strict dietary restrictions, primarily abstaining from animal products, and are complemented by prayer and reflection. The fasting calendar is based on the Ethiopian liturgical year, which follows the ancient Coptic calendar system. The [ethiopian orthodox fasting calendar 2023 pdf](#) provides a clear and accessible format for believers to track these spiritual observances throughout the year.

Historical Background

Fasting in the Ethiopian Orthodox Church dates back centuries and is influenced by biblical teachings and early Christian traditions. The Church prescribes multiple fasting periods, each with specific religious significance, reflecting events in the life of Jesus Christ, the Virgin Mary, and various saints. The continuous observance of these fasts is a testament to the faith's commitment to spiritual discipline.

Fasting Guidelines

During fasting periods, adherents refrain from consuming meat, dairy products, and sometimes even oil and alcohol, depending on the specific fast. Fish consumption is generally allowed on certain days. The [ethiopian orthodox fasting calendar 2023 pdf](#) details these restrictions for each fasting season, helping practitioners maintain proper observance.

Major Fasting Periods in 2023

The Ethiopian Orthodox fasting calendar 2023 pdf highlights several key fasting seasons that occur annually. These fasting periods vary in length, ranging from a few days to several weeks, and each holds unique religious significance. The major fasting periods for 2023 include Lent, the Fast of the Apostles, the Fast of the Assumption, and the Fast of the Nativity.

Great Lent (Abiy Tsom)

Great Lent is the longest and most important fasting period, lasting 55 days. It commemorates the 40 days Jesus spent fasting in the wilderness and is observed with strict fasting rules. The 2023 calendar specifies the start and end dates, enabling followers to prepare accordingly.

Fast of the Apostles

This fasting period varies in length depending on the date of Easter but generally lasts for about two weeks. It honors the apostles and their missionary work, encouraging spiritual renewal among believers. The [ethiopian orthodox fasting calendar 2023 pdf](#) provides precise timing for this fast based on the liturgical calculations.

Fast of the Assumption (Filseta)

Observed in August, this 15-day fast commemorates the Virgin Mary's ascension to heaven. It is one of the most revered fasts in the Ethiopian Orthodox Church, emphasizing devotion to Mary and spiritual cleansing.

Fast of the Nativity (Tsome Gena)

Also known as the Christmas fast, this 40-day period precedes the celebration of Jesus Christ's birth on January 7. The fasting calendar lists the exact dates, helping adherents maintain consistency in their spiritual practice.

Details of Each Fasting Season

Each fasting period in the [ethiopian orthodox fasting calendar 2023 pdf](#) has specific characteristics, including duration, dietary rules, and religious significance. Understanding these details is crucial for

proper observance.

Great Lent Practices

During Great Lent, believers abstain from all animal products, including dairy and eggs, and limit oil and alcohol consumption. The fast is broken only after sunset each day, and additional prayers are performed. The calendar specifies the fasting days and special feast days within this period.

Fast of the Apostles Observances

This fast involves similar dietary restrictions as Great Lent but is generally less stringent regarding oil and alcohol. The calendar indicates important feast days that occur during this fast, guiding the faithful in their spiritual routines.

Filseta Fasting Guidelines

The Fast of the Assumption requires abstinence from meat, dairy, and sometimes oil. It is marked by increased church attendance and prayers dedicated to the Virgin Mary. The 2023 fasting calendar outlines the exact dates for this period.

Nativity Fast Customs

The Nativity fast is characterized by strict abstinence from animal products and is a time of preparation for the Christmas celebration. The fasting calendar provides a day-by-day breakdown to assist practitioners in adhering to the fast.

Additional Fasting Days

Besides the major fasting seasons, the Ethiopian Orthodox Church observes weekly fasts on Wednesdays and Fridays throughout the year, commemorating Christ's betrayal and crucifixion. These days are also included in the [ethiopian orthodox fasting calendar 2023 pdf](#) for comprehensive guidance.

Using the Ethiopian Orthodox Fasting Calendar 2023 PDF

The [ethiopian orthodox fasting calendar 2023 pdf](#) is designed to be an easy-to-use document that assists adherents in tracking fasting periods and related religious observances. It is typically available through church offices, religious organizations, and online platforms dedicated to Ethiopian Orthodox Christianity.

Features of the PDF Calendar

The PDF version of the fasting calendar includes detailed dates, fasting durations, feast days, and notes on dietary restrictions. It often features color-coded sections for quick reference and may include liturgical reminders and prayers.

How to Access and Utilize the PDF

Believers can download or obtain the [ethiopian orthodox fasting calendar 2023 pdf](#) from official church sources. Using the PDF allows for easy printing, sharing, and daily reference. It serves as a reliable tool for maintaining adherence to fasting rules throughout the year.

Benefits of a PDF Format

- Portability: Can be accessed on multiple devices
- Printability: Easy to create physical copies for personal or community use
- Clarity: Organized layout with clear dates and instructions
- Durability: Retains formatting and information integrity over time

Importance of Fasting in Ethiopian Orthodox Christianity

Fasting is a cornerstone of Ethiopian Orthodox Christian spirituality, symbolizing purification, humility, and solidarity with the suffering of Christ and the saints. The ethiopian orthodox fasting calendar 2023 pdf not only guides the faithful in observing these periods but also reinforces the spiritual significance of fasting in daily life.

Spiritual Benefits

Fasting is seen as a means of drawing closer to God, enhancing prayer life, and fostering self-control. It encourages believers to focus on inner transformation and compassion for others.

Community and Cultural Significance

The fasting calendar also plays a vital role in uniting communities through shared practice and religious festivals. It preserves the rich cultural heritage of the Ethiopian Orthodox Church and strengthens collective faith identity.

Health and Discipline

While primarily spiritual, fasting is often associated with health benefits and the cultivation of discipline. The fasting calendar supports this by clearly outlining fasting days and proper observance guidelines.

Frequently Asked Questions

What is the Ethiopian Orthodox fasting calendar 2023 PDF?

The Ethiopian Orthodox fasting calendar 2023 PDF is a downloadable document that outlines the specific fasting periods observed by the Ethiopian Orthodox Tewahedo Church throughout the year 2023.

Where can I download the Ethiopian Orthodox fasting calendar 2023 PDF?

You can download the Ethiopian Orthodox fasting calendar 2023 PDF from official Ethiopian Orthodox Church websites, religious organizations, or trusted Ethiopian community portals online.

What are the major fasting periods in the Ethiopian Orthodox fasting calendar 2023?

The major fasting periods include the Great Lent (Abiy Tsom), the Fast of the Apostles, the Fast of the Virgin Mary (Filseta), and the weekly fasting days of Wednesday and Friday, among others.

How long is the Great Lent fasting period in the Ethiopian Orthodox fasting calendar 2023?

In 2023, the Great Lent fasting period lasts for 55 days, typically starting in late February or early March and ending on Easter Sunday according to the Ethiopian Orthodox calendar.

Does the Ethiopian Orthodox fasting calendar 2023 PDF include weekly fasting days?

Yes, the calendar includes weekly fasting days, specifically every Wednesday and Friday, which are observed throughout the year as days of partial fasting.

Is the Ethiopian Orthodox fasting calendar 2023 PDF applicable to all Orthodox Christians in Ethiopia?

Yes, the fasting calendar is generally applicable to all Ethiopian Orthodox Tewahedo Church members, as it follows religious traditions observed nationwide.

Are there specific foods allowed during fasting periods in the Ethiopian Orthodox fasting calendar 2023?

During fasting periods, adherents typically abstain from animal products like meat, dairy, and eggs, consuming mainly vegan foods such as vegetables, legumes, and grains.

How does the Ethiopian Orthodox fasting calendar 2023 PDF help followers?

The calendar helps followers by providing clear dates and guidelines for fasting periods, enabling them to prepare spiritually and physically for religious observances throughout the year.

Can the Ethiopian Orthodox fasting calendar 2023 PDF be used for planning religious events?

Yes, religious leaders and community members often use the fasting calendar to schedule church services, feasts, and other religious events in harmony with fasting and feast days.

Additional Resources

1. *The Ethiopian Orthodox Fasting Calendar 2023: A Spiritual Guide*

This book provides an in-depth overview of the Ethiopian Orthodox fasting periods for the year 2023. It includes detailed explanations of each fasting season, its spiritual significance, and practical tips for observance. The calendar is presented in an easy-to-follow PDF format, making it accessible for personal or communal use.

2. *Fasting and Feasting: The Ethiopian Orthodox Tradition in 2023*

Focusing on the balance between fasting and celebration, this book explores the Ethiopian Orthodox Church's fasting calendar for 2023. It highlights the historical background of fasting practices and offers recipes and meal plans for breaking fasts in a healthy, culturally authentic way.

3. *2023 Ethiopian Orthodox Fasting Calendar and Devotional*

This devotional book pairs the 2023 fasting calendar with daily reflections and prayers to support believers throughout the fasting seasons. It aims to deepen spiritual commitment by integrating scripture readings and meditations tailored for each fasting day.

4. *The Complete Guide to Ethiopian Orthodox Fasting: 2023 Edition*

An authoritative guide that covers all aspects of the Ethiopian Orthodox fasting rules, including the 2023 schedule. It addresses common questions about fasting, exemptions, and the health benefits associated with these religious practices.

5. *Living the Ethiopian Orthodox Fasting Calendar 2023: Faith and Discipline*

This book offers a comprehensive look at how to incorporate the 2023 fasting calendar into daily life. It emphasizes the spiritual discipline involved in fasting and provides personal testimonies and stories from Ethiopian Orthodox practitioners.

6. *Understanding Ethiopian Orthodox Fasting: Calendar and Customs 2023*

Designed for both insiders and those new to the tradition, this book breaks down the fasting calendar for 2023 alongside explanations of the customs and rituals practiced during fasting periods. It includes historical context and contemporary adaptations.

7. The Ethiopian Orthodox Church Fasting Calendar 2023: PDF Companion

A digital companion guide that complements the 2023 fasting calendar PDF, this book offers interactive tools and resources to help users track fasting days, learn prayers, and understand fasting rules in a modern format.

8. Fasting in the Ethiopian Orthodox Church: Tradition and Calendar 2023

This scholarly work examines the theological foundations and liturgical importance of fasting within the Ethiopian Orthodox Church, with a focus on the 2023 fasting calendar. It provides insights into the connection between fasting, worship, and community life.

9. 2023 Ethiopian Orthodox Fasting Calendar: A Practical Handbook

A practical handbook designed for clergy and laypeople alike, detailing the fasting schedule for 2023 along with guidelines for preparation and observance. It includes charts, FAQs, and advice on maintaining health during extended fasting periods.

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Understanding the Ethiopian Orthodox Tewahedo Fasting Calendar 2023: A Comprehensive Guide

This ebook delves into the intricacies of the Ethiopian Orthodox Tewahedo Church's fasting calendar for 2023, exploring its spiritual significance, practical implications, and cultural context within the Ethiopian community and beyond, offering valuable insights for both practitioners and interested observers. It provides a detailed breakdown of the fasting periods, their historical background, and the specific dietary restrictions involved.

Ebook Title: Navigating the Ethiopian Orthodox Fasting Calendar 2023: A Practical Guide

Contents:

Introduction: The Significance of Fasting in Ethiopian Orthodox Tewahedo Tradition.

Chapter 1: The 2023 Fasting Calendar: A Month-by-Month Breakdown.

Chapter 2: Understanding the Different Fasting Periods: Types, Duration, and Rationale.

Chapter 3: Dietary Guidelines and Restrictions: Permitted and Prohibited Foods.

Chapter 4: Spiritual Practices During Fasting: Prayer, Worship, and Almsgiving.

Chapter 5: Cultural Significance and Community Observance: Social and communal aspects of fasting.

Chapter 6: Practical Tips for Successful Fasting: Planning, preparation, and maintaining health.

Chapter 7: Common Misconceptions and Challenges: Addressing frequently asked questions and concerns.

Conclusion: Reflecting on the spiritual journey and benefits of fasting.

Detailed Outline Explanation:

Introduction: This section will establish the importance of fasting within the Ethiopian Orthodox Tewahedo faith, tracing its historical roots and theological underpinnings. It will highlight the spiritual growth and connection to God that fasting aims to facilitate.

Chapter 1: The 2023 Fasting Calendar: This chapter will present a detailed, month-by-month calendar outlining all major and minor fasts observed in 2023. Dates will be provided according to both the Gregorian and Ethiopian calendars for clarity.

Chapter 2: Understanding the Different Fasting Periods: This chapter categorizes the various fasts—Great Lent (Abye Tsome), Advent (Tsome Nehbsi), and others—explaining their unique durations, historical context, and spiritual significance within the liturgical year.

Chapter 3: Dietary Guidelines and Restrictions: This section provides a precise description of the dietary rules associated with Ethiopian Orthodox fasting. It clarifies what foods are permitted (e.g., vegetables, fruits, legumes) and what is forbidden (e.g., meat, dairy, eggs, oil). Specific regional variations will also be considered.

Chapter 4: Spiritual Practices During Fasting: This chapter goes beyond the dietary aspects, emphasizing the importance of prayer, worship, increased charitable giving (almsgiving), and spiritual reflection as integral components of the fasting experience.

Chapter 5: Cultural Significance and Community Observance: This section explores the social and communal dimensions of fasting within Ethiopian Orthodox communities. It will discuss how fasting strengthens community bonds and reinforces shared faith.

Chapter 6: Practical Tips for Successful Fasting: This chapter offers practical advice for individuals undertaking the fast, including meal planning suggestions, strategies for maintaining health and energy levels, and coping with potential challenges.

Chapter 7: Common Misconceptions and Challenges: Addressing frequently asked questions and misconceptions surrounding Ethiopian Orthodox fasting, such as dealing with fatigue, social situations, and maintaining a balanced lifestyle during fasting periods.

Conclusion: This concluding section summarizes the key takeaways from the ebook, reflecting on the

spiritual journey of fasting and highlighting the overall benefits of observing this sacred practice.

Keywords: Ethiopian Orthodox Fasting, Ethiopian Orthodox Tewahedo Fasting, 2023 Fasting Calendar, Abye Tsome, Tsome Nehbsi, Ethiopian Lent, Ethiopian Orthodox Calendar, Fasting Guide, Dietary Restrictions, Spiritual Practices, Ethiopian Culture, Orthodox Christianity, Religious Fasting, Ethiopian Food, PDF Download, Ethiopian Orthodox Church.

(Note: Due to the dynamic nature of religious calendars, it's crucial to cross-reference the information provided in this ebook with official church announcements closer to 2023 to ensure accuracy. This ebook provides a framework and general guidance.)

Frequently Asked Questions (FAQs):

1. What is the significance of fasting in the Ethiopian Orthodox Tewahedo Church? Fasting is a central spiritual practice, seen as a means of drawing closer to God, demonstrating humility, and repenting for sins.
2. How does the Ethiopian Orthodox fasting calendar differ from other Christian calendars? The Ethiopian calendar follows a different system, resulting in different dates for major feasts and fasts.
3. What are the main fasting periods in the Ethiopian Orthodox calendar? The most significant are Great Lent (Abye Tsome) and Advent (Tsome Nehbsi). Numerous shorter fasts are observed throughout the year.
4. Are there any exceptions to the fasting rules? Yes, exceptions are made for pregnant women, nursing mothers, the sick, and the elderly.
5. What foods are allowed during Ethiopian Orthodox fasting? Generally, fruits, vegetables, legumes, and grains are permitted, while meat, dairy, eggs, and oil are typically forbidden.
6. How can I prepare for a long fast, like Great Lent? Gradual preparation is key; starting with shorter fasts and gradually reducing food intake can help acclimate the body.
7. What are some strategies for maintaining energy levels during fasting? Regular exercise, sufficient sleep, and consuming nutrient-rich foods within the permitted categories can help.
8. How does fasting impact social life within Ethiopian communities? Fasting often involves

communal meals and shared spiritual experiences, strengthening social bonds.

9. Where can I find a reliable source for the most up-to-date Ethiopian Orthodox fasting calendar? Consult official church websites or community leaders for the most accurate and current information.

Related Articles:

1. Understanding Abye Tsome: The Great Lent of the Ethiopian Orthodox Church: A deep dive into the spiritual significance and practices of the most important fasting period.
2. The Dietary Traditions of Ethiopian Orthodox Fasting: A detailed exploration of permitted and prohibited foods, including regional variations.
3. Spiritual Disciplines during Ethiopian Orthodox Fasting: A focus on prayer, worship, and charitable giving as integral aspects of fasting.
4. The Cultural Context of Fasting in Ethiopian Society: An examination of how fasting shapes social interactions and community life.
5. Navigating Social Situations during Ethiopian Orthodox Fasting: Practical advice for managing social events and gatherings while observing the fast.
6. Maintaining Health and Well-being during Ethiopian Orthodox Fasts: Tips on nutrition, exercise, and mindfulness during extended fasting periods.
7. The History and Theology of Fasting in the Ethiopian Orthodox Church: Tracing the historical roots and theological justification for the practice of fasting.
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theology and history. This is a large gap which this authoritative and engagingly written book seeks to fill. The Church of Ethiopia (or formally, the Ethiopian Orthodox Tewahedo Church) has a recognized place in worldwide Christianity as one of five non-Chalcedonian Orthodox Churches. As Dr Binns shows, it has developed a distinctive approach which makes it different from all other churches. His book explains why this happened and how these special features have shaped the life of the Christian people of Ethiopia. He discusses the famous rock-hewn churches; the Ark of the Covenant (claimed by the Church and housed in Aksum); the medieval monastic tradition; relations with the Coptic Church; co-existence with Islam; missionary activity; and the Church's venerable oral traditions, especially the discipline of *gene-a* kind of theological reflection couched in a unique style of improvised allegorical poetry. There is also a sustained exploration of how the Church has been forced to re-think its identity and mission as a result of political changes and upheaval following the overthrow of Haile Selassie (who ruled as Regent, 1916-1930, and then as Emperor, 1930-74) and beyond.

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Lost Enlightenment chronicles this forgotten age of achievement, seeks to explain its rise, and explores the competing theories about the cause of its eventual demise. Informed by the latest scholarship yet written in a lively and accessible style, this is a book that will surprise general readers and specialists alike.

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Ephraim Isaac, 2012 Ephraim Isaac sketches the history of the Ethiopian Orthodox Tawahido Church and also that of Christianity as a whole in Ethiopia. As the reader will discover, not only are there strong Biblical Hebraic elements in the theology, political theory and liturgical calendar of the Ethiopian Church but there is also a strong influence from Beta Israel and Ethiopian Jews. Besides Jews and Christians, there are also very large numbers of Muslims and various native beliefs in Ethiopia.

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Ready Set Go Books, 2019-06-30 The boy who became Saint Yared grew up in the ancient kingdom of Axum. According to legend, he struggled as a student, just as this story shows, but eventually triumphed and went on to invent Ethiopia's system of musical notation. His work drew on local traditions and the church concept of the Holy Trinity, while his hymns had four parts based on the four seasons of the year, winter, summer, spring, and autumn. Hundreds of years before European composers developed a seven-note system of writing music, Yared wrote music using dashes, curves, and dots to represent ten different notes. Ready Set Go Books, an Open Hearts Big Dreams Project, is focused on increasing the literacy rate in Ethiopia through giving readers books with stories in their heart languages, full of colorful illustrations with Ethiopian settings and details. Profits from books sales will be used to create, print, and distribute more Ready Set Go Books to kids in Ethiopia, Africa's second most populous country. Ethiopia's population is 44% children, ages 0-14 (43 million out of 97 million total). Only 5.5% of children attend pre-school or kindergarten, and the adult literacy rate is 49%. Our books are based on wise Ethiopian sayings that often rhyme in Amharic. If an adult says the first half, many children can chant the second half. Sometimes the meaning of these sayings is clear. Sometimes it has to be puzzled out and argued over. But sayings and idioms and proverbs help people express truths and beliefs in unusual ways. Open Hearts Big Dreams Fund (OHBD) is a 501(3)(c) not for profit organization that believes the chance to dream big dreams should not depend on where in the world you are born. Our focus is to support nonprofit organizations and their programs that provide literacy, K-12 education, and leadership as well as that support the parents and communities where the kids live, in Ethiopia

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Eric B. Shiraev, David A. Levy, 2016-08-12 Written in a conversational style that transforms complex ideas into accessible ones, this international best-seller provides an interdisciplinary review of the theories and research in cross-cultural psychology. The book's unique critical thinking framework, including Critical Thinking boxes, helps to develop analytical skills. Exercises interspersed throughout promote active learning and encourage class discussion. Case in Point sections review controversial issues and opinions about behavior in different cultural contexts. Cross-Cultural Sensitivity boxes underscore the importance of empathy in communication. Numerous applications better prepare students for working in various multicultural contexts such as teaching, counseling, health care, and

social work. The dynamic author team brings a diverse set of experiences in writing this book. Eric Shiraev was raised in the former Soviet Union and David Levy is from Southern California. Sensation, perception, consciousness, intelligence, human development, emotion, motivation, social perception, interaction, psychological disorders, and applied topics are explored from cross-cultural perspectives. New to the 6th Edition: Over 200 recent references, particularly on studies of non-western regions such as the Middle East, Africa, Asia, & Latin America as well as the US and Europe. New chapter on personality and the self with an emphasis on gender identity. New or revised chapter opening vignettes that draw upon current events. More examples related to the experiences of international students in the US and indigenous people. Many more figures and tables that appeal to visual learners. New research on gender, race, religious beliefs, parenting styles, sexual orientation, ethnic identity and stereotypes, conflict resolution, immigration, intelligence, physical abuse, states of consciousness, DSM-5, cultural customs, evolutionary psychology, treatment of psychological disorders, and acculturation. Revised methodology chapter with more attention to issues related specifically to cross-cultural research and more on qualitative and mixed methods. A companion website at www.routledge.com/9781138668386 where instructors will find a test bank containing multiple choice, true and false, short answer, and essay questions and answers for each chapter, and a complete set of tables and figures from the text; and students will find chapter outlines, flashcards of key terms, and links to further resources and the authors' Facebook page. Intended as a text for courses on cross-cultural psychology, multicultural psychology, cultural psychology, cultural diversity, and the psychology of ethnic groups and a resource for practitioners, researchers, and educators who work in multicultural environments.

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2017-03-15 *Reversing Hermon* is a groundbreaking work. It unveils what most in the modern Church have never heard regarding how the story of the sin of the Watchers in 1 Enoch 6-16 helped frame the mission of Jesus, the messiah. Jews of the first century expected the messiah to reverse the impact of the Watchers' transgression. For Jews of Jesus' day, the Watchers were part of the explanation for why the world was so profoundly depraved. The messiah would not just revoke the claim of Satan on human souls and estrangement from God, solving the predicament of the Fall. He would also not only bring the nations back into relationship with the true God by defeating the principalities and powers that governed them. Jews also believed that the messiah would rescue humanity from self-destruction, the catalyst for which was the sin of the Watchers and the influence of what they had taught humankind. The role of Enoch's retelling of Genesis 6:1-4 in how New Testament writers wrote of Jesus and the cross has been largely lost to a modern audience. *Reversing Hermon* rectifies that situation. Topics include: * How the ancient Mesopotamian story of the apkallu aligns with Gen 6:1-4, was preserved in 1 Enoch, and sets the stage for the theme of reversing the evil of the Watchers * How the theme of reversing the transgression of the Watchers colors the gospel accounts of the birth of Jesus, his genealogy, and his ministry. * How the writings of Peter and Paul allude to the sin of the Watchers and present Jesus as overturning the disastrous effects of their sins against humanity. * How the descriptions of the antichrist, the end-times Day of the Lord, and the final judgment connect to Genesis 6 and the nephilim. Though every topic addressed in *Reversing Hermon* can be found in scholarly academic literature, *Reversing Hermon* is the first book to gather this information and make it accessible to Bible students everywhere.

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Gisa Jähnichen, 2009 The New Series of the ICTM Study Group Journal STUDIA

INSTURMENTORUM MUSICAE POPULARIS starts with a broad overview on the topics

"Percussion" and "Migration of Musical Instruments", an outcome of the 17th Meeting of the Study Group on Folk Musical Instruments, held in Erkner near Berlin from April 1-4, 2009. 25 scholars from 15 countries contributed articles to the volume, which appear in their alphabetical order due to the fact that clear borders cannot and should not be delineated. Moreover, the editors leave it to the readers' community to discuss hierarchies regarding their importance or their qualitative refinement for discussion and further improvements are the main aim of the publication. Since 1969, when the Musikhistoriska museet in Stockholm has published its first volume of the journal, edited by Erich Stockmann, many fields of organological research have changed their methodological repertoire, their interdisciplinary tools and especially their non-instrumental focus on complex subjects. Nevertheless, classical working methods are still highly esteemed as a basic precondition for detailed discoveries using modern technology and external expertise. The volume comprises papers of authors, who already contributed to the journal's former series in their youth, as well as those of authors with their first journal publication, who are just starting to explore their scientific scope. Thus this volume brings together generations of scholars with different experiences and their open minded curiosity about each other. Challenging discussions and a wide field of interdisciplinary connections enriched their outcomes and will help to create new scientific spaces beyond the tangibility of musical instruments and the intangibility of musical sound.--Publisher description.

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The Holy Spirit inspired Jude to quote Enoch for a reason. The *Ancient Book of Enoch* opens by addressing those in the Tribulation period. It contains numerous prophecies about the flood and fire judgments, and the two comings of the Messiah. It teaches that the Messiah is the Son of God and that He will shed His blood to redeem us and even predicts the generation that this would occur! The book of Enoch prophesies a window of time in which the Second Coming would occur and prophesies that there will be twenty-three Israeli Prime Ministers ruling in fifty-eight terms from AD 1948 to the beginning of the Tribulation period, and much more. Even though it prophecies that the Bible would be created and says we will be judged by our obedience to the Bible, it also makes it clear that this book is not to be added to the Canon of Scripture. The *Ancient Book of Enoch*

recounts the history of the angels that fell in the days of Jared, Enoch's father. It testifies to their marriages with human women and their genetic experiments. This commentary includes a previously unknown chapter from the Dead Sea Scrolls that actually explains how they did their genetic tampering. The commentary is from a fundamentalist Christian view, brought to you by Biblefacts Ministries, biblefacts.org.

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