

ethiopian orthodox fasting calendar

ethiopian orthodox fasting calendar plays a vital role in the spiritual and cultural life of Ethiopian Orthodox Christians. This calendar outlines a series of fasting periods observed throughout the year, each with its own specific rules and significance. The fasting practices are deeply rooted in the Ethiopian Orthodox Tewahedo Church traditions and are designed to foster discipline, repentance, and spiritual growth among the faithful. Understanding the Ethiopian Orthodox fasting calendar involves recognizing the different types of fasts, their durations, and their religious importance. This article provides a comprehensive overview of the Ethiopian Orthodox fasting calendar, detailing its major fasting periods, fasting rules, and the spiritual benefits associated with these practices. It also elaborates on how the calendar aligns with the Ethiopian liturgical year and the unique fasting customs observed by adherents.

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Overview of the Ethiopian Orthodox Fasting Calendar

The Ethiopian Orthodox fasting calendar is a structured schedule that dictates when and how believers abstain from certain foods and activities. It is one of the most rigorous fasting systems in Christianity, with fasts comprising nearly half of the year. The calendar is aligned with the Ethiopian Orthodox Church's liturgical year and includes both mandatory and optional fasts. These fasting periods commemorate significant biblical events, saints, and holy days. The Ethiopian Orthodox fasting calendar is distinct in its duration and strict adherence to dietary restrictions, often involving abstaining from animal products, including meat, dairy, and eggs.

Historical Context

The fasting traditions in the Ethiopian Orthodox Church date back centuries and are influenced by early Christian and Judaic fasting customs. The fasting calendar has evolved to include a combination of biblical observances and local Ethiopian religious practices. It serves as a means to connect believers with their faith's historical roots and to promote communal participation in spiritual discipline.

Structure and Duration

The fasting calendar is divided into several fasting periods throughout the year. These fasts vary in length, ranging from a few days to several weeks. Collectively, they amount to over 200 days of fasting annually, making it one of the longest fasting calendars observed by any Christian denomination worldwide.

Major Fasting Periods

The Ethiopian Orthodox fasting calendar includes several major fasting periods, each with its own religious significance and specific rules. These fasts commemorate important events in the life of Jesus Christ, the Virgin Mary, and the saints.

Fast of Great Lent (Abiy Tsom)

The Fast of Great Lent, known as Abiy Tsom in Amharic, is the most significant fasting period in the Ethiopian Orthodox Church. It lasts for 55 days and precedes Easter. This fast commemorates the 40 days Jesus fasted in the wilderness and includes additional days for preparation and reflection.

Fast of the Apostles

This fast begins after Pentecost and lasts for varying lengths depending on the calendar year, typically around two weeks. It honors the apostles' missionary work and sacrifices.

Fast of the Virgin Mary (Filseta)

The Fast of the Virgin Mary is observed for 15 days in August. It commemorates the Assumption of the Virgin Mary and is a time of prayer and fasting dedicated to her honor.

Wednesday and Friday Fasts

In addition to the major fasting periods, Ethiopian Orthodox Christians fast every Wednesday and Friday throughout the year. Wednesday fasts commemorate the betrayal of Jesus, while Friday fasts honor the crucifixion. These weekly fasts involve abstaining from animal products and are strictly observed by devout members.

Other Fasts

There are also various other fasting days and periods such as the Fast of Nineveh, Fast of the Nativity, and Fast of the Assumption, each with specific durations and religious meanings.

Rules and Practices of Fasting

The Ethiopian Orthodox fasting calendar prescribes specific dietary and behavioral rules during fasting periods. These rules are designed to promote spiritual cleansing and discipline.

Dietary Restrictions

During fasting periods, adherents abstain from all animal products including meat, dairy, eggs, and sometimes fish. The diet is primarily vegan, focusing on grains, legumes, vegetables, and fruits. Water and non-alcoholic beverages are permitted.

Fasting Hours and Exceptions

Fasting typically begins at sunset and continues until the following sunset, although some may extend the fast from dawn. Certain individuals such as children, the elderly, pregnant or nursing women, and the sick may be exempt or have modified fasting requirements.

Spiritual Practices

Fasting is combined with increased prayer, church attendance, confession, and almsgiving. These practices enhance the spiritual benefits of fasting and deepen the believer's relationship with God.

Religious Significance of Fasting

Fasting in the Ethiopian Orthodox Church is more than a physical discipline; it is a profound spiritual practice with deep religious meaning.

Repentance and Purification

The fasting periods serve as times for repentance and purification, enabling believers to cleanse their souls of sin and draw closer to God. The physical act of fasting symbolizes humility and self-denial, reflecting Christ's own sacrifices.

Preparation for Holy Days

Fasting prepares the faithful for major religious celebrations such as Easter and Christmas. It fosters spiritual readiness and anticipation for these sacred events.

Community and Unity

Fasting also promotes a sense of communal solidarity among Ethiopian Orthodox Christians. By observing the fast together, the community strengthens its collective faith and religious identity.

Fasting and the Ethiopian Liturgical Year

The Ethiopian Orthodox fasting calendar is intricately linked to the Ethiopian liturgical year, which follows the Ethiopian calendar. This calendar is unique, with 13 months and a different calculation of leap years compared to the Gregorian calendar.

Alignment with Liturgical Events

Each fasting period corresponds to significant liturgical events and feast days. The calendar ensures that fasting precedes important celebrations, creating a rhythm of preparation and celebration throughout the year.

Unique Ethiopian Calendar Features

The Ethiopian calendar's timing affects the fasting schedule, sometimes causing Ethiopian Orthodox fasting dates to differ from fasting dates in other Christian traditions. This uniqueness reflects Ethiopia's rich religious heritage.

Health and Spiritual Benefits of Fasting

The Ethiopian Orthodox fasting calendar offers numerous benefits beyond its religious purposes, impacting both physical health and spiritual well-being.

Physical Health Benefits

The plant-based diet followed during fasting periods promotes detoxification, weight management, and improved cardiovascular health. The abstinence from animal products and processed foods can reduce the risk of chronic diseases.

Spiritual Growth and Discipline

Fasting cultivates self-control, patience, and mindfulness. It encourages believers to focus on their spiritual lives, strengthening their faith and moral character.

Psychological and Emotional Benefits

Engagement in fasting and associated spiritual activities can reduce stress, promote emotional resilience, and enhance a sense of peace and purpose.

Summary of Key Ethiopian Orthodox Fasting Periods

- Great Lent (Abiy Tsom) – 55 days before Easter
- Fast of the Apostles – Variable length after Pentecost
- Fast of the Virgin Mary (Filseta) – 15 days in August
- Weekly Wednesday and Friday fasts
- Other minor fasts such as Fast of Nineveh and Fast of the Nativity

Frequently Asked Questions

What is the Ethiopian Orthodox fasting calendar?

The Ethiopian Orthodox fasting calendar is a religious schedule observed by

followers of the Ethiopian Orthodox Tewahedo Church, outlining specific periods of fasting throughout the year to commemorate religious events and practice spiritual discipline.

How many fasting periods are there in the Ethiopian Orthodox fasting calendar?

There are several fasting periods in the Ethiopian Orthodox fasting calendar, including the Great Lent (Abiy Tsom), the Fast of the Apostles, the Fast of the Virgin Mary, the Fast of Nineveh, and weekly fasts on Wednesdays and Fridays.

When does the Great Lent (Abiy Tsom) fasting period occur in the Ethiopian Orthodox Church?

The Great Lent, known as Abiy Tsom, typically begins 55 days before Easter (Fasika) and lasts for 55 days, making it one of the longest fasting periods in the Ethiopian Orthodox fasting calendar.

What are the dietary restrictions during fasting days in the Ethiopian Orthodox Church?

During fasting days, Ethiopian Orthodox Christians abstain from consuming animal products such as meat, dairy, and eggs, and often also avoid oil and alcohol, focusing on plant-based foods and water.

How does the Ethiopian Orthodox fasting calendar differ from other Christian fasting calendars?

The Ethiopian Orthodox fasting calendar is more extensive, including longer fasting periods like the 55-day Great Lent and additional fasts such as the Fast of the Apostles and the Fast of Nineveh, reflecting unique religious traditions and calendar calculations.

Why is fasting important in the Ethiopian Orthodox Church?

Fasting in the Ethiopian Orthodox Church is considered a vital spiritual practice that promotes self-discipline, repentance, and closer communion with God, helping believers prepare for important religious celebrations and deepen their faith.

Additional Resources

1. *The Ethiopian Orthodox Fasting Calendar: Tradition and Practice*

This book offers a comprehensive overview of the fasting calendar observed by

the Ethiopian Orthodox Tewahedo Church. It explores the historical origins, religious significance, and spiritual benefits of fasting periods such as Lent, the Fast of the Apostles, and other fasting days. Readers gain insight into how fasting shapes the daily lives and faith practices of Ethiopian Orthodox Christians.

2. Fasting and Feasting: The Ethiopian Orthodox Lent Experience

Focused specifically on the Great Lent, this book delves into the rituals, prayers, and dietary restrictions observed during the fasting period. It also highlights the cultural and communal aspects of Lent, including traditional foods eaten before and after fasting. The text serves as both a spiritual guide and a cultural exploration.

3. Spiritual Rhythms: Understanding the Ethiopian Orthodox Fasting Seasons

This work examines the cyclical nature of fasting in the Ethiopian Orthodox Church and its role in spiritual growth. It discusses each fasting season in detail, emphasizing the themes of repentance, purification, and renewal. The book includes reflections and prayers to accompany readers through the fasting calendar.

4. The Role of Fasting in Ethiopian Orthodox Worship

Exploring the theological foundations of fasting, this book explains why fasting is integral to Ethiopian Orthodox worship and identity. It connects fasting practices with biblical teachings and the writings of Church Fathers. The study provides context for the physical and spiritual discipline involved in the fasting calendar.

5. Traditional Foods and Fasting in the Ethiopian Orthodox Church

This book combines religious study with culinary tradition, detailing the types of foods permitted during fasting periods and their preparation. It highlights the significance of plant-based meals and the avoidance of animal products. Additionally, it offers recipes and tips for maintaining a nutritious fasting diet.

6. The Liturgical Calendar and Fasting in Ethiopian Orthodoxy

By linking the liturgical calendar to fasting observances, this book provides a detailed schedule of feast days, fasts, and holy seasons. It explains how fasting days align with significant religious events and saints' commemorations. The text is useful for clergy, scholars, and laity seeking to understand the church year.

7. Fasting, Prayer, and Spiritual Renewal in the Ethiopian Orthodox Tradition

This book focuses on the spiritual disciplines that accompany fasting, such as prayer, confession, and almsgiving. It presents fasting as a holistic practice that nurtures the soul and strengthens community bonds. Personal testimonies and scriptural reflections enrich the narrative.

8. The History and Evolution of Fasting Practices in the Ethiopian Orthodox Church

Tracing the development of fasting customs from ancient times to the present, this historical study reveals changes and continuities in Ethiopian Orthodox

fasting. It examines the influence of cultural, political, and theological factors on fasting rules. The book provides valuable context for understanding modern practices.

9. *Living the Ethiopian Orthodox Fasting Calendar: A Guide for Devotees*

Designed as a practical manual, this book offers guidance on how to observe the fasting calendar faithfully. It includes daily fasting schedules, prayers, and tips for maintaining physical and spiritual health during fasts. The guide is accessible for both new and experienced practitioners seeking to deepen their faith.

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Ethiopian Orthodox Fasting Calendar: A Comprehensive Guide

Author: Elias Desta

Ebook Outline:

Introduction: The significance of fasting in Ethiopian Orthodox Tewahedo Christianity and an overview of the calendar's structure.

Chapter 1: The Principal Fasts: Detailed explanation of the major fasts (Great Lent, Advent, etc.), their duration, and associated traditions.

Chapter 2: Minor Fasts and Abstinences: Description of shorter fasts and specific days of abstinence throughout the year.

Chapter 3: The Calendar's Structure and Calculation: An explanation of the Ethiopian calendar's unique system and how it impacts the fasting schedule.

Chapter 4: Observance and Practice: Guidance on how to observe the fasts, including dietary restrictions, prayer, and spiritual practices.

Chapter 5: The Spiritual Significance of Fasting: A deeper exploration of the theological reasons behind fasting in the Ethiopian Orthodox tradition.

Conclusion: Summary of key points and encouragement for further spiritual growth.

Ethiopian Orthodox Fasting Calendar: A Comprehensive Guide

Introduction: Understanding the Significance of Fasting

Fasting, or tsom, holds immense spiritual significance within the Ethiopian Orthodox Tewahedo Church. It's not merely an act of self-denial but a deeply spiritual practice aimed at fostering closer communion with God. Unlike some other Christian traditions, the Ethiopian Orthodox calendar incorporates numerous fasting periods throughout the year, reflecting the rich liturgical life and theological understanding of the church. This calendar, based on the Ge'ez calendar (a variation of the Julian calendar), differs significantly from the Gregorian calendar used in most of the world, leading to a unique and often complex schedule of fasts. This ebook provides a comprehensive guide to navigating the Ethiopian Orthodox fasting calendar, understanding its intricacies, and appreciating its profound spiritual implications. Understanding the calendar is key to participating fully in the rich liturgical life of the Ethiopian Orthodox Church.

Chapter 1: The Principal Fasts - Pillars of the Spiritual Year

The Ethiopian Orthodox calendar features several significant fasts, often lasting for extended periods. These major fasts are pillars of the spiritual year, offering opportunities for deep reflection, prayer, and spiritual growth. They include:

Great Lent (Abye Tsome): This is the most significant fast, lasting 55 days and preceding Easter (Fasika). It mirrors the forty days Jesus spent fasting in the desert, culminating in the celebration of His resurrection. During this time, abstinence from animal products, dairy, and oil is strictly observed. This period is marked by intense prayer, liturgical services, and acts of charity. The emphasis is on repentance, self-examination, and spiritual renewal.

Advent (Tsome Negus): This fast, preceding Christmas (Ganna), lasts for 43 days. It's a time of preparation for the celebration of Christ's birth, focused on prayer, reflection, and anticipation of the coming of the savior. Similar dietary restrictions as Great Lent apply.

Fast of Nineveh: This fast, which varies slightly in length, generally lasts for three days. The fast of Nineveh is a commemoration of the repentance of the people of Nineveh. This demonstrates a significant emphasis on personal repentance, prayer and turning away from sin.

Fasts of the Apostles: This period of fasting varies in length depending upon the year, and usually commences after Pentecost. The fast honors the work and ministry of the twelve apostles, focusing on prayer and reflection on the teachings and examples of the apostles.

Each of these principal fasts has unique traditions and liturgical observances, enhancing their spiritual significance. The rigorous nature of these fasts underlines the commitment of Ethiopian Orthodox Christians to spiritual discipline and devotion.

Chapter 2: Minor Fasts and Abstinences - A Rhythm of

Repentance

Beyond the major fasts, the Ethiopian Orthodox calendar includes numerous shorter fasts and days of abstinence. These smaller periods of fasting maintain a rhythm of spiritual discipline throughout the year. They include:

Wednesdays and Fridays: These days are observed as regular days of fasting throughout the year, except during specific festive periods. This continuous practice reinforces the commitment to spiritual discipline.

Specific Commemorative Days: Certain saints' feast days or other significant events are often accompanied by periods of fasting or abstinence, highlighting their importance within the liturgical calendar. These fasts may be partial or complete, depending on the specific occasion.

Preparation for major feasts: Periods of fasting are frequently observed before major feasts (like Epiphany), serving as preparation and a form of spiritual cleansing.

Understanding these minor fasts and abstinences is crucial for participating fully in the liturgical rhythm of the Ethiopian Orthodox Church. It demonstrates a consistent commitment to spiritual discipline and devotion, going beyond just the major fasts.

Chapter 3: The Calendar's Structure and Calculation - Navigating the System

The Ethiopian Orthodox fasting calendar is inextricably linked to the Ethiopian calendar itself, which follows a different system than the Gregorian calendar. This is a crucial point to understand, as it often leads to discrepancies in dates compared to other calendars. Key aspects to consider include:

The Ethiopian Calendar: The Ethiopian calendar is a lunisolar calendar, meaning it's based on both the cycles of the moon and the sun. It's seven to eight years behind the Gregorian calendar.

Leap Years: The Ethiopian calendar uses a different leap year system than the Gregorian calendar, further impacting the calculation of fast dates.

Variations in Fast Durations: Due to the calendar's unique system, the length of certain fasts may vary slightly from year to year.

Accurately determining the fasting dates requires familiarity with the Ethiopian calendar system, often necessitating consultation with church calendars or knowledgeable individuals.

Chapter 4: Observance and Practice - Guidance for Faithful Participation

Observing the fasts involves more than just dietary restrictions. It's a holistic practice encompassing various aspects of spiritual life:

Dietary Restrictions: During fasting periods, consumption of meat, dairy products, eggs, and often oil is prohibited. Strict adherence varies depending on the severity of the fast, but the emphasis is always on self-denial and spiritual focus.

Prayer and Worship: Increased participation in liturgical services, private prayer, and reading of scriptures is strongly encouraged during fasting periods. This enhances the spiritual dimension of fasting.

Almsgiving and Charity: Acts of charity and compassion towards others are important aspects of fasting, reflecting the outward manifestation of inner spiritual transformation.

Spiritual Reflection: Fasting provides an opportunity for introspection, self-examination, and increased awareness of one's spiritual life.

The holistic approach to fasting highlights the interconnectedness of physical discipline, spiritual practice, and outward expressions of compassion.

Chapter 5: The Spiritual Significance of Fasting - A Theological Perspective

Fasting in the Ethiopian Orthodox tradition is not merely a ritualistic act; it's rooted in profound theological principles:

Imitation of Christ: Fasting is seen as an imitation of Christ's own fasting, signifying a commitment to spiritual discipline and self-denial.

Repentance and Humility: Fasting helps to foster repentance, humility, and a deeper awareness of one's dependence on God.

Spiritual Warfare: Fasting is understood as a spiritual weapon against temptation and evil forces, strengthening one's spiritual resolve.

Preparation for Celebration: Fasting periods often precede major feasts, serving as a time of preparation and spiritual cleansing before celebrating religious events.

Understanding the theological underpinnings of fasting enhances its spiritual impact and enriches the overall experience of observing this ancient practice.

Conclusion: Embracing the Spiritual Journey

The Ethiopian Orthodox fasting calendar provides a unique framework for spiritual growth and communion with God. By understanding its intricacies, participants can deepen their faith and actively engage in a rich spiritual journey. This guide serves as a starting point for exploring the profound spiritual significance of fasting within the Ethiopian Orthodox tradition, encouraging faithful observance and a deeper appreciation for its theological and practical implications.

FAQs

1. What is the difference between the Ethiopian and Gregorian calendars regarding fasting dates? The Ethiopian calendar is seven or eight years behind the Gregorian calendar and uses a different leap year system, leading to differences in fasting dates.
2. Are there any exceptions to fasting during the major fasts? Exceptions are generally made for the sick, the elderly, pregnant women, and young children.
3. What constitutes a violation of the fast? Consuming prohibited foods or drinks during fasting periods would be considered a violation.
4. How can I find an accurate Ethiopian Orthodox fasting calendar? Consult official church websites, Ethiopian Orthodox calendars, or knowledgeable members of the Ethiopian Orthodox community.
5. What is the spiritual purpose of the Wednesdays and Fridays fasts? These regular fasts reinforce spiritual discipline and are seen as a continuous practice of repentance.
6. Are there any specific prayers or practices recommended during the fasts? Increased participation in liturgical services, private prayer, reading scriptures, and acts of charity are encouraged.
7. How does the Ethiopian Orthodox Church reconcile fasting with the need for physical health? The church recognizes exceptions for those with health conditions that necessitate adjustments to fasting practices.
8. Can I participate in the fast even if I'm not Ethiopian Orthodox? While the fasts are rooted in the Ethiopian Orthodox tradition, anyone can observe them as a personal spiritual practice.
9. How can I learn more about the theological reasons behind the Ethiopian Orthodox fasting calendar? Further study of Ethiopian Orthodox theology and liturgical texts will provide a deeper understanding of the spiritual principles behind fasting.

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ethiopian orthodox fasting calendar: *Area Handbook for Ethiopia* American University (Washington, D.C.). Foreign Areas Studies Division, 1964

ethiopian orthodox fasting calendar: **Citizen Azmari** Ilana Webster-Kogen, 2018-11-06 2019 Winner of Society of Ethnomusicology's Special Interest Group Award for Jewish Music In the thirty years since their immigration from Ethiopia to the State of Israel, Ethiopian-Israelis have put music at the center of communal and public life, using it alternately as a mechanism of protest and as appeal for integration. Ethiopian music develops in quiet corners of urban Israel as the most prominent advocate for equality, and the Israeli-born generation is creating new musical styles that negotiate the terms of blackness outside of Africa. For the first time, this book examines in detail those new genres of Ethiopian-Israeli music, including Ethiopian-Israeli hip-hop, Ethio-soul performed across Europe, and eskesta dance projects at the center of national festivals. This book argues that in a climate where Ethiopian-Israelis fight for recognition of their contribution to society, musical style often takes the place of political speech, and musicians take on outsized roles as cultural critics. From their perch in Tel Aviv, Ethiopian-Israeli musicians use musical style to critique a social hierarchy that affects life for everyone in Israel/Palestine.

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impediment for the sustainable development of a competitive dairy sector and desired higher milk consumption, especially by children. However, evidence is limited. Relying on unique data, we shed light on three major issues. First, we observe that the average annual number of fasting days that Orthodox adults are effectively adhering to is 140, less than commonly cited averages. Using this as an estimate for extrapolation, fasting is estimated to reduce annual dairy consumption by approximately 12 percent nationally. Second, farms adapt to declining milk demand during fasting by increased processing of milk into storable products – fasting contributes to larger price swings for these products. We further note continued sales of milk by non-remote farmers and reduced production – by adjusting lactation times for dairy animals – for remote farmers. Third, fasting is mostly associated with increased milk consumption by the children of dairy farmers, seemingly because of excess milk availability during fasting periods. Our results suggest that fasting habits are not a major explanation for the observed poor performance of Ethiopia's dairy sector nor low milk consumption by children. To reduce the impact of fasting on the dairy sector in Ethiopia further, investment is called for in improved milk processing, storage, and infrastructure facilities.

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Introduction : prohibition and a ritual regime -- A history of mediation -- Fasting, bodies, and the calendar -- Proliferations of mediators -- Blood, silver, and coffee -- Spirits in the marketplace -- Concrete, bones, and feasts -- Echoes of the host -- The media landscape -- The knowledge of the world -- Conclusion

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forged a path unlike any other African nation. The book's balanced approach acknowledges both Ethiopia's triumphs and ongoing challenges, offering readers a nuanced understanding of its complex society. Divided into three sections, *Land of Ethiopia* begins with an introduction to the country's geography and culture, progresses through its rich history, and concludes with an examination of modern Ethiopia's struggles and achievements. Drawing on ancient manuscripts, oral histories, and contemporary records, the book presents a scholarly yet accessible narrative that will engage both academics and general readers interested in African history, world cultures, and travel.

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ethiopian orthodox fasting calendar: The Traditional Teaching of the Ethiopian Orthodox Tāwahedo Church Christine Chaillot, 2023-11-06 Christine Chaillot's new book, *The Traditional Teaching of the Ethiopian Orthodox Tāwahedo Church: Faith and Spirituality*, presents a topic that is little – if at all – known outside Ethiopia, even in Christian circles. Moreover, it is a much neglected field in the wider study of African education. It is a teaching based on ancient texts and books, taught orally to the students who will become the future clergy and who will then share their knowledge with the faithful in Church life. The studies of the different disciplines are pursued at different schools and at different levels, in liturgy, theology with commentaries of books (Old and New Testaments, books of the Church fathers and monks) as well as composition of poems (qenes) and iconography. All this teaching presented in the present volume is deeply related to the faith and spirituality of the Ethiopian Orthodox Church. This teaching is a unique intangible cultural heritage. One wonders, however, what its future will be in the context of the modern educational methods and social attitudes that have evolved in Ethiopia over the last half-century.

ethiopian orthodox fasting calendar: *Ethiopia* Steven Gish, Winnie Thay, Zawiah Abdul Latif, 2007 Provides comprehensive information on the geography, history, governmental structure, economy, cultural diversity, and landmarks of Ethiopia--Provided by publisher.

ethiopian orthodox fasting calendar: Gastrofascism and Empire Simone Cinotto, 2024-08-08 Food stood at the centre of Mussolini's attempt to occupy Ethiopia and build an Italian Empire in East Africa. Seeking to redirect the surplus of Italian rural labor from migration overseas to its own Empire, the fascist regime envisioned transforming Ethiopia into Italy's granary to establish self-sufficiency, demographic expansion and strengthen Italy's international political position. While these plans failed, the extensive food exchanges and culinary hybridizations between Ethiopian and Italian food cultures thrived, and resulted in the creation of an Ethiopian-Italian cuisine, a taste of Empire at the margins. In studying food in short-lived Italian East Africa, *Gastrofascism and Empire* breaks significant new ground in our understanding of the workings of empire in the circulation of bodies, foodways, and global practices of dependence and colonialism, as well as the decolonizing practices of indigenous food and African anticolonial resistance. In East Africa, Fascist Italy brought older imperial models of global food to a hypermodern level in all its political, technoscientific, environmental, and nutritional aspects. This larger story of food sovereignty-entered in racist, mass settler colonialism-is dramatically different from the plantation and trade colonialisms of other empires and has never been comprehensively told. Using an original decolonizing food studies approach and an unprecedented variety of unexplored Ethiopian and Italian sources, Cinotto describes the different meanings of different foods for different people at different points of the imperial food chain. Exploring the subjectivities, agencies and emotions of Ethiopian and Italian men and women, it goes beyond simple colonizer/colonized binaries and offers a nuanced picture of lived, multisensorial experiences with food and empire.

ethiopian orthodox fasting calendar: *Historical Dictionary of Ethiopia* David H. Shinn,

Thomas P. Ofcansky, 2013-04-11 Ethiopia is clearly one of the most important countries in Africa. First of all, with about 75 million people, it is the third most populous country in Africa. Second, it is very strategically located, in the Horn of Africa and bordering Eritrea, Sudan, Kenya, and Somalia, with some of whom it has touchy and sometimes worse relations. Yet, its capital – Addis Ababa – is the headquarters of the African Union, the prime meeting place for Africa's leaders. So, if things went poorly in Ethiopia, this would not be good for Africa, and for a long time this was the case, with internal disruption rife, until it was literally suppressed under the strong rule of the recently deceased Meles Zenawi. The Historical Dictionary of Ethiopia, Second Edition covers the history of Ethiopia through a chronology, an introductory essay, appendixes, and an extensive bibliography. The dictionary section has several hundred cross-referenced entries on important personalities, politics, economy, foreign relations, religion, and culture. This book is an excellent access point for students, researchers, and anyone wanting to know more about Ethiopia.

ethiopian orthodox fasting calendar: *Food, Feasts, and Faith* [2 volumes] Paul Fieldhouse, 2017-04-17 An indispensable resource for exploring food and faith, this two-volume set offers information on food-related religious beliefs, customs, and practices from around the world. Why do Catholics eat fish on Fridays? Why are there retirement homes for aged cows in India? What culture holds ceremonies to welcome the first salmon? More than five billion people worldwide claim a religious identity that shapes the way they think about themselves, how they act, and what they eat. *Food, Feasts, and Faith: An Encyclopedia of Food Culture in World Religions* explores how the food we eat every day often serves purposes other than to keep us healthy and stay alive: we eat to express our faith and to adhere to ethnic or cultural traditions that are part of who we are. This book provides readers with an understanding of the rich world of food and faith. It contains more than 200 alphabetically arranged entries that describe the beliefs and customs of well-established major world religions and sects as well as those of smaller faith communities and new religious movements. The entries cover topics such as religious food rules, religious festivals and symbolic foods, and vegetarianism and veganism, as well as general themes such as rites of passage, social justice, hospitality, and compassion. Each entry on religion explains what the religious dietary laws and guidelines are and how these were interpreted and put into practice historically and in modern settings. The coverage also includes important festivals and feast days as well as significant religious figures and organizations. Additionally, some 160 sidebars provide examples and more detailed information as well as fun facts.

ethiopian orthodox fasting calendar: *Religious Celebrations* [2 volumes] Bloomsbury Publishing, 2011-09-13 This two-volume work presents a comprehensive survey of all the ways people celebrate religious life around the globe. *Religious Celebrations* is an alphabetically organized encyclopedia that covers more than 800 celebratory occasions from all of the world's major religious communities as well as many of the minor faith traditions. The encyclopedia provides a complete reference tool for examining the myriad ways people worldwide celebrate their religious lives across religious boundaries, providing information on numerous celebratory activities never before covered in a reference work. Offering the most comprehensive coverage of religious holidays ever assembled, this two-volume book covers festivals, commemorations, holidays, and annual religious gatherings all over the world, with special attention paid to the celebrations in larger countries. Entries written by distinguished researchers and specialists on different religious communities capture the unique intensity of each event, be it fasting or feasting, frenzied activity or the universal cessation of work, a huge gathering of the faithful en masse or a small family-centered event. The work spotlights celebrations that currently exist without overlooking now-abandoned celebrations that still impact the modern world.

ethiopian orthodox fasting calendar: *Faith and Work* Timothy Ewest, 2018-01-01 Those who adhere to a faith tradition are longing for theories and insights into how they can be true to their faith within the workplace and yet be sensitive and respectful to others of varying faith commitments and beliefs. Yet for Christians, respect of other faith traditions is especially difficult since Christianity as the dominate religion has become secularized and institutionalized within the

workplace as represented in holidays and days off. Within the multiple theoretical and research dimensions of management, religion and spirituality, this book explores theoretical, conceptual and strategic theories and research which consider how individuals and organizations integrate their Christian faith in the workplace, and how these groups attempt to change society as a whole. This historical movement is characterized by a desire for people to live a holistic life which integrates their Christian faith into the workplace, also deemed "faith at work". Historically, Christian's faith integration is manifested individually or collectively and is demonstrated in the ways it shapes and informs the values systems, ethics, character and attitudes towards work. This edited volume draws themes out of the three historical epochs of the faith and work movement traced by Miller (2007) in the book, *God at work: The history and promise of the faith at work movement*. These organizing themes, while not congruent to the historical epochs, do capture the ways in which people of faith have historically attempted to integrate their faith into the workplace. These themes include: Individual integration, organizational strategies for integration and societal integration.

ethiopian orthodox fasting calendar: Historical Dictionary of Ethiopia Thomas P. Ofcansky, David H. Shinn, 2004-03-29 Ethiopia is one of the world's oldest countries; its Rift Valley may be the location where the ancestors of humankind originated more than four million years ago. With a population of 67 million people today, it is the third most populous country on the African continent after Nigeria and Egypt. It is the source of 86 percent of the water reaching the Aswan Dam in Egypt, most of it carried by the amazing Blue Nile. Ethiopia offers major historical sites such as the pre-Christian palace at Yeha, the stele and tombs of the old Kingdom of Axum, and the rock-carved churches of Lalibela. For anyone interested in Ethiopia, this historical dictionary, through its individual and carefully cross-referenced entries, captures the importance and intrigue of this truly significant African nation. *Historical Dictionary of Ethiopia* appeals to all levels of readers, providing entries for each of Ethiopia's 85 ethnic groups and covering a broad range of cultural, political, and economic topics. Readers interested in the cultural aspects or who are planning to visit Ethiopia will find a wealth of entries on art, literature, handicrafts, music, dance, bird life, geography, and historic tourist sites. Practitioners in government and non-governmental organizations will find entries on pressing economic, social, and political issues such as HIV/AIDS, female circumcision, debt, human rights, and the environment. The important historical role of missionaries and the combination of conflict and cooperation between Christians and Muslims in the region are also issues reviewed. And, finally, many of the entries highlight relations between Ethiopia and her neighbors-Eritrea, Somalia, Somaliland, Djibouti, Kenya, and Sudan. In the bibliography, considerable emphasis has been placed on including both new and old materials covering all facets of Ethiopia, organized for easy identification by areas of major interest.

ethiopian orthodox fasting calendar: Wit and Wisdom of Ethiopia, 1998 The book represents an endeavor to share with the outside world the wit and wisdom of Ethiopia which is too good to be kept bottled up in the native language of one land. Professor Negussay Ayele, who compiled, translated, and edited hundreds of these words of wisdom with Introduction and Annotations, is an noted academic who has taught for more than twenty five years in Ethiopia and in the United States. *INSIDE THE PAGES OF WIT AND WISDOM OF ETHIOPIA* With kids things are now serious, now frivolous. The center of the earth is where you are right now: if you doubt that, measure it. Trying to reach out for what was in the attic, she dropped what she had tucked in her armpit. The volume at hand ? is a modest effort to share with the outside world the wit and wisdom of Ethiopia, which is too good to be kept bottled up in the native language of one land. Now that Ethiopia is the original locus and habitat of the earliest homonids-homo afarensis/ramidus every human being is in effect an Ethiopian and can therefore proudly claim the heritage of Wit and Wisdom presented in this volume.

ethiopian orthodox fasting calendar: Wandering Through the Spiritual Wilderness Robert Freck, 2021-05-20 Looking for a way to merge all your religious and spiritual experiences into a meaningful whole that can impact your life. Read my 60 year journey from athiest to agnositc to deeply religious person to a mix of a variety of creeds, beliefs and activities. The book explores the

upsides and problems with a variety of spiritual paths. Perhaps you will find some wisdom in this book.

ethiopian orthodox fasting calendar: Encyclopedia of Easter Celebrations Worldwide

William D. Crump, 2021-02-22 At Eastertime, the most important holiday in the Christian world, religious processions in many Latin American countries pass over ornate street carpets fashioned from colored sawdust, flowers and fruit. Children in Finland and Sweden dress as Easter witches. In the Caribbean, those who swim on Good Friday risk bad luck. In the Philippines, some penitents volunteer to be crucified. In some European countries, Easter Monday is the day for dousing women with water. With 240 entries, this book explores these and scores of other unusual and sometimes bizarre international Holy Week customs, both sacred and secular, from pilgrimages to Jerusalem to classic seasonal films and television specials.

ethiopian orthodox fasting calendar: The Covenant's Veil Alexandra Sellassie Antohin,

2024-12-03 An exploration of how contemporary Ethiopian Orthodox Christianity preserves and protects sacred ideas and relationships "Ethiopia stretches her hand upon God," the narrative of Sheba and Solomon, the material presence of the Ark of the Covenant in Axum. For Ethiopian Orthodox Christians, these classic understandings of the covenant are prized narratives. For historical and scriptural scholarship, a central focus is to explain the characteristics of Ethiopian Orthodox Christianity as retaining key "Old Testament" qualities to demonstrate a wide chasm with post-Enlightenment, secular societies. By widening the lens of analysis to include a body of knowledge best accessed through Orthodox Christian devotional culture, *The Covenant's Veil* offers an interpretation that challenges the reader to adopt a novel understanding of these well-established ideas. The multiple, complex ways that the covenant idea appears as ideas, idioms, customs, symbols, and articulations in the lifeworld of Ethiopian Orthodox are the starting point for *The Covenant's Veil*. Ethiopia's story of the covenant is a domain of nested reference points that inspires celebrants, through their devotional activities, to expand and elaborate upon a network of meanings. Covenant refractions within Ethiopian Orthodox devotional culture not only demonstrate the established pattern of magnifying spiritual importance through symbolic similes and analogic pairings, but perform a vital function for keeping traditional knowledge alive and current. Detailed ethnographic material arranges devotional activities such as mahaber rituals of communing and processions of tabots on feast days. It describes habits of making vows, presenting oneself at church, and telling stories of saints and their covenants. Thinking about the covenant concept as refracting—the bending motion of points encountering a common surface—is a way to conceive how these reference points reveal a connective thread, what is theorized as an Ethiopian Orthodox method of elaboration. Identifying when and where elaboration of tradition is happening provides an opportunity to demonstrate how Orthodox Christianity is integral to the lives and actions of its faithful. By reframing covenant as expanding beyond Ethiopian religious and political exceptionalism, *The Covenant's Veil* provides us with a timely reappraisal of this concept in light of increased social fragmentation and the urgency for negotiating harmony in a country with many forms of diversity.

ethiopian orthodox fasting calendar: Encyclopedia of New Year's Holidays Worldwide

William D. Crump, 2016-03-30 Among the world's myriad cultures and their associated calendars, the idea of a New Year is relative and hardly specifies a universal celebration or even a universal point in time. Ways of celebrating the New Year range from the observances of religious rituals and superstitions to social gatherings featuring particular foods, music, dancing, noisemaking, fireworks and drinking. This first encyclopedia devoted exclusively to the New Year includes 320 entries that give a global perspective on the New Year, beyond its traditional Western associations with Christmas. National or regional entries detail the principal traditions and customs of 130 countries, while 27 entries discuss major calendar systems in current use or of significant historical interest. The remaining entries cover a wide variety of subjects including literary works, movies, and television specials; the customs of specific ethnic groups; universal customs such as toasting and drinking; football bowl games and parades; and the New Year celebrations at the White House and

the Vatican.

ethiopian orthodox fasting calendar: The T&T Clark History of Monasticism John Binns, 2019-11-14 Despite its rich history in the Latin tradition, Christian monasticism began in the east; the wellsprings of monastic culture and spirituality can be directly sourced from the third-century Egyptian wilderness. In this volume, John Binns creates a vivid, authoritative account that traces the four main branches of eastern Christianity, up to and beyond the Great Schism of 1054 and the break between the Catholic and Orthodox churches. Binns begins by exploring asceticism in the early church and the establishment of monastic life in Egypt, led by St Anthony and Pachomius. He chronicles the expansion, influence and later separation of the various Orthodox branches, examining monastic traditions and histories ranging from Syria to Russia and Ethiopia to Asia Minor. Culminating with both the persecution and the revival of monastic life, Binns concludes with an argument for both the diversity and the shared set of practices and ideals between the Orthodox churches, creating a resource for both cross-disciplinary specialist and students of religion, history, and spirituality.

ethiopian orthodox fasting calendar: Ethiopia Carol Ann Gillespie, 2009 - Information-packed volumes provide comprehensive overviews of each nation's people, geography, history, government, economy, and culture- Abundant full-color illustrations guide the reader on a voyage of discovery- Maps reflect current political boundaries

ethiopian orthodox fasting calendar: Fear Not, for I Am with You Assta Bereket Gettu, 2017-06-20 Fear Not, for I Am with You by Assta Bereket Gettu Born in a little village in Tegedie, Ethiopia, Assta Bereket Gettu runs away from his parents at an early age. He spends more than seven years attending various traditional church schools belonging to the Ethiopian Orthodox Tewahido Church, but there are many difficult and even dangerous days. In his desire to go to school and become a teacher, he finds himself fighting ferocious dogs, life-threatening diseases, burning heat, and bitter cold. When Gettu finally moves to the United States to further his education, he is met with more challenges in the Western culture and education system which prove to be difficult as well. Nonetheless, Gettu deems it all worthwhile as he presses on toward his dream.

ethiopian orthodox fasting calendar: The Origins of the New Churches Movement in Southern Ethiopia, 1927-1944 Fargher, 2023-09-20 The book examines the missionary-evangelists' side of establishing non-Orthodox ecclesial communities in three major ethnic groups in southern Ethiopia between 1927-1944. The Kale Heywat Church, an association of almost 3600 congregations is the strongest confirmation of the movement's success.

ethiopian orthodox fasting calendar: Cultural Governance in a Global Context Ian W. King, Annick Schramme, 2019-01-17 This original book explores the character of cultural governance of arts and cultural institutions in eight countries across five continents. Examining strategy and decision-making at an organisational level, this is the first empirical contribution on cultural policy and management, revealing how it is applied across the globe in otherwise unexplored countries. Concerned with the assumption that 'one-size fits all', the chapter authors analyse how cultural governance is managed within arts organizations in a range of countries to assess whether some locations are trying to apply unsuitable models. The chapters aim to discover and assess new practices to benefit the understanding of cultural governance and the arts sector which have as yet been excluded from the literature. As a collection of local accounts, this book offers a broad and rich perspective on managing cultural governance around the world.

ethiopian orthodox fasting calendar: Food Cultures of the World Encyclopedia [4 volumes] Ken Albala, 2011-05-25 This comprehensive reference work introduces food culture from more than 150 countries and cultures around the world—including some from remote and unexpected peoples and places. From babka to baklava to the groundnut stew of Ghana, food culture can tell us where we've been—and maybe even where we're going. Filled with succinct, yet highly informative entries, the four-volume Food Cultures of the World Encyclopedia covers all of the planet's nation-states, as well as various tribes and marginalized peoples. Thus, in addition to coverage on countries as disparate as France, Ethiopia, and Tibet, there are also entries on Roma

Gypsies, the Maori of New Zealand, and the Saami of northern Europe. There is even a section on food in outer space, detailing how and what astronauts eat and how they prepare for space travel as far as diet and nutrition are concerned. Each entry offers information about foodstuffs, meals, cooking methods, recipes, eating out, holidays and celebrations, and health and diet. Vignettes help readers better understand other cultures, while the inclusion of selected recipes lets them recreate dishes from other lands.

ethiopian orthodox fasting calendar: The Orthodox Church Sergii Bulgakov, 1988 A classic introduction to the Orthodox Church written from within the context of the ecumenical community, addressing key doctrinal issues and providing a basis for Western Christians to understand their brothers and sisters in the Eastern Church.

ethiopian orthodox fasting calendar: *Vegan Travel Handbook* Lonely Planet Food, 2019-12-01 Whether you've been vegan for years or are travelling as one for the first time, The Vegan Travel Handbook will help you discover, plan and book a huge range of vegan-friendly adventures around the globe. Get essential advice and expert tips on everything from where to go when and the best vegan restaurants, accommodation and cities, to how to stay healthy on the road and order food with confidence. We also reveal unmissable vegan tours, festivals and food trucks. From cooking classes in India to wildlife watching tours in New Zealand, Lonely Planet shows you how to explore the world on a plant-based diet. Explore the wilds of Patagonia, Argentina Go trekking and wildlife watching in Ethiopia Meditate in the mountains in Taiwan Melt any stresses away in a Japanese onsen Wild camp by a pristine lake in Scandinavia Go wine tasting in Piedmont, northern Italy Eat your way around Delhi, Agra and Jaipur Dance and dine the night away in Seville Monitor jaguars in the Amazon Rainforest Savour local produce at a New Zealand farmers' market Spot the 'Big Five' in safari in South Africa Explore the Cardamom Mountains in Cambodia Shake up a rum cocktail in the Cayman Islands Road-trip your way up the east coast of Australia Embark on a DIY doughnut tour of the USA's west coast About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, on mobile, video and in 14 languages, 12 international magazines, armchair and lifestyle books, ebooks, and more. Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

ethiopian orthodox fasting calendar: *Encyclopaedia Aethiopica: D-Ha* Siegbert Uhlig, 2003

ethiopian orthodox fasting calendar: *The Oxford Handbook of Christmas* Timothy Larsen, 2020-10-21 The Oxford Handbook of Christmas provides a comprehensive, interdisciplinary account of all aspects of Christmas across the globe, from the specifically religious to the purely cultural. The contributions are drawn from a distinguished group of international experts from across numerous disciplines, including literary scholars, theologians, historians, biblical scholars, sociologists, anthropologists, art historians, and legal experts. The volume provides authoritative treatments of a range of topics, from the origins of Christmas to the present; decorating trees to eating plum pudding; from the Bible to contemporary worship; from carols to cinema; from the Nativity Story to Santa Claus; from Bethlehem to Japan; from Catholics to Baptists; from secularism to consumerism. Christmas is the biggest celebration on the planet. Every year, a significant percentage of the world's population is drawn to this holiday—from Cape Cod to Cape Town, from South America to South Korea, and on and on across the globe. The Christmas season takes up a significant part of the entire year. For many countries, the holiday is a major force in their national economy. Moreover, Christmas is not just a modern holiday, but has been an important feast for most Christians since the fourth century and a dominant event in many cultures and countries for over a millennium. The Oxford Handbook of Christmas provides an invaluable reference point for anyone interested in this global phenomenon.

ethiopian orthodox fasting calendar: *Ethiopia* Pascal Belda, 2006 This guide is the perfect

companion for the international business traveller who wants to have the best of both worlds - business and leisure. It offers comprehensive info which is either difficult to find or simply doesn't exist elsewhere. All sections include full contact info (telephone, fax, email, website, postal addresses).

ethiopian orthodox fasting calendar: Jerusalem Curiosities Abraham Ezra Millgram, 1990 Jerusalem is a holy city for Jews, Christians, and Muslims. It is a city of strange contradictions and astonishing curiosities. This book seeks to help readers grasp Jerusalem's unique role in the history of mankind, as it charts the "curiosities" of the city—not to be confused with "trivia" about the city—through the centuries, and right up to the late 20th century.

ethiopian orthodox fasting calendar: Comparative Christianity Thomas Arthur Russell, 2010 Comparative Christianity: A Student's Guide to a Religion and its Diverse Traditions explores what Christians have in common and then works through the three major subdivisions of the faith: Eastern, Roman, and Protestant. Using categories common to many definitions of religion, each chapter employs the categories of belief, individual and group moral codes, ceremonies, and associations. The book is a good choice for a textbook on Christianity, for the general reader and/or the follower of other religious traditions who want to learn about the Christian faith. By reading this book, readers will have a fuller knowledge of what Christians, whatever tradition, have in common and what distinguishes one Christian group from another. Comparative Christianity is different than other similar books on the market. It includes groups normally ignored, such as the Coptic and Ethiopian Orthodox Christians and Mormon groups beyond the scope of the Salt Lake City Latter-day Saints community (including the recent Texas group at the center of a polygamy controversy). Also, Comparative Christianity includes a review quiz at the end of each chapter so that readers can see how much knowledge they have acquired. These quizzes may also be used by professors if the text is used in a course.

ethiopian orthodox fasting calendar: The Ethiopian Orthodox Tāwahīdo Church 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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