

# ethiopian calendar fasting

## Understanding Ethiopian Calendar Fasting: A Comprehensive Guide

**ethiopian calendar fasting** is a deeply rooted spiritual practice observed by millions of Ethiopian Orthodox Christians. It is not merely a dietary regimen but a significant aspect of religious devotion, cultural identity, and community life. The fasting traditions of Ethiopia are unique, reflecting centuries-old religious practices that intertwine with the country's history, spirituality, and social fabric. This article explores the intricacies of Ethiopian calendar fasting, its significance, types, and how adherents observe these sacred periods.

### The Ethiopian Calendar: An Overview

Before delving into fasting practices, it's essential to understand the Ethiopian calendar. The Ethiopian calendar, also known as the Ge'ez calendar, is approximately seven years and three months behind the Gregorian calendar. It consists of 13 months: 12 months of 30 days each and an additional month called Pagumē, which has five or six days depending on whether it's a leap year.

The Ethiopian calendar's structure influences the timing and duration of fasting periods, which are aligned with religious observances based on the Coptic Christian tradition. These fasting periods are meticulously observed and are integral to Ethiopian Orthodox spirituality.

### Significance of Fasting in Ethiopian Orthodoxy

Fasting in the Ethiopian Orthodox Church is more than abstaining from certain foods; it is a spiritual discipline aimed at fostering repentance, humility, and closeness to God. It is believed to purify the body and soul, prepare believers for significant religious events, and reinforce community bonds.

Some key reasons for fasting include:

- Spiritual purification: Fasting is seen as a way to cleanse the soul.
- Commemoration of saints and holy events: Many fasts coincide with the feast days of saints or biblical events.
- Preparation for major religious festivals: Fasting periods often precede celebrations like Christmas and Epiphany.
- Practicing self-control and discipline: Fasting helps believers develop patience and spiritual strength.

# Types of Fasting in the Ethiopian Calendar

Ethiopian Orthodox fasting practices are categorized into several types, each with specific rules and durations. They are generally classified as Lenten fasts, Feast-day fasts, Weekly fasts, and Customary fasts.

## 1. Lenten Fasts

Lenten fasts are the most significant fasting periods in Ethiopia, lasting for 55 days before Christmas (Genna) and Epiphany (Timket). These fasts are part of the larger Lenten period, which prepares believers for the celebration of Christ's birth and baptism.

- Great Fast (Tsome Guh): Lasts for 55 days, starting 55 days before Christmas and ending on Christmas Eve.
- Fast of the Apostles: Begins after the Feast of St. Peter and Paul and lasts for about two weeks.
- Fast of the Assumption (Filseta): Observed on August 15, lasting for 15 days leading up to the Feast of the Assumption of Mary.
- Fast of the Virgin Mary: From August 1 to August 15.

During these fasts, adherents abstain from animal products such as meat, dairy, and eggs, and often also avoid oil and wine, depending on the strictness of their observance.

## 2. Weekly Fasts

Weekly fasting is a common practice, with Wednesday and Friday being the most observed days, commemorating the betrayal of Jesus and his crucifixion, respectively.

- Wednesday fast: Honors the betrayal of Jesus by Judas.
- Friday fast: Commemorates Jesus' crucifixion and death.

On these days, believers typically refrain from animal foods, dairy, and sometimes oil and wine.

## 3. Feast-day Fasts

Certain specific days are observed with fasting in honor of saints or biblical events, such as:

- St. Michael's Day (Meskel): Celebrated on September 29, with fasting preceding the feast.
- The Feast of the Transfiguration: August 19.
- The Assumption of Mary: August 15.

These fasts may vary in strictness depending on local traditions.

## **4. Customary and Optional Fasts**

Some Ethiopian Orthodox Christians observe additional fasts based on personal or community traditions, including fasting on certain days of the week or during special occasions.

## **Rules and Practices During Ethiopian Fasting**

Fasting in Ethiopia involves specific rules aimed at spiritual discipline and physical abstinence:

- Dietary Restrictions:
  - Abstain from all animal products (meat, dairy, eggs).
  - Avoid oil, wine, and other fermented beverages (though some communities may permit olive oil or wine during certain fasts).
  - Limit or eliminate processed foods; focus on vegetables, legumes, grains, and fruits.
- Behavioral Conduct:
  - Engage in increased prayer, reading scriptures, and spiritual reflection.
  - Practice humility, charity, and community service.
  - Maintain a spirit of patience and self-control.
- Fasting Duration:
  - The length of fasting varies depending on the type of fast, from a single day to several weeks.
  - Some fasts are broken at sunset, while others are observed throughout the day.

## **Impact of Ethiopian Calendar Fasting on Daily Life**

Fasting influences various aspects of daily life in Ethiopia:

- Dietary Changes: Markets and restaurants adjust their offerings during fasting periods, providing vegetarian and vegan options.
- Social and Cultural Activities: Many social gatherings involve fasting or fasting-related rituals.
- Work and Education: Some institutions accommodate fasting schedules, understanding their spiritual importance.
- Health Considerations: Prolonged fasting requires proper nutrition and hydration, especially for vulnerable groups like children, pregnant women, and the elderly.

# Benefits of Ethiopian Calendar Fasting

Fasting offers numerous spiritual, health, and social benefits:

- **Spiritual Growth:** Enhances prayer life, self-discipline, and spiritual reflection.
- **Physical Health:** When managed properly, fasting can improve digestion, detoxify the body, and promote overall health.
- **Community Bonding:** Shared fasting practices strengthen communal ties and reinforce cultural identity.
- **Cultural Preservation:** Fasting traditions help preserve Ethiopia's rich religious heritage amid modernization.

## Challenges and Modern Adaptations

While Ethiopian calendar fasting remains a vital tradition, modern challenges include:

- **Health Risks:** Inadequate nutrition or dehydration during long fasts.
- **Lifestyle Changes:** Urbanization and busy schedules may hinder strict observance.
- **Global Influence:** Western dietary habits and globalization sometimes conflict with traditional fasting rules.

To address these challenges, many Ethiopian Orthodox believers adapt by:

- Incorporating balanced vegetarian diets.
- Using fasting as a spiritual rather than solely dietary practice.
- Promoting community education about healthy fasting practices.

## Conclusion

**ethiopian calendar fasting** is a profound expression of faith and cultural identity for Ethiopian Orthodox Christians. It intertwines religious observance with daily life, fostering spiritual growth, community cohesion, and cultural preservation. Understanding the various fasting periods, their significance, and the practices involved provides deeper insight into Ethiopia's rich religious heritage. Whether observed strictly or more flexibly, fasting remains a cornerstone of Ethiopian Orthodoxy, exemplifying devotion, discipline, and cultural resilience. As Ethiopia continues to navigate modern influences, these age-old fasting traditions serve as a vital link to its spiritual and cultural roots.

## Frequently Asked Questions

**What is the Ethiopian calendar fasting and how is it**

## **different from other fasting practices?**

Ethiopian calendar fasting refers to various religious fasting periods observed by Ethiopian Orthodox Christians, such as Lent and Fast of the Apostles. It follows the Ethiopian Orthodox Tewahedo Church's liturgical calendar, which differs from the Gregorian calendar, and includes specific fasting days where believers abstain from animal products, dairy, and sometimes oil and wine.

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

There are several fasting periods throughout the year, with the major ones being Lent (70 days), the Fast of the Apostles (about 30 days), the Fast of the Assumption, and others like the Fast of the Nativity. These fasting periods are observed in accordance with church traditions and vary in length and strictness.

## **What are the common foods eaten during Ethiopian fasting periods?**

During fasting periods, Ethiopians typically consume vegetarian or vegan dishes made from ingredients like lentils, chickpeas, vegetables, injera (a sourdough flatbread), and various legumes. They avoid animal products, dairy, and sometimes oil and wine, depending on the specific fast.

## **Are there specific rules for fasting in the Ethiopian calendar?**

Yes, the Ethiopian Orthodox Church has detailed fasting rules, including abstaining from meat, dairy, and sometimes oil and wine on fasting days. Fasting is also observed from sunrise to sunset, and the rules may vary depending on the specific fast and individual health considerations.

## **How does fasting impact Ethiopian cultural and religious practices?**

Fasting plays a central role in Ethiopian religious life, promoting spiritual reflection, community gatherings, and adherence to church traditions. It influences food preparation, social interactions, and rituals, reinforcing religious identity and discipline among followers.

## **Can non-Ethiopians participate in Ethiopian fasting practices?**

Yes, non-Ethiopians can participate in Ethiopian fasting practices as a form of cultural or religious observance, especially if they are part of the Ethiopian Orthodox community or interested in experiencing its spiritual discipline. However, it's important to respect the specific rules and traditions associated with these fasts.

## **What are the health benefits or challenges associated with Ethiopian fasting?**

Ethiopian fasting can promote health benefits like increased intake of plant-based foods and improved digestion. However, challenges may include nutritional deficiencies if fasting is not properly managed, especially for individuals with health conditions. It's recommended to consult healthcare providers before undertaking extended fasting periods.

## **Are there modern adaptations to Ethiopian calendar fasting in contemporary society?**

Yes, some Ethiopian Orthodox Christians adapt their fasting practices to fit modern lifestyles by modifying fasting hours or types of food consumed, especially during work or social events. Additionally, awareness of health considerations has led to more flexible fasting practices among some practitioners.

## **Additional Resources**

Ethiopian Calendar Fasting: A Deep Dive into Spiritual Practice and Cultural Heritage

The Ethiopian calendar fasting traditions represent one of the most profound and distinctive aspects of Ethiopian Christianity and cultural identity. Rooted in centuries-old religious practices, these fasts are not merely dietary restrictions but embody spiritual discipline, community participation, and historical continuity. This comprehensive overview explores the origins, types, rules, significance, and contemporary relevance of Ethiopian calendar fasting, providing an in-depth understanding of this vital aspect of Ethiopian religious life.

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## **Origins and Historical Context of Ethiopian Fasting**

### **Historical Roots of Fasting in Ethiopian Christianity**

Ethiopian Christianity traces its roots back to the 4th century, making it one of the oldest Christian traditions in the world. The fasting practices are deeply intertwined with the Ethiopian Orthodox Tewahedo Church, which has preserved many ancient rites and customs.

- Biblical Foundations: Ethiopian fasting practices are based on biblical teachings, including the Old and New Testaments, emphasizing repentance, humility, and spiritual renewal.

- Influence of Early Christian Traditions: The early Church Fathers and surrounding Christian communities influenced the development of fasting disciplines, adapted uniquely to Ethiopian culture.
- Integration with Calendar and Culture: The Ethiopian calendar, which differs from the Gregorian calendar, has shaped the timing and nature of fasting periods, aligning with significant religious festivals and seasons.

## Unique Aspects of the Ethiopian Calendar

The Ethiopian calendar differs in several ways:

- Seven to Thirteen Years Behind Gregorian Calendar: The Ethiopian calendar is approximately 7–13 years behind the Gregorian calendar.
- 12 Months of 30 Days + 5 or 6 Epagomenal Days: The year comprises 12 months of 30 days and 5 or 6 additional days (epagomenal days).
- New Year's Timing: Celebrated on September 11th (or 12th in a leap year), which influences fasting schedules.

This calendar structure influences the timing, duration, and observance of fasting periods, making Ethiopian fasting a unique blend of religious devotion and cultural identity.

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## Types of Ethiopian Fasting

Ethiopian fasting is categorized into several types, each with specific rules, durations, and spiritual significances. These fasts are observed throughout the year, aligning with major religious events and seasons.

### Main Fasting Periods

#### 1. Lenten Fast (Hudadi or Lent)

- Duration: 55 days (from approximately February/March to Easter)
- Significance: Preparation for Easter, commemorating the resurrection of Jesus Christ
- Practices: Abstaining from animal products, dairy, and sometimes oil and wine

#### 2. The Fast of the Apostles (Tsome Gash)

- Duration: 40 days, starting after Pentecost (the Feast of the Holy Spirit)
- Significance: Honoring the apostles and their missionary work
- Practices: Similar to Lent, with strict dietary restrictions

#### 3. The Fast of the Dormition (Fasika)

- Duration: 15 days leading up to the Feast of the Assumption
- Significance: Celebrating the Dormition (Assumption) of the Virgin Mary

#### 4. Weekly Fasts

- Every Wednesday and Friday are traditionally observed as fasting days, commemorating the betrayal of Jesus and his crucifixion, respectively.
- Practices: Avoiding animal products, sometimes oil and wine

#### 5. Other Specific Fasts

- Fast of St. Mary's Nativity (Filseta)
- Fast of the Cross (Gishen)
- Fast of Nineveh (observed in some communities)

## Minor and Personal Fasts

Many Ethiopians also observe personal or local fasts, such as fasting during illness, before important life events, or in honor of saints.

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## Rules and Observances of Ethiopian Fasting

Ethiopian fasting is characterized by specific rules that guide daily observance, emphasizing spiritual discipline over mere dietary restriction.

### Dietary Restrictions

- Abstention from Animal Products:
  - No meat, poultry, fish, or eggs during fasting periods.
- Dairy and Animal Fats:
  - Often avoided, especially during longer fasts, but some communities permit dairy.
- Oils and Fats:
  - Use of vegetable oils is sometimes restricted, especially in strict fasts.
- Alcohol and Coffee:
  - Coffee (buna) and alcoholic beverages are generally avoided during fasting days.
- Fasting Beverages:
  - Water, fruit juices, and herbal teas are permitted.

### Spiritual and Behavioral Practices

- Prayers and Church Attendance:
  - Increased participation in church services, prayers, and spiritual reflection.
- Almsgiving:
  - Emphasis on charity, helping the poor, and community service.
- Humility and Repentance:
  - Fasting is seen as a time for self-examination and repentance.

# Rules for Fasting Duration and Exceptions

- Strict Fast:
- Complete abstinence from animal products and sometimes oil and wine.
- Partial Fast:
- Some may permit certain items based on health, age, or specific circumstances.
- Exceptions:
- Children, pregnant or breastfeeding women, the elderly, the ill, and travelers are often exempted or allowed leniency.

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# Significance and Spiritual Meaning of Ethiopian Fasting

Fasting in the Ethiopian Orthodox tradition is more than dietary discipline; it embodies profound spiritual symbolism.

## Spiritual Benefits

- Purification of Body and Soul:
- Fasting is believed to cleanse physical and spiritual impurities.
- Enhanced Prayer and Reflection:
- Fasting days are dedicated to intensified prayer, meditation, and connection with God.
- Preparation for Religious Festivals:
- Fasting serves as a spiritual preparation for major celebrations like Easter (Fasika) and Christmas (Genna).
- Discipline and Self-Control:
- Cultivates patience, humility, and resilience.

## Cultural and Community Dimensions

- Community Bonding:
- Shared fasting practices strengthen communal ties and collective faith identity.
- Tradition Preservation:
- Fasting sustains Ethiopian cultural heritage and religious continuity across generations.
- Expression of Faith and Identity:
- Fasting distinguishes Ethiopian Christianity from other denominations and religions.

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# Contemporary Challenges and Adaptations

While fasting remains a central spiritual practice, modern life presents challenges and adaptations.

## Modern Lifestyle and Fasting

- Work and Daily Commitments:
  - Balancing fasting with work and social life can be demanding.
- Health Considerations:
  - Some individuals with health issues may need modified fasting practices or exemptions.
- Urbanization and Globalization:
  - Exposure to Western diets and lifestyles influences traditional fasting habits.

## Adaptations and Flexibility

- Partial Fasting:
  - Allowing certain foods or reducing fasting duration for health reasons.
- Community Support:
  - Churches and community groups provide guidance, support, and education.
- Educational Initiatives:
  - Promoting understanding of fasting's spiritual significance beyond dietary rules.

## Impact of COVID-19 Pandemic

- The pandemic affected communal gatherings and church services, prompting adaptations such as virtual prayers and modified fasting observances.

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## Conclusion: The Enduring Significance of Ethiopian Calendar Fasting

Ethiopian calendar fasting is a rich, multifaceted tradition deeply embedded in the spiritual, cultural, and social fabric of Ethiopian life. It exemplifies a holistic approach to faith, emphasizing spiritual discipline, community cohesion, and cultural preservation. Despite modern challenges, these fasting practices continue to inspire millions, serving as a testament to Ethiopia's enduring religious heritage.

Whether observed strictly or with gentle flexibility, Ethiopian fasting remains a profound act of devotion and identity. It reinforces the timeless values of humility, patience, and

spiritual renewal, ensuring its relevance for generations to come. As Ethiopia continues to navigate the complexities of the modern world, its fasting traditions stand as a powerful symbol of faith, resilience, and cultural pride.

## **Ethiopian Calendar Fasting**

**ethiopian calendar fasting: The Ethiopian Calendar Fasting Days and Holidays from 2013-2022 (2020-2030) in Amharic ,Tigrinya and English** Zekarias Abebe, 2021-10-21

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

**ethiopian calendar fasting: *The Early Modern Jesuit Attitude towards Hindu and Ethiopian Strains of Asceticism*** Leonardo Cohen, 2023-12-04 This book presents an early modern Jesuit attitude towards Hindu and Ethiopian strains of asceticism. The Jesuits' descriptions of both the yogis and the Ethiopian renunciates were marked by ambivalence. While critical of these ascetics, the missionaries also pointed out admirable facets of their comportment. In both the Society of Jesus' positive and negative impressions, there are glaring ethnocentric views that shift the spotlight onto the other's flaws. Like many historical cases, these perceptions evolved into a sort of inverted mirror image of the self that revealed differences between the European Catholic and the native renunciate.

**ethiopian calendar fasting: *Ethiopian Americans*** W. Gabriel Selassie I, 2025-01-09 Explore the history, culture, and lived experiences of Ethiopian Americans in the USA. Ethiopia, in East Africa, is the second most populated country in Africa, home to over 125 million inhabitants. For centuries, many Ethiopians had little exposure to the outside world, and even less to Americans. However, that started to change in the 1970s. In 1974, a military-backed government deposed Emperor Haile Selassie I, and many Ethiopians emigrated to the West. Today, large populations of Ethiopian Americans live in cities such as Washington, D.C., Los Angeles, and Minneapolis. This book offers an accessible and detailed glimpse into their everyday lives. It includes an overview of Ethiopian art, media, and cuisine, biographies of accomplished Ethiopian Americans, and a revealing look into the ongoing struggle for equality and representation that many Ethiopian Americans experience.

**ethiopian calendar fasting: *The Orthodox Christian World*** Augustine Casiday, 2012-08-21 Over the last century unprecedented numbers of Christians from traditionally Orthodox societies migrated around the world. Once seen as an 'oriental' or 'eastern' phenomenon, Orthodox Christianity is now much more widely dispersed, and in many parts of the modern world one need not go far to find an Orthodox community at worship. This collection offers a compelling overview of the Orthodox world, covering the main regional traditions of Orthodox Christianity and the ways in which they have become global. The contributors are drawn from the Orthodox community worldwide and explore a rich selection of key figures and themes. The book provides an innovative and illuminating approach to the subject, ideal for students and scholars alike.

**ethiopian calendar fasting: *The Stranger at the Feast*** Tom Boylston, 2018-02-06 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

**ethiopian calendar fasting: *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 calendar fasting: Mottak** Nathan Mogos, 2017-10-26 Imagine being stranded in the heart of winter, in an isolated town at the northern edge of the world. Though born on the continent of Africa, political officials have made citizenship and social mobility at home difficult for many youth and young adults to realize. And so some flee to Europe, seeking help in Babylon-and are told to wait. And wait. This fictionalized true story brings to life the never-before-published experiences of African asylum-seekers in Norway. With Cliff, Congo, and a group of other cast members from across the African continent, an Eritrean narrator details the almost-existential struggle of life in the Mottak, one of the system's all-male dormitories. There, every weekday is Monday, and every weekend is a chance to escape the oppressive limbo between arrival and citizenship. There, the men rarely talk about the past. They don't dare hope for the future. They share but two things in common: they cannot go home, and they are waiting.

**ethiopian calendar fasting: Fasting and Faith** Kylian Quinn, AI, 2025-02-14 Fasting and Faith explores the spiritual significance of fasting across diverse religious traditions, highlighting its role in spiritual growth and personal development. The book examines the historical evolution, theological interpretations, and psychological effects of fasting. It uncovers intriguing insights, such as how fasting functions as a means of purification and discipline in many faiths. This comparative approach reveals that despite differing theological frameworks, fasting consistently serves as a transformative practice. The book uniquely navigates through Abrahamic and Eastern religions, analyzing how practices like Ramadan in Islam or Lent in Christianity compare to those in Hinduism or Buddhism. It adopts an interdisciplinary perspective, drawing on religious texts, historical documents, and contemporary research in psychology and physiology. Each section builds upon the previous one, culminating in insights into the universal aspects of fasting and its relevance today, helping readers foster interfaith dialogue and gain spiritual insight.

**ethiopian calendar fasting: Asceticism** Vincent L. Wimbush, Richard Valantasis, 2002 The only comprehensive reference work on asceticism with a multicultural, multireligious, and multidisciplinary perspective, *Asceticism* offers a sweeping view of an elusive and controversial aspect of religious life and culture. Providing a broad historical and comparative perspective, contributions by more than forty preeminent scholars in a wide range of fields and disciplines explore asceticism from antiquity to the present in European, Near Eastern, African, Asian, and North American settings. An incomparable reference, *Asceticism* offers a model for an understanding of a most important dimension of religious life.

**ethiopian calendar fasting: 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 calendar fasting: The Central Ethiopians, Amhara, Tigrīna and Related Peoples** William A. Shack, 2017-02-10 Routledge is proud to be re-issuing this landmark series in association with the International African Institute. The series, published between 1950 and 1977, brings together a wealth of previously un-co-ordinated material on the ethnic groupings and social conditions of African peoples. Concise, critical and (for its time) accurate, the Ethnographic Survey contains sections as follows: Physical Environment Linguistic Data Demography History & Traditions of Origin Nomenclature Grouping Cultural Features: Religion, Witchcraft, Birth, Initiation, Burial Social & Political Organization: Kinship, Marriage, Inheritance, Slavery, Land Tenure, Warfare & Justice Economy & Trade Domestic Architecture Each of the 50 volumes will be available to buy individually, and these are organized into regional sub-groups: East Central Africa, North-Eastern Africa, Southern Africa, West Central Africa, Western Africa, and Central Africa Belgian Congo. The volumes are supplemented with maps, available to view on [routledge.com](http://routledge.com) or available as a pdf from the publishers.

**ethiopian calendar fasting: The Ethiopian Orthodox Church Festivals of the Finding of the True Cross and Epiphany** Wālaleñ 'Emeru, 2007

**ethiopian calendar fasting: Religious Celebrations** 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 calendar fasting: Visions of Zion** Erin C. MacLeod, 2014-07-04 In reggae song after reggae song Bob Marley and other reggae singers speak of the Promised Land of Ethiopia. "Repatriation is a must!" they cry. The Rastafari have been travelling to Ethiopia since the movement originated in Jamaica in 1930s. They consider it the Promised Land, and repatriation is a cornerstone of their faith. Though Ethiopians see Rastafari as immigrants, the Rastafari see themselves as returning members of the Ethiopian diaspora. In *Visions of Zion*, Erin C. MacLeod offers the first in-depth investigation into how Ethiopians perceive Rastafari and Rastafarians within Ethiopia and the role this unique immigrant community plays within Ethiopian society. Rastafari are unusual among migrants, basing their movements on spiritual rather than economic choices. This volume offers those who study the movement a broader understanding of the implications of repatriation. Taking the Ethiopian perspective into account, it argues that migrant and diaspora identities are the products of negotiation, and it illuminates the implications of this negotiation for concepts of citizenship, as well as for our understandings of pan-Africanism and south-south migration. Providing a rare look at migration to a non-Western country, this volume also fills a gap in

the broader immigration studies literature.

**ethiopian calendar fasting: The Church in Africa, 1450-1950** Adrian Hastings, 1996  
Professor Hastings also compares the relation of Christian history to the comparable development of Islam in Africa.

**ethiopian calendar fasting: 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 calendar fasting: 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 calendar fasting: Ethiopia** Siegbert Uhlig, David Appleyard, Alessandro Bausi, Wolfgang Hahn, Steven Kaplan, 2017 ETHIOPIA is a compendium on Ethiopia and Northeast Africa for travellers, students, businessmen, people interested in Africa, policymakers and organisations. In this book 85 specialists from 15 countries write about the land of our fossil ancestor 'Lucy', about its rock-hewn churches and national parks, about the coexistence of Christians and Muslims, and about strange cultures, but also about contemporary developments and major challenges to the region. Across ten chapters they describe the land and people, its history, cultures, religions, society and politics, as well as recent issues and unique destinations, documented with tables, maps, further reading suggestions and photos.

**ethiopian calendar fasting: Cyclopædia of Biblical, Theological, and Ecclesiastical Literature** John McClintock, 1894

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