ethiopian orthodox fasting calendar 2022

ethiopian orthodox fasting calendar 2022 is a vital aspect of spiritual life for millions of Ethiopian Christians. The Ethiopian Orthodox Tewahedo Church observes one of the most structured and devout fasting traditions in the world, deeply rooted in centuries-old religious practices. In 2022, understanding the Ethiopian Orthodox fasting calendar helps believers and those interested in Ethiopian culture to grasp the rhythm of the liturgical year, its major and minor fasts, and their spiritual significance. This article provides a comprehensive overview of the Ethiopian Orthodox fasting calendar for 2022, explores the historical and religious context, lists each fasting period, explains fasting rules, and addresses frequently asked questions. By the end, readers will gain a clear understanding of the fasting schedule, its meaning, and practical guidance for observance.

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Ethiopian Orthodox Fasting Calendar 2022: Overview

The Ethiopian Orthodox fasting calendar in 2022 is a unique framework that shapes the lives of Ethiopian Christians. The calendar is based on the Ethiopian liturgical year, which follows the Julian calendar and differs from the Gregorian calendar used in the West. Each year, the Ethiopian Orthodox Church designates specific periods for fasting, prayer, and repentance. These fasts commemorate important biblical events, saints, and foundational moments in Christian history. The fasting periods are strictly observed, with rules governing food, behavior, and spiritual discipline. In 2022, the fasting calendar includes both major fasts, such as the Great Lent (Hudade), and minor weekly fasts. Understanding the dates and significance of each fast is essential for all who wish to participate or learn more about Ethiopian Orthodox spirituality.

Historical and Religious Significance of Fasting

Fasting in the Ethiopian Orthodox Church is not merely a dietary restriction but a spiritual discipline with deep historical roots. The practice traces back to biblical times, following the example of Jesus Christ, the apostles, and early Christians. Fasting is seen as a way to purify the body and soul, cultivate humility, and draw closer to God. Over centuries, the Ethiopian Orthodox Church has developed a unique fasting tradition, incorporating ancient practices and local customs. Fasts are observed in remembrance of key events such as the Passion of Christ, the Annunciation, and the Dormition of the Virgin Mary. The discipline of fasting is central to the Ethiopian Orthodox faith, reflecting devotion, obedience, and a desire for spiritual renewal.

Main Fasting Periods in 2022

The Ethiopian Orthodox fasting calendar 2022 is structured around several main fasting periods. Each fast varies in length, rules, and spiritual focus. The major fasts are widely observed and form the backbone of the liturgical year. In addition to the major fasts, there are weekly fasts observed throughout the year.

The Great Fast (Hudade/Lent)

The Great Fast, or Hudade, is the longest and most significant fasting period. It lasts for 55 days, culminating in Easter (Fasika). In 2022, it begins on March 7 (Yekatit 27, 2014 Ethiopian Calendar) and ends on April 24 (Miyazya 16, 2014 EC). This period commemorates the Passion, Crucifixion, and Resurrection of Jesus Christ.

Fast of the Apostles (Tsome Hawariat)

Following Pentecost, the Fast of the Apostles varies in length each year. In 2022, it starts on June 13 and ends on July 11. This fast honors the missionary work and sacrifices of the apostles.

Fast of the Assumption (Tsome Filseta)

This 15-day fast, observed from August 7 to August 22 in 2022, commemorates the Dormition and Assumption of the Virgin Mary.

Fast of the Prophets (Tsome Nebiyat/Advent)

The Fast of the Prophets, also known as the Fast of Advent, lasts for 43 days leading up to Christmas (Genna). In 2022, it begins on November 25 and ends on January 6, 2023.

Fast of Nineveh (Tsome Nenewe)

This shorter fast lasts for three days, from February 21 to February 23 in 2022, and commemorates the repentance of the people of Nineveh.

Weekly Fasts: Wednesdays and Fridays

Throughout the year, Wednesdays and Fridays are observed as fasting days, except during fasting-free periods. These weekly fasts recall the betrayal and crucifixion of Jesus.

Detailed List of Fasts in the 2022 Calendar

Below is a detailed list of the Ethiopian Orthodox fasting periods in 2022, including their Gregorian and Ethiopian calendar dates. Observing these fasts is considered a vital part of spiritual life in the Ethiopian Orthodox tradition.

- Fast of Nineveh (Tsome Nenewe): February 21 February 23, 2022 (Yekatit 14–16, 2014 EC)
- Great Lent (Hudade): March 7 April 24, 2022 (Yekatit 27 Miyazya 16, 2014 EC)
- Fast of the Apostles (Tsome Hawariat): June 13 July 11, 2022 (Sene 6 Hamle 4, 2014 EC)
- Fast of the Assumption (Tsome Filseta): August 7 August 22, 2022 (Nehase 1 Nehase 16, 2014 EC)
- Fast of Advent (Tsome Nebiyat): November 25, 2022 January 6, 2023 (Hidar 16, 2015 EC Tahsas 28, 2015 EC)
- Weekly Fasts: Every Wednesday and Friday except during fasting-free periods

Fasting Rules and Guidelines

The Ethiopian Orthodox fasting calendar 2022 is governed by strict rules. Fasting involves abstaining from animal products, including meat, dairy, and eggs. Some fasts also require abstinence from oil and alcohol. Believers are encouraged to eat only one meal per day,

usually after 3:00 pm, though local customs and health considerations may affect this. Fasting is accompanied by increased prayer, almsgiving, repentance, and participation in church services.

General Rules for All Fasts

- Abstain from all animal products (vegan diet).
- Refrain from eating and drinking until noon or 3:00 pm, depending on the fast.
- No oil or alcohol during certain strict fasting days.
- Increased focus on prayer and church attendance.
- Physical and spiritual preparation, including confession and reading scripture.

Exceptions and Allowances

Children, the elderly, pregnant women, the sick, and travelers may be exempt from strict fasting rules. The clergy and spiritual fathers provide guidance and may offer dispensations based on individual circumstances.

Health and Spiritual Benefits of Fasting

Fasting according to the Ethiopian Orthodox calendar is believed to purify both body and soul. Spiritually, it encourages self-control, repentance, and deeper faith. Physically, the vegan diet and periodic abstinence from food can provide health benefits, such as improved digestion and detoxification. The communal aspect of fasting also strengthens the bonds within the Ethiopian Orthodox community, fostering compassion, humility, and mutual support.

Frequently Asked Questions about the Ethiopian Orthodox Fasting Calendar 2022

The Ethiopian Orthodox fasting calendar often leads to questions from both followers and those interested in Ethiopian culture. Below are answers to some of the most frequently asked questions about the 2022 fasting schedule and its practices.

Q: How many days are in the Ethiopian Orthodox Great Lent (Hudade) in 2022?

A: In 2022, the Great Lent (Hudade) lasts for 55 days, beginning on March 7 and ending on April 24.

Q: What foods are forbidden during Ethiopian Orthodox fasts?

A: During fasts, believers abstain from all animal products, including meat, dairy, and eggs. On certain days, oil and alcohol are also prohibited.

Q: Are there exceptions to fasting rules in the Ethiopian Orthodox Church?

A: Yes, exceptions are made for children, the elderly, pregnant women, the sick, and travelers. Church leaders may also grant dispensations based on individual needs.

Q: Why do Ethiopian Orthodox Christians fast on Wednesdays and Fridays?

A: Wednesdays commemorate the betrayal of Jesus, and Fridays remember His crucifixion. These weekly fasts are observed throughout the year, except during fasting-free periods.

Q: What is the significance of the Fast of Nineveh?

A: The Fast of Nineveh is a three-day fast that recalls the repentance of the Ninevites as described in the Book of Jonah. It emphasizes prayer, repentance, and forgiveness.

Q: How is the Ethiopian Orthodox fasting calendar different from the Western Christian calendar?

A: The Ethiopian Orthodox calendar follows the Julian calendar, resulting in different dates for major feasts and fasts compared to Western (Gregorian) Christian traditions.

Q: Can Ethiopian Orthodox Christians eat fish during fasts?

A: Generally, fish is not allowed during strict fasts, such as Great Lent and the Fast of the Assumption. However, some minor fasts or certain days may permit fish, depending on local traditions.

Q: What is the purpose of fasting in the Ethiopian Orthodox faith?

A: Fasting is intended to purify the body and soul, cultivate humility, and foster a deeper relationship with God through prayer, repentance, and self-denial.

Q: How do Ethiopian Orthodox Christians prepare for fasting?

A: Preparation includes prayer, confession, repentance, and sometimes a gradual reduction of certain foods before the fast begins.

Q: Are there any health benefits associated with Ethiopian Orthodox fasting?

A: Yes, the vegan diet and structured periods of abstinence can contribute to improved digestion, detoxification, and overall health, while also fostering spiritual well-being.

Ethiopian Orthodox Fasting Calendar 2022

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Ethiopian Orthodox Fasting Calendar 2022: A Comprehensive Guide

Observing the Ethiopian Orthodox Tewahedo Church's fasting calendar requires dedication and understanding. This comprehensive guide provides you with the complete Ethiopian Orthodox fasting calendar for 2022, clarifying the different fasting periods, their significance, and how to navigate them. Whether you're a devout follower or simply curious about this rich tradition, this resource will be your go-to guide for understanding the spiritual journey throughout the year. We'll delve into the specifics of each fast, offering clarity and insight into this important aspect of Ethiopian Orthodox life.

Understanding the Ethiopian Orthodox Fasting Calendar

The Ethiopian Orthodox Tewahedo Church adheres to a rigorous fasting calendar, significantly longer and more frequent than many other Christian traditions. These fasts, known as tsa'um, are periods of abstinence from certain foods and activities, undertaken to deepen spiritual connection, practice self-discipline, and commemorate significant events in the life of Christ and the church. The calendar is based on the Ge'ez calendar, which differs from the Gregorian calendar, so understanding this is crucial for accurate observance.

Key Fasting Periods in the 2022 Ethiopian Orthodox Fasting Calendar

The Ethiopian Orthodox fasting calendar is complex, with numerous fasts varying in length and intensity. However, some key periods stand out:

1. Great Lent (Abun):

This is the most significant fast, lasting for 55 days leading up to Easter. It's a period of intense spiritual reflection, prayer, and abstinence from animal products, dairy, and oil. The specific dates for Great Lent in 2022 would need to be referenced from a specific Ethiopian Orthodox church calendar, as the Ge'ez calendar influences the exact Gregorian dates.

2. Apostles' Fast:

This fast commemorates the apostles' work after the ascension of Christ. Its length varies slightly year to year, typically lasting between 20 and 28 days. Again, consulting a reliable church calendar for the specific 2022 dates is necessary.

3. Fasts of the Theotokos (Virgin Mary):

Several shorter fasts throughout the year are dedicated to the Virgin Mary. These fasts are typically shorter than Great Lent or the Apostles' Fast, and again, precise dates for 2022 must be confirmed from a church-provided calendar.

4. Nativity Fast:

This fast, observed before Christmas, is a period of preparation for the celebration of Christ's birth. The duration is usually shorter than Great Lent.

Navigating the Calendar and its Nuances

Several factors influence the exact dates of the fasts. The Ethiopian calendar is seven to eight years

behind the Gregorian calendar, making it essential to consult official church resources or reliable online calendars specific to the Ethiopian Orthodox faith to determine accurate dates for 2022. These resources should provide detailed information about the start and end dates of each fasting period, along with specific guidelines for each fast.

Beyond Abstinence: The Spiritual Significance of Ethiopian Orthodox Fasting

Ethiopian Orthodox fasting isn't simply about abstaining from food; it's a holistic spiritual practice. It involves:

Prayer and devotion: Increased prayer and church attendance are central to the fasting periods. Almsgiving and charity: Giving to the poor and needy is encouraged during these times. Repentance and reflection: Fasting provides an opportunity for introspection, seeking forgiveness, and strengthening one's faith.

Finding Reliable Resources for the 2022 Ethiopian Orthodox Fasting Calendar

Reliable sources for the 2022 calendar are crucial. Consult:

Your local Ethiopian Orthodox Tewahedo Church: This is the most reliable source. Reputable online resources: Several websites dedicated to the Ethiopian Orthodox faith often publish annual calendars. Verify their authenticity carefully. Ethiopian Orthodox Church calendars: Many churches publish physical calendars annually.

Conclusion

The Ethiopian Orthodox fasting calendar for 2022 presents a journey of spiritual growth and discipline. Understanding the significance of each fast and adhering to its guidelines requires commitment and accurate information. Utilizing the resources mentioned above will ensure you navigate the year's fasts appropriately and fully experience their spiritual benefits. Remember, the essence of fasting is not just about the physical limitations but about deepening one's connection with God through prayer, reflection, and acts of charity.

FAQs

- 1. Are there any exceptions to the Ethiopian Orthodox fasting rules? Yes, there are exceptions for pregnant women, nursing mothers, the sick, and the elderly. Consult with a priest or religious leader for guidance on individual circumstances.
- 2. What foods are typically allowed during fasts? Generally, fruits, vegetables, legumes, and grains are allowed. Animal products, dairy, and oil are usually restricted, but the specific guidelines may vary depending on the fast.
- 3. How strictly are the fasts observed? The level of strictness can vary among individuals. However, sincere commitment to the spirit of the fast is always emphasized.
- 4. What happens if I miss a fast unintentionally? Repentance and renewed commitment are important. Consult your religious leader for guidance.
- 5. Where can I find a printable Ethiopian Orthodox fasting calendar for 2022? Your local Ethiopian Orthodox church is the best place to obtain a printable calendar or to locate online resources that your church endorses.

ethiopian orthodox fasting calendar 2022: Sing and Sing On Kay Kaufman Shelemay, 2022-01-11 In Sentinel Musicians of the Ethiopian American Diaspora, Kay Kaufman Shelemay shares more than forty years of research among Ethiopian musicians in the midst of a widespread and evolving diaspora. Beginning on the eve of the Ethiopian revolution in 1974 all the way up to the present day, Shelemay follows musicians as some leave Ethiopia for the US, setting up essential networks of support in cities such as New York, Boston, and Washington, DC. Throughout this profound transition, Shelemay shows how Ethiopian musicians serve a critical function in social and political life by both safeguarding community identity and challenging authority within Ethiopian society. She coins the term sentinel musicians to express musicians' double capacity to guard culture and guide it through periods of change, transforming the world around them under political pressures and during times of extreme social stress. While musicians held this role in Ethiopian culture long before the revolution began, it has taken on new meanings and contours in the Ethiopian diaspora. Some sentinel musicians have quite literally led the way as they migrated to new locales, establishing transnational networks, founding new institutions, and undertaking numerous initiatives in community building. Ultimately, Shelemay shows that musicians are uniquely positioned to serve this sentinel role as guardians and challengers of cultural heritage--

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of great interest to students and scholars of nature conservation, environment and religion, cultural geography and ethnobiology, as well as practitioners and professionals working in conservation.

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towards improving and maintaining our overall health. Sharing the Gift of Yoga is a guide for anyone new to the practice of yoga and want to learn more about its history and philosophy and is also a tool for more seasoned yogis who want to share the gift of yoga with others as leaders and teachers. What's unique about the book is its perspective, taken from an Eastern African context, it finds parallels with traditional Yogic philosophy. Discover a truly unique comparison of the Coptic Church and the Ashrams of India.

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guidance from more than 20 organizations and style guides into a single handy reference book The Diversity Style Guide is first and foremost a guide for journalists, but it is also an important resource for journalism and writing instructors, as well as other media professionals. In addition, it will appeal to those in other fields looking to make informed choices in their word usage and their personal interactions.

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ethiopian orthodox fasting calendar 2022: I Need Answers Dawit Muluneh, 2019-12-13 Whether you are just beginning your journey into the Ethiopian Orthodox Tewahedo Church or have long been a member but are looking for answers to your questions about the church, I Need Answers is for you. Although the answers are gathered from Church fathers and holy books, the style of writing provides clear answers to complicated questions. The past few years the Ethiopian Orthodox Tewahedo Church has seen her youth leaving in mass numbers. Why? Mainly because the youth cannot get understandable answers to their questions. The Church uses Amharic as its primary language and Ge'ez as the liturgical, preventing young people born in America from being able to understand the worship or teaching of the Ethiopian Orthodox Tewahdo Church.. Deacon Dawit Muluneh, who has traveled around the United States teaching and preaching during the last decade, has gathered the most frequently asked questions and provided answers in a way that can be understood by the youth. Each chapter focuses on a particular question, addressing central themes of Christianity and teaching about the uniqueness of the Ethiopian Orthodox Tewahedo Church. It also addresses issues specific to young adults like spiritual dating and depression and more controversial issues like homosexuality in the context of the church.

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ethiopian orthodox fasting calendar 2022: The Oxford Dictionary of the Christian Church Andrew Louth, 2022-02-17 Uniquely authoritative and wide-ranging in its scope, The Oxford Dictionary of the Christian Church is the indispensable reference work on all aspects of the Christian Church. It contains over 6,500 cross-referenced A-Z entries, and offers unrivalled coverage of all

aspects of this vast and often complex subject, from theology; churches and denominations; patristic scholarship; and the bible; to the church calendar and its organization; popes; archbishops; other church leaders; saints; and mystics. In this new edition, great efforts have been made to increase and strengthen coverage of non-Anglican denominations (for example non-Western European Christianity), as well as broadening the focus on Christianity and the history of churches in areas beyond Western Europe. In particular, there have been extensive additions with regards to the Christian Church in Asia, Africa, Latin America, North America, and Australasia. Significant updates have also been included on topics such as liturgy, Canon Law, recent international developments, non-Anglican missionary activity, and the increasingly important area of moral and pastoral theology, among many others. Since its first appearance in 1957, the ODCC has established itself as an essential resource for ordinands, clergy, and members of religious orders, and an invaluable tool for academics, teachers, and students of church history and theology, as well as for the general reader.

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ethiopian orthodox fasting calendar 2022: 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

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