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by Debtera: Ras Iadonis Tafari
www.lojsociety.org

The Sabbath House (Senbet Beyt) Table

The following table lists the weekly Sabbath readings or the *beyesenbetu nibab*; the 54 traditional portions (called Parashat in Hebrew; Abyat in Ethiopic; Kifloch in Amharic) according to both the Ethiopic [Amharic] and *Massoretic* Hebraic conventionally transliterated name(s). There may be variation for many of the Hebrew names due to the Ashkenazi/Sephardic spellings. However, the first entry in this updated weekly sabbatical Orit/Torah chart contains the Ethiopic [royal Amharic] name as it appears in the H.I.M. HAILE SELASSIE I Amharic Holy Bible, known as the Book of the Seven Seals – the Revised Amharic Bible.

Each portion usually takes its name from the first unique word(s) of the Ethiopic [Amharic] and Hebrew text(s). In order to find the current week's readings, you must consult a Hebrew or what is commonly erroneously referred to as a **Jewish Calendar** that lists the (Hebraic) parashah according to the Western calendar (Gregorian) week.

In the following table, that has been compiled, edited and revised by the Debtera: Ras Iadonis Tafari for the M'Imenan: the Faithful of the Lion of Judah Society of His Imperial Majesty, the ancient and traditional order of the Sabbath is to be kept and observed. The "Sabbath" is known and called by we Ethiopian-Hebrews the "Senbet Q'en" or Sabbath day. The Senbet which begins, according to the Almighty's original and written intent, as contained in the Holy Scriptures, at "evening" of the 6th day – or on Friday, when the sun appears to go down around the twilight-time. **[For more information, refer to Our Ethiopic-Hebrew Calendar, Ancient Chronology & Biblical Timekeeping lectures, essays and mss by Debtera: Ras Iadonis Tafari] Additional information may be found and/ or requested at our online official website and point of contact on the internet: www.lojsociety.org**

Shabbat Shalom = Senbet Selam [Sabbath Peace]

BASIC EXPLANATION OF TERMS USED IN OUR DOCUMENTS AND BOOKS:

Bet or Beyt means “house” and in the House of Reading (N’bab Beyt) this term refers to each individual “paragraph.” In modern Hebrew – Parasha is its name when used in the singular sense. The plural is Parashat in Hebrew. In the Ethiopic, more than one ‘paragraph’ is known as “Abyat” (houses). In modern Amharic this may be said as simply “betoach” (beytoach – houses).

M’Irafat – is an alternative Ethiopic term to refer to “chapters” and may be used when the readings cover many chapters of the Holy Bible. The singular term for chapter is M’Iraf.

Orit ZeMuse (Musey)– this is the Ethiopic name for the Torah of Moses. The first reader or Anbabi reads this section known as the Torah Readings or Orit Nibab.

Nebiyat – is the Ethiopic term for the “Hebrew Prophets” [Nebiyim; Nebiim]and is usually called the Haftarah. This is the portion to be read by the second reader.

Addis Kidan – is the New Covenant usually called the “New Testament.” Unlike the so-called “Jews”, many who reject the Messiah: Iyyesus Kristos known in Hebrew as Adoni Yahoshwa Ha-MeshiH (falsely called ‘Jesus Christ’), we have three readers and three portions to be read. The Addis Kidan, also known as the Haddis Kidan, is called the Brit Chadashah in the modern Hebrew. The Addis Kidan portion is the third and final portion to be read during each weekly Sabbath Torah (Orit) reading.

Debtera: Ras Iadonis Tafari

#	BÊT (ʾABYĀT)-MʾIRAFAT (Parashat)	ORIT ZEMUSÊ (Torah)	NEBIYAT (Haftarah)	ADDIS KIDAN (Bʾrit Chaddash)
1	በመጀመሪያ beMejemmeriya/ Berashiyth	Gen 1:1-6:8	Isa 42:5-43:11	John 1:1-14
2	የኖካ yeNoKhʾ [NoH]/ Nokh [Noach]	Gen 6:9-11:32	Isa 54:1-55:5	Mt 24:36-46; 1 Pet 3:18-22
3	ተለይተህ... ውጣ teleyyʾthe... wʾTTʾa [wiTTa]/ Lekh Lekha [Lech Lecha]	Gen 12:1-17:27	Isa 40:27-41:16	Rom 4:1-25
4	ተገለጠለት tegelleTTʾellet/ Vayera [Wayyera]	Gen 18:1-22:24	II Ki 4:1-37	Lk 1:26-38; 24:36-53; 2 Pet. 2:4-11
5	የሣራም ዕድሜ yeSharam ʾIdʾmey/ Chayei Sarah [Chayye Sarah]	Gen 23:1-25:18	I Ki 1:1-31	Mt 1:1-17; 1 Cor 15:50-57
6	ትውልድም [ይህ ነው] Twldm/ Tiwldim [yʾhʾnew]/ Toldot [Toledoth]	Gen 25:19-28:9	Mal 1:1-2:7	Rom 9:1-31
7	ወጥቶ weTTʾto [weTito]/ Vayetzei [Wayyetze]	Gen 28:10-32:3	Hos 12:13-14:10	Jn 1:19-51
8	ለክ Lakke ¹ / Vayishlach [Wayyishlach]	Gen 32:4-36:43	Hos 11:7-12:12; Obadiah 1:1-21	Heb 11:11-20; Mt 26:36-46
9	ተቀመጠ teqʾemmeTʾe/ Vayeshev [Wayyesheb]	Gen 37:1-40:23	Amos 2:6-3:8	Mt 1:1-6, 16-25
10	በኋላም BeKhwʾallam/ Miketz [Mikkets]	Gen 41:1-44:17	I Ki 3:15-4:1	Rom 10:1-13
11	ቀረበ Qʾerrebe ² / Vayigash [Wayyiggash]	Gen 44:18-47:27	Ezek 37:15-37:28	Eph 2:1-10
12	ተቀመጠ teQʾemmeTTʾe [teqemeTe]/ Vayechi [Wayyechi]	Gen 47:28-50:26	I Ki 2:1-12	1 Pet 1:1-9
13	ሰሞች Sʾmoch [Simoch]/ Shemot [Shemoth]	Ex 1:1-6:1	Isa 27:6-28:13; 29:22-23	Acts 7:17-35; 1 Cor 14:18-25
14	ተገለጥሁ tegelleTʾhu/ Va'era [WaEra]	Ex 6:2-9:35	Ezek 28:25-29:21	Rom 9:14-33

¹ In the former version, we had አዘዘቸው “Azzezachew,” partly due to the verse being different than the key Hebraic word that actually occurs in the Amharic original in the preceding verse, i.e. Gen. 32:3 not 32:4.

² This distinctive word had to be amended as well from አትቆጣኝ “ʾAtʾqoTTañ [attiqoTaÑ].” The Hebraic root, *Nagash* assisted in this revision and alignment of the Amhara-Geʾez with the *Emperor's Orit* [Torah].

15	ግባ G' bba [Gibba]/ Bo	Ex 10:1-13:16	Jer 46:13-46:28	Lk 22:7-30; 1 Cor 11:20-34
16	በለቀቀ ጊዜ beleq' eq'e qize ³ / Beshalach [beshallah]	Ex 13:17-17:16	Judges 4:4-5:31	Jn 6:15-71
17	ዮቶር Yotor/ Yitro [Yithro]	Ex 18:1-20:23	Isa 6:1-7:6; 9:5-9:6	Mt 5:8-20
18	ሥርዓት Sh'r' At [Shirat]/ Mishpatim [Mishpatim]	Ex 21:1-24:18	Jer 34:8-34:22; 33:25-26	Mt 5:38-42; 17:1-11
19	ስጦታ... መባ S'TT'ota [siTota]... Mebba/ Terumah	Ex 25:1-27:19	I Ki 5:26-6:13	2 Cor 9:1-15; Mt 5:33-37
20	እዘዛቸው 'Izzezachew/ Tetzaveh [Tetsawweh]	Ex 27:20-30:10	Ezek 43:10-43:27	Heb 13:10-17
21	በቁጠርሃቸው ጊዜ beQweTT'erhachew g'zey [gize]/ Ki Tisa [Ki Thissa]	Ex 30:11-34:35	I Ki 18:1-18:39	2 Cor 3:1-18
22	ሰብሰቦ seb's'bo [sebissibo]/ Vayakhel * [Wayyakhel]	Ex 35:1-38:20	I Ki 7:40-7:50	2 Cor 9:6-11; 1 Cor 3:11-18
23	ዕቃ ድምር ይህ ነው 'Iqa d'm'r [y'h'new]/ Pekudei [Pekude]	Ex 38:21-40:38	I Ki 7:51-8:21	Heb 1:1-14
24	ጠርቶ T'err'to [T'erito]/ Vayikra [Wayyikra]	Lev 1:1-6:7[e]	Isa 43:21-44:23	Heb 10:1-18
25	እዘዛቸው Izzezachew/ Tzav [Tsaw]	Lev 6:8-8:36	Jer 7:21-8:3; 9:22-23	Heb 7:24-8:6
26	በሰምንተኛውም [ቀገ] beSmntenyawm [Qen]/ Shmini [Shemini]	Lev 9:1-11:47	II Sam 6:1-7:17	Heb 7:1-19; 8:1-6
27	ብታረግዝ b'tareg'z [btaregz; bittarregiz]/Tazria * [thazria; tazriy'a]	Lev 12:1-13:59	II Ki 4:42-5:19	John 6:8-13; Mt 8:1-4
28	በመንጻቱ ቀገ beMenTs'atu [Qen]/ Metzora [Metsora]	Lev 14:1-15:33	II Ki 7:3-7:20	Matt 8:1-17
29	ከሞቱ በኋላ keMotu beHwala/ Acharei Mot *	Lev 16:1-18:30	Ezek 22:1-22:19	Heb 9:11-28
30	ቅዱሳን Q'dusan [Qiddusan]/ Kedoshim	Lev 19:1-20:27	Amos 9:7-9:15	1 Cor 6:9-20; 1 Pet 1:13-16

³ This was too amended from the former distinctive phrase, **ምንም ቅርብ በሆነ ሠንጠረዥ** m'n'm q'r'b [minim qirb] bihon due to disagreement with the Hebrew; hence the correction has duly been noted.

31	ብሉህ ነገራቸው B'leh [N'gerachew]/ Emor	Lev 21:1-24:23	Ezek 44:15-44:31	1 Pet 2:4-10
32	(በሲና) ተራራ (beSina) Terrara/ Behar *	Lev 25:1-26:2	Jer 32:6-32:27	Lk 4:16-21
33	በሥርዓቱ beSh'r' Atey [besrAtey]/ Bechukotai [bechukkathai]	Lev 26:3-27:34	Jer 16:19-17:14	Mt. 21:33-46; 2 Cor 6:14-18
34	ምድረ በዳ m'd're beda [midre beda]/ Bemidbar	Num 1:1-4:20	Hos 2:1-2:23	Rom 9:22-33;
35	ውሰድ w'ssed [wissed]/ Naso	Num 4:21-7:89	Judges 13:2-13:25	Acts 21:17-26
36	ሰትለኩሰ s't'lekwus [sittilekus]/ Beha'alotekha [behaalothecha]	Num 8:1-12:16	Zech 2:14-4:7	1 Cor 10:6-13; Rev 11:1-19
37	ላክ...ትልካላቸው Lakk t'l'kalach'hu [tilkalachihu]/ Shelach Lekha [Shelach Lecha]	Num 13:1-15:41	Josh 2:1-2:24	Heb 3:7-4:1
38	ቆሬ Qorey [Qorei]/ Korach	Num 16:1-18:32	I Sam 11:14-12:22	Rom 13:1-7
39	የሕግ ትእዛዝ ይህ ነው yeH'ggu t'Izaz [y'h'new]/ Chukat * [Chukkath]	Num 19:1-22:1	Judges 11:1-33	Hebrews 9:11-28; John 3:10-21
40	ባላቅ Balaq/ Balak	Num 22:2-25:9	Micah 5:6-6:8	Rom 11:25-32
41	ፊንከስ Fin'Has [Finhas]/ Pinchas	Num 25:10-30:1	I Ki 18:46-19:21	Rom 11:2-32
42	ነገዶች Necedoch/ Mattot *[Mattoth]	Num 30:2-32:42	Jer 1:1-2:3	Matt 5:33-37
43	ጉዞ Guzo [gw'zo]/ Masei [Masse]	Num 33:1-36:13	Jer 2:4-28; 3:4	James 4:1-12
44	የነገራቸው ቃል [ይህ ነው] yeNegerachew Qal [yih'new]/ Devarim [Debarim]	Deut 1:1-3:22	Isa 1:1-1:27	Acts 9:1-21; 1 Tim 3:1-7
45	ለመገሁ Lemen'hu (lemenhu) Vaetchanan [Waethchannan]	Deut 3:23-7:11	Isa 40:1-40:26	Mt 23:31-39; Mk 12:28-34
46	እንዲሁም ይሆናል Indih'h'm [y'honal]/ Eikev [Ekeb; Eqeb]	Deut 7:12-11:25	Isa 49:14-51:3	Heb 11:8-13; Rom 8:31-39

47	እከሆ Ineho/ Re'eh [Reeh]	Deut 11:26-16:17	Isa 54:11-55:5	Jn 7:37-52; 1 Jn 4:1-6
48	ፈሬጆችገ Ferajoch'[-n]/ Shoftim [Shophetim]	Deut 16:18-21:9	Isa 51:12-52:12	Jn 1:19-27; Acts 3:22-23
49	በወጣህ ጊዜ beweT'ah gizey (beweTah gize)/ Ki Teitzei	Deut 21:10-25:19	Isa 54:1-54:10	Mt 5:27-30; 1 Cor 5:1-5
50	በገባህም ጊዜ begebbeh'm gizey (begebahim gizE)/ Ki Tavo [Ki Thabo]	Deut 26:1-29:8	Isa 60:1-60:22	Eph 1:3-6; Rev 21:10-27
51	ቆጣችኋል Qomach'hwal/ Nitsabim *	Deut 29:10-30:20	Isa 61:10-63:9	Rom 10:1-12
52	[ሙሴም] ሄዶ [Museym] Heydo/ Wayyeilech	Deut 31:1-31:30	Isa 55:6-56:8	Rom 10:14-18
53	አድምጡ 'Ad'mT'u/ Ha'azinu	Deut 32:1-32:52	II Sam 22:1-51	Rom 10:14-11:12
54	የባረከባት በረከት ይህች ናት yeBarekebat bereket y'h'ch nat/ Wezot Haberakhah	Deut 33:1-34:12	Josh 1:1-18	Rev 22:1-5

* Portions marked with an asterisk can be added to the following week's readings.

IMPORTANT NOTES TO CONSIDER: There are 54 የሰንበት ስሪት ገባብ *Ye-Senbet Orit N'bab(-och)* or, readings from የሙሴ ሕግ *Ye-Muse H'gg* i.e. the Mosaic Torah; lit. “the Law of Moses”) forming the portions/*parshiot* called ክፍሎች *k'floch* (pl.; while ክፍል *k'fl*, is the singular form in the Amharic). Namely, there is one ክፍል *k'fl* (portion) for each Sabbath/week of a leap year, so that in the course of a year, beginning and ending on the Holy day known as የስሪት ደስታ *Ye'Orit Des'ta* (Heb. Simchat Torah; meaning “Joy of/or, in the Law [of YHWH]”; in Ge'ez ፍሥሐ *FisHa* [Fish-Ha], Ethiopic word “Joy”), we would have read and studied the entire ስሪት ዘሙሴ *Orit Ze-Muse* (Mosaic Torah) in our weekly ሰንበታዊ አገልግሎት *Senbetawi Agelg'lot* or Sabbath services.

During non-leap years, there are 50 weeks, so some of the shorter portions are doubled up (a leap-year adds an additional month (4 weeks) to the usual lunar12 (called Adar II); a Hebraic, lunar-based (or, the so-called “Jewish”) calendar that will indicate if a year is a leap year). On the week of ፋሲካ *Fasika* (Passover) and the week of ሱኮት *Sukkot*, different Torah portions are read, so on leap years that leaves 52 weeks for the 54 readings (2 weeks have double portions), and on non leap years that leaves 48 weeks for the 54 (6 weeks have double portions).

ADDITIONAL PARASHIOT FOR HOLIDAYS

Below are additional readings for holidays and special shabbats. Note that on holidays, the *maftir* (M) portion is different than the usual **אֲזַרְתֵּי** *Orit* (Torah) **נְבִיב** *N'bab* reading. Also, Hosea 14:13 remind us that in **“Christ in His Kingly character,”** or the Messianic dispensation, spiritual prayers and praise are preferred by the Almighty God to the former Old Testament animal and blood **“sacrifices.”** (Refer to the Epistle to the Hebrews)

A yearly supplemental calendar for **“Hebraic-Judaic Year”** that contains the exact lunar reckoning and the Western dates for the following Holy Days has been created and modified for easiest usage by Newcomers and Beginner level disciples. The beginning of Torah readings and the New Year is marked on and after the Simchat Torah and the first reading for the current year is charted from that Holy Day. Thus, this yearly lunar reckoning/ Western dates and orientation may also be found online under the heading of **“Hebraic-Judaic Year.”**

Parashat	Torah	Haftarah	Brit Chadashah
Rosh Hashanah Day 1	Gen 21:1-34 Num 29:1-6 (M)	I Sam 1:1-2:10	1 Thess 4:13-18; 1 Cor 15:51-54
Rosh Hashanah Day 2	Gen 22:1-24 Num 29:1-6	Jer 31:1-19	1 Thess 4:13-18; 1 Cor 15:51-54
Shabbat Shuvah	Deut 32:1-32:52	Hosea 14:1-9(h); Joel 2:15-27; Micah 7:18-20	Rom 10:14-11:12
Yom Kippur (shacharit)	Lev 16:1-34 Num 29:7-11	Isa 57:14-58:14	Rom 3:21-26; 2 Cor 5:10-21
Yom Kippur (minchah)	Lev 18:1-30	Jonah 1:1-4:11; Micah 7:18-20	Rom 3:21-26; 2 Cor 5:10-21
Sukkot 1	Lev 22:26-23:44 Num 29:12-16	Zech 14:1-21	Jn 1:10-14; Rev 7:1-10; 21:1-4
Sukkot 2	Num 29:12-16 Lev 22:26-23:44	I Ki 8:2-21	Jn 1:10-14; Rev 7:1-10; 21:1-4
Sukkot CH”M 1	Num 29:17-22		Jn 1:10-14; Rev 7:1-10; 21:1-4
Sukkot CH”M 2	Num 29:20-25		Jn 1:10-14; Rev 7:1-10; 21:1-4
Sukkot CH”M 3	Num 29:23-28		Jn 1:10-14; Rev 7:1-10; 21:1-4
Sukkot CH”M 4	Num 29:26-31		Jn 1:10-14; Rev 7:1-10; 21:1-4

Sukkot Shabbat	Lev 22:26-23:44; Num 29:12-29:16	Zech 14:1-21; Ecclesiastes (<i>K</i>)	Jn 1:10-14; Rev 7:1-10; 21:1-4
Sukkot Shabbat CH'M	Ex 33:12-34:26	Ezek 38:18-39:16; Ecclesiastes (<i>K</i>)	Jn 7:37-44
Hoshana Rabbah	Num 29:26-34		Jn 7:1-2, 37-44 ⁴
Shemini Atzeret	Deut 14:22-16:17 Num 29:35-30:1	I Ki 8:54-9:1	Mt 17:1-9; Mk 12:28-33
Simchat Torah ⁵	Deut 33:1-34:12 Gen 1:1-2:3 Num 29:35-30:1	Josh 1:1-18	Mt 5:17-48; Rom 7:21-25
Chanukah 1	Num 7:1-17		Jn 9:1-7 Jn 10:22-39
Chanukah 2	Num 7:18-29		Jn 9:1-7 Jn 10:22-39
Chanukah 3	Num 7:24-35		Jn 9:1-7 Jn 10:22-39
Chanukah 4	Num 7:30-41		Jn 9:1-7 Jn 10:22-39
Chanukah 5	Num 7:36-47		Jn 9:1-7 Jn 10:22-39
Chanukah 6	Num 7:42-47		Jn 9:1-7 Jn 10:22-39
Chanukah 7	Num 7:48-59		Jn 9:1-7 Jn 10:22-39
Chanukah 8	Num 7:54-8:4		Jn 9:1-7 Jn 10:22-39
Asarah B'Tevet	Ex 32:11-34:10		
Tu B'Shevat		Ps 104:16-17; Psalms 120-134	Mt 7:13-24, 28-29
Shekalim	Ex 30:11-16	II Ki 11:17-12:17	
Ta'anit Esther	Ex 32:11-34:10	Esther (<i>K</i>)	Mt 6:16-18; Lk 2:36-37
Zakhor (Purim)	Deut 25:17-19	I Sam 15:1-34	
Purim	Ex 17:8-16	Esther (<i>K</i>)	Heb 11
Parah	Num 19:1-22	Ezek 36:16-38	

⁴ Additionally, Matthew 21:9, 15; Mark 11:9, 10; John 12:13; also refer to the KEBRA NAGAST chap. 107.

⁵ ቆሽሐ *FišHa* [Fish-Ha]; refer to Deuteronomy 28:47; Psalm 16:11; Luke 15:32.

Ha-Chodesh	Ex 12:1-20	Ezek 45:16-46:18	
Shabbat Ha-Gadol		Mal 3:4-24	
Passover Day 1	Ex 12:21-51 Num 28:16-25	Josh 3:5-7; 5:2-6:1; 6:27	Lk 22:7-20; Jn 1:29-31; 1 Cor 15:20-28
Passover Day 2	Lev 22:26-23:44 Num 28:16-25	II Ki 23:1-9; 21-25	
Passover CH'M 1	Ex 13:1-16; Num 28:19-25		
Passover CH'M 2	Ex 22:24-23:19; Num 28:19-25		
Passover CH'M 3	Ex 34:1-26; Num 28:19-25		
Passover CH'M 4	Ex 9:1-14; Num 28:19-25		
Passover (shabbat)	Ex 33:12-34:26 Num 28:19-25	Ezek 37:1-37:14 Song of Songs (<i>K</i>)	Rev 15:1-4
Passover Day 7	Ex 13:17-15:26 Num 28:19-25	II Sam 22:1-51	
Passover Day 8	Deut 15:19-16:17 Num 28:19-25	Isa 10:32-12:6	
Firstfruits (Habbikurim)	Ex 23:19; Deut 26:1-11		Rev 15:1-4
Yom HaShoah	Deut 4:30-40		Rev 6:9-11
Yom Hazikaron Yom Ha'atzmaut	Deut 11:8-21	Isa 10:32-11:12	Mt 24:29-44
Lag Ba'Omer Yom Yerushalayim Shavuot Day 1	Ex 19:1-20:23 Num 28:26-31	Ezek 1:1-28; 3:12; Ruth (<i>K</i>)	Jn 1:32-34; Mt 3:11-17; Acts 2:1-21, 37-41
Shavuot Day 2	Deut 15:19-16:17	Hab 2:20-3:19	Acts 2:1-13

Tisha B'Av (shacharit)	Deut 4:25-40	Jer 8:13-9:23	Mt 3:11-17
Tisha B'Av (Minchah)	Ex 32:11-14, 34:1-10	Isa 55:6-56:8; Lam (<i>K</i>)	Mt 23:16-23;24:1-2
Rosh Chodesh (weekday)	Num 28:1-15		
Rosh Chodesh (shabbat)	Num 28:9-15 Isa 66:1-24		

APPENDIX & OVERFLOW PAGES 001

መዝሙረ ዳዊት Mezmure Dawit, the Ethiopic Book called, the “Psalms of the Beloved (i.e. David)” is the main Liturgy, or Holy Service of the original Hebrews and Israel, particularly after the Davidic Covenant of Kingship was established in the ‘House of David’ anticipating the Messiah, Jesus Christ in His First Advent and Christ In His Kingly Character, i.e. H.I.M. Haile Sellassie First. For more information and details about this important Book of the Psalter, kindly consult the **መዝሙረ ዳዊት Mezmure Dawit**, the Amharic Psalms of David with the KJV English, in this Parallel Bible version that has been published recently by the LOJ Society. www.lojsociety.org/books

Concerning the *Psalms of David*:

The following notes are suggestions for the faithful reading, reciting and chanting of the Psalter, known in the Hebrew as the *Tehillim*.

There has existed, from ancient times nearly 3,000 years ago, after the renewing of the “Kingdom of David” in the Highlands of Ethiopia, what we know as the Ethiopic-Hebrew order of “*Daily Psalms*” utilized by the Ethiopic⁶ (Tewahedo) Church and here likewise adopted by the faithful of the Rastafari community and, in particular, by the Lion of the Tribe of Judah Society brotherhood and all branch fellowship communities.

The chart that has been formatted into a 2-part table; these parts are:

1. from *September to February*
2. from *March to August*

This chart is called and known simply as the Ethiopic Church’s ***Daily Psalms*** containing the entire Psalter to be read and chanted daily; inclusive of constant morning and evening Psalms for each day of the week.

A fully downloadable copy of this chart may be obtained online from:
www.lojsociety.org/DailyPsalms.xls

Perek Yomi Tehillim

(Shirt System of the Daily Psalms)

There are two ways Orthodox Jews read through the book of Psalms (*Tehillim*). One way is to read through the entire Tehillim every week.

Using this method, each day of the week is assigned a specific portion of the whole book

⁶ Also called, the Ethiopian Orthodox Tewahedo Church.

of Psalms, as follows:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-29	30-50	51-72	73-89	90-106	107-119	120-150

For example, on Sundays you would recite Psalm 1 (*Mizmor Aleph*) through Psalm 29 (*Mizmor Kaf-Tet*), on Mondays you would recite Psalm 30 (*Mizmor Lamed*) through Psalm 50 (*Mizmor Nun*), and so on, until the entire book is read through on Shabbat. The process repeats the following Sunday with the same portions.

The other method is to read through Tehillim (Psalm) every month. Using this method, each day of the Hebrew month is assigned a (smaller) portion of the whole, as follows:

<i>First Week</i>	<i>Second Week</i>	<i>Third Week</i>	<i>Fourth Week</i>	<i>Fifth Week</i>
Day Psalms	Day Psalms	Day Psalms	Day Psalms	Day Psalms
01 1-9	08 44-48	15 77-78	22 106-107	29* 140-
02 10-17	09 49-54	16 79-82	23 108-112	144
03 18-22	10 55-59	17 83-87	24 113-118	30 145-
04 23-28	11 60-65	18 88-89	25 119:1-96	150
05 29-34	12 66-68	19 90-96	26 119:97-1	
06 35-38	13 69-71	20 97-103	27 120-134	
07 39-43	14 72-76	21 104-105	28 125-139	

***Notes:** Since the Hebrew calendar, called the “Jewish Calendar,” alternates between a short month (29 days) and a long month (30 days), it during a short month, that Psalms 145-150 are recited on the twenty-ninth day of the month.

Haile Selassie First Amharic Torah/Bible Studies for Rastafarians

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