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Daras Rabuna-Athu

“Study Forty-Two”

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1. **Raahub-aat Muysar, Panen Kawun Paa-Khadut Shalel Jaded-Nunya Shamut.**
   Greetings Family this is the month of our new year.

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2. **Nahun Kamen Ȧanud Tasu-um Zamut Ṡawam Qabel Paa-Jaded Shamut.**
   We also have a 9 day fast before the new year.

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3. **Nahun Labus Jawef Kalel Laben Milbas Laheh Paa-Qayut-Ṡawam.**
   We dress in all white Clothing for the summer fast.

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4. **Ant-kuum Lazem Baquy Yafen.**
   You all must remain positive.

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5. **Khaalul Paa-Ṡawam, Ant-Kuum Lazem Ṫem Ȧamul Khaṫeṫ-al-lay Ȧamal-aat Shalel Aayeh Hajam.**
   During the fast you (all) must not do physical activities of any form.

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6. **Panen Nawaȧ Shalel Ṡawam Kawun Layeh Masuk Maneḣ Kalel Borah Laheh Tasu Zamut-aat.**
   This type of fast is to abstain from all food for nine days.

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7. **Wah Paa-Ṡawam Kawun Kamula Wuh Zamut, Ant-Kuum Aakul Mayuy-aat Shalel Khatar-Kuma.**
   Once the fast is completed each day, you (all) consume liquids of your choice.

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8. **Lawew Ant-Kuum Ȧarudz Layeh Ṡawum, Zeh Kawun Khatar-um.**
   If you all want to fast, it is a choice.

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9. **Panen Khadut Kamen Ȧanud Paa-Ladad-Zamut Shalel Marura-Nuun Munbab Mulmad.**
   This month also has the birthday of our beloved Master Teacher.

-ṠABAṪ-IYYA-LHJ-ADMIN .:
6/21/2023