



Beit HaTorah International Missions Calendar



תורה אחת ומשפט אחד יהיה לכם ולגר הגר אתכם
January – December 2023





Outreach Rwanda



January 2023

8 Tevet 5783 - 9 Shevat 5783

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8 TEVET  New Year's Day	2 9 TEVET	3 10 TEVET  <i>Asarah B'Tevet</i> (Fast from sunrise to sunset)	4 11 TEVET	5 12 TEVET	6 13 TEVET 	7 14 TEVET Gen 47:28-50:26 I Kings 2:1-12 Heb 11:21-22, I Peter 2:11-17 Vayechi
8 15 TEVET	9 16 TEVET	10 17 TEVET	11 18 TEVET	12 19 TEVET	13 20 TEVET 	14 21 TEVET Exodus 1:1-6:1 Jeremiah 1:1-2:3 Isaiah 27:6-28:13, 29:22-23 Acts 7:17-29 Shemot
15 22 TEVET	16 23 TEVET	17 24 TEVET	18 25 TEVET	19 26 TEVET	20 27 TEVET 	21 28 TEVET Exodus 6:2-9:35 Ezekiel 28:25-29:21 Romans 9:14-24 Va'era
22 29 TEVET	23 1 SHEVAT  <i>Rosh Chodesh Shevat</i>	24 2 SHEVAT	25 3 SHEVAT	26 4 SHEVAT	27 5 SHEVAT 	28 6 SHEVAT Exodus 10:1-13:16 Jeremiah 46:13-28 I Cor 11:20-24 BO
29 7 SHEVAT	30 8 SHEVAT	31 9 SHEVAT				



Hadassah Orphanage

(Isaiah) 1:17)

*Learn to do good; Seek justice, reprove the ruthless;
Defend the orphan, Vindicate the fatherless, plead for the widow.*



February 2023

10 Shevat 5783 - 7 Adar 5783

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10 SHEVAT	2 11 SHEVAT	3 12 SHEVAT 	4 13 SHEVAT Exodus 13:17-17:16 Judges 4:4-5:31 John 6:22-40 Shabbat Shirah Beshalach
5 14 SHEVAT	6 15 SHEVAT  Tu B'Shvat	7 16 SHEVAT	8 17 SHEVAT	9 18 SHEVAT	10 19 SHEVAT 	11 20 SHEVAT Exodus 18:1-20:23 Isaiah 7:1-6, 9:5-6 Hebrews 12:18-24, Matt 5:17-32 Yitro
12 21 SHEVAT	13 22 SHEVAT	14 23 SHEVAT	15 24 SHEVAT	16 25 SHEVAT	17 26 SHEVAT 	18 27 SHEVAT Exodus 21:1-24:18 Ex 30:11-16 (reading for Shekalim) II Kings 11:17-12:17 Matt 5:38:42 Shabbat Shekalim Mishnatim
19 28 SHEVAT	20 29 SHEVAT	21 30 SHEVAT  Rosh Chodesh Adar	22 1 ADAR	23 2 ADAR	24 3 ADAR 	25 4 ADAR Exodus 25:1-27:19 I Kings 5:26-6:13 Hebrews 9:1-10 Terumah
26 5 ADAR	27 6 ADAR	28 7 ADAR				



Hadassah Orphanage celebrating Purim

(Esther 9:27)

*“the Jews established and made a custom for themselves,
And for their descendants, and for all those who allied themselves
With them, so that they should not fail to celebrate these two days according
To their regulation, and according to their appointed time annully.”*



March 2023

8 Adar 5783 - 9 Nisan 5783

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8 ADAR	2 9 ADAR	3 10 ADAR 	4 11 ADAR Exodus 27:20-30:10 Deut 25:17-19 I Samuel 15:2-34 Hebrews 13:10-17 <i>Shabbat Zachor Tetzaveh</i>
5 12 ADAR	6 13 ADAR  <i>Fast of Esther</i>	7 14 ADAR  <i>Purim</i>	8 15 ADAR  <i>Shushan Purim</i>	9 16 ADAR	10 17 ADAR 	11 18 ADAR Exodus 30:11-34:35, Num 19:1-22 Ezekiel 36:16-38 I Cor 8:4-13 <i>Shabbat Parah Ki Tisa</i>
12 19 ADAR	13 20 ADAR	14 21 ADAR	15 22 ADAR	16 23 ADAR	17 24 ADAR 	18 25 ADAR Exodus 35:1-40:38, 12:1-20 Ezekiel 45:16-46:18 II Cor 5:1-9, Heb 9:1-11 <i>Shabbat HaChodesh Vayakhel-Pekudei</i>
19 26 ADAR	20 27 ADAR	21 28 ADAR	22 29 ADAR	23 1 NISAN  <i>Rosh Chodesh Nisan</i>	24 2 NISAN 	25 3 NISAN Lev 1:1-5:26 Isaiah 43:21-44:23 Hebrews 10:1-18 <i>Vayikra</i>
26 4 NISAN	27 5 NISAN	28 6 NISAN	29 7 NISAN	30 8 NISAN	31 9 NISAN 	



Rwanda

(Psalm 82:3)

*Vindicate the weak and fatherless;
Do justice to the afflicted and destitute.*



April 2023

10 Nisan 5783 - 9 Iyar 5783

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10 NISAN Lev 6:1-8:36 Malachi 3:4-24 Matt 27:27-66 Shabbat HaGadol Tzav
2 11 NISAN	3 12 NISAN	4 13 NISAN	5 14 NISAN ⬡ Ta'anit Bechorot (fast) ⬡ Erev Pesach 	6 15 NISAN ⬡ Pesach	7 16 NISAN  Omer: Day 1 Psalm 119:1-8 	8 17 NISAN  Omer: Day 2 Psalm 119:9-16 Ex 33:12-34:26, Num 28:19-25 Ezekiel 37:1-14 Luke 22-23
9 18 NISAN  Omer: Day 3 Psalm 119:17-24	10 19 NISAN  Omer: Day 4 Psalm 119:25-32	11 20 NISAN  Omer: Day 5 Psalm 119:33-40	12 21 NISAN  Omer: Day 6 Psalm 119:41-48 Chag HaMatzah	13 22 NISAN  Omer: Day 7 Psalm 119:49-56	14 23 NISAN  Omer: Day 8 Psalm 119:57-64 	15 24 NISAN Omer: Day 9, Ps 119:65-72 Lev 9:1-11:47 II Samuel 6:1-7:17 Heb 8:1-6, Acts 10:9-11:30 Yizchor Shemini
16 25 NISAN  Omer: Day 10 Psalm 119:73-80	17 26 NISAN  Omer: Day 11 Psalm 119:81-88	18 27 NISAN ⬡ Yom HaShoah  Omer: Day 12 Psalm 119:89-96	19 28 NISAN  Omer: Day 13 Psalm 119:97-104	20 29 NISAN  Omer: Day 14 Psalm 119:105-112	21 30 NISAN  Omer: Day 15 Psalm 119:113-120 	22 1 IYAR ⬡ Rosh Chodesh Iyar Omer: Day 16, Ps 119:121-128 Lev 12:1-15:33, Num 28:9-15 Isaiah 66:1-24 Matt 8:1-13, Luke 8:40-56 Tazria - Metzora
23 2 IYAR  Omer: Day 17 Psalm 119:129-136	24 3 IYAR  Omer: Day 18 Psalm 119:137-144	25 4 IYAR ⬡ Yom HaZikaron  Omer Day 19 Psalm 119:145-152	26 5 IYAR ⬡ Yom HaAtzma'ut  Omer Day 20 Psalm 119:153-160	27 6 IYAR  Omer: Day 21 Psalm 119:161-168	28 7 IYAR  Omer: Day 22 Psalm 119:169-176 	29 8 IYAR  Omer: Day 23 - Ps 106:1-8 Lev 16:1-20:27 Amos 9:7-15 Heb 9:11-28, I Peter 1:13-16 Acharei - Kedoshim
30 9 IYAR  Omer: Day 24 Psalm 106:9-16						



Hadassah Orphanage enjoying playing a game together

(James 1:27)

*This is pure and undefiled religion in the sight of our G-d and Father,
to visit orphans and widows in their distress, and to keep oneself unstained by the world.*



May 2023

10 Iyar 5783 - 11 Sivan 5783

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10 IYAR Omer: Day 25 Psalm 106:17-24	2 11 IYAR Omer: Day 26 Psalm 106:25-32	3 12 IYAR Omer: Day 27 Psalm 106:33-40	4 13 IYAR Omer: Day 28 Psalm 106:41-48	5 14 IYAR Pesach Sheini Omer: Day 29 Psalm 18:1-8 	6 15 IYAR Omer: Day 30 - Psalm 18:9-16 Lev 21:1-24:23 Ezekiel 44:15-31 I Peter 2:4-10 Emor
7 16 IYAR Omer: Day 31 Psalm 18:17-24	8 17 IYAR Omer: Day 32 Psalm 18:25-32	9 18 IYAR Lag BaOmer Omer: Day 33 Psalm 18:33-40	10 19 IYAR Omer: Day 34 Psalm 18: 41-50	11 20 IYAR Omer: Day 35 Psalm 78:1-8	12 21 IYAR Omer: Day 36 Psalm 78:9-16 	13 22 IYAR Omer: Day 37 Psalm 78:17-24 Lev 25:1-27:34 Jeremiah 16:19-17:14 Behar - Bechuchotai
14 23 IYAR Omer: Day 38 Psalm 78:25-32	15 24 IYAR Omer: Day 39 Psalm 78:33-40	16 25 IYAR Omer: Day 40 Psalm 78:41-48	17 26 IYAR Omer: Day 41 Psalm 78:49-56	18 27 IYAR Omer: Day 42 Psalm 78:57-64	19 28 IYAR Yom Yerushalayim Omer: Day 43 Psalm 78:65-72 	20 29 IYAR Omer: Day 44 - Psalm 86:1-8 Num 1:1-4:20 I Samuel 20:18-42 I Cor 12:12-20 Bamidbar
21 1 SIVAN Rosh Chodesh Sivan Omer: Day 45 Psalm 86:9:17	22 2 SIVAN Omer: Day 46 Psalm 105:1-10	23 3 SIVAN Omer: Day 47 Psalm 105:11-19	24 4 SIVAN Omer: Day 48 Psalm 105:20-27	25 5 SIVAN Omer: Day 49 Psalm 105:28-45 Erev Shavuot	26 6 SIVAN Shavuot	27 7 SIVAN Shavuot - Day 2 Deut 14:22-16:17 Num 28:26-31 Habakkuk 2:20-3:19 Acts 2
28 8 SIVAN	29 9 SIVAN Memorial Day	30 10 SIVAN	31 11 SIVAN			



Hadassah

*“We are thankful for your sacrifice of giving,
so that we might have food, clothing and a roof over our heads”*

(Matthew 5:7)

“Blessed are the merciful, for they shall receive mercy”



June 2023

12 Sivan 5783 - 11 Tammuz 5783

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12 SIVAN	2 13 SIVAN 	3 14 SIVAN Num 4:21-7:89 Judges 13:2-25 Acts 21:17-26 John 8:3-11 <i>Nasso</i>
4 15 SIVAN	5 16 SIVAN	6 17 SIVAN	7 18 SIVAN	8 19 SIVAN	9 20 SIVAN 	10 21 SIVAN Numbers 8:1-12:16 Zechariah 2:14-4:7 I Cor 10:6:13 <i>Beha'alotcha</i>
11 22 SIVAN	12 23 SIVAN	13 24 SIVAN	14 25 SIVAN	15 26 SIVAN	16 27 SIVAN 	17 28 SIVAN Num 13:1-15:41 Joshua 2:1-24 Hebrews 3:7-19 <i>Shelach</i>
18 29 SIVAN	19 30 SIVAN	20 1 TAMMUZ  <i>Rosh Chodesh Tammuz</i>	21 2 TAMMUZ	22 3 TAMMUZ	23 4 TAMMUZ 	24 5 TAMMUZ Num 16:1-18:32 I Samuel 11:14-12:22 Romans 13:1-7 <i>Korach</i>
25 6 TAMMUZ	26 7 TAMMUZ	27 8 TAMMUZ	28 9 TAMMUZ	29 10 TAMMUZ	30 11 TAMMUZ 	



(Matthew 25:40)

And the King will answer and say to them, “Truly I say to you, to the extent that you did it to one of these brothers of Mine, even the least of them, you did it to Me.”



July 2023

12 Tammuz 5783 - 13 Av 5783

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 12 TAMMUZ Num 19:1-25:9 Micah 5:6-6:8 II Peter 2:1-19, Rev 2:14 <i>Chukat - Balak</i>
2 13 TAMMUZ	3 14 TAMMUZ	4 15 TAMMUZ  Independence Day	5 16 TAMMUZ	6 17 TAMMUZ  <i>Fast of the Seventeenth of Tammuz Observed</i>	7 18 TAMMUZ 	8 19 TAMMUZ Num 25:10-30:1 Jeremiah 1:1-2:3 I John 1:1-10 <i>Pinchas</i>
9 20 TAMMUZ	10 21 TAMMUZ	11 22 TAMMUZ	12 23 TAMMUZ	13 24 TAMMUZ	14 25 TAMMUZ 	15 26 TAMMUZ Num 30:2-36:13 Jeremiah 2:4-28, 3:4, 4:1-2 Phil 3:12-21 James 4:1-17 <i>Matot-Masei</i>
16 27 TAMMUZ	17 28 TAMMUZ	18 29 TAMMUZ	19 1 AV  <i>Rosh Chodesh Av</i>	20 2 AV	21 3 AV 	22 4 AV Deut 1:1-3:22 Isaiah 1:1-27 I Timothy 3:1-7 <i>Shabbt Chazon</i> <i>Devarim</i>
23 5 AV	24 6 AV	25 7 AV	26 8 AV	27 9 AV  <i>Tisha B'Av</i>	28 10 AV 	29 11 AV Deut 3:23-7:11 Isaiah 40:1-26 Mark 12:28-34 <i>Shabbat Nachamu</i> <i>Ve'etchanan</i>
30 12 AV	31 13 AV					



(Psalm 117)
Praise the L-rd, all nations; Laud Him all peoples!
For His lovingkindness is great toward us, and the truth
of the L-rd is everlasting. Praise the L-rd!



August 2023

14 Av 5783 - 14 Elul 5783

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		114 AV	215 AV  <i>Tu B'Av</i>	316 AV	417 AV 	518 AV Deut 7:12-11:25 Isaiah 49:14-51:3 Romans 8:31-39 <i>Eikev</i>
619 AV	720 AV	821 AV	922 AV	1023 AV	1124 AV 	1225 AV Deut 11:26-16:17 Isaiah 54:11-55:5 I John 4:1-6 <i>Re'eh</i>
1326 AV	1427 AV	1528 AV	1629 AV	1730 AV	181 ELUL  <i>Rosh Chodesh Elul</i> 	192 ELUL Deut 16:18-21:9 Isaiah 51:12-52:12 I John 2:18-27 <i>Shoftim</i>
203 ELUL	214 ELUL	225 ELUL	236 ELUL	247 ELUL	258 ELUL 	269 ELUL Deut 21:10-25:19 Isaiah 54:1-10 Acts 10:23-48 <i>Ke Tetze</i>
2710 ELUL	2811 ELUL	2912 ELUL	3013 ELUL	3114 ELUL		



Widows and children celebrating Sukkot at Hadassah Orphanage

(Leviticus 24:40-42)

*“Now on the first day you shall take for yourselves the foliage of beautiful trees, palm branches and Boughs of leafy trees and willows of the brook; and you shall rejoice before the L-rd your G-d for seven days.
(41) “You shall thus celebrate it as a feast to the L-rd for seven days in the year. It shall be a perpetual statute Throughout your generations; you shall celebrate it in the seventh month.”*



September 2023

15 Elul 5783 - 15 Tishre 5784

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 	2 15 ELUL Deut. 26:1-29:8 Isaiah 60:1-22 Acts 7:30-36 <i>Ki Tavo</i>
3 17 ELUL	4 18 ELUL  Labor Day	5 19 ELUL	6 20 ELUL	7 21 ELUL	8 22 ELUL 	9 23 ELUL Deut 29:9-31:1-30 Isaiah 61:10-63:9 Romans 10:1-13 Romans 7:7-12 <i>Nitzavim - Vayeilech</i>
10 24 ELUL ★ <i>Selichot Begin</i>	11 25 ELUL	12 26 ELUL	13 27 ELUL	14 28 ELUL	15 29 ELUL ★ <i>Erev Rosh Hashanah</i> 	16 1 TISHRE ★ <i>Rosh Hashanah</i> Gen 21:1-34, Num 29:1-6 I Samuel 1:1-2:10 Luke 11:1-13
17 2 TISHRE	18 3 TISHRE ★ <i>Fast of Gedalyah</i>	19 4 TISHRE	20 5 TISHRE	21 6 TISHRE	22 7 TISHRE 	23 8 TISHRE Deut 32:1-52 Hosea 14:2-10, Joel 2:11-27 Micah 7:18-20 Romans 10:14-11:12 <i>Shabbat Shuvah Ha'azinu</i>
24 9 TISHRE ★ <i>Kol Nidre</i> 	25 10 TISHRE ★ <i>Yom Kippur</i>	26 11 TISHRE	27 12 TISHRE	28 13 TISHRE	29 14 TISHRE ★ <i>Erev Sukkot</i> 	30 15 TISHRE ★ <i>Sukkot - Day 1</i> Lev 22:26-23:44, Num 29:12-16 Zechariah 14:1-21 John 7:1-24, Matt 17:1-8



(Psalm 68:5)
A father of the fatherless and a judge for the widows,
Is G-d in His holy habitation.



October 2023

16 Tishre 5784 - 16 Cheshvan 5784

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 16 TISHRE ☆ Succot - Day 2	2 17 TISHRE ☆ Succot - First Intermediate Day	3 18 TISHRE ☆ Succot - Second Intermediate Day	4 19 TISHRE ☆ Succot - Third Intermediate Day	5 20 TISHRE ☆ Succot - Fourth Intermediate Day	6 21 TISHRE ☆ Succot - Fifth Intermediate Day  <i>Hoshana Rabbah</i>	7 22 TISHRE ☆ <i>Shemini Atzeret</i> Deut 33:1-34:12 Deut 14:22-16:17 Num 29:35-30:1 I Kings 8:54-9:1 Rev 21:1-4
8 23 TISHRE ☆ Simchat Torah	9 24 TISHRE  Columbus Day	10 25 TISHRE	11 26 TISHRE	12 27 TISHRE	13 28 TISHRE 	14 29 TISHRE Gen 1:1-6:8 I Samuel 20:18-42 John 1:1-5 <i>Bereshit</i>
15 30 TISHRE ☆ <i>Rosh Chodesh Cheshvan</i>	16 1 CHESHVAN	17 2 CHESHVAN	18 3 CHESHVAN	19 4 CHESHVAN	20 5 CHESHVAN 	21 6 CHESHVAN Gen 6:9-11:32 Isaiah 54:1-10 I Peter 3:18-22 Luke 17:26-37 <i>Noach</i>
22 7 CHESHVAN	23 8 CHESHVAN	24 9 CHESHVAN	25 10 CHESHVAN	26 11 CHESHVAN	27 12 CHESHVAN 	28 13 CHESHVAN Gen 12:1-17:27 Isaiah 40:27-41:16 Romans 4:1-15 Galatians 3:15-18 <i>Lech Lecha</i>
29 14 CHESHVAN	30 15 CHESHVAN	31 16 CHESHVAN				



(Deuteronomy 10:18)
*“He executes justice for the orphan and widow, and shows
 His love for the alien by giving him food and clothing”*



November 2023

17 Cheshvan 5784 - 17 Kislev 5784

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			117 CHESHVAN	218 CHESHVAN	319 CHESHVAN	420 CHESHVAN Gen 18:1-22:24 II Kings 4:1-37 II Peter 2:4-11 <i>Vayeira</i>
521 CHESHVAN	622 CHESHVAN	723 CHESHVAN	824 CHESHVAN	925 CHESHVAN	1026 CHESHVAN	1127 CHESHVAN Gen 23:1-25:18 I Kings 1:1-31 I Cor 15:50-57 <i>Chayei Sarah</i>
1228 CHESHVAN	1329 CHESHVAN	141 KISLEV ✡ <i>Rosh Chodesh Kislev</i>	152 KISLEV	163 KISLEV	174 KISLEV	185 KISLEV Gen 25:19-28:9 Malachi 1:1-2:7 Romans 9:6-13 <i>Toldot</i>
196 KISLEV	207 KISLEV	218 KISLEV	229 KISLEV	2310 KISLEV 🇺🇸 Thanksgiving Day	2411 KISLEV	2512 KISLEV Gen 28:10-32:3 Hosea 11:7-14:10 John 1:43-51 <i>Vayeitzei</i>
2613 KISLEV	2714 KISLEV	2815 KISLEV	2916 KISLEV	3017 KISLEV		



The Festival of Lights at Hadassah Orphanage

***"Thy Word is a lamp unto my feet, and a LIGHT unto my path."
"The entrance of Thy Words gives LIGHT; it gives understanding unto the simple."***



December 2023

18 Kislev 5784 - 19 Tevet 5784

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 18 KISLEV 	2 19 KISLEV Gen 32:4-36:43 Obadiah 1:1-21 Matt 26:26-46 Vayishlach
3 20 KISLEV	4 21 KISLEV	5 22 KISLEV	6 23 KISLEV	7 24 KISLEV Thursday Erev Chanukah light 1 candle	8 25 KISLEV Chanukah - Day 1 light 2 candles 	9 26 KISLEV Chanukah - Day 2 light 3 candles Gen 37:1-40:23, Num 7:18-23 Zechariah 2:14-4:7 John 10:22-30 Vayeshev
10 27 KISLEV Chanukah - Day 3 light 4 candles	11 28 KISLEV Chanukah - Day 4 light 5 candles	12 29 KISLEV Chanukah - Day 5 light 6 candles	13 1 TEVET Chanukah - Day 6 light 7 candles Rosh Chodesh	14 2 TEVET Chanukah - Day 7 light 8 candles	15 3 TEVET Chanukah - Day 8 	16 4 TEVET Gen 41:1-44:17 I Kings 3:15-4:1 I Cor 2:1-5 Miketz
17 5 TEVET	18 6 TEVET	19 7 TEVET	20 8 TEVET	21 9 TEVET	22 10 TEVET Asarah B'Tevet (Fast from sunrise to sunset) 	23 11 TEVET Gen 44:18-47:27 Ezekiel 37:15-28 Luke 6:9-19 Vayigash
24 12 TEVET	25 13 TEVET	26 14 TEVET	27 15 TEVET	28 16 TEVET	29 17 TEVET 	30 18 TEVET Gen 47:28-50:26 I Kings 2:1-12 Heb 11:21-22 I Peter 2:11-17 Vayechi
31 19 TEVET						

Candlelighting Chart
2023

		Atlanta	Baltimore	Boston	Chicago	Cleveland	Dallas	Los Angeles	Miami	Minneapolis	New York	Philadelphia	Phoenix	St. Louis	Washington	Montreal	Toronto	Guntur Pradesh	Northern Ghana	Abuja, Nigeria
January	6	5:25	4:40	4:08	4:16	4:54	5:17	4:40	5:26	4:29	4:25	4:32	5:17	4:36	4:15	4:08	4:37	5:31	5:39	6:06
	13	5:32	4:47	4:16	4:24	5:01	5:23	4:46	5:31	4:37	4:32	4:39	5:23	4:43	4:24	4:16	4:45	5:36	5:42	6:09
	20	5:38	4:54	4:24	4:32	5:09	5:30	4:53	5:37	4:46	4:40	4:47	5:30	4:50	4:34	4:25	4:54	5:40	5:46	6:13
	27	5:45	5:02	4:33	4:41	5:18	5:37	5:00	5:42	4:55	4:49	4:55	5:36	4:58	4:44	4:35	5:03	5:44	5:49	6:16
February	3	5:52	5:11	4:42	4:50	5:27	5:43	5:07	5:47	5:05	4:57	5:04	5:43	5:06	4:55	4:45	5:13	5:47	5:51	6:18
	10	5:59	5:19	4:51	5:59	5:35	5:50	5:14	5:52	5:15	5:06	5:12	5:50	5:14	5:06	4:55	5:22	5:50	5:53	6:20
	17	6:05	5:27	5:00	5:08	5:44	5:56	5:20	5:57	5:25	5:15	5:20	5:56	5:22	5:17	5:06	5:32	5:53	5:54	6:21
	24	6:11	5:35	5:09	5:16	5:53	6:02	5:26	6:01	5:35	5:23	5:28	6:02	5:30	5:28	5:16	5:41	5:55	5:55	6:22
March	3	6:17	5:42	5:18	5:25	6:01	6:07	5:32	6:05	5:45	5:31	5:36	6:08	5:37	5:39	5:25	5:50	5:57	5:56	6:23
	10	6:23	5:50	5:26	5:33	6:09	6:13	5:38	6:09	5:54	5:39	5:44	6:14	5:44	5:49	5:35	5:59	5:59	5:56	6:23
	17	7:28	6:57	6:34	6:41	7:17	7:18	6:44	7:12	7:03	6:46	6:51	6:19	6:51	6:59	6:44	7:08	6:00	5:56	6:22
	24	7:34	7:04	6:42	6:49	7:25	7:23	6:49	7:15	7:12	6:54	6:58	6:24	6:58	7:09	6:53	7:16	6:01	5:55	6:22
April	31	7:39	7:11	6:50	6:56	7:32	7:28	6:54	7:18	7:21	7:01	7:05	6:29	7:05	7:19	7:02	7:25	6:02	5:55	6:22
	7	7:44	7:17	6:58	7:04	7:40	7:33	7:00	7:22	7:30	7:08	7:12	6:35	7:11	7:29	7:12	7:33	6:03	5:55	6:21
	14	7:49	7:24	7:06	7:12	7:47	7:38	7:05	7:25	7:39	7:16	7:19	6:40	7:18	7:39	7:21	7:41	6:05	5:55	6:21
	21	7:55	7:31	7:14	7:19	7:55	7:43	7:11	7:28	7:47	7:23	7:26	6:45	7:25	7:49	7:30	7:50	6:06	5:55	6:21
May	28	8:00	7:38	7:22	7:27	8:03	7:48	7:16	7:32	7:56	7:30	7:34	6:50	7:31	7:59	7:39	7:58	6:08	5:55	6:22
	5	8:05	7:45	7:30	7:35	8:10	7:53	7:21	7:36	8:05	7:38	7:41	6:56	7:38	8:08	7:48	8:06	6:10	5:56	6:22
	12	8:11	7:52	7:37	7:42	8:18	7:59	7:27	7:39	8:13	7:45	7:48	7:01	7:45	8:18	7:56	8:14	6:12	5:57	6:23
	19	8:16	7:58	7:44	7:49	8:24	8:03	7:32	7:43	8:21	7:51	7:54	7:06	7:51	8:27	8:04	8:22	6:14	5:59	6:25
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