

PARMA

GENNAIO

Giorno del mese	Alba	Tallèd - Tefillin	Sorgere del sole	Termine lettura Shemà (M.A.)	Termine lettura Shemà (G.R.A.)	Termine lettura ben. Shemà M.A.	Termine lettura ben. Shemà G.R.A.	Mezzogiorno	Minchà Ghedolà	Minchà Ketanà	Pelàg haminchà	accensione dei lumi	Tramonto	Uscita delle stelle 42 minuti	Uscita delle stelle 72 minuti	Giorno del mese
1	6:21	6:57	7:56	9:22	10:09	10:22	10:53	12:22	12:44	14:57	15:53	16:30	16:48	17:30	18:00	1
2	6:21	6:57	7:56	9:22	10:09	10:22	10:54	12:23	12:45	14:58	15:53	16:31	16:49	17:31	18:01	2
3	6:22	6:57	7:56	9:22	10:10	10:23	10:54	12:23	12:45	14:59	15:54	16:32	16:50	17:32	18:02	3
4	6:22	6:57	7:56	9:23	10:10	10:23	10:54	12:23	12:46	14:59	15:55	16:33	16:51	17:33	18:03	4
5	6:22	6:57	7:56	9:23	10:10	10:23	10:55	12:24	12:46	15:00	15:56	16:34	16:52	17:34	18:04	5
6	6:22	6:57	7:56	9:23	10:10	10:23	10:55	12:24	12:47	15:01	15:57	16:35	16:53	17:35	18:05	6
7	6:22	6:57	7:56	9:23	10:10	10:24	10:55	12:25	12:47	15:02	15:58	16:36	16:54	17:36	18:06	7
8	6:22	6:57	7:56	9:23	10:10	10:24	10:55	12:25	12:48	15:03	15:59	16:37	16:55	17:37	18:07	8
9	6:21	6:57	7:55	9:24	10:11	10:24	10:56	12:26	12:48	15:03	16:00	16:38	16:56	17:38	18:08	9
10	6:21	6:56	7:55	9:24	10:11	10:25	10:56	12:26	12:49	15:04	16:01	16:39	16:57	17:39	18:09	10
11	6:21	6:56	7:55	9:24	10:11	10:25	10:56	12:27	12:49	15:05	16:02	16:40	16:58	17:40	18:10	11
12	6:21	6:56	7:54	9:24	10:11	10:25	10:56	12:27	12:50	15:06	16:03	16:41	16:59	17:41	18:11	12
13	6:21	6:56	7:54	9:24	10:11	10:25	10:56	12:27	12:50	15:07	16:04	16:43	17:01	17:43	18:13	13
14	6:20	6:55	7:54	9:24	10:11	10:25	10:56	12:28	12:51	15:08	16:05	16:44	17:02	17:44	18:14	14
15	6:20	6:55	7:53	9:24	10:11	10:25	10:56	12:28	12:51	15:08	16:06	16:45	17:03	17:45	18:15	15
16	6:20	6:54	7:53	9:24	10:10	10:26	10:56	12:28	12:51	15:09	16:07	16:46	17:04	17:46	18:16	16
17	6:19	6:54	7:52	9:24	10:10	10:26	10:56	12:29	12:52	15:10	16:08	16:48	17:06	17:48	18:18	17
18	6:19	6:54	7:51	9:24	10:10	10:26	10:56	12:29	12:52	15:11	16:09	16:49	17:07	17:49	18:19	18
19	6:18	6:53	7:51	9:24	10:10	10:26	10:56	12:29	12:53	15:12	16:10	16:50	17:08	17:50	18:20	19
20	6:18	6:52	7:50	9:24	10:10	10:26	10:56	12:30	12:53	15:13	16:11	16:52	17:10	17:52	18:22	20
21	6:17	6:52	7:49	9:24	10:10	10:26	10:56	12:30	12:53	15:14	16:12	16:53	17:11	17:53	18:23	21
22	6:17	6:51	7:48	9:24	10:09	10:26	10:56	12:30	12:54	15:15	16:13	16:54	17:12	17:54	18:24	22
23	6:16	6:51	7:48	9:23	10:09	10:26	10:56	12:31	12:54	15:16	16:15	16:56	17:14	17:56	18:26	23
24	6:15	6:50	7:47	9:23	10:09	10:26	10:56	12:31	12:55	15:17	16:16	16:57	17:15	17:57	18:27	24
25	6:15	6:49	7:46	9:23	10:09	10:26	10:56	12:31	12:55	15:17	16:17	16:58	17:16	17:58	18:28	25
26	6:14	6:48	7:45	9:23	10:08	10:26	10:56	12:31	12:55	15:18	16:18	17:00	17:18	18:00	18:30	26
27	6:13	6:47	7:44	9:22	10:08	10:25	10:56	12:32	12:56	15:19	16:19	17:01	17:19	18:01	18:31	27
28	6:13	6:47	7:43	9:22	10:07	10:25	10:56	12:32	12:56	15:20	16:20	17:02	17:20	18:02	18:32	28
29	6:12	6:46	7:42	9:22	10:07	10:25	10:55	12:32	12:56	15:21	16:21	17:04	17:22	18:04	18:34	29
30	6:11	6:45	7:41	9:21	10:07	10:25	10:55	12:32	12:56	15:22	16:23	17:05	17:23	18:05	18:35	30
31	6:10	6:44	7:40	9:21	10:06	10:25	10:55	12:32	12:57	15:23	16:24	17:07	17:25	18:07	18:37	31

PARMA

FEBBRAIO

Giorno del mese	Alba	Tallèd - Tefillin	Sorgere del sole	Termine lettura Shemà (M.A.)	Termine lettura Shemà (G.R.A.)	Termine lettura ben. Shemà M.A.	Termine lettura ben. Shemà G.R.A.	Mezzogiorno	Minchà Ghedolà	Minchà Ketanà	Pelàg haminchà	accensione dei lumi	Tramonto	Uscita delle stelle 42 minuti	Uscita delle stelle 72 minuti	Giorno del mese
1	6:09	6:43	7:39	9:21	10:06	10:25	10:55	12:32	12:57	15:24	16:25	17:08	17:26	18:08	18:38	1
2	6:08	6:42	7:38	9:20	10:05	10:24	10:54	12:33	12:57	15:25	16:26	17:10	17:28	18:10	18:40	2
3	6:07	6:41	7:36	9:20	10:05	10:24	10:54	12:33	12:57	15:26	16:27	17:11	17:29	18:11	18:41	3
4	6:06	6:40	7:35	9:19	10:04	10:24	10:54	12:33	12:58	15:26	16:28	17:12	17:30	18:12	18:42	4
5	6:05	6:39	7:34	9:19	10:03	10:24	10:53	12:33	12:58	15:27	16:30	17:14	17:32	18:14	18:44	5
6	6:04	6:38	7:33	9:18	10:03	10:23	10:53	12:33	12:58	15:28	16:31	17:15	17:33	18:15	18:45	6
7	6:03	6:36	7:31	9:18	10:02	10:23	10:53	12:33	12:58	15:29	16:32	17:17	17:35	18:17	18:47	7
8	6:02	6:35	7:30	9:17	10:02	10:23	10:52	12:33	12:58	15:30	16:33	17:18	17:36	18:18	18:48	8
9	6:00	6:34	7:29	9:17	10:01	10:22	10:52	12:33	12:59	15:31	16:34	17:19	17:37	18:19	18:49	9
10	5:59	6:33	7:27	9:16	10:00	10:22	10:51	12:33	12:59	15:32	16:35	17:21	17:39	18:21	18:51	10
11	5:58	6:31	7:26	9:16	10:00	10:22	10:51	12:33	12:59	15:32	16:36	17:22	17:40	18:22	18:52	11
12	5:57	6:30	7:25	9:15	9:59	10:21	10:50	12:33	12:59	15:33	16:37	17:24	17:42	18:24	18:54	12
13	5:55	6:29	7:23	9:14	9:58	10:21	10:50	12:33	12:59	15:34	16:39	17:25	17:43	18:25	18:55	13
14	5:54	6:28	7:22	9:14	9:57	10:20	10:49	12:33	12:59	15:35	16:40	17:27	17:45	18:27	18:57	14
15	5:53	6:26	7:20	9:13	9:57	10:20	10:49	12:33	12:59	15:36	16:41	17:28	17:46	18:28	18:58	15
16	5:51	6:25	7:19	9:12	9:56	10:19	10:48	12:33	12:59	15:36	16:42	17:29	17:47	18:29	18:59	16
17	5:50	6:23	7:17	9:12	9:55	10:19	10:48	12:33	12:59	15:37	16:43	17:31	17:49	18:31	19:01	17
18	5:49	6:22	7:16	9:11	9:54	10:18	10:47	12:33	12:59	15:38	16:44	17:32	17:50	18:32	19:02	18
19	5:47	6:20	7:14	9:10	9:54	10:18	10:47	12:33	12:59	15:39	16:45	17:34	17:52	18:34	19:04	19
20	5:46	6:19	7:13	9:09	9:53	10:17	10:46	12:33	12:59	15:40	16:46	17:35	17:53	18:35	19:05	20
21	5:44	6:17	7:11	9:08	9:52	10:17	10:45	12:33	12:59	15:40	16:47	17:36	17:54	18:36	19:06	21
22	5:43	6:16	7:09	9:08	9:51	10:16	10:45	12:33	12:59	15:41	16:48	17:38	17:56	18:38	19:08	22
23	5:41	6:14	7:08	9:07	9:50	10:15	10:44	12:32	12:59	15:42	16:50	17:39	17:57	18:39	19:09	23
24	5:39	6:13	7:06	9:06	9:49	10:15	10:44	12:32	12:59	15:43	16:51	17:41	17:59	18:41	19:11	24
25	5:38	6:11	7:04	9:05	9:48	10:14	10:43	12:32	12:59	15:43	16:52	17:42	18:00	18:42	19:12	25
26	5:36	6:10	7:03	9:04	9:47	10:13	10:42	12:32	12:59	15:44	16:53	17:43	18:01	18:43	19:13	26
27	5:35	6:08	7:01	9:03	9:46	10:13	10:42	12:32	12:59	15:45	16:54	17:45	18:03	18:45	19:15	27
28	5:33	6:06	6:59	9:02	9:45	10:12	10:41	12:32	12:59	15:46	16:55	17:46	18:04	18:46	19:16	28
29	5:31	6:05	6:58	9:01	9:45	10:11	10:40	12:31	12:59	15:46	16:56	17:47	18:05	18:47	19:17	29

PARMA

MARZO

Giorno del mese	Alba	Tallèd - Tefillin	Sorgere del sole	Termine lettura Shemà (M.A.)	Termine lettura Shemà (G.R.A.)	Termine lettura ben. Shemà M.A.	Termine lettura ben. Shemà G.R.A.	Mezzogiorno	Minchà Ghedolà	Minchà Ketanà	Pelàg haminchà	accensione dei lumi	Tramonto	Uscita delle stelle 42 minuti	Uscita delle stelle 72 minuti	Giorno del mese
1	5:30	6:03	6:56	9:00	9:44	10:11	10:39	12:31	12:59	15:47	16:57	17:49	18:07	18:49	19:19	1
2	5:28	6:01	6:54	9:00	9:43	10:10	10:39	12:31	12:59	15:48	16:58	17:50	18:08	18:50	19:20	2
3	5:26	5:59	6:52	8:59	9:42	10:09	10:38	12:31	12:59	15:48	16:59	17:51	18:09	18:51	19:21	3
4	5:24	5:58	6:51	8:58	9:41	10:09	10:37	12:31	12:59	15:49	17:00	17:53	18:11	18:53	19:23	4
5	5:23	5:56	6:49	8:57	9:40	10:08	10:37	12:30	12:59	15:50	17:01	17:54	18:12	18:54	19:24	5
6	5:21	5:54	6:47	8:56	9:39	10:07	10:36	12:30	12:59	15:50	17:02	17:55	18:13	18:55	19:25	6
7	5:19	5:52	6:45	8:55	9:38	10:06	10:35	12:30	12:59	15:51	17:03	17:57	18:15	18:57	19:27	7
8	5:17	5:51	6:43	8:53	9:37	10:06	10:34	12:30	12:59	15:52	17:04	17:58	18:16	18:58	19:28	8
9	5:15	5:49	6:42	8:52	9:36	10:05	10:34	12:29	12:58	15:52	17:05	17:59	18:17	18:59	19:29	9
10	5:13	5:47	6:40	8:51	9:34	10:04	10:33	12:29	12:58	15:53	17:06	18:01	18:19	19:01	19:31	10
11	5:12	5:45	6:38	8:50	9:33	10:03	10:32	12:29	12:58	15:54	17:07	18:02	18:20	19:02	19:32	11
12	5:10	5:43	6:36	8:49	9:32	10:02	10:31	12:29	12:58	15:54	17:08	18:03	18:21	19:03	19:33	12
13	5:08	5:41	6:34	8:48	9:31	10:02	10:30	12:28	12:58	15:55	17:09	18:04	18:22	19:04	19:34	13
14	5:06	5:40	6:32	8:47	9:30	10:01	10:30	12:28	12:58	15:56	17:10	18:06	18:24	19:06	19:36	14
15	5:04	5:38	6:31	8:46	9:29	10:00	10:29	12:28	12:58	15:56	17:11	18:07	18:25	19:07	19:37	15
16	5:02	5:36	6:29	8:45	9:28	9:59	10:28	12:28	12:57	15:57	17:12	18:08	18:26	19:08	19:38	16
17	5:00	5:34	6:27	8:44	9:27	9:58	10:27	12:27	12:57	15:57	17:13	18:10	18:28	19:10	19:40	17
18	4:58	5:32	6:25	8:43	9:26	9:57	10:26	12:27	12:57	15:58	17:14	18:11	18:29	19:11	19:41	18
19	4:56	5:30	6:23	8:41	9:25	9:57	10:26	12:27	12:57	15:59	17:14	18:12	18:30	19:12	19:42	19
20	4:54	5:28	6:21	8:40	9:24	9:56	10:25	12:26	12:57	15:59	17:15	18:13	18:31	19:13	19:43	20
21	4:52	5:26	6:19	8:39	9:23	9:55	10:24	12:26	12:57	16:00	17:16	18:15	18:33	19:15	19:45	21
22	4:50	5:24	6:18	8:38	9:22	9:54	10:23	12:26	12:56	16:01	17:17	18:16	18:34	19:16	19:46	22
23	4:48	5:22	6:16	8:37	9:21	9:53	10:22	12:25	12:56	16:01	17:18	18:17	18:35	19:17	19:47	23
24	4:46	5:21	6:14	8:36	9:20	9:52	10:21	12:25	12:56	16:02	17:19	18:19	18:37	19:19	19:49	24
25	4:44	5:19	6:12	8:35	9:18	9:51	10:21	12:25	12:56	16:02	17:20	18:20	18:38	19:20	19:50	25
26	4:42	5:17	6:10	8:33	9:17	9:50	10:20	12:25	12:56	16:03	17:21	18:21	18:39	19:21	19:51	26
27	4:40	5:15	6:08	8:32	9:16	9:50	10:19	12:24	12:56	16:04	17:22	18:22	18:40	19:22	19:52	27
28	4:38	5:13	6:06	8:31	9:15	9:49	10:18	12:24	12:55	16:04	17:23	18:24	18:42	19:24	19:54	28
29	4:36	5:11	6:05	8:30	9:14	9:48	10:17	12:24	12:55	16:05	17:24	18:25	18:43	19:25	19:55	29
30	4:34	5:09	6:03	8:29	9:13	9:47	10:16	12:23	12:55	16:05	17:25	18:26	18:44	19:26	19:56	30
31	4:32	5:07	6:01	8:27	9:12	9:46	10:16	12:23	12:55	16:06	17:26	18:27	18:45	19:27	19:57	31

PARMA

APRILE

Giorno del mese	Alba	Tallèd - Tefillin	Sorgere del sole	Termine lettura Shemà (M.A.)	Termine lettura Shemà (G.R.A.)	Termine lettura ben. Shemà M.A.	Termine lettura ben. Shemà G.R.A.	Mezzogiorno	Minchà Ghedolà	Minchà Ketanà	Pelàg haminchà	accensione dei lumi	Tramonto	Uscita delle stelle 42 minuti	Uscita delle stelle 72 minuti	Giorno del mese
1	4:29	5:05	5:59	8:26	9:11	9:45	10:15	12:23	12:55	16:07	17:27	18:29	18:47	19:29	19:59	1
2	4:27	5:03	5:57	8:25	9:10	9:44	10:14	12:23	12:55	16:07	17:28	18:30	18:48	19:30	20:00	2
3	4:25	5:01	5:55	8:24	9:09	9:43	10:13	12:22	12:54	16:08	17:29	18:31	18:49	19:31	20:01	3
4	4:23	4:59	5:53	8:23	9:08	9:42	10:12	12:22	12:54	16:09	17:29	18:32	18:50	19:32	20:02	4
5	4:21	4:57	5:52	8:21	9:07	9:42	10:12	12:22	12:54	16:09	17:30	18:34	18:52	19:34	20:04	5
6	4:19	4:55	5:50	8:20	9:06	9:41	10:11	12:21	12:54	16:10	17:31	18:35	18:53	19:35	20:05	6
7	4:17	4:53	5:48	8:19	9:05	9:40	10:10	12:21	12:54	16:10	17:32	18:36	18:54	19:36	20:06	7
8	4:15	4:51	5:46	8:18	9:04	9:39	10:09	12:21	12:54	16:11	17:33	18:37	18:55	19:37	20:07	8
9	4:13	4:49	5:44	8:17	9:02	9:38	10:08	12:21	12:54	16:12	17:34	18:39	18:57	19:39	20:09	9
10	4:10	4:47	5:43	8:15	9:01	9:37	10:08	12:20	12:53	16:12	17:35	18:40	18:58	19:40	20:10	10
11	4:08	4:45	5:41	8:14	9:00	9:36	10:07	12:20	12:53	16:13	17:36	18:41	18:59	19:41	20:11	11
12	4:06	4:43	5:39	8:13	8:59	9:35	10:06	12:20	12:53	16:13	17:37	18:42	19:00	19:42	20:12	12
13	4:04	4:42	5:37	8:12	8:58	9:34	10:05	12:20	12:53	16:14	17:38	18:44	19:02	19:44	20:14	13
14	4:02	4:40	5:36	8:11	8:57	9:34	10:05	12:19	12:53	16:15	17:39	18:45	19:03	19:45	20:15	14
15	4:00	4:38	5:34	8:09	8:56	9:33	10:04	12:19	12:53	16:15	17:40	18:46	19:04	19:46	20:16	15
16	3:58	4:36	5:32	8:08	8:55	9:32	10:03	12:19	12:53	16:16	17:41	18:47	19:05	19:47	20:17	16
17	3:55	4:34	5:30	8:07	8:54	9:31	10:03	12:19	12:53	16:17	17:42	18:49	19:07	19:49	20:19	17
18	3:53	4:32	5:29	8:06	8:54	9:30	10:02	12:18	12:52	16:17	17:43	18:50	19:08	19:50	20:20	18
19	3:51	4:30	5:27	8:05	8:53	9:29	10:01	12:18	12:52	16:18	17:44	18:51	19:09	19:51	20:21	19
20	3:49	4:28	5:25	8:04	8:52	9:28	10:00	12:18	12:52	16:19	17:45	18:52	19:10	19:52	20:22	20
21	3:47	4:26	5:24	8:02	8:51	9:28	10:00	12:18	12:52	16:19	17:45	18:54	19:12	19:54	20:24	21
22	3:45	4:24	5:22	8:01	8:50	9:27	9:59	12:18	12:52	16:20	17:46	18:55	19:13	19:55	20:25	22
23	3:43	4:23	5:20	8:00	8:49	9:26	9:58	12:17	12:52	16:21	17:47	18:56	19:14	19:56	20:26	23
24	3:41	4:21	5:19	7:59	8:48	9:25	9:58	12:17	12:52	16:21	17:48	18:57	19:15	19:57	20:27	24
25	3:39	4:19	5:17	7:58	8:47	9:24	9:57	12:17	12:52	16:22	17:49	18:59	19:17	19:59	20:29	25
26	3:36	4:17	5:16	7:57	8:46	9:24	9:56	12:17	12:52	16:22	17:50	19:00	19:18	20:00	20:30	26
27	3:34	4:15	5:14	7:56	8:45	9:23	9:56	12:17	12:52	16:23	17:51	19:01	19:19	20:01	20:31	27
28	3:32	4:14	5:13	7:55	8:45	9:22	9:55	12:17	12:52	16:24	17:52	19:02	19:20	20:02	20:32	28
29	3:30	4:12	5:11	7:53	8:44	9:21	9:55	12:16	12:52	16:24	17:53	19:04	19:22	20:04	20:34	29
30	3:28	4:10	5:10	7:52	8:43	9:20	9:54	12:16	12:52	16:25	17:54	19:05	19:23	20:05	20:35	30

PARMA

MAGGIO

Giorno del mese	Alba	Tallèd - Tefillin	Sorgere del sole	Termine lettura Shemà (M.A.)	Termine lettura Shemà (G.R.A.)	Termine lettura ben. Shemà M.A.	Termine lettura ben. Shemà G.R.A.	Mezzogiorno	Minchà Ghedolà	Minchà Ketanà	Pelàg haminchà	accensione dei lumi	Tramonto	Uscita delle stelle 42 minuti	Uscita delle stelle 72 minuti	Giorno del mese
1	3:26	4:08	5:08	7:51	8:42	9:20	9:53	12:16	12:52	16:26	17:55	19:06	19:24	20:06	20:36	1
2	3:24	4:07	5:07	7:50	8:41	9:19	9:53	12:16	12:52	16:26	17:56	19:07	19:25	20:07	20:37	2
3	3:22	4:05	5:05	7:49	8:41	9:18	9:52	12:16	12:52	16:27	17:57	19:09	19:27	20:09	20:39	3
4	3:20	4:03	5:04	7:48	8:40	9:17	9:52	12:16	12:52	16:28	17:58	19:10	19:28	20:10	20:40	4
5	3:18	4:02	5:02	7:47	8:39	9:17	9:51	12:16	12:52	16:28	17:59	19:11	19:29	20:11	20:41	5
6	3:16	4:00	5:01	7:46	8:38	9:16	9:51	12:16	12:52	16:29	18:00	19:12	19:30	20:12	20:42	6
7	3:14	3:58	5:00	7:45	8:38	9:15	9:50	12:16	12:52	16:30	18:01	19:13	19:31	20:13	20:43	7
8	3:12	3:57	4:58	7:44	8:37	9:15	9:50	12:16	12:52	16:31	18:02	19:15	19:33	20:15	20:45	8
9	3:10	3:55	4:57	7:43	8:36	9:14	9:49	12:15	12:52	16:31	18:03	19:16	19:34	20:16	20:46	9
10	3:08	3:54	4:56	7:42	8:36	9:13	9:49	12:15	12:52	16:32	18:03	19:17	19:35	20:17	20:47	10
11	3:07	3:52	4:55	7:41	8:35	9:13	9:48	12:15	12:52	16:33	18:04	19:18	19:36	20:18	20:48	11
12	3:05	3:51	4:53	7:40	8:34	9:12	9:48	12:15	12:52	16:33	18:05	19:19	19:37	20:19	20:49	12
13	3:03	3:49	4:52	7:39	8:34	9:11	9:48	12:15	12:52	16:34	18:06	19:21	19:39	20:21	20:51	13
14	3:01	3:48	4:51	7:38	8:33	9:11	9:47	12:15	12:52	16:35	18:07	19:22	19:40	20:22	20:52	14
15	2:59	3:46	4:50	7:38	8:33	9:10	9:47	12:15	12:52	16:35	18:08	19:23	19:41	20:23	20:53	15
16	2:58	3:45	4:49	7:37	8:32	9:10	9:47	12:15	12:53	16:36	18:09	19:24	19:42	20:24	20:54	16
17	2:56	3:43	4:48	7:36	8:32	9:09	9:46	12:15	12:53	16:37	18:10	19:25	19:43	20:25	20:55	17
18	2:54	3:42	4:47	7:35	8:31	9:09	9:46	12:15	12:53	16:37	18:11	19:26	19:44	20:26	20:56	18
19	2:52	3:41	4:46	7:34	8:31	9:08	9:46	12:15	12:53	16:38	18:12	19:27	19:45	20:27	20:57	19
20	2:51	3:40	4:45	7:33	8:30	9:08	9:45	12:16	12:53	16:38	18:12	19:28	19:46	20:28	20:58	20
21	2:49	3:38	4:44	7:33	8:30	9:07	9:45	12:16	12:53	16:39	18:13	19:29	19:47	20:29	20:59	21
22	2:48	3:37	4:43	7:32	8:29	9:07	9:45	12:16	12:53	16:40	18:14	19:30	19:48	20:30	21:00	22
23	2:46	3:36	4:42	7:31	8:29	9:06	9:45	12:16	12:54	16:40	18:15	19:31	19:49	20:31	21:01	23
24	2:45	3:35	4:41	7:30	8:29	9:06	9:44	12:16	12:54	16:41	18:16	19:32	19:50	20:32	21:02	24
25	2:43	3:34	4:40	7:30	8:28	9:05	9:44	12:16	12:54	16:42	18:17	19:33	19:51	20:33	21:03	25
26	2:42	3:33	4:40	7:29	8:28	9:05	9:44	12:16	12:54	16:42	18:17	19:34	19:52	20:34	21:04	26
27	2:40	3:32	4:39	7:28	8:28	9:04	9:44	12:16	12:54	16:43	18:18	19:35	19:53	20:35	21:05	27
28	2:39	3:31	4:38	7:28	8:27	9:04	9:44	12:16	12:54	16:43	18:19	19:36	19:54	20:36	21:06	28
29	2:38	3:30	4:38	7:27	8:27	9:04	9:43	12:16	12:55	16:44	18:20	19:37	19:55	20:37	21:07	29
30	2:37	3:29	4:37	7:27	8:27	9:03	9:43	12:17	12:55	16:45	18:20	19:38	19:56	20:38	21:08	30
31	2:35	3:28	4:36	7:26	8:27	9:03	9:43	12:17	12:55	16:45	18:21	19:39	19:57	20:39	21:09	31

PARMA

GIUGNO

Giorno del mese	Alba	Tallèd - Tefillin	Sorgere del sole	Termine lettura Shemà (M.A.)	Termine lettura Shemà (G.R.A.)	Termine lettura ben. Shemà M.A.	Termine lettura ben. Shemà G.R.A.	Mezzogiorno	Minchà Ghedolà	Minchà Ketanà	Pelàg haminchà	accensione dei lumi	Tramonto	Uscita delle stelle 42 minuti	Uscita delle stelle 72 minuti	Giorno del mese
1	2:34	3:27	4:36	7:26	8:26	9:03	9:43	12:17	12:55	16:46	18:22	19:40	19:58	20:40	21:10	1
2	2:33	3:27	4:35	7:25	8:26	9:03	9:43	12:17	12:55	16:46	18:22	19:41	19:59	20:41	21:11	2
3	2:32	3:26	4:35	7:25	8:26	9:02	9:43	12:17	12:56	16:47	18:23	19:41	19:59	20:41	21:11	3
4	2:31	3:25	4:34	7:24	8:26	9:02	9:43	12:17	12:56	16:47	18:24	19:42	20:00	20:42	21:12	4
5	2:30	3:25	4:34	7:24	8:26	9:02	9:43	12:17	12:56	16:48	18:24	19:43	20:01	20:43	21:13	5
6	2:29	3:24	4:34	7:24	8:26	9:02	9:43	12:18	12:56	16:48	18:25	19:44	20:02	20:44	21:14	6
7	2:29	3:24	4:33	7:23	8:26	9:02	9:43	12:18	12:56	16:49	18:25	19:44	20:02	20:44	21:14	7
8	2:28	3:23	4:33	7:23	8:25	9:01	9:43	12:18	12:57	16:49	18:26	19:45	20:03	20:45	21:15	8
9	2:27	3:23	4:33	7:23	8:25	9:01	9:43	12:18	12:57	16:50	18:27	19:46	20:04	20:46	21:16	9
10	2:27	3:23	4:33	7:23	8:25	9:01	9:43	12:18	12:57	16:50	18:27	19:46	20:04	20:46	21:16	10
11	2:26	3:22	4:32	7:22	8:25	9:01	9:43	12:19	12:57	16:50	18:28	19:47	20:05	20:47	21:17	11
12	2:26	3:22	4:32	7:22	8:25	9:01	9:43	12:19	12:58	16:51	18:28	19:47	20:05	20:47	21:17	12
13	2:25	3:22	4:32	7:22	8:26	9:01	9:43	12:19	12:58	16:51	18:28	19:48	20:06	20:48	21:18	13
14	2:25	3:22	4:32	7:22	8:26	9:01	9:43	12:19	12:58	16:52	18:29	19:48	20:06	20:48	21:18	14
15	2:25	3:22	4:32	7:22	8:26	9:01	9:44	12:19	12:58	16:52	18:29	19:49	20:07	20:49	21:19	15
16	2:25	3:21	4:32	7:22	8:26	9:01	9:44	12:20	12:58	16:52	18:30	19:49	20:07	20:49	21:19	16
17	2:24	3:21	4:32	7:22	8:26	9:01	9:44	12:20	12:59	16:52	18:30	19:49	20:07	20:49	21:19	17
18	2:24	3:22	4:32	7:22	8:26	9:01	9:44	12:20	12:59	16:53	18:30	19:50	20:08	20:50	21:20	18
19	2:24	3:22	4:32	7:22	8:26	9:02	9:44	12:20	12:59	16:53	18:30	19:50	20:08	20:50	21:20	19
20	2:25	3:22	4:33	7:22	8:26	9:02	9:44	12:20	12:59	16:53	18:31	19:50	20:08	20:50	21:20	20
21	2:25	3:22	4:33	7:23	8:27	9:02	9:45	12:21	13:00	16:53	18:31	19:50	20:08	20:50	21:20	21
22	2:25	3:22	4:33	7:23	8:27	9:02	9:45	12:21	13:00	16:54	18:31	19:50	20:08	20:50	21:20	22
23	2:25	3:23	4:33	7:23	8:27	9:02	9:45	12:21	13:00	16:54	18:31	19:51	20:09	20:51	21:21	23
24	2:26	3:23	4:34	7:23	8:27	9:03	9:45	12:21	13:00	16:54	18:31	19:51	20:09	20:51	21:21	24
25	2:26	3:23	4:34	7:24	8:28	9:03	9:46	12:21	13:00	16:54	18:31	19:51	20:09	20:51	21:21	25
26	2:27	3:24	4:34	7:24	8:28	9:03	9:46	12:22	13:00	16:54	18:31	19:51	20:09	20:51	21:21	26
27	2:27	3:24	4:35	7:25	8:28	9:04	9:46	12:22	13:01	16:54	18:31	19:51	20:09	20:51	21:21	27
28	2:28	3:25	4:35	7:25	8:29	9:04	9:46	12:22	13:01	16:54	18:31	19:51	20:09	20:51	21:21	28
29	2:29	3:25	4:36	7:25	8:29	9:04	9:47	12:22	13:01	16:54	18:31	19:51	20:09	20:51	21:21	29
30	2:30	3:26	4:36	7:26	8:29	9:05	9:47	12:22	13:01	16:54	18:31	19:50	20:08	20:50	21:20	30

PARMA

LUGLIO

Giorno del mese	Alba	Tallèd - Tefillin	Sorgere del sole	Termine lettura Shemà (M.A.)	Termine lettura Shemà (G.R.A.)	Termine lettura ben. Shemà M.A.	Termine lettura ben. Shemà G.R.A.	Mezzogiorno	Minchà Ghedolà	Minchà Ketanà	Pelàg haminchà	accensione dei lumi	Tramonto	Uscita delle stelle 42 minuti	Uscita delle stelle 72 minuti	Giorno del mese
1	2:31	3:27	4:37	7:26	8:30	9:05	9:47	12:22	13:01	16:54	18:31	19:50	20:08	20:50	21:20	1
2	2:31	3:27	4:37	7:27	8:30	9:05	9:48	12:23	13:01	16:54	18:31	19:50	20:08	20:50	21:20	2
3	2:32	3:28	4:38	7:28	8:30	9:06	9:48	12:23	13:02	16:54	18:31	19:50	20:08	20:50	21:20	3
4	2:34	3:29	4:39	7:28	8:31	9:06	9:48	12:23	13:02	16:54	18:31	19:49	20:07	20:49	21:19	4
5	2:35	3:30	4:39	7:29	8:31	9:07	9:49	12:23	13:02	16:54	18:30	19:49	20:07	20:49	21:19	5
6	2:36	3:31	4:40	7:29	8:32	9:07	9:49	12:23	13:02	16:54	18:30	19:49	20:07	20:49	21:19	6
7	2:37	3:31	4:41	7:30	8:32	9:08	9:49	12:23	13:02	16:53	18:30	19:48	20:06	20:48	21:18	7
8	2:38	3:32	4:41	7:31	8:33	9:08	9:50	12:24	13:02	16:53	18:30	19:48	20:06	20:48	21:18	8
9	2:39	3:33	4:42	7:31	8:33	9:09	9:50	12:24	13:02	16:53	18:29	19:47	20:05	20:47	21:17	9
10	2:41	3:34	4:43	7:32	8:33	9:09	9:50	12:24	13:02	16:53	18:29	19:47	20:05	20:47	21:17	10
11	2:42	3:35	4:44	7:33	8:34	9:10	9:51	12:24	13:02	16:52	18:28	19:46	20:04	20:46	21:16	11
12	2:44	3:37	4:45	7:34	8:34	9:10	9:51	12:24	13:02	16:52	18:28	19:46	20:04	20:46	21:16	12
13	2:45	3:38	4:45	7:34	8:35	9:11	9:51	12:24	13:02	16:52	18:27	19:45	20:03	20:45	21:15	13
14	2:47	3:39	4:46	7:35	8:35	9:12	9:52	12:24	13:03	16:52	18:27	19:44	20:02	20:44	21:14	14
15	2:48	3:40	4:47	7:36	8:36	9:12	9:52	12:24	13:03	16:51	18:26	19:44	20:02	20:44	21:14	15
16	2:50	3:41	4:48	7:37	8:36	9:13	9:52	12:25	13:03	16:51	18:26	19:43	20:01	20:43	21:13	16
17	2:51	3:42	4:49	7:38	8:37	9:13	9:53	12:25	13:03	16:50	18:25	19:42	20:00	20:42	21:12	17
18	2:53	3:43	4:50	7:39	8:37	9:14	9:53	12:25	13:03	16:50	18:25	19:41	19:59	20:41	21:11	18
19	2:54	3:45	4:51	7:39	8:38	9:14	9:53	12:25	13:03	16:49	18:24	19:40	19:58	20:40	21:10	19
20	2:56	3:46	4:52	7:40	8:38	9:15	9:54	12:25	13:02	16:49	18:23	19:40	19:58	20:40	21:10	20
21	2:58	3:47	4:53	7:41	8:39	9:16	9:54	12:25	13:02	16:48	18:22	19:39	19:57	20:39	21:09	21
22	2:59	3:49	4:54	7:42	8:39	9:16	9:55	12:25	13:02	16:48	18:22	19:38	19:56	20:38	21:08	22
23	3:01	3:50	4:55	7:43	8:40	9:17	9:55	12:25	13:02	16:47	18:21	19:37	19:55	20:37	21:07	23
24	3:03	3:51	4:56	7:44	8:41	9:17	9:55	12:25	13:02	16:47	18:20	19:36	19:54	20:36	21:06	24
25	3:04	3:53	4:57	7:45	8:41	9:18	9:56	12:25	13:02	16:46	18:19	19:35	19:53	20:35	21:05	25
26	3:06	3:54	4:58	7:45	8:42	9:18	9:56	12:25	13:02	16:45	18:18	19:33	19:51	20:33	21:03	26
27	3:08	3:55	4:59	7:46	8:42	9:19	9:56	12:25	13:02	16:45	18:18	19:32	19:50	20:32	21:02	27
28	3:10	3:57	5:00	7:47	8:43	9:20	9:57	12:25	13:02	16:44	18:17	19:31	19:49	20:31	21:01	28
29	3:11	3:58	5:02	7:48	8:43	9:20	9:57	12:25	13:02	16:43	18:16	19:30	19:48	20:30	21:00	29
30	3:13	3:59	5:03	7:49	8:44	9:21	9:57	12:25	13:02	16:43	18:15	19:29	19:47	20:29	20:59	30
31	3:15	4:01	5:04	7:50	8:44	9:21	9:58	12:25	13:01	16:42	18:14	19:28	19:46	20:28	20:58	31

PARMA

AGOSTO

Giorno del mese	Alba	Tallèd - Tefillin	Sorgere del sole	Termine lettura Shemà (M.A.)	Termine lettura Shemà (G.R.A.)	Termine lettura ben. Shemà M.A.	Termine lettura ben. Shemà G.R.A.	Mezzogiorno	Minchà Ghedolà	Minchà Ketanà	Pelàg haminchà	accensione dei lumi	Tramonto	Uscita delle stelle 42 minuti	Uscita delle stelle 72 minuti	Giorno del mese
1	3:17	4:02	5:05	7:51	8:45	9:22	9:58	12:25	13:01	16:41	18:13	19:26	19:44	20:26	20:56	1
2	3:19	4:04	5:06	7:51	8:45	9:22	9:58	12:25	13:01	16:40	18:12	19:25	19:43	20:25	20:55	2
3	3:20	4:05	5:07	7:52	8:46	9:23	9:59	12:24	13:01	16:40	18:11	19:24	19:42	20:24	20:54	3
4	3:22	4:06	5:08	7:53	8:46	9:23	9:59	12:24	13:01	16:39	18:10	19:22	19:40	20:22	20:52	4
5	3:24	4:08	5:09	7:54	8:47	9:24	9:59	12:24	13:00	16:38	18:08	19:21	19:39	20:21	20:51	5
6	3:26	4:09	5:11	7:55	8:47	9:24	10:00	12:24	13:00	16:37	18:07	19:20	19:38	20:20	20:50	6
7	3:27	4:11	5:12	7:56	8:48	9:25	10:00	12:24	13:00	16:36	18:06	19:18	19:36	20:18	20:48	7
8	3:29	4:12	5:13	7:56	8:48	9:25	10:00	12:24	13:00	16:35	18:05	19:17	19:35	20:17	20:47	8
9	3:31	4:14	5:14	7:57	8:49	9:26	10:01	12:24	13:00	16:34	18:04	19:15	19:33	20:15	20:45	9
10	3:33	4:15	5:15	7:58	8:49	9:26	10:01	12:24	12:59	16:33	18:03	19:14	19:32	20:14	20:44	10
11	3:34	4:16	5:16	7:59	8:50	9:27	10:01	12:23	12:59	16:32	18:01	19:12	19:30	20:12	20:42	11
12	3:36	4:18	5:18	8:00	8:50	9:27	10:01	12:23	12:59	16:32	18:00	19:11	19:29	20:11	20:41	12
13	3:38	4:19	5:19	8:00	8:51	9:28	10:02	12:23	12:58	16:31	17:59	19:09	19:27	20:09	20:39	13
14	3:40	4:21	5:20	8:01	8:51	9:28	10:02	12:23	12:58	16:30	17:58	19:08	19:26	20:08	20:38	14
15	3:41	4:22	5:21	8:02	8:52	9:29	10:02	12:23	12:58	16:29	17:56	19:06	19:24	20:06	20:36	15
16	3:43	4:24	5:22	8:03	8:52	9:29	10:02	12:22	12:57	16:28	17:55	19:05	19:23	20:05	20:35	16
17	3:45	4:25	5:23	8:03	8:53	9:30	10:03	12:22	12:57	16:27	17:54	19:03	19:21	20:03	20:33	17
18	3:46	4:26	5:25	8:04	8:53	9:30	10:03	12:22	12:57	16:25	17:52	19:01	19:19	20:01	20:31	18
19	3:48	4:28	5:26	8:05	8:54	9:30	10:03	12:22	12:56	16:24	17:51	19:00	19:18	20:00	20:30	19
20	3:50	4:29	5:27	8:05	8:54	9:31	10:03	12:22	12:56	16:23	17:50	18:58	19:16	19:58	20:28	20
21	3:51	4:31	5:28	8:06	8:55	9:31	10:04	12:21	12:56	16:22	17:48	18:56	19:14	19:56	20:26	21
22	3:53	4:32	5:29	8:07	8:55	9:31	10:04	12:21	12:55	16:21	17:47	18:55	19:13	19:55	20:25	22
23	3:55	4:33	5:31	8:08	8:56	9:32	10:04	12:21	12:55	16:20	17:46	18:53	19:11	19:53	20:23	23
24	3:56	4:35	5:32	8:08	8:56	9:32	10:04	12:21	12:55	16:19	17:44	18:51	19:09	19:51	20:21	24
25	3:58	4:36	5:33	8:09	8:57	9:33	10:04	12:20	12:54	16:18	17:43	18:50	19:08	19:50	20:20	25
26	3:59	4:38	5:34	8:10	8:57	9:33	10:05	12:20	12:54	16:17	17:41	18:48	19:06	19:48	20:18	26
27	4:01	4:39	5:35	8:10	8:57	9:33	10:05	12:20	12:53	16:16	17:40	18:46	19:04	19:46	20:16	27
28	4:03	4:40	5:37	8:11	8:58	9:34	10:05	12:19	12:53	16:14	17:38	18:44	19:02	19:44	20:14	28
29	4:04	4:42	5:38	8:11	8:58	9:34	10:05	12:19	12:53	16:13	17:37	18:42	19:00	19:42	20:12	29
30	4:06	4:43	5:39	8:12	8:59	9:34	10:05	12:19	12:52	16:12	17:35	18:41	18:59	19:41	20:11	30
31	4:07	4:44	5:40	8:13	8:59	9:35	10:06	12:18	12:52	16:11	17:34	18:39	18:57	19:39	20:09	31

PARMA

SETTEMBRE

Giorno del mese	Alba	Tallèd - Tefillin	Sorgere del sole	Termine lettura Shemà (M.A.)	Termine lettura Shemà (G.R.A.)	Termine lettura ben. Shemà M.A.	Termine lettura ben. Shemà G.R.A.	Mezzogiorno	Minchà Ghedolà	Minchà Ketanà	Pelàg haminchà	accensione dei lumi	Tramonto	Uscita delle stelle 42 minuti	Uscita delle stelle 72 minuti	Giorno del mese
1	4:09	4:46	5:41	8:13	9:00	9:35	10:06	12:18	12:51	16:10	17:32	18:37	18:55	19:37	20:07	1
2	4:10	4:47	5:42	8:14	9:00	9:35	10:06	12:18	12:51	16:08	17:31	18:35	18:53	19:35	20:05	2
3	4:12	4:48	5:44	8:15	9:01	9:35	10:06	12:17	12:50	16:07	17:29	18:33	18:51	19:33	20:03	3
4	4:13	4:50	5:45	8:15	9:01	9:36	10:06	12:17	12:50	16:06	17:28	18:32	18:50	19:32	20:02	4
5	4:15	4:51	5:46	8:16	9:01	9:36	10:07	12:17	12:49	16:05	17:26	18:30	18:48	19:30	20:00	5
6	4:16	4:52	5:47	8:16	9:02	9:36	10:07	12:16	12:49	16:04	17:25	18:28	18:46	19:28	19:58	6
7	4:18	4:54	5:48	8:17	9:02	9:37	10:07	12:16	12:48	16:02	17:23	18:26	18:44	19:26	19:56	7
8	4:19	4:55	5:49	8:17	9:03	9:37	10:07	12:16	12:48	16:01	17:22	18:24	18:42	19:24	19:54	8
9	4:21	4:56	5:51	8:18	9:03	9:37	10:07	12:15	12:48	16:00	17:20	18:22	18:40	19:22	19:52	9
10	4:22	4:58	5:52	8:18	9:03	9:37	10:07	12:15	12:47	15:59	17:19	18:20	18:38	19:20	19:50	10
11	4:23	4:59	5:53	8:19	9:04	9:38	10:08	12:15	12:47	15:57	17:17	18:18	18:36	19:18	19:48	11
12	4:25	5:00	5:54	8:20	9:04	9:38	10:08	12:14	12:46	15:56	17:15	18:17	18:35	19:17	19:47	12
13	4:26	5:02	5:55	8:20	9:05	9:38	10:08	12:14	12:46	15:55	17:14	18:15	18:33	19:15	19:45	13
14	4:28	5:03	5:57	8:21	9:05	9:38	10:08	12:14	12:45	15:54	17:12	18:13	18:31	19:13	19:43	14
15	4:29	5:04	5:58	8:21	9:06	9:38	10:08	12:13	12:45	15:52	17:11	18:11	18:29	19:11	19:41	15
16	4:30	5:05	5:59	8:22	9:06	9:39	10:08	12:13	12:44	15:51	17:09	18:09	18:27	19:09	19:39	16
17	4:32	5:07	6:00	8:22	9:06	9:39	10:08	12:13	12:44	15:50	17:08	18:07	18:25	19:07	19:37	17
18	4:33	5:08	6:01	8:23	9:07	9:39	10:09	12:12	12:43	15:49	17:06	18:05	18:23	19:05	19:35	18
19	4:35	5:09	6:02	8:23	9:07	9:39	10:09	12:12	12:43	15:47	17:04	18:03	18:21	19:03	19:33	19
20	4:36	5:10	6:04	8:24	9:08	9:40	10:09	12:12	12:42	15:46	17:03	18:01	18:19	19:01	19:31	20
21	4:37	5:12	6:05	8:24	9:08	9:40	10:09	12:11	12:42	15:45	17:01	18:00	18:18	19:00	19:30	21
22	4:39	5:13	6:06	8:25	9:08	9:40	10:09	12:11	12:41	15:44	17:00	17:58	18:16	18:58	19:28	22
23	4:40	5:14	6:07	8:25	9:09	9:40	10:09	12:11	12:41	15:42	16:58	17:56	18:14	18:56	19:26	23
24	4:41	5:15	6:08	8:26	9:09	9:40	10:10	12:10	12:40	15:41	16:57	17:54	18:12	18:54	19:24	24
25	4:43	5:17	6:10	8:26	9:10	9:41	10:10	12:10	12:40	15:40	16:55	17:52	18:10	18:52	19:22	25
26	4:44	5:18	6:11	8:27	9:10	9:41	10:10	12:09	12:39	15:39	16:53	17:50	18:08	18:50	19:20	26
27	4:45	5:19	6:12	8:27	9:11	9:41	10:10	12:09	12:39	15:37	16:52	17:48	18:06	18:48	19:18	27
28	4:46	5:20	6:13	8:28	9:11	9:41	10:10	12:09	12:38	15:36	16:50	17:46	18:04	18:46	19:16	28
29	4:48	5:22	6:14	8:28	9:11	9:42	10:10	12:08	12:38	15:35	16:49	17:44	18:02	18:44	19:14	29
30	4:49	5:23	6:16	8:29	9:12	9:42	10:11	12:08	12:38	15:34	16:47	17:43	18:01	18:43	19:13	30

PARMA

OTTOBRE

Giorno del mese	Alba	Tallèd - Tefillin	Sorgere del sole	Termine lettura Shemà (M.A.)	Termine lettura Shemà (G.R.A.)	Termine lettura ben. Shemà M.A.	Termine lettura ben. Shemà G.R.A.	Mezzogiorno	Minchà Ghedolà	Minchà Ketanà	Pelàg haminchà	accensione dei lumi	Tramonto	Uscita delle stelle 42 minuti	Uscita delle stelle 72 minuti	Giorno del mese
1	4:50	5:24	6:17	8:29	9:12	9:42	10:11	12:08	12:37	15:33	16:46	17:41	17:59	18:41	19:11	1
2	4:52	5:25	6:18	8:30	9:13	9:42	10:11	12:08	12:37	15:31	16:44	17:39	17:57	18:39	19:09	2
3	4:53	5:26	6:19	8:30	9:13	9:42	10:11	12:07	12:36	15:30	16:43	17:37	17:55	18:37	19:07	3
4	4:54	5:28	6:21	8:30	9:14	9:43	10:11	12:07	12:36	15:29	16:41	17:35	17:53	18:35	19:05	4
5	4:55	5:29	6:22	8:31	9:14	9:43	10:12	12:07	12:35	15:28	16:40	17:33	17:51	18:33	19:03	5
6	4:57	5:30	6:23	8:31	9:15	9:43	10:12	12:06	12:35	15:27	16:38	17:32	17:50	18:32	19:02	6
7	4:58	5:31	6:24	8:32	9:15	9:43	10:12	12:06	12:34	15:25	16:37	17:30	17:48	18:30	19:00	7
8	4:59	5:33	6:26	8:32	9:16	9:43	10:12	12:06	12:34	15:24	16:35	17:28	17:46	18:28	18:58	8
9	5:00	5:34	6:27	8:33	9:16	9:44	10:13	12:05	12:34	15:23	16:34	17:26	17:44	18:26	18:56	9
10	5:02	5:35	6:28	8:33	9:17	9:44	10:13	12:05	12:33	15:22	16:32	17:24	17:42	18:24	18:54	10
11	5:03	5:36	6:29	8:34	9:17	9:44	10:13	12:05	12:33	15:21	16:31	17:23	17:41	18:23	18:53	11
12	5:04	5:38	6:31	8:34	9:18	9:44	10:13	12:05	12:33	15:20	16:29	17:21	17:39	18:21	18:51	12
13	5:05	5:39	6:32	8:35	9:18	9:45	10:14	12:04	12:32	15:18	16:28	17:19	17:37	18:19	18:49	13
14	5:07	5:40	6:33	8:35	9:19	9:45	10:14	12:04	12:32	15:17	16:26	17:17	17:35	18:17	18:47	14
15	5:08	5:41	6:34	8:36	9:19	9:45	10:14	12:04	12:31	15:16	16:25	17:16	17:34	18:16	18:46	15
16	5:09	5:42	6:36	8:36	9:20	9:46	10:14	12:04	12:31	15:15	16:23	17:14	17:32	18:14	18:44	16
17	5:10	5:44	6:37	8:37	9:20	9:46	10:15	12:04	12:31	15:14	16:22	17:12	17:30	18:12	18:42	17
18	5:12	5:45	6:38	8:37	9:21	9:46	10:15	12:03	12:30	15:13	16:21	17:10	17:28	18:10	18:40	18
19	5:13	5:46	6:40	8:38	9:21	9:46	10:15	12:03	12:30	15:12	16:19	17:09	17:27	18:09	18:39	19
20	5:14	5:47	6:41	8:38	9:22	9:47	10:16	12:03	12:30	15:11	16:18	17:07	17:25	18:07	18:37	20
21	5:15	5:49	6:42	8:39	9:23	9:47	10:16	12:03	12:30	15:10	16:17	17:05	17:23	18:05	18:35	21
22	5:16	5:50	6:44	8:40	9:23	9:47	10:16	12:03	12:29	15:09	16:15	17:04	17:22	18:04	18:34	22
23	5:18	5:51	6:45	8:40	9:24	9:48	10:17	12:03	12:29	15:08	16:14	17:02	17:20	18:02	18:32	23
24	5:19	5:52	6:46	8:41	9:24	9:48	10:17	12:02	12:29	15:07	16:13	17:01	17:19	18:01	18:31	24
25	5:20	5:54	6:48	8:41	9:25	9:48	10:17	12:02	12:29	15:06	16:12	16:59	17:17	17:59	18:29	25
26	5:21	5:55	6:49	8:42	9:26	9:49	10:18	12:02	12:28	15:05	16:10	16:58	17:16	17:58	18:28	26
27	5:23	5:56	6:50	8:42	9:26	9:49	10:18	12:02	12:28	15:04	16:09	16:56	17:14	17:56	18:26	27
28	5:24	5:57	6:52	8:43	9:27	9:49	10:19	12:02	12:28	15:03	16:08	16:55	17:13	17:55	18:25	28
29	5:25	5:58	6:53	8:43	9:27	9:50	10:19	12:02	12:28	15:02	16:07	16:53	17:11	17:53	18:23	29
30	5:26	6:00	6:54	8:44	9:28	9:50	10:19	12:02	12:28	15:01	16:06	16:52	17:10	17:52	18:22	30
31	5:27	6:01	6:56	8:45	9:29	9:50	10:20	12:02	12:27	15:01	16:04	16:50	17:08	17:50	18:20	31

PARMA

NOVEMBRE

Giorno del mese	Alba	Tallèd - Tefillin	Sorgere del sole	Termine lettura Shemà (M.A.)	Termine lettura Shemà (G.R.A.)	Termine lettura ben. Shemà M.A.	Termine lettura ben. Shemà G.R.A.	Mezzogiorno	Minchà Ghedolà	Minchà Ketanà	Pelàg haminchà	accensione dei lumi	Tramonto	Uscita delle stelle 42 minuti	Uscita delle stelle 72 minuti	Giorno del mese
1	5:29	6:02	6:57	8:45	9:29	9:51	10:20	12:02	12:27	15:00	16:03	16:49	17:07	17:49	18:19	1
2	5:30	6:03	6:58	8:46	9:30	9:51	10:21	12:02	12:27	14:59	16:02	16:47	17:05	17:47	18:17	2
3	5:31	6:05	7:00	8:46	9:31	9:52	10:21	12:02	12:27	14:58	16:01	16:46	17:04	17:46	18:16	3
4	5:32	6:06	7:01	8:47	9:32	9:52	10:22	12:02	12:27	14:57	16:00	16:45	17:03	17:45	18:15	4
5	5:33	6:07	7:03	8:48	9:32	9:52	10:22	12:02	12:27	14:57	15:59	16:43	17:01	17:43	18:13	5
6	5:35	6:08	7:04	8:48	9:33	9:53	10:23	12:02	12:27	14:56	15:58	16:42	17:00	17:42	18:12	6
7	5:36	6:10	7:05	8:49	9:34	9:53	10:23	12:02	12:27	14:55	15:57	16:41	16:59	17:41	18:11	7
8	5:37	6:11	7:07	8:50	9:34	9:54	10:24	12:02	12:27	14:55	15:56	16:40	16:58	17:40	18:10	8
9	5:38	6:12	7:08	8:50	9:35	9:54	10:24	12:02	12:27	14:54	15:55	16:38	16:56	17:38	18:08	9
10	5:39	6:13	7:09	8:51	9:36	9:55	10:25	12:02	12:27	14:53	15:54	16:37	16:55	17:37	18:07	10
11	5:41	6:15	7:11	8:52	9:37	9:55	10:25	12:02	12:27	14:53	15:53	16:36	16:54	17:36	18:06	11
12	5:42	6:16	7:12	8:52	9:37	9:56	10:26	12:03	12:27	14:52	15:53	16:35	16:53	17:35	18:05	12
13	5:43	6:17	7:13	8:53	9:38	9:56	10:26	12:03	12:27	14:52	15:52	16:34	16:52	17:34	18:04	13
14	5:44	6:18	7:15	8:53	9:39	9:57	10:27	12:03	12:27	14:51	15:51	16:33	16:51	17:33	18:03	14
15	5:45	6:19	7:16	8:54	9:40	9:57	10:27	12:03	12:27	14:50	15:50	16:32	16:50	17:32	18:02	15
16	5:46	6:21	7:17	8:55	9:40	9:58	10:28	12:03	12:27	14:50	15:50	16:31	16:49	17:31	18:01	16
17	5:48	6:22	7:19	8:56	9:41	9:58	10:29	12:03	12:27	14:50	15:49	16:30	16:48	17:30	18:00	17
18	5:49	6:23	7:20	8:56	9:42	9:59	10:29	12:04	12:27	14:49	15:48	16:29	16:47	17:29	17:59	18
19	5:50	6:24	7:21	8:57	9:43	9:59	10:30	12:04	12:27	14:49	15:48	16:28	16:46	17:28	17:58	19
20	5:51	6:25	7:23	8:58	9:43	10:00	10:30	12:04	12:28	14:48	15:47	16:28	16:46	17:28	17:58	20
21	5:52	6:27	7:24	8:58	9:44	10:00	10:31	12:04	12:28	14:48	15:46	16:27	16:45	17:27	17:57	21
22	5:53	6:28	7:25	8:59	9:45	10:01	10:32	12:05	12:28	14:48	15:46	16:26	16:44	17:26	17:56	22
23	5:54	6:29	7:27	9:00	9:46	10:01	10:32	12:05	12:28	14:47	15:45	16:25	16:43	17:25	17:55	23
24	5:55	6:30	7:28	9:00	9:47	10:02	10:33	12:05	12:28	14:47	15:45	16:25	16:43	17:25	17:55	24
25	5:56	6:31	7:29	9:01	9:47	10:03	10:33	12:06	12:29	14:47	15:44	16:24	16:42	17:24	17:54	25
26	5:57	6:32	7:30	9:02	9:48	10:03	10:34	12:06	12:29	14:47	15:44	16:23	16:41	17:23	17:53	26
27	5:59	6:33	7:32	9:02	9:49	10:04	10:35	12:06	12:29	14:46	15:44	16:23	16:41	17:23	17:53	27
28	6:00	6:34	7:33	9:03	9:50	10:04	10:35	12:07	12:29	14:46	15:43	16:22	16:40	17:22	17:52	28
29	6:01	6:35	7:34	9:04	9:50	10:05	10:36	12:07	12:30	14:46	15:43	16:22	16:40	17:22	17:52	29
30	6:02	6:37	7:35	9:04	9:51	10:05	10:37	12:07	12:30	14:46	15:43	16:22	16:40	17:22	17:52	30

PARMA

DICEMBRE

Giorno del mese	Alba	Tallèd - Tefillin	Sorgere del sole	Termine lettura Shemà (M.A.)	Termine lettura Shemà (G.R.A.)	Termine lettura ben. Shemà M.A.	Termine lettura ben. Shemà G.R.A.	Mezzogiorno	Minchà Ghedolà	Minchà Ketanà	Pelàg haminchà	accensione dei lumi	Tramonto	Uscita delle stelle 42 minuti	Uscita delle stelle 72 minuti	Giorno del mese
1	6:03	6:38	7:36	9:05	9:52	10:06	10:37	12:08	12:30	14:46	15:43	16:21	16:39	17:21	17:51	1
2	6:04	6:39	7:37	9:06	9:53	10:07	10:38	12:08	12:31	14:46	15:42	16:21	16:39	17:21	17:51	2
3	6:04	6:40	7:38	9:06	9:54	10:07	10:39	12:09	12:31	14:46	15:42	16:21	16:39	17:21	17:51	3
4	6:05	6:41	7:40	9:07	9:54	10:08	10:39	12:09	12:31	14:46	15:42	16:20	16:38	17:20	17:50	4
5	6:06	6:41	7:41	9:08	9:55	10:08	10:40	12:09	12:32	14:46	15:42	16:20	16:38	17:20	17:50	5
6	6:07	6:42	7:42	9:09	9:56	10:09	10:40	12:10	12:32	14:46	15:42	16:20	16:38	17:20	17:50	6
7	6:08	6:43	7:43	9:09	9:56	10:10	10:41	12:10	12:33	14:46	15:42	16:20	16:38	17:20	17:50	7
8	6:09	6:44	7:44	9:10	9:57	10:10	10:42	12:11	12:33	14:46	15:42	16:20	16:38	17:20	17:50	8
9	6:10	6:45	7:45	9:10	9:58	10:11	10:42	12:11	12:33	14:47	15:42	16:20	16:38	17:20	17:50	9
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