

M'CHEYNE'S CALENDAR

YEAR _____



For
Daily Bible Readings

Arranged by

Robert Murray M'Cheyne

a resource of Teleios Ministry at
Camelback Bible Church



M'Cheyne's Calendar

What could be better than, each day, exploring and meditating on the treasure of God's word? Although this question is somewhat rhetorical, we could answer it by suggesting that a better scenario would be if, in addition to our personal exploration and meditation, all of our brothers and sisters were doing the very same thing. At Camelback Bible Church and Way of Grace, we desire both of these things.

One thing that can help us make these desires a reality is the little book you are holding in your hands. The M'Cheyne's Calendar is a reading schedule developed by the famous Scottish preacher and pastor Robert Murray M'Cheyne in 1842. This schedule is meant to take the reader through the entire Bible in one year. Actually if you follow all four tracks, you will read through the Psalms and the New Testament twice (just drop the fourth track to make it through the entire Bible once)!

This calendar is provided for you, not with the intent that you would simply have another thing to check off your religious 'to-do' list, but that you would use such a tool as you "discipline yourself for the purpose of godliness" (I Timothy 4:7). I pray for you, as well as for myself, that everyday we would put ourselves in the path of God's Spirit by putting ourselves in front of God's word; that we would 'get our bearings' through the precious truths of the living God.

But in addition to this wonderful goal, I also pray that as each of us does this individually, we will be able to encourage one another with the truths that all of us have been exploring and meditating on throughout the week. This is a prayer that we would all 'be on the same page', both literally and spiritually, united in Christ and for Christ.

May this calendar, and more importantly the readings it outlines, be used by our Father to bind our hearts more firmly to His own, and as result, more firmly to one another's.

Pursuing Him with you,



Pastor Bryce Morgan, Way of Grace
(Way of Grace is one of two church plants of Camelback Bible Church)

JANUARY

1	Genesis 1	Matthew 1	Ezra 1	Acts 1	<input type="checkbox"/>
2	2	2	2	2	<input type="checkbox"/>
3	3	3	3	3	<input type="checkbox"/>
4	4	4	4	4	<input type="checkbox"/>
5	5	5	5	5	<input type="checkbox"/>
6	6	6	6	6	<input type="checkbox"/>
7	7	7	7	7	<input type="checkbox"/>
8	8	8	8	8	<input type="checkbox"/>
9	9, 10	9	9	9	<input type="checkbox"/>
10	11	10	10	10	<input type="checkbox"/>
11	12	11	Nehemiah 1	11	<input type="checkbox"/>
12	13	12	2	12	<input type="checkbox"/>
13	14	13	3	13	<input type="checkbox"/>
14	15	14	4	14	<input type="checkbox"/>
15	16	15	5	15	<input type="checkbox"/>
16	17	16	6	16	<input type="checkbox"/>
17	18	17	7	17	<input type="checkbox"/>
18	19	18	8	18	<input type="checkbox"/>
19	20	19	9	19	<input type="checkbox"/>
20	21	20	10	20	<input type="checkbox"/>
21	22	21	11	21	<input type="checkbox"/>
22	23	22	12	22	<input type="checkbox"/>
23	24	23	13	23	<input type="checkbox"/>
24	25	24	Esther 1	24	<input type="checkbox"/>
25	26	25	2	25	<input type="checkbox"/>
26	27	26	3	26	<input type="checkbox"/>
27	28	27	4	27	<input type="checkbox"/>
28	29	28	5	28	<input type="checkbox"/>
29	30	Mark 1	6	Romans 1	<input type="checkbox"/>
30	31	2	7	2	<input type="checkbox"/>
31	32	3	8	3	<input type="checkbox"/>

FEBRUARY

1	Genesis 33	Mark 4	Esther 9, 10	Romans 4	<input type="checkbox"/>
2	34	5	Job 1	5	<input type="checkbox"/>
3	35, 36	6	2	6	<input type="checkbox"/>
4	37	7	3	7	<input type="checkbox"/>
5	38	8	4	8	<input type="checkbox"/>
6	39	9	5	9	<input type="checkbox"/>
7	40	10	6	10	<input type="checkbox"/>
8	41	11	7	11	<input type="checkbox"/>
9	42	12	8	12	<input type="checkbox"/>
10	43	13	9	13	<input type="checkbox"/>
11	44	14	10	14	<input type="checkbox"/>
12	45	15	11	15	<input type="checkbox"/>
13	46	16	12	16	<input type="checkbox"/>
14	47	Luke 1:1-38	13	1 Corinth 1	<input type="checkbox"/>
15	48	1:39-80	14	2	<input type="checkbox"/>
16	49	2	15	3	<input type="checkbox"/>
17	50	3	16, 17	4	<input type="checkbox"/>
18	Exodus 1	4	18	5	<input type="checkbox"/>
19	2	5	19	6	<input type="checkbox"/>
20	3	6	20	7	<input type="checkbox"/>
21	4	7	21	8	<input type="checkbox"/>
22	5	8	22	9	<input type="checkbox"/>
23	6	9	23	10	<input type="checkbox"/>
24	7	10	24	11	<input type="checkbox"/>
25	8	11	25, 26	12	<input type="checkbox"/>
26	9	12	27	13	<input type="checkbox"/>
27	10	13	28	14	<input type="checkbox"/>
28	11, 12:1-20	14	29	15	<input type="checkbox"/>

MARCH

1	Ex 12:21-51	Luke 15	Job 30	1 Corinth 16	<input type="checkbox"/>
2	13	16	31	2 Corinth 1	<input type="checkbox"/>
3	14	17	32	2	<input type="checkbox"/>
4	15	18	33	3	<input type="checkbox"/>
5	16	19	34	4	<input type="checkbox"/>
6	17	20	35	5	<input type="checkbox"/>
7	18	21	36	6	<input type="checkbox"/>
8	19	22	37	7	<input type="checkbox"/>
9	20	23	38	8	<input type="checkbox"/>
10	21	24	39	9	<input type="checkbox"/>
11	22	John 1	40	10	<input type="checkbox"/>
12	23	2	41	11	<input type="checkbox"/>
13	24	3	42	12	<input type="checkbox"/>
14	25	4	Proverbs 1	13	<input type="checkbox"/>
15	26	5	2	Galatians 1	<input type="checkbox"/>
16	27	6	3	2	<input type="checkbox"/>
17	28	7	4	3	<input type="checkbox"/>
18	29	8	5	4	<input type="checkbox"/>
19	30	9	6	5	<input type="checkbox"/>
20	31	10	7	6	<input type="checkbox"/>
21	32	11	8	Ephesians 1	<input type="checkbox"/>
22	33	12	9	2	<input type="checkbox"/>
23	34	13	10	3	<input type="checkbox"/>
24	35	14	11	4	<input type="checkbox"/>
25	36	15	12	5	<input type="checkbox"/>
26	37	16	13	6	<input type="checkbox"/>
27	38	17	14	Philippians 1	<input type="checkbox"/>
28	39	18	15	2	<input type="checkbox"/>
29	40	19	16	3	<input type="checkbox"/>
30	Leviticus 1	20	17	4	<input type="checkbox"/>
31	2, 3	21	18	Colossians 1	<input type="checkbox"/>

APRIL

1	Leviticus 4	Psalms 1, 2	Proverbs 19	Colossians 2	<input type="checkbox"/>
2	5	3, 4	20	3	<input type="checkbox"/>
3	6	5, 6	21	4	<input type="checkbox"/>
4	7	7, 8	22	1 Thessalon 1	<input type="checkbox"/>
5	8	9	23	2	<input type="checkbox"/>
6	9	10	24	3	<input type="checkbox"/>
7	10	11, 12	25	4	<input type="checkbox"/>
8	11, 12	13, 14	26	5	<input type="checkbox"/>
9	13	15, 16	27	2 Thessalon 1	<input type="checkbox"/>
10	14	17	28	2	<input type="checkbox"/>
11	15	18	29	3	<input type="checkbox"/>
12	16	19	30	1 Timothy 1	<input type="checkbox"/>
13	17	20, 21	31	2	<input type="checkbox"/>
14	18	22	Ecclesiastes 1	3	<input type="checkbox"/>
15	19	23, 24	2	4	<input type="checkbox"/>
16	20	25	3	5	<input type="checkbox"/>
17	21	26, 27	4	6	<input type="checkbox"/>
18	22	28, 29	5	2 Timothy 1	<input type="checkbox"/>
19	23	30	6	2	<input type="checkbox"/>
20	24	31	7	3	<input type="checkbox"/>
21	25	32	8	4	<input type="checkbox"/>
22	26	33	9	Titus 1	<input type="checkbox"/>
23	27	34	10	2	<input type="checkbox"/>
24	Numbers 1	35	11	3	<input type="checkbox"/>
25	2	36	12	Philemon	<input type="checkbox"/>
26	3	37	Song of Sol 1	Hebrews 1	<input type="checkbox"/>
27	4	38	2	2	<input type="checkbox"/>
28	5	39	3	3	<input type="checkbox"/>
29	6	40, 41	4	4	<input type="checkbox"/>
30	7	42, 43	5	5	<input type="checkbox"/>

MAY

1	Numbers 8	Psalms 44	Song of Sol 6	Hebrews 6	<input type="checkbox"/>
2	9	45	7	7	<input type="checkbox"/>
3	10	46, 47	8	8	<input type="checkbox"/>
4	11	48	Isaiah 1	9	<input type="checkbox"/>
5	12, 13	49	2	10	<input type="checkbox"/>
6	14	50	3, 4	11	<input type="checkbox"/>
7	15	51	5	12	<input type="checkbox"/>
8	16	52-54	6	13	<input type="checkbox"/>
9	17, 18	55	7	James 1	<input type="checkbox"/>
10	19	56, 57	8, 9:1-7	2	<input type="checkbox"/>
11	20	58, 59	9:8-10:4	3	<input type="checkbox"/>
12	21	60, 61	10:5-34	4	<input type="checkbox"/>
13	22	62, 63	11, 12	5	<input type="checkbox"/>
14	23	64, 65	13	1 Peter 1	<input type="checkbox"/>
15	24	66, 67	14	2	<input type="checkbox"/>
16	25	68	15	3	<input type="checkbox"/>
17	26	69	16	4	<input type="checkbox"/>
18	27	70, 71	17, 18	5	<input type="checkbox"/>
19	28	72	19, 20	2 Peter 1	<input type="checkbox"/>
20	29	73	21	2	<input type="checkbox"/>
21	30	74	22	3	<input type="checkbox"/>
22	31	75, 76	23	1 John 1	<input type="checkbox"/>
23	32	77	24	2	<input type="checkbox"/>
24	33	78:1-39	25	3	<input type="checkbox"/>
25	34	78:40-72	26	4	<input type="checkbox"/>
26	35	79	27	5	<input type="checkbox"/>
27	36	80	28	2 John	<input type="checkbox"/>
28	Deut 1	81, 82	29	3 John	<input type="checkbox"/>
29	2	83, 84	30	Jude	<input type="checkbox"/>
30	3	85	31	Revelation 1	<input type="checkbox"/>
31	4	86, 87	32	2	<input type="checkbox"/>

JUNE

1	Deut 5	Psalms 88	Isaiah 33	Revelation 3	<input type="checkbox"/>
2	6	89	34	4	<input type="checkbox"/>
3	7	90	35	5	<input type="checkbox"/>
4	8	91	36	6	<input type="checkbox"/>
5	9	92, 93	37	7	<input type="checkbox"/>
6	10	94	38	8	<input type="checkbox"/>
7	11	95, 96	39	9	<input type="checkbox"/>
8	12	97, 98	40	10	<input type="checkbox"/>
9	13, 14	99–101	41	11	<input type="checkbox"/>
10	15	102	42	12	<input type="checkbox"/>
11	16	103	43	13	<input type="checkbox"/>
12	17	104	44	14	<input type="checkbox"/>
13	18	105	45	15	<input type="checkbox"/>
14	19	106	46	16	<input type="checkbox"/>
15	20	107	47	17	<input type="checkbox"/>
16	21	108, 109	48	18	<input type="checkbox"/>
17	22	110, 111	49	19	<input type="checkbox"/>
18	23	112, 113	50	20	<input type="checkbox"/>
19	24	114, 115	51	21	<input type="checkbox"/>
20	25	116	52	22	<input type="checkbox"/>
21	26	117, 118	53	Matthew 1	<input type="checkbox"/>
22	27, 28:1-19	119:1-24	54	2	<input type="checkbox"/>
23	28:20-68	v25-48	55	3	<input type="checkbox"/>
24	29	v49-72	56	4	<input type="checkbox"/>
25	30	v73-96	57	5	<input type="checkbox"/>
26	31	v97-120	58	6	<input type="checkbox"/>
27	32	v121-144	59	7	<input type="checkbox"/>
28	33, 34	v145-176	60	8	<input type="checkbox"/>
29	Joshua 1	120–122	61	9	<input type="checkbox"/>
30	2	123–125	62	10	<input type="checkbox"/>

JULY

1	Joshua 3	Ps 126–128	Isaiah 63	Matthew 11	<input type="checkbox"/>
2	4	129-131	64	12	<input type="checkbox"/>
3	5	132–134	65	13	<input type="checkbox"/>
4	6	135, 136	66	14	<input type="checkbox"/>
5	7	137, 138	Jeremiah 1	15	<input type="checkbox"/>
6	8	139	2	16	<input type="checkbox"/>
7	9	140, 141	3	17	<input type="checkbox"/>
8	10	142, 143	4	18	<input type="checkbox"/>
9	11	144	5	19	<input type="checkbox"/>
10	12, 13	145	6	20	<input type="checkbox"/>
11	14, 15	146, 147	7	21	<input type="checkbox"/>
12	16, 17	148	8	22	<input type="checkbox"/>
13	18, 19	149, 150	9	23	<input type="checkbox"/>
14	20, 21	Acts 1	10	24	<input type="checkbox"/>
15	22	2	11	25	<input type="checkbox"/>
16	23	3	12	26	<input type="checkbox"/>
17	24	4	13	27	<input type="checkbox"/>
18	Judges 1	5	14	28	<input type="checkbox"/>
19	2	6	15	Mark 1	<input type="checkbox"/>
20	3	7	16	2	<input type="checkbox"/>
21	4	8	17	3	<input type="checkbox"/>
22	5	9	18	4	<input type="checkbox"/>
23	6	10	19	5	<input type="checkbox"/>
24	7	11	20	6	<input type="checkbox"/>
25	8	12	21	7	<input type="checkbox"/>
26	9	13	22	8	<input type="checkbox"/>
27	10	14	23	9	<input type="checkbox"/>
28	11	15	24	10	<input type="checkbox"/>
29	12	16	25	11	<input type="checkbox"/>
30	13	17	26	12	<input type="checkbox"/>
31	14	18	27	13	<input type="checkbox"/>

AUGUST

1	Judges 15	Acts 19	Jeremiah 28	Mark 14	<input type="checkbox"/>
2	16	20	29	15	<input type="checkbox"/>
3	17	21	30, 31	16	<input type="checkbox"/>
4	18	22	32	Psalms 1, 2	<input type="checkbox"/>
5	19	23	33	3, 4	<input type="checkbox"/>
6	20	24	34	5, 6	<input type="checkbox"/>
7	21	25	35	7, 8	<input type="checkbox"/>
8	Ruth 1	26	36, 45	9	<input type="checkbox"/>
9	2	27	37	10	<input type="checkbox"/>
10	3, 4	28	38	11, 12	<input type="checkbox"/>
11	1 Sam 1	Romans 1	39	13, 14	<input type="checkbox"/>
12	2	2	40	15, 16	<input type="checkbox"/>
13	3	3	41	17	<input type="checkbox"/>
14	4	4	42	18	<input type="checkbox"/>
15	5, 6	5	43	19	<input type="checkbox"/>
16	7, 8	6	44	20, 21	<input type="checkbox"/>
17	9	7	46	22	<input type="checkbox"/>
18	10	8	47	23, 24	<input type="checkbox"/>
19	11	9	48	25	<input type="checkbox"/>
20	12	10	49	26, 27	<input type="checkbox"/>
21	13	11	50	28, 29	<input type="checkbox"/>
22	14	12	51	30	<input type="checkbox"/>
23	15	13	52	31	<input type="checkbox"/>
24	16	14	Lamentations 1	32	<input type="checkbox"/>
25	17	15	2	33	<input type="checkbox"/>
26	18	16	3	34	<input type="checkbox"/>
27	19	1 Corinth 1	4	35	<input type="checkbox"/>
28	20	2	5	36	<input type="checkbox"/>
29	21, 22	3	Ezekiel 1	37	<input type="checkbox"/>
30	23	4	2	38	<input type="checkbox"/>
31	24	5	3	39	<input type="checkbox"/>

SEPTEMBER

1	1 Sam 25	1 Corinth 6	Ezekiel 4	Psalms 40, 41	<input type="checkbox"/>
2	26	7	5	42, 43	<input type="checkbox"/>
3	27	8	6	44	<input type="checkbox"/>
4	28	9	7	45	<input type="checkbox"/>
5	29, 30	10	8	46, 47	<input type="checkbox"/>
6	31	11	9	48	<input type="checkbox"/>
7	2 Sam 1	12	10	49	<input type="checkbox"/>
8	2	13	11	50	<input type="checkbox"/>
9	3	14	12	51	<input type="checkbox"/>
10	4, 5	15	13	52–54	<input type="checkbox"/>
11	6	16	14	55	<input type="checkbox"/>
12	7	2 Corinth 1	15	56, 57	<input type="checkbox"/>
13	8, 9	2	16	58, 59	<input type="checkbox"/>
14	10	3	17	60, 61	<input type="checkbox"/>
15	11	4	18	62, 63	<input type="checkbox"/>
16	12	5	19	64, 65	<input type="checkbox"/>
17	13	6	20	66, 67	<input type="checkbox"/>
18	14	7	21	68	<input type="checkbox"/>
19	15	8	22	69	<input type="checkbox"/>
20	16	9	23	70, 71	<input type="checkbox"/>
21	17	10	24	72	<input type="checkbox"/>
22	18	11	25	73	<input type="checkbox"/>
23	19	12	26	74	<input type="checkbox"/>
24	20	13	27	75, 76	<input type="checkbox"/>
25	21	Galatians 1	28	77	<input type="checkbox"/>
26	22	2	29	78:1-39	<input type="checkbox"/>
27	23	3	30	78:40-72	<input type="checkbox"/>
28	24	4	31	79	<input type="checkbox"/>
29	1 Kings 1	5	32	80	<input type="checkbox"/>
30	2	6	33	81, 82	<input type="checkbox"/>

OCTOBER

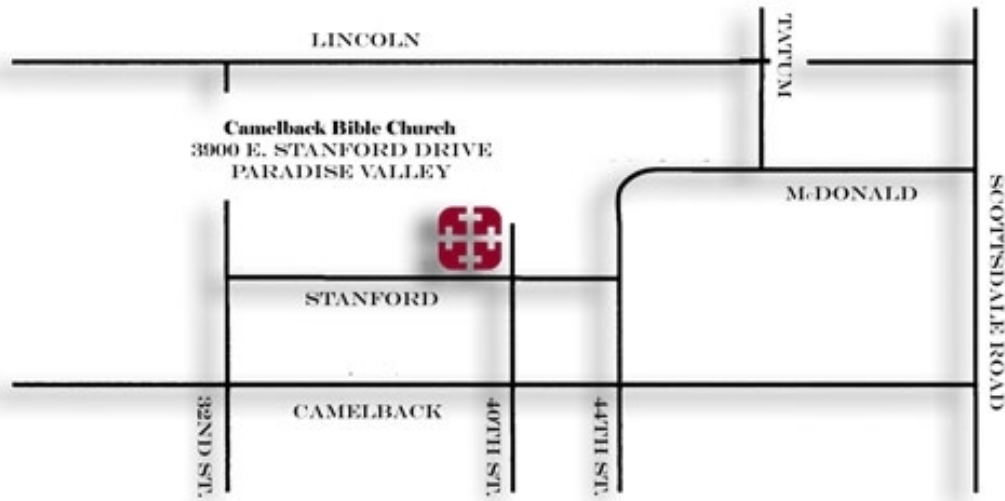
1	1 Kings 3	Ephesians 1	Ezekiel 34	Psalms 83, 84	<input type="checkbox"/>
2	4, 5	2	35	85	<input type="checkbox"/>
3	6	3	36	86	<input type="checkbox"/>
4	7	4	37	87, 88	<input type="checkbox"/>
5	8	5	38	89	<input type="checkbox"/>
6	9	6	39	90	<input type="checkbox"/>
7	10	Philippians 1	40	91	<input type="checkbox"/>
8	11	2	41	92, 93	<input type="checkbox"/>
9	12	3	42	94	<input type="checkbox"/>
10	13	4	43	95, 96	<input type="checkbox"/>
11	14	Colossians 1	44	97, 98	<input type="checkbox"/>
12	15	2	45	99–101	<input type="checkbox"/>
13	16	3	46	102	<input type="checkbox"/>
14	17	4	47	103	<input type="checkbox"/>
15	18	1 Thess. 1	48	104	<input type="checkbox"/>
16	19	2	Daniel 1	105	<input type="checkbox"/>
17	20	3	2	106	<input type="checkbox"/>
18	21	4	3	107	<input type="checkbox"/>
19	22	5	4	108, 109	<input type="checkbox"/>
20	2 Kings 1	2 Thess. 1	5	110, 111	<input type="checkbox"/>
21	2	2	6	112, 113	<input type="checkbox"/>
22	3	3	7	114, 115	<input type="checkbox"/>
23	4	1 Timothy 1	8	116	<input type="checkbox"/>
24	5	2	9	117, 118	<input type="checkbox"/>
25	6	3	10	119:1-24	<input type="checkbox"/>
26	7	4	11	v25-48	<input type="checkbox"/>
27	8	5	12	v49-72	<input type="checkbox"/>
28	9	6	Hosea 1	v73-96	<input type="checkbox"/>
29	10, 11	2 Timothy 1	2	v97-120	<input type="checkbox"/>
30	12	2	3, 4	v121-144	<input type="checkbox"/>
31	13	3	5, 6	v145-176	<input type="checkbox"/>

NOVEMBER

1	2 Kings 14	2 Timothy 4	Hosea 7	Ps 120–122	<input type="checkbox"/>
2	15	Titus 1	8	123–125	<input type="checkbox"/>
3	16	2	9	126–128	<input type="checkbox"/>
4	17	3	10	129–131	<input type="checkbox"/>
5	18	Philemon	11	132–134	<input type="checkbox"/>
6	19	Hebrews 1	12	135, 136	<input type="checkbox"/>
7	20	2	13	137, 138	<input type="checkbox"/>
8	21	3	14	139	<input type="checkbox"/>
9	22	4	Joel 1	140, 141	<input type="checkbox"/>
10	23	5	2	142	<input type="checkbox"/>
11	24	6	3	143	<input type="checkbox"/>
12	25	7	Amos 1	144	<input type="checkbox"/>
13	1 Chron 1,2	8	2	145	<input type="checkbox"/>
14	3, 4	9	3	146, 147	<input type="checkbox"/>
15	5, 6	10	4	148–150	<input type="checkbox"/>
16	7, 8	11	5	Luke 1:1-38	<input type="checkbox"/>
17	9, 10	12	6	1:39-80	<input type="checkbox"/>
18	11, 12	13	7	2	<input type="checkbox"/>
19	13, 14	James 1	8	3	<input type="checkbox"/>
20	15	2	9	4	<input type="checkbox"/>
21	16	3	Obadiah	5	<input type="checkbox"/>
22	17	4	Jonah 1	6	<input type="checkbox"/>
23	18	5	2	7	<input type="checkbox"/>
24	19, 20	1 Peter 1	3	8	<input type="checkbox"/>
25	21	2	4	9	<input type="checkbox"/>
26	22	3	Micah 1	10	<input type="checkbox"/>
27	23	4	2	11	<input type="checkbox"/>
28	24, 25	5	3	12	<input type="checkbox"/>
29	26, 27	2 Peter 1	4	13	<input type="checkbox"/>
30	28	2	5	14	<input type="checkbox"/>

DECEMBER

1	1 Chron 29	2 Peter 3	Micah 6	Luke 15	<input type="checkbox"/>
2	2 Chron 1	1 John 1	7	16	<input type="checkbox"/>
3	2	2	Nahum 1	17	<input type="checkbox"/>
4	3, 4	3	2	18	<input type="checkbox"/>
5	5, 6:1-11	4	3	19	<input type="checkbox"/>
6	6:12-42	5	Habakkuk 1	20	<input type="checkbox"/>
7	7	2 John	2	21	<input type="checkbox"/>
8	8	3 John	3	22	<input type="checkbox"/>
9	9	Jude	Zephaniah 1	23	<input type="checkbox"/>
10	10	Revelation 1	2	24	<input type="checkbox"/>
11	11, 12	2	3	John 1	<input type="checkbox"/>
12	13	3	Haggai 1	2	<input type="checkbox"/>
13	14, 15	4	2	3	<input type="checkbox"/>
14	16	5	Zechariah 1	4	<input type="checkbox"/>
15	17	6	2	5	<input type="checkbox"/>
16	18	7	3	6	<input type="checkbox"/>
17	19, 20	8	4	7	<input type="checkbox"/>
18	21	9	5	8	<input type="checkbox"/>
19	22, 23	10	6	9	<input type="checkbox"/>
20	24	11	7	10	<input type="checkbox"/>
21	25	12	8	11	<input type="checkbox"/>
22	26	13	9	12	<input type="checkbox"/>
23	27, 28	14	10	13	<input type="checkbox"/>
24	29	15	11	14	<input type="checkbox"/>
25	30	16	12, 13:1	15	<input type="checkbox"/>
26	31	17	13:2-9	16	<input type="checkbox"/>
27	32	18	14	17	<input type="checkbox"/>
28	33	19	Malachi 1	18	<input type="checkbox"/>
29	34	20	2	19	<input type="checkbox"/>
30	35	21	3	20	<input type="checkbox"/>
31	36	22	4	21	<input type="checkbox"/>



Camelback Bible Church
3900 E. Stanford Drive
Paradise Valley, AZ 85253
Telephone (602) 955-6370
www.cbcaz.org

Sunday Morning Worship 9:00 & 10:40 AM
Sunday School classes for all ages both hours

God-glorifying,

Cross-centered,

Life-transforming...

...serving in our world as Christ served in His.



CAMELBACK BIBLE CHURCH