

Μὴ οὖν τις ὑμᾶς κρινέτω  
Let not therefore anyone ye judge  
ἐν βρώσει καὶ ἐν πόσει  
in eating and in drinking  
ἢ ἐν μέρει  
either in part  
ἐορτῆς ἢ νομηνίας ἢ σαββάτων,  
a feast or a new moon or Sabbaths,  
ἃ ἔστιν σκιά τῶν μελλόντων,  
which are a reflection of the things to come  
τὸ δὲ σῶμα τοῦ Χριστοῦ.  
the and [reflecting] body of the Anointed.

*Therefore, let not anyone judge ye in eating and drinking,  
whether during a feast, or a new moon or Sabbaths,  
which are a reflection of the things to come,  
and that reflected being Messiah.*