

# JEWISH CALENDAR

5769  
2008/09



FRIENDS OF REFUGEES OF EASTERN EUROPE

*wishes you a*

*Happy New Year!*

שנה טובה





# FRIENDS OF REFUGEES OF EASTERN EUROPE

*Serving America's Russian Immigrants Since 1969*

## ELEMENTARY & HIGH SCHOOL

In 1969, F.R.E.E. founded the first Jewish High School for Russian immigrants in the United States. This feat was followed in 1974 with the opening of the first Jewish Elementary School for Russian immigrants.

Both schools have seen over 7,500 students pass through their halls, helping to grow countless Jewish professionals in every discipline.

The F.R.E.E. schools combine an excellent Jewish education with a strong background in general studies.



## CAMP FREE - GAN ISRAEL



Camp FREE - Gan Israel was established in the summer of 1972, in order to serve the needs of America's Russian-Jewish immigrant children residing in the Greater New York area. The Camp

is growing in both programming and popularity. F.R.E.E. produces a summer camp that is simultaneously fun and spiritual for youth.

The camp is one of a series of activities for children carried out by F.R.E.E.'s Youth Division throughout the year; which include weekly Shabbatons, After School Program, trips and other exciting activities.

[WWW.CAMPFREE.ORG](http://WWW.CAMPFREE.ORG)

## AFTER SCHOOL PROGRAM

F.R.E.E.'s After School Program allows Jewish public school children aged 6-13 time to catch up on homework, absorb classes on Judaism, and participate in interactive games and activities with their peers.

The success of the program is due to the professional teachers who plan and execute the exciting schedule. Judaic studies include: Hebrew reading and writing, Jewish history, and the weekly Torah portion. The goal of the program is to fill in gaps in Jewish knowledge not addressed in public school, and to provide homework assistance in general academic studies.



## F.R.E.E. CIRCUMCISION PROGRAM

Most Jewish males from the Former Soviet Union have never been circumcised due to the long-standing communist prohibition of Jewish religious practice.

From its inception, F.R.E.E. has been working to repair the policies of Soviet Russia, notifying Russian Jewish immigrants that this spiritually crucial ceremony is available completely free of charge. F.R.E.E. meets with interested families and handles all manner of questions.

Additionally, F.R.E.E. explains the mystical benefits of Bris Milah, and its positive effects on the generations to come. With the fear of communist reprisal behind them, Russian immigrants have responded favorably over the years, leading to over 13,500 Jews of all ages perfecting the relationship with their heritage through this ancient and extremely important mitzvah.

To schedule a Bris, or to have the merit of being a Sandek, please call 718-467-0860.

[WWW.FREECIRCUMCISION.ORG](http://WWW.FREECIRCUMCISION.ORG)



## F.R.E.E. PUBLISHING HOUSE

In 1971, F.R.E.E. launched what was to become one of its key undertakings - a Russian and bilingual publishing house, the world's first, for authentic Jewish books, Biblical texts, other classical Jewish texts and literature, and booklets on Jewish observance, philosophy and history. There are over 100 such booklet titles currently in print.



Before each Jewish holiday, F.R.E.E. publishes and distributes attractive, multicolored brochures detailing the holiday's history, practices and spiritual content.

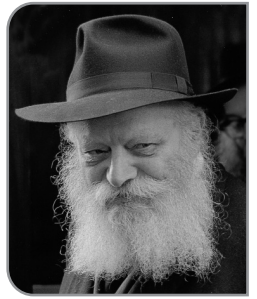
Taking advantage of modern technology, F.R.E.E. has created its own Russian-language website: [www.JudaismInRussian.com](http://www.JudaismInRussian.com). It serves the Russian-speaking community, giving detailed information on many Jewish topics including the most basic Jewish observances and holidays, and provides the texts of the weekly Torah portions with commentaries and applicable lessons. The website also has a library section, providing complete texts of numerous classic Torah works.

[WWW.JUDAISMINRUSSIAN.COM](http://WWW.JUDAISMINRUSSIAN.COM)

**FOR MORE INFORMATION: 718-467-0860 • [www.RussianJewry.org](http://www.RussianJewry.org)**

THIS CALENDAR IS DEDICATED TO  
THE LUBAVITCHER REBBE, RABBI MENACHEM M. SCHNEERSON

*His passionate and uncompromising love for every Jew, insisting that all Jews are equal regardless of background or affiliation; his love and devotion to the land of Israel and his love for G-d and Torah – these are beacons of truth and love that continue to guide and inspire us.*



*a note from the chairman*

Dear Friend,

As we approach the Jewish New Year 5769, we are pleased to present to you with the Jewish Art Calendar for the coming year 5769 (2008-09), with the compliments of Friends of Refugees of Eastern Europe (F.R.E.E.).

This calendar contains information, events and dates for the Jewish year, based on the lunar cycle, together with the corresponding solar dates.

The fact that the Jewish calendar follows the pattern of the moon is quite significant and should give us inspiration and guidance in these difficult and trying times. Our Sages have compared the Jewish people to the moon. At times, the moon seems to be only a sliver of light. However, just when it seems to disappear entirely, it suddenly appears larger and brighter each day. The same is true of the Jewish people. Although our history is full of ups and downs, periods of peace and times of tribulation, the Jews will never completely disappear. Like the moon, in essence we are eternal and destined to grow ever stronger and brighter.

As the New Year approaches, it is incumbent upon us to reflect upon the past year. We are pleased to inform you that the programs of F.R.E.E. continue to develop. Founded by a directive of the Lubavitcher Rebbe in 1969, F.R.E.E. was the first Jewish organization in the United States to focus its services on Russian Jewish immigrants. F.R.E.E. has grown to be America's largest Jewish religious and cultural organization serving the Russian Jewish community. With over 10 centers around the world, F.R.E.E. continues to offer a broad range of services from social services to the elderly to Jewish day schools for the young.

When Soviet Jews began arriving here in the mid 1960's, few in the Jewish community realized that they were the forerunners of hundreds of thousands more. Even fewer realized how they yearned to express their Jewish identity, after being denied access to their Jewish heritage for over half a century, and how they would learn to love Jewish life. F.R.E.E. knows this because it has been monitoring their attitudes and progress from the moment they arrived.

The coming year of 5769 marks our 40th anniversary, a milestone for us and for our many friends, most of whom came to these shores from the dark world of the

communist Soviet Union. From its inception, F.R.E.E. has sought to achieve its mandate of assisting Russian Jewish immigrants in all aspects of their material and spiritual lives. We have sought first to ease their transition from the gloom of the Soviet Union to the freedom of America and other western countries.

F.R.E.E. has been helping with everything from the day-to-day needs of food, shelter, clothing and gainful employment to the spiritual needs found in religious ceremony, education, celebration and prayer. Our organization has devoted its energies and resources toward providing quality and innovative programs and services for Russian Jewish immigrants of all ages worldwide.

Now more than ever, F.R.E.E. needs your support to meet the increasing needs of Russian Jewish communities around the world. In particular, with the coming school year, F.R.E.E. is looking for donors to undertake the cost of a child's education in our Russian Jewish schools. With the High Holidays approaching, now is the time to participate in the mitzvah of tzedaka with a tax-deductible contribution to F.R.E.E.

You are invited to earmark your contribution for days, weeks or months of a child's educational expenses, or to help fund publications that teach our faith and history. Opportunities are also available for dedications to honor the memory of your loved ones.

Please respond generously so that our vital work can continue, reaching ever more people in need. F.R.E.E.'s success in serving hundreds of thousands to date ensures that your charitable investment in our work will reap gratifying dividends.

Just one gift will enable you to make an everlasting impact! We thank you in advance for your support, and may you and your family be inscribed for a sweet year with abundant blessings of health, joy, and prosperity in all of your endeavors.

Kesivah Vachasima Tovah!

Sincerely,

*M. Okunov*

Rabbi Mayer Okunov  
Chairman



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"I will sing to G-d throughout my life; I will make music to my G-d while I exist" (Psalm 104:33)

**THE MONTH OF ELUL**

One of the major accusations often leveled at the CEO of the universe is inaccessibility. These charges are entirely unfounded. G-d is everywhere and from there He awaits your call. And just to prove it, one month before Rosh Hashana, He devotes an entire month to being as approachable as an Al-mighty Creator can get. Think of it as though the big boss took a stroll through the cubicles, happily chatting with anyone who approaches, giving each his full attention and a warm smile.

That's what our sages mean when they call Elul the month of divine compassion. During these days, you can repair all that went amiss from the entire year – with study, with charity and good deeds, with meditation and prayer. That is also why we blow the Shofar every day of this month, as a wake-up call to prepare for the magnificent days to come.

During the week leading up to Rosh Hashana (this year beginning Sunday, September 21st), the Slichot prayers are recited, the first night at midnight following Shabbat, the following days in the early morning.

**THE EIGHTEENTH OF ELUL**

Birthday of Rabbi Yisroel Baal Shem Tov, founder of Chassidism, renowned for his love of every Jew. Birthday of Rabbi Schneur Zalman of Liadi, founder of Chabad-Lubavitch intellectual branch of Chassidism.

**ROSH HASHANA**

Rosh Hashana, the beginning of the Jewish year. This is the day G-d completed His creation by creating Adam and Eve, the first humans. On the very first day of his creation, Adam acknowledged G-d's Kingship over the entire universe. We, too, continue to do so every Rosh Hashana, as we reaffirm our commitment to following G-d's commandments. An important Rosh Hashana observance is the sounding of the Shofar (the ram's horn).

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12/16 5768

# SEPTEMBER 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
<p>TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR NEW YORK AND NEW JERSEY</p>	<p>1 א אלול Elul 1</p> <p>ראש חדש אלול Rosh Chodesh Elul</p> <p>Labor Day</p>	<p>2 ב אלול Elul 2</p>	<p>3 ג אלול Elul 3</p>	<p>4 ד אלול Elul 4</p>	<p>5 ה אלול Elul 5</p> <p> Light candles at 7:03</p>	<p>6 ו אלול Elul 6</p> <p>שופטים SHOFTIM</p> <p>Shabbat ends at 8:01</p>			
	<p>7 ז אלול Elul 7</p> <p>Grandparents Day</p>	<p>8 ח אלול Elul 8</p>	<p>9 ט אלול Elul 9</p>	<p>10 י אלול Elul 10</p>	<p>11 יא אלול Elul 11</p>	<p>12 יב אלול Elul 12</p> <p> Light candles at 6:51</p>	<p>13 יג אלול Elul 13</p> <p>כי תצא KI TEITZEI</p> <p>Shabbat ends at 7:49</p>		
<p>14 יד אלול Elul 14</p>	<p>15 טו אלול Elul 15</p>	<p>16 טז אלול Elul 16</p>	<p>17 יז אלול Elul 17</p>	<p>18 יח אלול Elul 18</p> <p><i>Birthday of the Baal Shem Tov &amp; the Alter Rebbe</i></p>	<p>19 יט אלול Elul 19</p> <p> Light candles at 6:40</p>	<p>20 כ אלול Elul 20</p> <p>כי תבוא KI TAVO</p> <p>Shabbat Selichot</p> <p>Shabbat ends at 7:36</p>			
<p>21 כא אלול Elul 21</p>	<p>22 כב אלול Elul 22</p>	<p>23 כג אלול Elul 23</p>	<p>24 כד אלול Elul 24</p>	<p>25 כה אלול Elul 25</p>	<p>26 כו אלול Elul 26</p> <p><i>Yahrzeit of NOCHUM BEN BORUCH BARANOFF ע"ה</i></p> <p> Light candles at 6:28</p>	<p>27 כז אלול Elul 27</p> <p>נצבים NITZAVIM</p> <p>Shabbat ends at 7:25</p>			
<p>28 כח אלול Elul 28</p>	<p>29 כט אלול Elul 29</p> <p><i>Birthday of the Tzemach Tzedek</i></p> <p>ערב ראש השנה Eve of Rosh Hashana</p> <p> Light candles at 6:23</p>	<p>30 א תשרי Tishrei 1</p> <p>New moon: 1:58am 13/18</p> <p>יום א' דראש השנה First day of ROSH HASHANA</p> <p> Light candles after 7:20</p>	<p>DO YOU NEED SOMEONE TO SAY <b>KADDISH?</b></p> <p>OBSERVE YAHRTZEITS? CONTACT F.R.E.E. AT 718-467-0860 OR VISIT US AT <a href="http://www.kaddishservices.com">www.kaddishservices.com</a></p>				<p><i>Do a MITZVAH!</i></p> <p>HONOR YOUR LOVED ONES WITH A MEMORIAL PLAQUE DISPLAYED IN A SYNAGOGUE AS AN EVER LASTING TRIBUTE.</p> <p>718-467-0860</p>	<p>DONATE YOUR CAR, TRUCK OR RV TO FRIENDS OF REFUGEES OF EASTERN EUROPE AND RECEIVE A FULL TAX BREAK FROM UNCLE SAM!</p> <p>CALL TO ARRANGE A FREE PICK UP 718-467-0860</p>	<p><b>F.R.E.E. CIRCUMCISION PROGRAM</b></p> <p>CALL US TO ARRANGE A BRIS MILAH. INFANTS &amp; ADULTS: FROM 8 DAYS TILL 120 YEARS!</p> <p>718-467-0860</p> <p><a href="http://WWW.FREECIRCUMCISION.ORG">WWW.FREECIRCUMCISION.ORG</a></p>



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"And you should take for yourselves ... a beautiful tree fruit, a palm branch ... and willows of the stream ..." (Vayikra 23:40) - The Four Species

## YOM KIPPUR

Yom Kippur, the Day of Atonement, is the holiest day in the Jewish calendar. On this day G-d promises to forgive all our sins, as long as we regret our past and resolve to do better in the future.

During this day, we refrain from work as we do on Shabbat. In addition, we refrain from any food or drink, washing, anointing ourselves with oils or lotions, marital relations, and the wearing of leather shoes.

## SUKKOT

After a period of seriousness and reflection during the Days of Awe, we are ready for the joyous holiday of Sukkot. During Sukkot, 'the season of happiness', we rejoice in the knowledge that G-d has inscribed us for a good and healthy new year.

On each day of Sukkot, except for Shabbat, we observe the special mitzvah of shaking the Lulav (palm branch) and the Etrog (citron). Together with the Hadas (myrtle) and the Arava (willow), these plants represent the various types of Jews who together form the Jewish nation. We shake all four species to affirm the unity of the Jewish nation.

## SIMCHAT TORAH

Simchat Torah marks the day we complete the reading of the Torah in its annual cycle. On the evening of Simchat Torah (in some communities, on the previous evening of Shemini Atzeret as well), we make seven *Hakafot* (circles) around the *Bimah* (table) on which the Torah is read, dancing and rejoicing with the Torah scrolls.

During morning services on Simchat Torah, the Torah is officially completed by reading the last Torah portion. We immediately start reading from the beginning of the Torah again, for the Torah's teachings are endless, and we shall always seek to delve deeper and deeper into its meanings.



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# OCTOBER 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR NEW YORK AND NEW JERSEY</p>	<p>DONATE YOUR CAR, TRUCK OR RV TO FRIENDS OF REFUGEES OF EASTERN EUROPE AND RECEIVE A FULL TAX BREAK FROM UNCLE SAM! CALL TO ARRANGE A FREE PICK UP 718-467-0860</p>	<p>EVERY JEWISH HOME SHOULD HAVE A PUSHKA CALL TO RECEIVE YOUR OWN 718-467-0860</p>	<p>1 ב' תשרי Tishrei 2</p> <p>יום ב' דראש השנה Second day of ROSH HASHANA</p> <p>Yom Tov ends at 7:18</p>	<p>2 ג' תשרי Tishrei 3</p> <p>Yahrzeit of MATTY WEINGARTEN ע"ה הי"ד</p> <p>צום גדלי' Fast of Gedaliah</p> <p>Fast ends at 7:03</p>	<p>3 ד' תשרי Tishrei 4</p> <p>Light candles at 6:16</p>	<p>4 ה' תשרי Tishrei 5</p> <p>וילך VAYELECH</p> <p>Shabbat Shuva</p> <p>Shabbat ends at 7:13</p>
<p>5 ו' תשרי Tishrei 6</p> <p>Yahrzeit of Rebbetzin Chana Schneerson</p>	<p>6 ז' תשרי Tishrei 7</p>	<p>7 ח' תשרי Tishrei 8</p>	<p>8 ט' תשרי Tishrei 9</p> <p>ערב יום כיפור Eve of Yom Kippur</p> <p>Light candles at 6:08</p> <p>Fast begins at 6:26</p>	<p>9 י' תשרי Tishrei 10</p> <p>יום כיפור YOM KIPPUR</p> <p>Yizkor</p> <p>Yom Kippur ends at 7:05</p>	<p>10 י"א תשרי Tishrei 11</p> <p>Light candles at 6:05</p>	<p>11 י"ב תשרי Tishrei 12</p> <p>האזינו HAAZINU</p> <p>Shabbat ends at 7:02</p>
<p>12 י"ג תשרי Tishrei 13</p> <p>Yahrzeit of the Rebbe Maharash</p>	<p>13 י"ד תשרי Tishrei 14</p> <p>ערב חג הסוכות Eve of Sukkot</p> <p>Light candles at 6:00</p> <p>Columbus Day</p>	<p>14 טו תשרי Tishrei 15</p> <p>יום א' דחג הסוכות First day of SUKKOT</p> <p>Light candles after 6:57</p>	<p>15 טז תשרי Tishrei 16</p> <p>יום ב' דחג הסוכות Second day of SUKKOT</p> <p>Yom Tov ends at 6:56</p>	<p>16 יז תשרי Tishrei 17</p> <p>א' דחול המועד סוכות 1st Intermediate Day of Sukkot</p>	<p>17 יח תשרי Tishrei 18</p> <p>ב' דחול המועד סוכות 2nd Intermediate Day of Sukkot</p> <p>Light candles at 5:54</p>	<p>18 י"ט תשרי Tishrei 19</p> <p>ג' דחול המועד סוכות 3rd Intermediate Day of Sukkot</p> <p>Shabbat ends at 6:52</p>
<p>19 כ' תשרי Tishrei 20</p> <p>ד' דחול המועד סוכות 4th Intermediate Day of Sukkot</p>	<p>20 כ"א תשרי Tishrei 21</p> <p>הושענא רבה Hoshana Rabba</p> <p>Light candles at 5:50</p>	<p>21 כ"ב תשרי Tishrei 22</p> <p>שמיני עצרת SHEMINI ATZERET</p> <p>Yizkor</p> <p>Light candles after 6:48</p>	<p>22 כ"ג תשרי Tishrei 23</p> <p>שמחת תורה SIMCHAT TORAH</p> <p>Yom Tov ends at 6:46</p>	<p>23 כ"ד תשרי Tishrei 24</p> <p>אסרו חג Istru Chag</p>	<p>24 כ"ה תשרי Tishrei 25</p> <p>Light candles at 5:44</p>	<p>25 כ"ו תשרי Tishrei 26</p> <p>בראשית BEREISHIT</p> <p>Blessing of New Month</p> <p>Shabbat ends at 6:42</p>
<p>26 כ"ז תשרי Tishrei 27</p>	<p>27 כ"ח תשרי Tishrei 28</p>	<p>28 כ"ט תשרי Tishrei 29</p>	<p>29 ל' תשרי Tishrei 30</p> <p>New moon: 2:42pm 14/18</p> <p>ראש חדש חשוון Rosh Chodesh Cheshvan</p>	<p>30 א' חשוון Cheshvan 1</p> <p>ראש חדש חשוון Rosh Chodesh Cheshvan</p>	<p>31 ב' חשוון Cheshvan 2</p> <p>Light candles at 5:35</p>	<p>Shabbat ends at 6:34</p>



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"Let my right hand forget its dexterity ... if I do not place Jerusalem above my highest joy" (Psalms 137:5-6) - A walk outside Jerusalem

**THE MITZVAH OF TEFILLIN**

*Tefillin*, or phylacteries, are donned every weekday by Jewish men and boys over the age of 13. The Torah describes *Tefillin* as a sign – a public statement of Jewish involvement. By donning *Tefillin* daily, an individual gives expression to his basic feeling of Jewish identity and its importance to him.

The *Tefillin* are placed on the arm facing the heart, and on the head. This signifies the binding of one's emotional and intellectual powers to the service of G-d. The straps, stretching from the arm to the hand and from the head to the legs, signify the transmission of intellectual and emotional energy to the hands and feet, symbolizing deed and action.

**SHABBAT AND FESTIVAL CANDLES**

Light is a subject which has stirred the imagination of poets, scientists and psychologists. Because its nature is so different from other material entities, it is frequently used to describe spiritual insight. Shabbat is a day of light; a day with a different pattern and value-orientation. The lighting of the Shabbat Candles ushers in and inspires this state of awareness.

The responsibility for lighting the candles and inducing this change of perspective is the woman's. Young girls from the age of three are also encouraged to light their own candle, both as a means of involvement and as a part of their education.

**RESPECT FOR PARENTS – A RELIGIOUS PRINCIPLE**

The fact that "to honor" and "to revere" parents are Mitzvot of the Torah, impresses upon these precepts a stamp of absoluteness and makes of them independent principles. It no longer matters whether a particular society may have a different standard of ethics and code of morality. This is the effect of the Torah's laws – to enliven the seemingly ordinary behaviors of society with a G-dly spirit.

**DEDICATE A LIFE**

The F.R.E.E. Publishing House is now offering opportunities for individuals or foundations to sponsor new releases and reprints of timeless classics. There are many important publications ready to go to press but are awaiting sponsors. Please consider this opportunity and make an everlasting contribution to Russian Jewry.



FOR MORE INFORMATION PLEASE CONTACT RABBI OKUNOV AT F.R.E.E.  
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# NOVEMBER 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR NEW YORK AND NEW JERSEY</p>	<p>DO YOU NEED SOMEONE TO SAY <b>KADDISH?</b> OBSERVE YAHRTZEITS? CONTACT F.R.E.E. AT 718-467-0860 OR VISIT US AT <a href="http://www.kaddishservices.com">www.kaddishservices.com</a></p>	<p><i>Do a MITZVAH!</i> <i>HONOR YOUR LOVED ONES WITH A MEMORIAL PLAQUE DISPLAYED IN A SYNAGOGUE AS AN EVER LASTING TRIBUTE.</i> 718-467-0860</p>	<p><i>DONATE YOUR CAR, TRUCK OR RV TO FRIENDS OF REFUGEES OF EASTERN EUROPE AND RECEIVE A FULL TAX BREAK FROM UNCLE SAM!</i> CALL TO ARRANGE A FREE PICK UP 718-467-0860</p>	<p><i>EVERY JEWISH HOME SHOULD HAVE A PUSHKA</i> CALL TO RECEIVE YOUR OWN 718-467-0860</p>	<p><i>Illuminate your home with the light of Shabbat candles!</i></p> <p style="text-align: right;"> Light candles at 5:35</p>	<p><b>1</b> <span style="float: right;">ג חשוון Cheshvan 3</span> נח NOACH</p> <p style="text-align: right;">DAYLIGHT SAVING TIME Shabbat ends at 6:34</p>
<p><b>2</b> <span style="float: right;">ד חשוון Cheshvan 4</span></p> <p style="text-align: center;"><i>Yahrtzeit of</i> RABBI DOVID B"R EPHRAIM ז"ל הי"ד OKUNOV</p> <p style="text-align: left;">EASTERN STANDARD TIME</p>	<p><b>3</b> <span style="float: right;">ה חשוון Cheshvan 5</span></p>	<p><b>4</b> <span style="float: right;">ו חשוון Cheshvan 6</span></p> <p style="text-align: center;">Election Day</p>	<p><b>5</b> <span style="float: right;">ז חשוון Cheshvan 7</span></p>	<p><b>6</b> <span style="float: right;">ח חשוון Cheshvan 8</span></p>	<p><b>7</b> <span style="float: right;">ט חשוון Cheshvan 9</span></p> <p style="text-align: right;"> Light candles at 4:27</p>	<p><b>8</b> <span style="float: right;">י חשוון Cheshvan 10</span> לך לך LECH LECHA</p> <p style="text-align: right;">Shabbat ends at 5:27</p>
<p><b>9</b> <span style="float: right;">יא חשוון Cheshvan 11</span></p> <p style="text-align: center;"><i>Yahrtzeit of</i> RABBI AVROHOM WEINGARTEN ז"ל</p>	<p><b>10</b> <span style="float: right;">יב חשוון Cheshvan 12</span></p>	<p><b>11</b> <span style="float: right;">יג חשוון Cheshvan 13</span></p> <p style="text-align: center;">Veterans Day</p>	<p><b>12</b> <span style="float: right;">יד חשוון Cheshvan 14</span></p>	<p><b>13</b> <span style="float: right;">טו חשוון Cheshvan 15</span></p>	<p><b>14</b> <span style="float: right;">טז חשוון Cheshvan 16</span></p> <p style="text-align: right;"> Light candles at 4:21</p>	<p><b>15</b> <span style="float: right;">יז חשוון Cheshvan 17</span> וירא VAYEIRA</p> <p style="text-align: right;">Shabbat ends at 5:21</p>
<p><b>16</b> <span style="float: right;">יח חשוון Cheshvan 18</span></p>	<p><b>17</b> <span style="float: right;">יט חשוון Cheshvan 19</span></p>	<p><b>18</b> <span style="float: right;">כ חשוון Cheshvan 20</span></p> <p style="text-align: center;"><i>Birthday of the Rebbe Rashab</i> ני"ע</p>	<p><b>19</b> <span style="float: right;">כא חשוון Cheshvan 21</span></p>	<p><b>20</b> <span style="float: right;">כב חשוון Cheshvan 22</span></p>	<p><b>21</b> <span style="float: right;">כג חשוון Cheshvan 23</span></p> <p style="text-align: center;"><i>Yahrtzeit of</i> MAX L. SHULMAN מרדכי בן יעקב ע"ה</p> <p style="text-align: right;"> Light candles at 4:15</p>	<p><b>22</b> <span style="float: right;">כד חשוון Cheshvan 24</span> חיי שרה CHAYEI SARAH</p> <p style="text-align: right;">Blessing of New Month Shabbat ends at 5:17</p>
<p><b>23</b> <span style="float: right;">כה חשוון Cheshvan 25</span></p>	<p><b>24</b> <span style="float: right;">כו חשוון Cheshvan 26</span></p>	<p><b>25</b> <span style="float: right;">כז חשוון Cheshvan 27</span></p> <p style="text-align: center;"><i>Yahrtzeit of</i> DR. ELLIOT WITKIND</p>	<p><b>26</b> <span style="float: right;">כח חשוון Cheshvan 28</span></p>	<p><b>27</b> <span style="float: right;">כט חשוון Cheshvan 29</span></p> <p style="text-align: center;">Thanksgiving Day</p>	<p><b>28</b> <span style="float: right;">א כסלו Kislev 1</span></p> <p style="text-align: right;">New moon: 3:26am 15/18 ראש חודש כסלו Rosh Chodesh Kislev</p> <p style="text-align: right;"> Light candles at 4:12</p>	<p><b>29</b> <span style="float: right;">ב כסלו Kislev 2</span> תולדות TOLDOT</p> <p style="text-align: right;">Shabbat ends at 5:14</p>
<p><b>30</b> <span style="float: right;">ג כסלו Kislev 3</span></p>						



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### CELEBRATING CHANUKAH

The kindling of the Menorah is the focal point of the Chanukah holiday. The Menorah symbolizes religious freedom and the strength of the Jewish spirit. The Menorah is kindled on each of the eight nights of Chanukah, this year beginning Sunday, December 21st.

Many have the custom to place the Menorah in a doorway opposite the *Mezuzah* so that the two Mitzvot of *Mezuzah* and Chanukah surround the person. Others place it on a window sill facing a public through-fare. The location of lighting, as well as the practice of lighting after sunset, underlines that the purpose of Chanukah is to illuminate the street outside, transforming the darkness and negative forces into light.

The Chanukah lights are kindled in the evening preceding each of the eight days of Chanukah. The custom of many communities is to light the Menorah at sunset. However, due to Shabbat observances, we light it before the Shabbat candles on Friday and after the Havdalah ceremony on Shabbat.

Although an olive-oil Menorah is preferable, one may use any single-wick candle to perform this Mitzvah. Prepare the Menorah, with the appropriate number of candles, so that the candles will stay lit for a half-hour after nightfall. Gather all family members as you light the Shamash (the service candle). Recite the blessings and then light the candles beginning from the left. When finished, place the Shamash at its designated place on the Menorah.

Both men and women are obligated to light the Chanukah Menorah, or to participate in the Menorah lighting by the head of the household. Children should be encouraged to light their own Menorahs.

During all eight days of Chanukah, the "Hallel" psalms of praise are added to the morning prayers, and the Torah is read.

"Then Your children entered the shrine of Your House, cleansed Your Temple ... and kindled lights in Your holy courtyards" (Al Hanisim Prayer)

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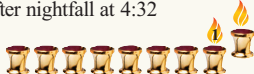







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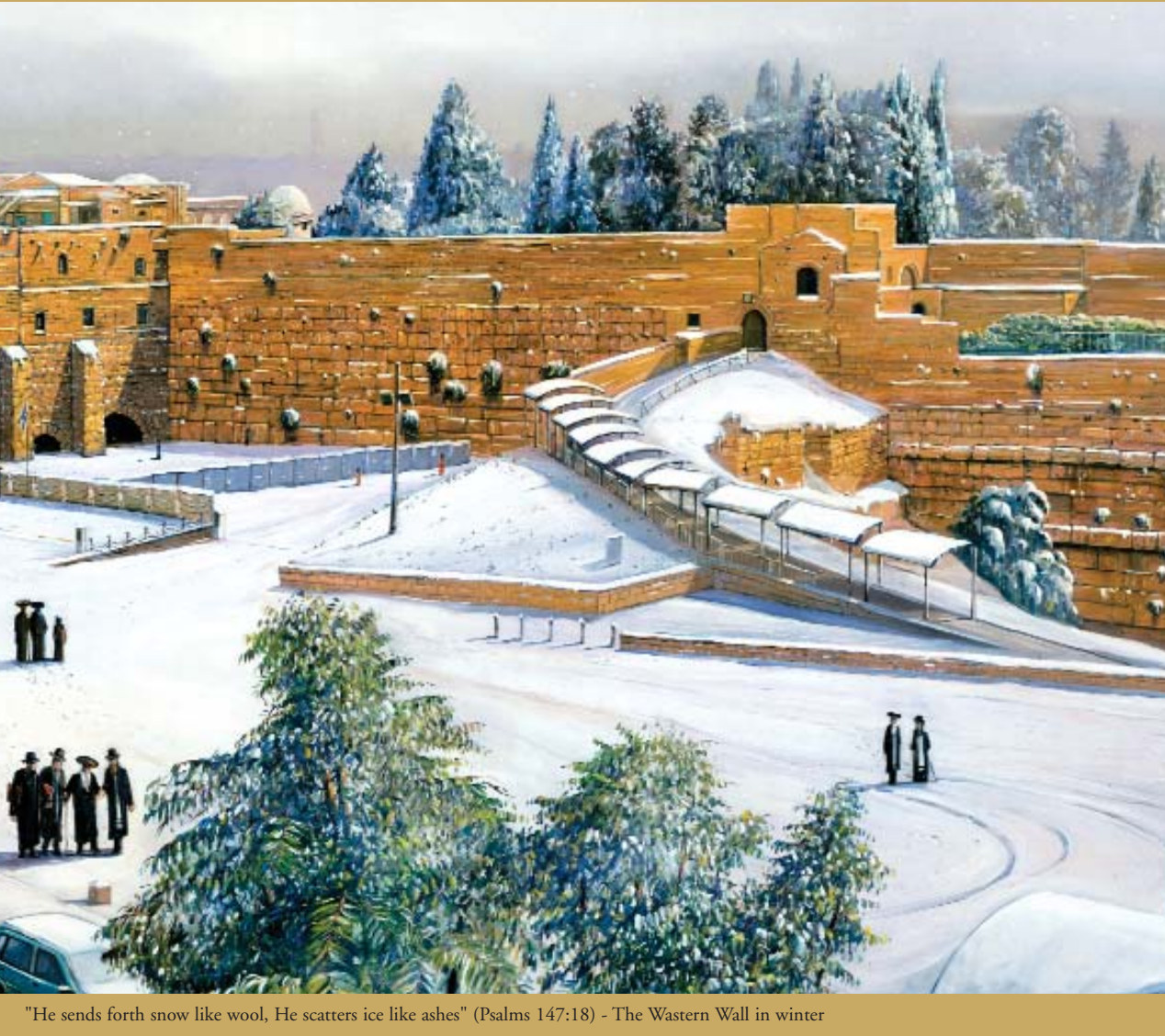
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# DECEMBER 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>TIMES SHOWN ARE EASTERN STANDARD TIME FOR NEW YORK AND NEW JERSEY</p>	<p>1 <b>ד כסלו</b> Kislev 4</p>	<p>2 <b>ה כסלו</b> Kislev 5</p>	<p>3 <b>ו כסלו</b> Kislev 6</p>	<p>4 <b>ז כסלו</b> Kislev 7</p>	<p>5 <b>ח כסלו</b> Kislev 8</p>	<p>6 <b>ט כסלו</b> Kislev 9</p> <p>ויצא VAYEITZEI</p> <p><i>Birthday and Yahrtzeit of the Mitteler Rebbe</i></p> <p>Shabbat ends at 5:13</p>
<p>7 <b>י כסלו</b> Kislev 10</p> <p><i>The Mitteler Rebbe was released from prison</i></p>	<p>8 <b>יא כסלו</b> Kislev 11</p>	<p>9 <b>יב כסלו</b> Kislev 12</p>	<p>10 <b>יג כסלו</b> Kislev 13</p>	<p>11 <b>יד כסלו</b> Kislev 14</p> <p>Start to say Tal Umatar in Maariv Thursday night</p>	<p>12 <b>טו כסלו</b> Kislev 15</p> <p>Light candles at 4:11</p>	<p>13 <b>טז כסלו</b> Kislev 16</p> <p>וישלח VAYISHLACH</p> <p>Shabbat ends at 5:14</p>
<p>14 <b>יז כסלו</b> Kislev 17</p>	<p>15 <b>יח כסלו</b> Kislev 18</p>	<p>16 <b>יט כסלו</b> Kislev 19</p> <p><i>Yahrtzeit of Maggid of Mezritch The Alter Rebbe was released from prison. Rosh Hashana of Chassidus</i></p>	<p>17 <b>כ כסלו</b> Kislev 20</p>	<p>18 <b>כא כסלו</b> Kislev 21</p>	<p>19 <b>כב כסלו</b> Kislev 22</p> <p>Light candles at 4:13</p>	<p>20 <b>כג כסלו</b> Kislev 23</p> <p>וישב VAYEISHEV</p> <p>Blessing of New Month</p> <p>Shabbat ends at 5:17</p>
<p>21 <b>כד כסלו</b> Kislev 24</p> <p>Light Menorah during Chanukah after nightfall at 4:32</p> 	<p>22 <b>כה כסלו</b> Kislev 25 CHANUKAH</p> 	<p>23 <b>כו כסלו</b> Kislev 26 CHANUKAH</p> 	<p>24 <b>כז כסלו</b> Kislev 27 CHANUKAH</p> 	<p>25 <b>כח כסלו</b> Kislev 28 CHANUKAH</p> 	<p>26 <b>כט כסלו</b> Kislev 29 CHANUKAH</p> <p>Menorah lighting <i>before</i> Shabbat candles</p>  <p>Light candles at 4:17</p>	<p>27 <b>ל כסלו</b> Kislev 30 CHANUKAH</p> <p>New moon: 4:10pm 16/18 MIKEITZ / מִקֵּץ</p> <p>Rosh Chodesh Tevet / רִיחַ שַׁבָּת</p> <p>Shabbat ends at 5:21</p> <p>Menorah lighting <i>after</i> Shabbat ends</p> 
<p>28 <b>א טבת</b> Tevet 1 CHANUKAH</p> <p>ראש חדש טבת Rosh Chodesh Tevet</p> 	<p>29 <b>ב טבת</b> Tevet 2 CHANUKAH</p>	<p>30 <b>ג טבת</b> Tevet 3</p>	<p>31 <b>ד טבת</b> Tevet 4</p>	<p>DO YOU NEED SOMEONE TO SAY <b>KADDISH?</b></p> <p>OBSERVE YAHRTZEITS? CONTACT F.R.E.E. AT 718-467-0860 OR VISIT US AT <a href="http://www.kaddishservices.com">www.kaddishservices.com</a></p> <p><i>Do a MITZVAH! HONOR YOUR LOVED ONES WITH A MEMORIAL PLAQUE DISPLAYED IN A SYNAGOGUE AS AN EVER LASTING TRIBUTE. 718-467-0860</i></p> <p><i>DONATE YOUR CAR, TRUCK OR RV TO FRIENDS OF REFUGEES OF EASTERN EUROPE AND RECEIVE A FULL TAX BREAK FROM UNCLE SAM! CALL TO ARRANGE A FREE PICK UP 718-467-0860</i></p>		



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"He sends forth snow like wool, He scatters ice like ashes" (Psalms 147:18) - The Western Wall in winter

**THE TENTH OF TEVET**

Observed as a fast day, marking the date on which Jerusalem was put under siege by the Babylonian king Nebuchadnezar, resulting in the destruction of the First Temple (422 BCE).

**THE MITZVAH OF TZEDAKAH**

Our sages distinguish between two types of Mitzvot: a) the Mitzvot that are part of the service and worship of G-d, thus related to the man-G-d relationship; and b) the Mitzvot affecting our fellow-humans, thus related to human relationships and concourse.

Tzedakah literally means justice but is commonly translated as charity. However, in truth Tzedakah is not an undeserved gift to the recipient, but it is the proper use for wealth as intended from above. G-d could have distributed wealth evenly throughout all of creation. However, He desired that we be a partner with Him in perfecting His world. Thus, in truth, our material wealth is entrusted to us by G-d for the purpose of using it in accordance with His will. We can now appreciate why Tzedakah means, not charity, but justice – for in giving Tzedakah to the needy, we are giving them what is rightfully theirs.

There are eight degrees or levels of charity, each greater than the previous one: The eighth level is when one gives Tzedakah grudgingly. The seventh level is when one gives less than he should, but does so cheerfully. The sixth level is when one gives directly to the poor upon being asked. The fifth level is when one gives directly to the poor without being asked. The fourth level is when the giving is indirect – the recipient knows who the giver is, but the giver does not know the recipient. The third level is when the giver knows the identity of the recipient, but the recipient does not know the identity of the giver. The second highest level is when both the giver and receiver are unaware of each other. The highest form of Tzedakah is to help sustain a person before he becomes impoverished by offering a gift in a dignified manner, by extending an interest-free loan, or by helping him find employment.

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# JANUARY 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>TIMES SHOWN ARE EASTERN STANDARD TIME FOR NEW YORK AND NEW JERSEY</p>	<p><b>Do A MITZVAH!</b> HONOR YOUR LOVED ONES WITH A <b>MEMORIAL PLAQUE</b> DISPLAYED IN A SYNAGOGUE AS AN EVER LASTING TRIBUTE. 718-467-0860</p>	<p>DONATE YOUR CAR, TRUCK OR RV TO <b>FRIENDS OF REFUGEES OF EASTERN EUROPE</b> AND RECEIVE A FULL TAX BREAK FROM <b>UNCLE SAM!</b> CALL TO ARRANGE A FREE PICK UP 718-467-0860</p>	<p>DO YOU NEED SOMEONE TO SAY <b>KADDISH?</b> OBSERVE YAHRTZEITS? CONTACT F.R.E.E. AT 718-467-0860 OR VISIT US AT <a href="http://www.kaddishservices.com">www.kaddishservices.com</a></p>	<p>1 ה טבת Tevet 5 New Year's Day</p>	<p>2 ו טבת Tevet 6  Light candles at 4:22</p>	<p>3 ז טבת Tevet 7 ויגש VAYIGASH Shabbat ends at 5:26</p>
<p>4 ח טבת Tevet 8</p>	<p>5 ט טבת Tevet 9</p>	<p>6 י טבת Tevet 10 Yahrtzeit of MECHEL BEN YONAH SCHUSTER ע"ה MR. EMERICK GROSS יצחק בן ישעיהו דוד ע"ה תענית עשרה בטבת Fast of Tevet 10 Fast ends at 5:14</p>	<p>7 יא טבת Tevet 11</p>	<p>8 יב טבת Tevet 12 New Year's Day</p>	<p>9 יג טבת Tevet 13 Yahrtzeit of DR. MILTON KAPLAN מיכל אשר בן יוסף ע"ה  Light candles at 4:28</p>	<p>10 יד טבת Tevet 14 ויחי VAYECHI Shabbat ends at 5:32</p>
<p>11 טו טבת Tevet 15</p>	<p>12 טז טבת Tevet 16</p>	<p>13 יז טבת Tevet 17</p>	<p>14 יח טבת Tevet 18</p>	<p>15 יט טבת Tevet 19</p>	<p>16 כ טבת Tevet 20 Yahrtzeit of the Rambam  Light candles at 4:36</p>	<p>17 כא טבת Tevet 21 שמות SHEMOT Shabbat ends at 5:39</p>
<p>18 כב טבת Tevet 22</p>	<p>19 כג טבת Tevet 23 Martin Luther King, Jr. Day</p>	<p>20 כד טבת Tevet 24 Yahrtzeit of the Alter Rebbe Inauguration Day</p>	<p>21 כה טבת Tevet 25</p>	<p>22 כו טבת Tevet 26</p>	<p>23 כז טבת Tevet 27  Light candles at 4:44</p>	<p>24 כח טבת Tevet 28 וארא VAEIRA Blessing of New Month Shabbat ends at 5:47</p>
<p>25 כט טבת Tevet 29</p>	<p>26 א שבט Shevat 1 New moon: 4:54am 17/18 ראש חדש שבט Rosh Chodesh Shevat</p>	<p>27 ב שבט Shevat 2</p>	<p>28 ג שבט Shevat 3</p>	<p>29 ד שבט Shevat 4</p>	<p>30 ה שבט Shevat 5  Light candles at 4:52</p>	<p>31 ו שבט Shevat 6 בא BO Shabbat ends at 5:54</p>



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## TU B'SHEVAT

Tu B'Shevat, the 15th of Shevat on the Jewish calendar (this year, Monday, February 9, 2009), is the day that marks the beginning of a "New Year for Trees." This is the season in which the earliest-blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle.

Tu B'Shevat is considered a day of judgment for the trees.

To commemorate this special day, Jews throughout the world eat foods that are distinctive to and characteristic of the Holy Land, particularly from the "Seven Kinds" that are singled out by the Torah: wheat, barley, grapes, figs, pomegranates, olives and dates. It is also customary to eat a fruit not yet eaten this season, to pronounce the blessing "Shehecheyanu."

On this day we remember that "Man is a tree of the field" (Deuteronomy 20:19) and reflect on the lessons we can derive from our botanical analogue.

## THE UPCOMING REDEMPTION

The belief in the upcoming redemption is one of the foundations of our faith. It has been promised to us by almost every one of our prophets, beginning with Moses. The great Jewish philosopher and codifier, Maimonides, included it in his famous Thirteen Principles of the Jewish Faith. Throughout the ages, even during the most trying times, our ancestors have always prayed for and looked forward to the Messianic Era, ushered in by Moshiach, our redeemer.

Many prominent Rabbis proclaimed this generation to be the one which will usher in the redemption.

We can prepare for this special time by studying the relevant sections in the Torah and its commentaries, and by increasing in acts of goodness and kindness. This will not only help us prepare for the redemption – this will also hasten its arrival!

"Blessed are You ... who separates between holy and mundane ... between the Seventh Day and the six work days" (Havdalah Prayer)

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# FEBRUARY 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ז שבט Shevat 7	2 ח שבט Shevat 8	3 ט שבט Shevat 9	4 י שבט Shevat 10  <i>Yahrzeit of the Previous Lubavitcher Rebbe. The Rebbe, Rabbi Menachem Mendel Schneerson, accepted the reins of leadership of the movement.</i>	5 יא שבט Shevat 11	6 יב שבט Shevat 12   Light candles at 5:01	7 יג שבט Shevat 13  בשלה BESHALACH  Shabbat Shira  Shabbat ends at 6:02
8 יד שבט Shevat 14	9 טו שבט Shevat 15  New Year for Trees	10 טז שבט Shevat 16	11 יז שבט Shevat 17	12 יח שבט Shevat 18	13 יט שבט Shevat 19   Light candles at 5:09	14 כ שבט Shevat 20  יתרו YITRO  Shabbat ends at 6:10
15 כא שבט Shevat 21	16 כב שבט Shevat 22  <i>Yahrzeit of Rebbetzin Chaya Mushka Schneerson</i>  Presidents Day	17 כג שבט Shevat 23	18 כד שבט Shevat 24	19 כה שבט Shevat 25	20 כו שבט Shevat 26   Light candles at 5:18	21 כז שבט Shevat 27  משפטים MISHPATIM  Parshat Shekalim  Blessing of New Month Shabbat ends at 6:18
22 כח שבט Shevat 28	23 כט שבט Shevat 29	24 ל שבט Shevat 30  New moon: 5:39pm ראש חודש אדר Rosh Chodesh Adar	25 א אדר Adar 1  ראש חודש אדר Rosh Chodesh Adar	26 ב אדר Adar 2	27 ג אדר Adar 3   Light candles at 5:26	28 ד אדר Adar 4  תרומה TERUMAH  Shabbat ends at 6:26

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TIMES SHOWN ARE  
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## PURIM

The actual story of Purim, as told in the Scroll of Esther, is as fascinating and spell-binding as any best-seller. Yet, though it is sacred scripture, we do not find the name of G-d mentioned even once! But within the intricate details of the *Megillah*, we can detect the unmistakable hand of Divine Providence. The closer we look into the events, the more we discover that every seemingly insignificant event is precisely arranged by the hand of the Al-mighty.

Purim thus teaches us to take nothing for granted: even "natural" phenomena are in truth but another way of revealing G-d's providence. In fact, the more hidden the miracle, the higher its Divine source.

### THE MITZVOT OF PURIM ARE:

- Refrain from food and drink on the Fast of Esther, held Monday, March 9th, to commemorate the day of prayer and fasting which the Jews held before their victory.
- Give 3 half-dollar coins to charity on the Fast of Esther, to commemorate the half-shekel given by each Jew in the time of the Holy Temple. This Mitzvah is usually performed in the synagogue.
- Listen to the *Megillat Esther* (Scroll of Esther), recounting the story of Purim, both on Purim evening and during Purim day.
- Send gifts containing at least two kinds of ready-to-eat food to one or more friends on the day of Purim. These gifts, known as *Mishloach Manot* (lit. sending gifts), should preferably be sent via a third party.
- Give charity to at least two, but preferably more, needy individuals on Purim. While charity is a year-round responsibility, it is particularly a special Mitzvah on Purim.
- Celebrate with a special festive and joyous meal.

HAPPY PURIM!

"When the month of Adar enters, we increase in joy" (Talmud, Taanit 26b) - Purim in a modest Shtetel home



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# MARCH 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 ה אדר Adar 5  EASTERN STANDARD TIME	2 ו אדר Adar 6	3 ז אדר Adar 7  <i>Birthday &amp; Yahrzeit of Moshe Rabbeinu</i>	4 ח אדר Adar 8	5 ט אדר Adar 9	6 י אדר Adar 10   Light candles at 5:34	7 יא אדר Adar 11 תצוה TETZAVE Parshat Zachor  Shabbat ends at 6:34	
8 יב אדר Adar 12  DAYLIGHT SAVING TIME	9 יג אדר Adar 13  תענית אסתר Fast of Esther Fast ends at 7:22	10 יד אדר Adar 14  פורים PURIM	11 טו אדר Adar 15  שושן פורים Shushan Purim	12 טז אדר Adar 16	13 יז אדר Adar 17   Light candles at 6:42	14 יח אדר Adar 18 כי תשא KI TISA Parshat Parah  Shabbat ends at 7:41	
15 יט אדר Adar 19	16 כ אדר Adar 20	17 כא אדר Adar 21	18 כב אדר Adar 22	19 כג אדר Adar 23	20 כד אדר Adar 24   Light candles at 6:49	21 כה אדר Adar 25 ויקהל-פקודי VAYAKHEL-PIKUDEI Parshat Hachodesh  Blessing of New Month Shabbat ends at 7:49	
22 כו אדר Adar 26	23 כז אדר Adar 27	24 כח אדר Adar 28	25 כט אדר Adar 29	26 א ניסן Nissan 1  New moon: 6:23am 1/18 ראש חודש ניסן Rosh Chodesh Nissan	27 ב ניסן Nissan 2  <i>Yahrzeit of the Rebbe Rashab</i> ניי   Light candles at 6:56	28 ג ניסן Nissan 3 ויקרא VAYIKRA  Shabbat ends at 7:56	
29 ד ניסן Nissan 4	30 ה ניסן Nissan 5	31 ו ניסן Nissan 6	<p>DO YOU NEED SOMEONE TO SAY <b>KADDISH?</b> OBSERVE YAHRZEITS? CONTACT F.R.E.E. AT 718-467-0860 OR VISIT US AT <a href="http://www.kaddishservices.com">www.kaddishservices.com</a></p> <p><i>DO A MITZVAH! HONOR YOUR LOVED ONES WITH A MEMORIAL PLAQUE DISPLAYED IN A SYNAGOGUE AS AN EVER LASTING TRIBUTE. 718-467-0860</i></p> <p><i>LEARN ABOUT MOSHIACH VISIT: <a href="http://WWW.MOSHIACH.COM">WWW.MOSHIACH.COM</a></i></p>			<p>TIMES SHOWN ARE FOR NEW YORK AND NEW JERSEY</p>	



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"Blessed are You ... who commanded us to bless Your nation Israel with love" - Kohanim's Blessing at the Western Wall

### CELEBRATING PESACH

Pesach is celebrated by refraining from eating, owning or even deriving any benefit from any *Chometz* foods for the duration of the holiday, and by participating in a Seder dinner on the first two nights of the holiday. *Chometz* is defined as any product comprising water mixed with wheat, barley, oats, rye or spelt which have had time to rise. Spiritually, *Chometz* represents inflated egotism and arrogance. Accordingly, on Passover, we also emphasize the removal of the '*Chometz*' within.

We prepare for Pesach by thoroughly cleaning our home and office, removing any amount of *Chometz* we may find. If we don't have special dishes designated for Pesach use, our regular dishes and kitchen need to be koshered to make them suitable for Pesach. All food products used on Pesach need to be certified Kosher for Passover.

On the evening before Pesach begins, we make a formal search of the entire home for any remaining *Chometz*. Any *Chometz* we don't wish to discard of may be placed in a special room or closet and sold to a non-Jew (this should be done through a Rabbi). Whatever is not being sold is burned early the next morning. During the burning we make a special declaration disowning any *Chometz* in our possession. See below for the exact time by which this needs to be done.

### THE SEDER

The Seder is conducted during the first two nights of Pesach. During the Seder, we: Drink four cups of wine (or grape juice), which remind us of the four components of redemption; Ask the Four Questions and recite the *Haggadah*, which describes the miracles of the redemption; Eat Matzah, which symbolizes both the simple bread of slaves and the swiftness of the redemption, which did not give the Jews time to let their bread rise; Eat *Maror* (bitter herbs), which remind us of the bitterness of the exile. We pray that we may celebrate Pesach in Jerusalem with the rebuilding of the Holy Temple.

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# APRIL 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR NEW YORK AND NEW JERSEY</p>	<p><i>EVERY JEWISH HOME SHOULD HAVE A PUSHKA CALL TO RECEIVE YOUR OWN 718-467-0860</i></p>	<p><i>DO A MITZVAH! HONOR YOUR LOVED ONES WITH A MEMORIAL PLAQUE DISPLAYED IN A SYNAGOGUE AS AN EVER LASTING TRIBUTE. 718-467-0860</i></p>	<p>1 ז ניסן Nissan 7</p>	<p>2 ח ניסן Nissan 8</p>	<p>3 ט ניסן Nissan 9</p> <p> Light candles at 7:04</p>	<p>4 י ניסן Nissan 10</p> <p>צו TZAV</p> <p>Shabbat Hagadol</p> <p>Shabbat ends at 8:04</p>
<p>5 יא ניסן Nissan 11</p> <p><i>Birthdays of the Rebbe</i></p>	<p>6 יב ניסן Nissan 12</p>	<p>7 יג ניסן Nissan 13</p> <p><i>Yahrtzeit of the Tzemach Tzedek</i></p> <p>Search for Chometz</p>	<p>8 יד ניסן Nissan 14</p> <p>Fast of Firstborn Blessing of the Sun Eruv Tavshilin / עירוב תבשילין / Eat chometz until 10:47am Burn chometz until 11:52am Light candles at 7:09pm First Seder</p> <p></p>	<p>9 טו ניסן Nissan 15</p> <p>יום א' דחג הפסח First day of PESACH Light candles after 8:10 In evening count Sefirah 1 Second Seder</p> <p></p>	<p>10 טז ניסן Nissan 16 Sefirah 1</p> <p>יום ב' דחג הפסח Second day of PESACH Light candles at 7:11 In evening count Sefirah 2</p> <p></p>	<p>11 יז ניסן Nissan 17 Sefirah 2</p> <p>אי דחול המועד פסח 1st Intermediate Day of Pesach Shabbat ends at 8:12 In evening count Sefirah 3</p>
<p>12 יח ניסן Nissan 18 Sefirah 3</p> <p><i>Birthdays of Rabbi Levi Yitzchak Schneerson זצ"ל</i></p> <p>בי דחול המועד פסח 2nd Intermediate Day of Pesach In evening count Sefirah 4</p>	<p>13 יט ניסן Nissan 19 Sefirah 4</p> <p>גי דחול המועד פסח 3rd Intermediate Day of Pesach In evening count Sefirah 5</p>	<p>14 כ ניסן Nissan 20 Sefirah 5</p> <p>די דחול המועד פסח 4th Intermediate Day of Pesach  Light candles at 7:15 In evening count Sefirah 6</p>	<p>15 כא ניסן Nissan 21 Sefirah 6</p> <p>שביעי של פסח Seventh day of PESACH Light candles after 8:17 In evening count Sefirah 7</p> <p></p>	<p>16 כב ניסן Nissan 22 Sefirah 7</p> <p>אחרון של פסח Eighth day of PESACH Yizkor Moshiach's Feast Yom Tov ends at 8:18 In evening count Sefirah 8</p>	<p>17 כג ניסן Nissan 23 Sefirah 8</p> <p>אסרו חג Isru Chag Light candles at 7:18 In evening count Sefirah 9</p> <p></p>	<p>18 כד ניסן Nissan 24 Sefirah 9</p> <p>שמניי SHEMINI</p> <p>Blessing of New Month Shabbat ends at 8:20 In evening count Sefirah 10</p>
<p>19 כה ניסן Nissan 25 Sefirah 10</p> <p>In evening count Sefirah 11</p>	<p>20 כו ניסן Nissan 26 Sefirah 11</p> <p>In evening count Sefirah 12</p>	<p>21 כז ניסן Nissan 27 Sefirah 12</p> <p>In evening count Sefirah 13</p>	<p>22 כח ניסן Nissan 28 Sefirah 13</p> <p>In evening count Sefirah 14</p>	<p>23 כט ניסן Nissan 29 Sefirah 14</p> <p>In evening count Sefirah 15</p>	<p>24 ל ניסן Nissan 30 Sefirah 15</p> <p>New moon: 7:07pm 2/18 ראש חדש אייר Rosh Chodesh Iyar Light candles at 7:26 In evening count Sefirah 16</p> <p></p>	<p>25 א אייר Iyar 1 Sefirah 16</p> <p>תזריע-מצורע TAZRIA-MTZORA ראש חדש אייר Rosh Chodesh Iyar Light candles after 8:28 In evening count Sefirah 17</p>
<p>26 ב אייר Iyar 2 Sefirah 17</p> <p><i>Birthdays of the Rebbe Maharash</i></p> <p>In evening count Sefirah 18</p>	<p>27 ג אייר Iyar 3 Sefirah 18</p> <p>In evening count Sefirah 19</p>	<p>28 ד אייר Iyar 4 Sefirah 19</p> <p>In evening count Sefirah 20</p>	<p>29 ה אייר Iyar 5 Sefirah 20</p> <p>In evening count Sefirah 21</p>	<p>30 ו אייר Iyar 6 Sefirah 21</p> <p>In evening count Sefirah 22</p>	<p>DONATE YOUR CAR, TRUCK OR RV TO FRIENDS OF REFUGEES OF EASTERN EUROPE AND RECEIVE A FULL TAX BREAK FROM UNCLE SAM! CALL TO ARRANGE A FREE PICK UP 718-467-0860</p> <p>DO YOU NEED SOMEONE TO SAY <b>KADDISH?</b> OBSERVE YAHRTZEITS? CONTACT F.R.E.E. AT 718-467-0860 OR VISIT US AT <a href="http://www.kaddishservices.com">www.kaddishservices.com</a></p>	



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"And the tablets were the work of G-d, and the writing was the writing of G-d engraved upon the tablets" (Shemot 32:16)

**PESACH SHENI**

The fourteenth day of the month of Iyar is Pesach Sheni, the "Second Passover." When the Holy Temple stood in Jerusalem, this day served as a "second chance" for those who were unable to bring the Passover offering on the eve of the "first" Passover one month earlier, the 14th of Nissan. We learn from this day that 'it is never too late': even if one has missed out on important opportunities, the door is always open to start afresh.

**LAG B'OMER**

On this date, in the early second century, the students of Rabbi Akiva ceased to die from an epidemic. Years later, on this date, Rabbi Shimon bar Yochai, Mishnaic Sage and author of the Zohar, passed away. Having fulfilled his mission in this world, he asked that the anniversary of his death be celebrated as a happy day.

**THE HOLIDAY OF SHAVUOT**

Shavuot is the second of the three major festivals (Passover being the first and Sukkot the third) and comes exactly fifty days after Passover. The Torah was given by G-d to the Jewish people on Mount Sinai over 3,300 years ago. Every year on this day we renew our acceptance of G-d's gift.

The giving of the Torah was a far-reaching spiritual event – one that touched the essence of the Jewish soul then and for all time. Our Sages have compared it to a wedding between G-d and the Jewish people. On this day G-d swore eternal devotion to us, and we in turn pledged everlasting loyalty to Him.

All-night Torah-study on the first night of Shavuot prepares us for the receiving of the Torah Reading of the Ten Commandments in the synagogue on the first day of Shavuot. Be sure to bring your children, too! A festive dairy meal is served on the first day of Shavuot. Our ancestors didn't have Kosher meat prepared yet!



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# MAY 2009

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<p>TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR NEW YORK AND NEW JERSEY</p>	<p><b>F.R.E.E. CIRCUMCISION PROGRAM</b> CALL US TO ARRANGE A BRIS MILAH. INFANTS &amp; ADULTS: FROM 8 DAYS TILL 120 YEARS! 718-467-0860 WWW.FREECIRCUMCISION.ORG</p>	<p>EVERY JEWISH HOME SHOULD HAVE A PUSHKA CALL TO RECEIVE YOUR OWN 718-467-0860</p>	<p>DO YOU NEED SOMEONE TO SAY <b>KADDISH?</b> OBSERVE YAHRTZEITS? CONTACT F.R.E.E. AT 718-467-0860 OR VISIT US AT <a href="http://www.kaddishservices.com">www.kaddishservices.com</a></p>	<p>DONATE YOUR CAR, TRUCK OR RV TO FRIENDS OF REFUGEES OF EASTERN EUROPE AND RECEIVE A FULL TAX BREAK FROM UNCLE SAM! CALL TO ARRANGE A FREE PICK UP 718-467-0860</p>	<p>1 ז אייר Iyar 7 Sefirah 22</p> <p> Light candles at 7:33 In evening count Sefirah 23</p>	<p>2 ח אייר Iyar 8 Sefirah 23</p> <p>אחרי מות-קדושים ACHAREI MOT-K'DOSHIM</p> <p>Shabbat ends at 8:37 In evening count Sefirah 24</p>
<p>3 ט אייר Iyar 9 Sefirah 24</p> <p>In evening count Sefirah 25</p>	<p>4 י אייר Iyar 10 Sefirah 25</p> <p>In evening count Sefirah 26</p>	<p>5 יא אייר Iyar 11 Sefirah 26</p> <p>In evening count Sefirah 27</p>	<p>6 יב אייר Iyar 12 Sefirah 27</p> <p>In evening count Sefirah 28</p>	<p>7 יג אייר Iyar 13 Sefirah 28</p> <p>In evening count Sefirah 29</p>	<p>8 יד אייר Iyar 14 Sefirah 29</p> <p>פסח שני Pesach Sheni  Light candles at 7:40 In evening count Sefirah 30</p>	<p>9 טו אייר Iyar 15 Sefirah 30</p> <p>אמור EMOR</p> <p>Shabbat ends at 8:45 In evening count Sefirah 31</p>
<p>10 טז אייר Iyar 16 Sefirah 31</p> <p>In evening count Sefirah 32 Mother's Day</p>	<p>11 יז אייר Iyar 17 Sefirah 32</p> <p>In evening count Sefirah 33</p>	<p>12 יח אייר Iyar 18 Sefirah 33</p> <p>לג בעומר Lag B'Omer In evening count Sefirah 34</p>	<p>13 יט אייר Iyar 19 Sefirah 34</p> <p>In evening count Sefirah 35</p>	<p>14 כ אייר Iyar 20 Sefirah 35</p> <p>Yahrtzeit of BARRY KARDONICK בערל בן הערשל עי"ה In evening count Sefirah 36</p>	<p>15 כא אייר Iyar 21 Sefirah 36</p> <p> Light candles at 7:47 In evening count Sefirah 37</p>	<p>16 כב אייר Iyar 22 Sefirah 37</p> <p>בהר-בחוקתי BEHAR-BECHUKOTAI</p> <p>Shabbat ends at 8:53 In evening count Sefirah 38</p>
<p>17 כג אייר Iyar 23 Sefirah 38</p> <p>In evening count Sefirah 39</p>	<p>18 כד אייר Iyar 24 Sefirah 39</p> <p>In evening count Sefirah 40</p>	<p>19 כה אייר Iyar 25 Sefirah 40</p> <p>In evening count Sefirah 41</p>	<p>20 כו אייר Iyar 26 Sefirah 41</p> <p>In evening count Sefirah 42</p>	<p>21 כז אייר Iyar 27 Sefirah 42</p> <p>Yahrtzeit of BASIA RIVKAH BAS R' MEIR OKUNOV ז"ל In evening count Sefirah 43</p>	<p>22 כח אייר Iyar 28 Sefirah 43</p> <p> Light candles at 7:54 In evening count Sefirah 44</p>	<p>23 כט אייר Iyar 29 Sefirah 44</p> <p>במדבר BAMIDBAR</p> <p>Blessing of New Month Shabbat ends at 9:00 In evening count Sefirah 45</p>
<p>24 New moon: 7:51am 3/18 א סיון Sivan 1 Sefirah 45</p> <p>רוח חודש סיון / ר"ח סיון In evening count Sefirah 46</p>	<p>25 ב סיון Sivan 2 Sefirah 46</p> <p>In evening count Sefirah 47</p>	<p>26 ג סיון Sivan 3 Sefirah 47</p> <p>In evening count Sefirah 48</p>	<p>27 ד סיון Sivan 4 Sefirah 48</p> <p>In evening count Sefirah 49</p>	<p>28 ה סיון Sivan 5 Sefirah 49</p> <p>Yahrtzeit of BASSIA RIVKAH BAS R' MEIR OKUNOV ערב חג השבועות Eve of Shavuot עירוב תבשילין Eruv Tavshilin  Light candles at 7:59</p>	<p>29 ו סיון Sivan 6</p> <p>Yahrtzeit of the Baal Shem Tov</p> <p>יום א' דחג השבועות First day of SHAVUOT  Light candles at 8:00</p>	<p>30 ז סיון Sivan 7</p> <p>Yahrtzeit of King David</p> <p>יום ב' דחג השבועות Second day of SHAVUOT Yizkor Shabbat ends at 9:07</p>
<p>31 ח סיון Sivan 8</p> <p>אסרו חג Isru Chag</p>	<p>In evening count Sefirah 47 Memorial Day</p>	<p>In evening count Sefirah 48</p>	<p>In evening count Sefirah 49</p>	<p>In evening count Sefirah 49</p>	<p>In evening count Sefirah 44</p>	<p>In evening count Sefirah 45</p>



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## MEZUZAH

The *Mezuzah* is a small piece of parchment, containing two paragraphs of the Torah, which is affixed to the doorposts of Jewish homes and businesses. The *Mezuzah* reminds us of G-d's constant presence even within our dwellings and that we must fill our homes with good deeds and holiness.

A kosher *Mezuzah* provides protection for our homes, too. On the back of the *Mezuzah* are inscribed three Hebrew letters, which form the acronym of the sentence 'Keeper of the doors of Israel'. The Talmud teaches that while it is customary for servants to be guarding the king's palace, G-d himself, in His great love for the Jewish people, guards the doors of our homes.

The writing of a *Mezuzah* is done by hand, on parchment, by a skilled scribe. It is important to purchase *Mezuzot* from a reliable source, and, once purchased, to have a professional scribe check them every several years.

## THE MITZVAH OF TZITZITH

Our sages refer to the precept of Tzitzith as a simple and easy Mitzvah. But as simple and easy as it is, so rich is this Mitzvah in symbolism, and so potent in effectiveness, that it is equivalent to all the other precepts of the Torah. For surely a consistent observance of this Mitzvah of Tzitzith must lead to a proper and complete observance of all the commandments. As the Shema states, "you shall look upon them, and you shall remember all G-d's commandments and fulfill them, and you will not follow after your heart and your eyes, by which you may go astray." When thrown into the tumultuous waters of the temptations of everyday life, the Tzitzith are our life-line, the rope to which we can cling to prevent us from drowning, as our Sages so graphically relate how the sight of the Tzitzith stopped a man on the verge of committing a grave sin and helped him to regain control over his body and to restore his spiritual equilibrium.

"May we and our descendants ... all be occupied with Your Torah" (Morning Blessings) - Talmudic debate

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## THE REBBE

The Lubavitcher Rebbe, Rabbi Menachem M. Schneerson, known simply and lovingly as "The Rebbe", cast the warm glow of his presence, his sensitivity and love for humanity, his awesome knowledge of Torah and incredible familiarity with virtually every field of human endeavor, and his vision for a world perfected, over the lives of millions, to the farthest reaches of the world. While the prophets of doom talked of the vanishing Jew – through intermarriage and assimilation – the Rebbe, in contrast, established bold and daring programs to reach out to those who otherwise would be lost to the Jewish People. Where others decried the dangers of modernity and the incompatibility of Torah truths and the "real" world; the Rebbe embraced science and technology as G-d given gifts to be utilized in the pursuit of brighter, warmer and holier world.

In the Rebbe's own words: "it is incumbent upon every one of us to increase in acts of goodness and kindness to hasten the coming of Moshiach". May the Almighty grant that our good deeds merit the long awaited redemption speedily in our days.



# JUNE 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR NEW YORK AND NEW JERSEY</p>	<p>1 ט סיון Sivan 9</p>	<p>2 י סיון Sivan 10</p>	<p>3 יא סיון Sivan 11</p>	<p>4 יב סיון Sivan 12</p>	<p>5 יג סיון Sivan 13</p> <p> Light candles at 8:05</p>	<p>6 יד סיון Sivan 14</p> <p>נשא NASSO</p> <p>Shabbat ends at 9:13</p>	
	<p>7 טו סיון Sivan 15</p>	<p>8 טז סיון Sivan 16</p>	<p>9 יז סיון Sivan 17</p>	<p>10 יח סיון Sivan 18</p>	<p>11 יט סיון Sivan 19</p>	<p>12 כ סיון Sivan 20</p> <p> Light candles at 8:09</p>	<p>13 כא סיון Sivan 21</p> <p>בהעלותך BEHAALOTCHA</p> <p><i>Yahrtzeit of</i> JOE WEINSTEIN יוסף בן לייב עייה</p> <p>Shabbat ends at 9:17</p>
<p>14 כב סיון Sivan 22</p>	<p>15 כג סיון Sivan 23</p>	<p>16 כד סיון Sivan 24</p>	<p>17 כה סיון Sivan 25</p>	<p>18 כו סיון Sivan 26</p>	<p>19 כז סיון Sivan 27</p> <p> Light candles at 8:11</p>	<p>20 כח סיון Sivan 28</p> <p>שלח SHELACH</p> <p><i>The day the Lubavitcher Rebbe, Menachem M. Schneerson arrived in the USA</i></p> <p>Blessing of New Month</p> <p>Shabbat ends at 9:20</p>	
<p>21 כט סיון Sivan 29</p> <p>Father's Day</p>	<p>22 ל סיון Sivan 30</p> <p>New moon: 8:35pm 4/18</p> <p>ראש חדש תמוז Rosh Chodesh Tammuz</p>	<p>23 א תמוז Tammuz 1</p> <p>ראש חדש תמוז Rosh Chodesh Tammuz</p>	<p>24 ב תמוז Tammuz 2</p>	<p>25 ג תמוז Tammuz 3</p> <p><i>Dedicated to the Lubavitcher Rebe, Rabbi Menachem M. Schneerson</i></p>	<p>26 ד תמוז Tammuz 4</p> <p> Light candles at 8:13</p>	<p>27 ה תמוז Tammuz 5</p> <p>קרח KORACH</p> <p>Shabbat ends at 9:21</p>	
<p>28 ו תמוז Tammuz 6</p>	<p>29 ז תמוז Tammuz 7</p>	<p>30 ח תמוז Tammuz 8</p>	<p><i>DONATE YOUR CAR, TRUCK OR RV TO FRIENDS OF REFUGEES OF EASTERN EUROPE AND RECEIVE A FULL TAX BREAK FROM UNCLE SAM! CALL TO ARRANGE A FREE PICK UP 718-467-0860</i></p>		<p><i>DO A MITZVAH! HONOR YOUR LOVED ONES WITH A MEMORIAL PLAQUE DISPLAYED IN A SYNAGOGUE AS AN EVER LASTING TRIBUTE. 718-467-0860</i></p>		<p><i>EVERY JEWISH HOME SHOULD HAVE A PUSHKA CALL TO RECEIVE YOUR OWN 718-467-0860</i></p>
<p>DO YOU NEED SOMEONE TO SAY <b>KADDISH?</b> OBSERVE YAHRZTZEITS? CONTACT F.R.E.E. AT 718-467-0860 OR VISIT US AT <a href="http://www.kaddishservices.com">www.kaddishservices.com</a></p>							



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### THE SEVENTEENTH OF TAMMUZ

The 17th of Tammuz marks the beginning of a three-week period of national Jewish mourning. This is a sad period in our calendar during which many of our nation's calamities occurred. The period begins with a fast on the 17th of Tammuz on which we refrain from eating and drinking from dawn to nightfall. A fast day is called a "day favorable to G-d", a time of universal introspection when we take the opportunity to better ourselves in our relationship with G-d.

During this three-week period, we celebrate no weddings and hold no festivities. Also prohibited are haircuts and live music. On the other hand, we increase in Torah study and giving Tzedakah to counteract the negative forces attached to the period.

Beginning with the first of Av, the mourning intensifies. From this day until midday on the tenth of Av (excluding Shabbat), we refrain from consuming meat or wine and from various pleasurable activities as a sign of additional mourning.

### TISH'AH B'AV - THE NINTH OF AV

The Ninth of Av has been a sad day for Jews since early Jewish history. On this date, just one year after our forefathers left Egypt, G-d decreed that they would stay in the desert for forty years. Most recently, World War I began on Av 9. The focus of our mourning, however, is on the destruction, on this date, of both the first Temple (422 BCE) and the second Temple (68 CE).

The observances of the fast of Tish'ah B'Av are similar to those of Yom Kippur. It is a 25-hour fast, during which we refrain from wearing leather shoes, showering, and marital relations.

Additionally, on the eve of the fast, the scroll of *Eicho* (Lamentations) is read in the synagogue. Until noon, we sit on low seats only, as a mourner does during Shiva. May we merit seeing the ultimate redemption by Moshiach, speedily in our days.

"The Holy One, blessed be He, desired to have a dwelling place for Himself in this lower world" (Tanchuma, Naso 16; Tanya ch. 36)

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# JULY 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR NEW YORK AND NEW JERSEY</p>	<p>DO YOU NEED SOMEONE TO SAY <b>KADDISH?</b> OBSERVE YAHRZEITS? CONTACT F.R.E.E. AT 718-467-0860 OR VISIT US AT <a href="http://www.kaddishservices.com">www.kaddishservices.com</a></p>	<p><i>DONATE YOUR CAR, TRUCK OR RV TO FRIENDS OF REFUGEES OF EASTERN EUROPE AND RECEIVE A FULL TAX BREAK FROM UNCLE SAM!</i> CALL TO ARRANGE A FREE PICK UP 718-467-0860</p>	<p>1 ט תמוז Tammuz 9</p>	<p>2 י תמוז Tammuz 10</p>	<p>3 יא תמוז Tammuz 11</p> <p> Light candles at 8:12</p>	<p>4 יב תמוז Tammuz 12</p> <p>חקת-בלק CHUKAT-BALAK <i>Birthday of the Previous Lubavitcher Rebbe and the day he was notified that he would be released from prison.</i> <i>Happy Birthday Simon Ghatan</i> Shabbat ends at 9:20 Independence Day</p>
<p>5 יג תמוז Tammuz 13</p> <p><i>The Previous Lubavitcher Rebbe was released from prison.</i></p>	<p>6 יד תמוז Tammuz 14</p>	<p>7 טו תמוז Tammuz 15</p>	<p>8 טז תמוז Tammuz 16</p>	<p>9 יז תמוז Tammuz 17</p> <p>תענית י"ז תמוז Fast of Tammuz 17 Fast ends at 9:01</p> <p> Light candles at 8:10</p>	<p>10 יח תמוז Tammuz 18</p>	<p>11 יט תמוז Tammuz 19</p> <p>פינחס PINCHAS</p> <p>Shabbat ends at 9:17</p>
<p>12 כ תמוז Tammuz 20</p> <p><i>Yahrzeit of FRYMETA BAS LEIB SCHUSTER ע"ה</i></p>	<p>13 כא תמוז Tammuz 21</p> <p><i>Yahrzeit of RABBI SCHNEUR ZALMAN HALEVI SHAGALOV ז"ל</i></p>	<p>14 כב תמוז Tammuz 22</p>	<p>15 כג תמוז Tammuz 23</p>	<p>16 כד תמוז Tammuz 24</p>	<p>17 כה תמוז Tammuz 25</p> <p> Light candles at 8:07</p>	<p>18 כו תמוז Tammuz 26</p> <p>מטות-מסעי MATOT-MASEI</p> <p>Blessing of New Month Shabbat ends at 9:12</p>
<p>19 כז תמוז Tammuz 27</p>	<p>20 כח תמוז Tammuz 28</p>	<p>21 כט תמוז Tammuz 29</p>	<p>22 א אב Av 1</p> <p>New moon: 9:19am 5/18 ראש חדש מנחם אב Rosh Chodesh Menachem Av</p>	<p>23 ב אב Av 2</p>	<p>24 ג אב Av 3</p> <p> Light candles at 8:01</p>	<p>25 ד אב Av 4</p> <p>דברים DEVARIM Shabbat Chazon Shabbat ends at 9:06</p>
<p>26 ה אב Av 5</p> <p>Parents' Day</p>	<p>27 ו אב Av 6</p>	<p>28 ז אב Av 7</p>	<p>29 ח אב Av 8</p> <p>Fast begins at 8:15</p>	<p>30 ט אב Av 9</p> <p>תענית ט' באב Fast of 9th of Av Fast ends at 8:44</p> <p> Light candles at 7:55</p>	<p>31 י אב Av 10</p> <p>Shabbat ends at 8:58</p>	



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"Blessed are You ... who created joy and gladness, groom and bride, happiness, jubilation, cheer and delight" (Wedding Blessings)

### SHABBAT NACHAMU

The Shabbat following the Ninth of Av is the Shabbat of joy over our anticipated consolation. It is called Shabbat Nachamu, for the prophetic portion that is read is taken from Chapter 40 of Isaiah which begins with the words "Nachamu, nachamu ami" – "Console, console My people, says your G-d." The Haftarah of Shabbat Nachamu is the first of the "seven consolations" – the seven Haftarot which are read on the seven Sabbaths following the Ninth of Av.

### THE FIFTEENTH OF AV

"There were no greater holidays to the Jewish people than the 15th of Av and Yom Kippur" (Mishna). Celebrated for many reasons, first of which is the end of the 40-year decree cast upon the Jewish people to wander in the desert. After having felt the severity of Divine punishment, the Jews once again rejoiced in the newlyfound favor G-d showed them, like a son reunited with his father after many bitter years of loneliness and tribulation. The 15th of Av is a major step towards rectifying the causes that brought about our exile and paving the way for redemption.

### THE MONTH OF ELUL

As the last month of the Jewish year, Elul is traditionally a time of introspection and stocktaking – a time to review one's deeds and spiritual progress over the past year and prepare for the upcoming "Days of Awe" of Rosh Hashana and Yom Kippur.

As the month of "Divine Mercy and Forgiveness," Elul is a most opportune time for Teshuvah ("return" to G-d), prayer, charity, and increased Ahavat Yisrael (love for a fellow Jew) in the quest for self-improvement and coming closer to G-d. Rabbi Schneur Zalman of Liadi likens the month of Elul to a time when "the king is in the field" and, in contrast to when he is in the royal palace, "everyone who so desires is permitted to meet him, and he receives them all with a cheerful countenance and shows a smiling face to them all."

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# AUGUST 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																													
<p style="font-size: small;">TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR NEW YORK AND NEW JERSEY</p>	<p>DO YOU NEED SOMEONE TO SAY <b>KADDISH?</b> OBSERVE YAHRZEITS? CONTACT F.R.E.E. AT 718-467-0860 OR VISIT US AT <a href="http://www.kaddishservices.com">www.kaddishservices.com</a></p>	<p><i><b>Do a MITZVAH!</b></i> <i>HONOR YOUR LOVED ONES WITH A MEMORIAL PLAQUE DISPLAYED IN A SYNAGOGUE AS AN EVER LASTING TRIBUTE.</i> 718-467-0860</p>	<p><i>DONATE YOUR CAR, TRUCK OR RV TO FRIENDS OF REFUGEES OF EASTERN EUROPE AND RECEIVE A FULL TAX BREAK FROM UNCLE SAM!</i> CALL TO ARRANGE A FREE PICK UP 718-467-0860</p>	<p><i>EVERY JEWISH HOME SHOULD HAVE A PUSHKA</i> CALL TO RECEIVE YOUR OWN 718-467-0860</p>	<p style="text-align: right;">1 <span style="float: left;">י"א אב Av 11</span> וַאֲתַחֲנֵן VAETCHANAN Shabbat Nachamu</p> <p style="text-align: right;">Light candles at 7:55 </p> <p style="text-align: right;">Shabbat ends at 8:58</p>	<p style="text-align: right;">2 <span style="float: left;">י"ב אב Av 12</span></p>	<p style="text-align: right;">3 <span style="float: left;">י"ג אב Av 13</span></p>	<p style="text-align: right;">4 <span style="float: left;">י"ד אב Av 14</span></p>	<p style="text-align: right;">5 <span style="float: left;">ט"ו אב Av 15</span></p> <p style="text-align: right;">חמשה עשר באב Fifteenth of Av</p>	<p style="text-align: right;">6 <span style="float: left;">ט"ז אב Av 16</span></p>	<p style="text-align: right;">7 <span style="float: left;">י"ז אב Av 17</span></p> <p style="text-align: right;">Light candles at 7:47 </p> <p style="text-align: right;">Shabbat ends at 8:49</p>	<p style="text-align: right;">8 <span style="float: left;">י"ח אב Av 18</span> עֵקֶב EIKEV</p>	<p style="text-align: right;">9 <span style="float: left;">י"ט אב Av 19</span></p>	<p style="text-align: right;">10 <span style="float: left;">כ"אב Av 20</span></p> <p style="text-align: right;"><i>Yahrzeit of Rabbi Levi Yitzchak זי"ל Schneersohn</i></p>	<p style="text-align: right;">11 <span style="float: left;">כ"אב Av 21</span></p>	<p style="text-align: right;">12 <span style="float: left;">כ"ב אב Av 22</span></p>	<p style="text-align: right;">13 <span style="float: left;">כ"ג אב Av 23</span></p>	<p style="text-align: right;">14 <span style="float: left;">כ"ד אב Av 24</span></p> <p style="text-align: right;">Light candles at 7:38 </p> <p style="text-align: right;">Blessing of New Month Shabbat ends at 8:39</p>	<p style="text-align: right;">15 <span style="float: left;">כ"ה אב Av 25</span> רֵאָה RE'EI</p>	<p style="text-align: right;">16 <span style="float: left;">כ"ו אב Av 26</span></p>	<p style="text-align: right;">17 <span style="float: left;">כ"ז אב Av 27</span></p>	<p style="text-align: right;">18 <span style="float: left;">כ"ח אב Av 28</span></p>	<p style="text-align: right;">19 <span style="float: left;">כ"ט אב Av 29</span></p>	<p style="text-align: right;">20 <span style="float: left;">ל' אב Av 30</span></p> <p style="text-align: right;">New moon: 10:03pm 6/18 ראש חודש אלול Rosh Chodesh Elul</p>	<p style="text-align: right;">21 <span style="float: left;">א אלול Elul 1</span></p> <p style="text-align: right;">ראש חודש אלול Rosh Chodesh Elul Light candles at 7:28 </p> <p style="text-align: right;">Shabbat ends at 8:28</p>	<p style="text-align: right;">22 <span style="float: left;">ב אלול Elul 2</span> שׁוֹפְטִים SHOFTIM</p>	<p style="text-align: right;">23 <span style="float: left;">ג אלול Elul 3</span></p>	<p style="text-align: right;">24 <span style="float: left;">ד אלול Elul 4</span></p>	<p style="text-align: right;">25 <span style="float: left;">ה אלול Elul 5</span></p>	<p style="text-align: right;">26 <span style="float: left;">ו אלול Elul 6</span></p>	<p style="text-align: right;">27 <span style="float: left;">ז אלול Elul 7</span></p>	<p style="text-align: right;">28 <span style="float: left;">ח אלול Elul 8</span></p>	<p style="text-align: right;">29 <span style="float: left;">ט אלול Elul 9</span> כִּי תֵצֵא KI TEITZEI</p>	<p style="text-align: right;">30 <span style="float: left;">י אלול Elul 10</span></p>	<p style="text-align: right;">31 <span style="float: left;">יא אלול Elul 11</span></p> <p style="text-align: right;">Light candles at 7:17 </p> <p style="text-align: right;">Shabbat ends at 8:16</p>



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"These are the festivals of G-d, which you shall proclaim ... on the seventh day shall be a Shabbat of rest" (Vayikra 23:2-3)

**PREPARING FOR THE NEW YEAR**

Each day of the month of Elul (except for Shabbat and the last day of Elul), we sound the Shofar (ram's horn) as a call to repentance. Chapter 27 of the Book of Psalms is added to the daily prayers, in the morning and afternoon. Additionally, the Baal Shem Tov instituted the custom of reciting three chapters of Psalms each day, from the 1st of Elul until Yom Kippur (on Yom Kippur the remaining 36 chapters are recited, thereby completing the entire book of Psalms).

When writing a letter or meeting one another, we bless one another by including the greeting "*Leshanah tovah tikateiv veteichateim* – May you be inscribed and sealed for a good year."

Elul is a good time to have one's *Tefillin* and *Mezuzot* checked by an accredited scribe to ensure that they are in good condition and fit for use.

During the last week of Elul, in the days leading up to Rosh Hashana, the Slichot prayers are recited, the first night at midnight, the following days in the early morning.

**ROSH HASHANA**

Rosh Hashana, the beginning of the Jewish year, is also considered the world's birthday. This is the day G-d completed His creation by creating Adam and Eve, the first humans.

On Rosh Hashana we eat many symbolic foods, including a sweet apple dipped in honey, beseeching G-d to "renew for us a good and sweet year."

An important Rosh Hashana observance is the sounding of the Shofar (the ram's horn). The Shofar has many meanings. It symbolizes our coronation of G-d as King, it reminds us to 'wake up' and return to G-d, and it foreshadows the coming of Moshiach, which will be heralded by the sounding of the Shofar.

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# SEPTEMBER 2009

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	<p>6 זז אלול Elul 17</p>	<p>7 יח אלול Elul 18</p> <p><i>Birthday of the Baal Shem Tov &amp; the Alter Rebbe</i></p> <p>Labor Day</p>	<p>8 יט אלול Elul 19</p>	<p>9 כ אלול Elul 20</p>	<p>10 כא אלול Elul 21</p>	<p>11 כב אלול Elul 22</p> <p> Light candles at 6:55</p>
<p>13 כד אלול Elul 24</p> <p>Grandparents Day</p>	<p>14 כה אלול Elul 25</p>	<p>15 כו אלול Elul 26</p> <p><i>Yahrzeit of NOCHUM BEN BORUCH BARANOFF נ"ק</i></p>	<p>16 כז אלול Elul 27</p>	<p>17 כח אלול Elul 28</p>	<p>18 כט אלול Elul 29</p> <p><i>Birthday of the Tzemach Tzedek</i></p> <p>ערב ראש השנה Eve of Rosh Hashana</p> <p> Light candles at 6:43</p>	<p>19 א תשרי Tishrei 1</p> <p>יום א' דראש השנה First day of ROSH HASHANA</p> <p>New moon: 10:47am 7/18</p> <p> Light candles after 7:40</p>
<p>20 ב תשרי Tishrei 2</p> <p>יום ב' דראש השנה Second day of ROSH HASHANA</p> <p>Yom Tov ends at 7:38</p>	<p>21 ג תשרי Tishrei 3</p> <p><i>Yahrzeit of MATTY WEINGARTEN ע"ה</i></p> <p>צום גדליה Fast of Gedaliah</p> <p>Fast ends at 7:23</p>	<p>22 ד תשרי Tishrei 4</p>	<p>23 ה תשרי Tishrei 5</p>	<p>24 ו תשרי Tishrei 6</p> <p><i>Yahrzeit of Rebbeitzin Chana Schneerson</i></p>	<p>25 ז תשרי Tishrei 7</p> <p> Light candles at 6:31</p>	<p>26 ח תשרי Tishrei 8</p> <p>האזינו HAAZINU</p> <p>Shabbat Shuva</p> <p>Shabbat ends at 7:28</p>
<p>27 ט תשרי Tishrei 9</p> <p>ערב יום כיפור Eve of Yom Kippur</p> <p>Light candles at 6:28</p> <p>Fast begins at 6:46</p> <p></p>	<p>28 י תשרי Tishrei 10</p> <p>יום כיפור YOM KIPPUR</p> <p>Yizkor</p> <p>Yom Kippur ends at 7:25</p>	<p>29 יא תשרי Tishrei 11</p>	<p>30 יב תשרי Tishrei 12</p>	<p><i>DO A MITZVAH! HONOR YOUR LOVED ONES WITH A MEMORIAL PLAQUE DISPLAYED IN A SYNAGOGUE AS AN EVER LASTING TRIBUTE. 718-467-0860</i></p>	<p>DO YOU NEED SOMEONE TO SAY <b>KADDISH?</b> OBSERVE YAHRZEITS? CONTACT F.R.E.E. AT 718-467-0860 OR VISIT US AT <a href="http://www.kaddishservices.com">www.kaddishservices.com</a></p>	<p><i>EVERY JEWISH HOME SHOULD HAVE A PUSHKA CALL TO RECEIVE YOUR OWN 718-467-0860</i></p>

## THE SHABBAT CANDLES



A married woman customarily lights two candles and may add an additional one for each of her children. An unmarried girl should light one candle in deference to her mother.

As soon as a young girl can understand the idea of the Shabbat and can say the blessing (approximately 3 years old) her parents should provide her with a candlestick and teach her to kindle the Shabbat candles. The young girl should light before her mother in case she needs assistance from her.

It is customary to put a few coins into a Tzedakah Pushka (charity box) before lighting the candles. The correct time to

light the Shabbat candles is 18 minutes before sunset every Friday. Young girls should light just prior to this time.

## THE FESTIVAL CANDLES

Just as candles are lit in honor of the Shabbat so are they lit in honor of the festivals. Various blessings are recited on different festivals. See the chart Blessings for Festival Candle Lighting.

### Procedure for Lighting the Shabbat Candles

The woman (or young girl) lights the candles, then spreads her hands out around the candles, drawing her hands inwards in a circular motion three times to indicate her acceptance of the sanctity of the Shabbat.

She then covers her eyes and says the blessing:

**Bo-ruch A-toh Ado-noi E-lo-hei-nu Me-lech Ho-olom A-sher Ki-de-sho-nu Be-mitz-vo-sov Vi-tzi-vo-nu Le-had-lik Ner Shel Shabbos Ko-desh.**

*\*Translation: Blessed are You, L-rd, our G-d, King of the universe, who has sanctified us with His commandments, and has commanded us to kindle the light of the holy Shabbat.*

She then uncovers her eyes to behold the Shabbat lights.

The time of lighting is considered especially propitious to pray to G-d for health and happiness. The prayer is readily accepted because it is said during the performance of this great Mitzvah of lighting the Shabbat candles.

**CAUTION:** The candles must be lit before sunset. It is prohibited and is a desecration of the Shabbat to light the candles after sunset.

When lighting after the onset of a festival, a pre-existing flame must be used to light the candles since it is prohibited to create a new flame by striking a match or lighter, etc. However, it is permissible to use (or transfer fire from) a flame burning continuously since the onset of the festival, such as a pilot light, gas or candle flame.

Notes	Dates	Festival	Blessing(s)
*	29 Sept.	First Eve of Rosh Hashana	1 & 6
**	30 Sept.	Second Eve of Rosh Hashana	1 & 6
***	8 Oct.	Eve of Yom Kippur	2 & 6
*	13 Oct.	First Eve of Sukkot	3 & 6
**	14 Oct.	Second Eve of Sukkot	3 & 6
***	17 Oct.	Intermediate Shabbat of Sukkot	5
*	20 Oct.	Eve of Shemini Atzeret	3 & 6
**	21 Oct.	Eve of Simchat Torah	3 & 6
*	8 April	First Seder Night	3 & 6
**	9 April	Second Seder Night	3 & 6
****	10 April	Intermediate Shabbat of Pesach	5
*	14 April	Seventh Eve of Pesach	3
**	15 April	Eighth Eve of Pesach	3
*	28 May	First Eve of Shavuot	3 & 6
****	29 May	Second Eve of Shavuot & Shabbat	4 & 6

### NOTE:

- \* If lighting after sunset, light only from a pre-existing flame.
- \*\* Do not light before the time indicated. Light only from a pre-existing flame.
- \*\*\* Do not light after sunset.
- \*\*\*\* Do not light after sunset. Light only from a pre-existing flame.

A pre-existing flame is a flame burning continuously since the onset of a festival such as a pilot light, gas or candle flame.

## BLESSINGS FOR FESTIVAL CANDLE LIGHTING

1

Bo-ruch A-toh Ado-noi E-lo-hei-nu Me-lech Ho-olom A-sher Ki-de-sho-nu Be-mitz-vo-sov Vi-tzi-vo-nu Le-had-lik Ner Shel Yom Ha-zi-ko-ron.

*Translation: Blessed are You, L-rd our G-d, King of the universe, who has sanctified us with His commandments, and has commanded us to kindle the light of the Day of Remembrance.*

2

Bo-ruch A-toh Ado-noi E-lo-hei-nu Me-lech Ho-olom A-sher Ki-de-sho-nu Be-mitz-vo-sov Vi-tzi-vo-nu Le-had-lik Ner Shel Yom Ha-ki-purim.

*Translation: Blessed are You, L-rd our G-d, King of the universe, who has sanctified us with His commandments, and has commanded us to kindle the Yom Kippur light..*

3

Bo-ruch A-toh Ado-noi E-lo-hei-nu Me-lech Ho-olom A-sher Ki-de-sho-nu Be-mitz-vo-sov Vi-tzi-vo-nu Le-had-lik Ner Shel Yom Tov.

*Translation: Blessed are You, L-rd our G-d, King of the universe, who has sanctified us with His commandments, and has commanded us to kindle the Yom Tov light.*

4

Bo-ruch A-toh Ado-noi E-lo-hei-nu Me-lech Ho-olom A-sher Ki-de-sho-nu Be-mitz-vo-sov Vi-tzi-vo-nu Le-had-lik Ner Shel Shabbos V'shel Yom Tov.

*Translation: Blessed are You, L-rd our G-d, King of the universe, who has sanctified us with His commandments, and has commanded us to kindle the Sabbath and Yom Tov light.*

5

Bo-ruch A-toh Ado-noi E-lo-hei-nu Me-lech Ho-olom A-sher Ki-de-sho-nu Be-mitz-vo-sov Vi-tzi-vo-nu Le-had-lik Ner Shel Shabbos Ko-desh.

*Translation: Blessed are You, L-rd our G-d, King of the universe, who has sanctified us with His commandments, and has commanded us to kindle the light of the holy Shabbat.*

6

Bo-ruch A-toh Ado-noi E-lo-hei-nu Me-lech Ho-olom She-he-che-yo-nu Vi-ki-ye-mo-nu Ve-hi-gi-o-nu Liz-man Ha-zeh.

*Translation: Blessed are You, L-rd our G-d, King of the universe, who has granted us life, and sustained us and enabled us to reach this occasion.*

# CANDLE LIGHTING TIMES 2008-2009

TIMES SHOWN ARE STANDARD TIME

	Jerusalem, Israel	Tel-Aviv, Israel	Moscow, Russia	St. Petersburg, Russia	Kiev, Ukraine	Odessa, Ukraine	Berlin, Germany	Cologne, Germany	Baltimore, MD	Boston, MA	Chicago, IL	Cincinnati, OH	Cleveland, OH	Denver, CO	Detroit, MI	Houston, TX	Los Angeles, CA	Miami, FL	Milwaukee, WI	Minneapolis, MN	New Haven, CT	Kansas City, MO	Philadelphia, PA	Phoenix, AZ	Richmond, VA	Seattle, WA	San Francisco, CA
SEP 29	4:46	5:10	5:52	6:18	5:22	6:23	5:30	5:56	5:34	5:10	5:17	6:05	5:53	5:27	5:58	5:51	5:22	5:51	5:18	5:38	5:18	5:46	5:27	5:57	5:29	5:34	5:37
SEP 30	6:02	6:03	7:02	7:36	6:27	7:24	6:36	7:01	6:30	6:09	6:15	7:01	6:51	6:23	6:57	6:43	6:15	6:42	6:16	6:38	6:16	6:42	6:24	6:50	6:33	6:36	6:33
OCT 3	4:41	5:05	5:41	6:06	5:13	6:15	5:20	5:47	5:27	5:04	5:10	5:59	5:46	5:20	5:51	5:46	5:16	5:46	5:11	5:31	5:12	5:39	5:21	5:52	5:23	5:26	5:31
OCT 8	4:35	4:59	5:28	5:51	5:03	6:05	5:09	5:36	5:20	4:55	5:02	5:51	5:38	5:13	5:43	5:40	5:09	5:41	5:02	5:22	5:03	5:32	5:13	5:45	5:16	5:16	5:23
OCT 10	4:33	4:56	5:23	5:45	5:03	6:01	5:04	5:32	5:16	4:52	4:58	5:48	5:35	5:09	5:40	5:38	5:07	5:39	4:59	5:18	5:00	5:28	5:10	5:43	5:13	5:12	5:20
OCT 13	4:29	4:53	5:16	5:37	4:52	5:56	4:57	5:25	5:12	4:47	4:54	5:44	5:30	5:05	5:35	5:34	5:03	5:36	4:54	5:13	4:55	5:24	5:05	5:39	5:09	5:06	5:16
OCT 14	5:45	5:46	6:27	6:55	5:57	6:57	6:05	6:31	6:09	6:45	5:52	6:40	6:28	6:02	6:33	6:27	5:57	6:28	5:52	6:13	5:53	6:21	6:03	6:33	6:13	6:08	6:12
OCT 17	4:24	4:48	5:06	5:25	4:44	5:49	4:49	5:17	5:06	4:40	4:47	5:38	5:24	4:59	5:28	5:30	4:58	5:33	4:47	5:06	4:49	5:18	4:59	5:34	5:03	4:58	5:11
OCT 20	4:21	4:45	4:59	5:17	4:38	5:43	4:42	5:11	5:02	4:36	4:43	5:34	5:19	4:55	5:24	5:27	4:55	5:30	4:43	5:01	4:45	5:14	4:55	5:30	4:59	4:53	5:07
OCT 21	5:37	5:39	6:11	6:36	5:43	6:45	5:50	6:17	5:59	5:35	5:41	6:31	6:18	5:52	6:23	6:20	5:49	6:22	5:42	6:02	5:43	6:11	5:53	6:25	6:04	5:56	6:03
OCT 24	4:17	4:40	4:49	5:06	4:30	5:36	4:34	5:03	4:57	4:30	4:37	5:28	5:14	4:49	5:18	5:23	4:50	5:26	4:36	4:54	4:39	5:09	4:49	5:26	4:54	4:46	5:02
OCT 31	4:10	4:34	4:34	4:47	4:17	5:25	4:20	4:50	4:48	4:20	4:27	5:20	5:04	4:41	5:08	5:17	4:43	5:21	4:27	4:44	4:30	5:00	4:40	5:19	4:46	4:34	4:53
NOV 7	4:05	4:28	4:19	4:29	4:06	5:15	4:07	4:38	4:40	4:12	4:19	5:12	4:56	4:33	5:00	5:12	4:37	5:17	4:18	4:35	4:22	4:53	4:33	5:13	4:39	4:24	4:46
NOV 14	4:00	4:23	4:06	4:13	3:55	5:07	3:56	4:28	4:34	4:05	4:12	5:06	4:49	4:27	4:53	5:08	4:32	5:14	4:11	4:27	4:15	4:47	4:26	5:08	4:33	4:15	4:41
NOV 21	3:57	4:20	3:55	3:59	3:47	5:00	3:47	4:19	4:29	3:59	4:07	5:02	4:44	4:22	4:47	5:05	4:28	5:12	4:05	4:20	4:10	4:42	4:21	5:05	4:29	4:08	4:36
NOV 28	3:55	4:18	3:47	3:47	3:41	4:55	3:40	4:13	4:26	3:56	4:03	4:59	4:44	4:19	4:44	4:42	4:26	5:11	4:01	4:16	4:06	4:39	4:18	5:03	4:26	4:03	4:34
DEC 5	3:55	4:18	3:41	3:39	3:37	4:52	3:36	4:09	4:25	3:54	4:01	4:57	4:39	4:17	4:42	5:04	4:26	5:11	3:59	4:14	4:05	4:38	4:17	5:02	4:25	4:00	4:32
DEC 12	3:56	4:19	3:38	3:35	3:36	4:52	3:34	4:08	4:26	3:54	4:01	4:58	4:39	4:18	4:42	5:05	4:27	5:13	3:59	4:14	4:05	4:38	4:17	5:04	4:26	4:00	4:33
DEC 19	3:59	4:22	3:39	3:35	3:38	4:54	3:35	4:09	4:28	3:56	4:04	5:00	4:41	4:20	4:44	5:08	4:29	5:15	4:01	4:16	4:07	4:41	4:19	5:06	4:28	4:02	4:36
DEC 26	4:02	4:25	3:43	3:39	3:42	4:58	3:39	4:13	4:32	4:00	4:08	5:04	4:45	4:24	4:48	5:12	4:33	5:19	4:05	4:20	4:11	4:44	4:23	5:10	4:32	4:06	4:39
JAN 2	4:07	4:30	3:51	3:48	3:48	5:04	3:46	4:20	4:37	4:06	4:13	5:09	4:51	4:29	4:54	5:16	4:38	5:24	4:10	4:25	4:16	4:50	4:29	5:15	4:37	4:12	4:45
JAN 9	4:13	4:36	4:01	4:00	3:56	5:11	3:55	4:28	4:44	4:12	4:20	5:16	4:58	4:36	5:00	5:22	4:44	5:29	4:17	4:33	4:23	4:56	4:35	5:21	4:44	4:20	4:51
JAN 16	4:19	4:42	4:13	4:15	4:06	5:20	4:06	4:39	4:51	4:20	4:28	5:23	5:05	4:43	5:08	5:28	4:50	5:34	4:25	4:41	4:31	5:04	4:43	5:27	4:51	4:29	4:58
JAN 23	4:25	4:48	4:27	4:32	4:18	5:30	4:18	4:50	4:59	4:29	4:36	5:31	5:14	4:51	5:17	5:34	4:57	5:39	4:34	4:51	4:39	5:11	4:51	5:34	4:58	4:39	5:06
JAN 30	4:32	4:55	4:41	4:50	4:42	5:40	4:31	5:02	5:07	4:38	4:45	5:39	5:23	5:00	5:26	5:40	5:04	5:45	4:43	5:01	4:48	5:19	4:59	5:40	5:06	4:50	5:13
FEB 6	4:38	5:01	4:57	5:08	4:42	5:51	4:44	5:14	5:15	4:47	4:54	5:47	5:31	5:08	5:35	5:46	5:11	5:50	4:52	5:11	4:57	5:28	5:08	5:47	5:14	5:01	5:21
FEB 13	4:44	5:07	5:12	5:27	4:54	6:01	4:57	5:27	5:23	4:56	5:03	5:55	5:40	5:16	5:44	5:51	5:18	5:55	5:01	5:21	5:06	5:36	5:16	5:54	5:21	5:12	5:29
FEB 20	4:50	5:13	5:27	5:45	5:06	6:12	5:11	5:39	5:31	5:05	5:12	6:03	5:49	5:24	5:53	5:56	5:24	5:59	5:11	5:30	5:14	5:44	5:24	6:00	5:29	5:23	5:36
FEB 27	4:55	5:19	5:42	6:03	5:18	6:22	5:24	5:52	5:39	5:14	5:21	6:11	5:57	5:32	6:02	6:02	5:30	6:03	5:20	5:40	5:23	5:51	5:32	6:06	5:36	5:34	5:44
MAR 6	5:01	5:24	5:57	6:20	5:30	6:32	5:37	6:04	5:47	5:22	5:29	6:18	6:05	5:40	6:10	6:06	5:36	6:07	5:28	5:50	5:31	5:59	5:40	6:12	5:43	5:44	5:51
MAR 13	5:06	5:29	6:11	6:38	5:42	6:42	5:49	6:16	5:54	5:31	5:37	6:25	6:13	5:47	6:19	6:11	5:42	6:11	5:37	5:59	5:39	6:06	5:47	6:17	5:49	5:54	5:57
MAR 20	5:11	5:34	6:25	6:55	5:53	6:52	6:02	6:27	6:01	5:39	5:45	6:32	6:21	5:54	6:27	6:15	5:47	6:14	5:45	6:08	5:46	6:13	5:54	6:23	5:56	6:05	6:04
MAR 27	5:15	5:39	6:39	7:12	6:04	7:01	6:14	6:39	6:08	5:47	5:53	6:39	6:29	6:01	6:35	6:19	5:53	6:17	5:53	6:17	5:54	6:20	6:02	6:28	6:02	6:15	6:10
APR 3	5:20	5:44	6:54	7:29	6:15	7:11	6:26	6:50	6:15	5:55	6:01	6:46	6:36	6:08	6:43	6:23	5:58	6:20	6:01	6:26	6:02	6:26	6:09	6:33	6:09	6:25	6:17
APR 8	5:23	5:47	7:04	7:41	6:23	7:17	6:35	6:58	6:20	6:00	6:06	6:51	6:42	6:13	6:48	6:26	6:02	6:23	6:07	6:32	6:07	6:31	6:14	6:37	6:13	6:32	6:21
APR 9	6:40	6:42	8:20	9:07	7:32	8:22	7:46	8:08	7:18	7:01	7:07	7:50	7:42	7:12	7:49	7:21	6:57	7:16	7:10	7:35	7:07	7:30	7:13	7:32	7:19	7:37	7:19
APR 10	5:25	5:49	7:08	7:46	6:27	7:22	6:39	7:02	6:22	6:02	6:09	6:53	6:44	6:15	6:50	6:28	6:03	6:24	6:10	6:35	6:09	6:33	6:16	6:38	6:15	6:34	6:23
APR 14	5:27	5:52	7:16	7:56	6:33	7:25	6:46	7:08	6:26	6:07	6:13	6:57	6:48	6:19	6:55	6:30	6:06	6:26	6:14	6:40	6:13	6:37	6:20	6:41	6:19	6:40	6:27
APR 15	6:45	6:47	8:34	9:24	7:43	8:31	7:58	8:19	7:25	7:09	7:14	7:56	7:49	7:19	7:57	7:25	7:02	7:19	7:18	7:43	7:14	7:36	7:20	7:37	7:25	7:47	7:25
APR 17	5:29	5:54	7:22	8:03	6:38	7:29	6:51	7:13	6:29	6:10	6:16	7:00	6:52	6:23	6:58	6:32	6:09	6:27	6:18	6:43	6:17	6:40	6:23	6:43	6:21	6:44	6:30
APR 24	5:34	5:59	7:36	8:20	6:49	7:39	7:03	7:24	6:35	6:18	6:24	7:06	6:59	6:30	7:06	6:36	6:14	6:31	6:26	6:52	6:24	6:47	6:30	6:49	6:28	6:54	6:36
MAY 1	5:39	6:03	7:50	8:38	7:00	7:48	7:15	7:36	6:42	6:26	6:32	7:13	7:07	6:37	7:14	6:41	6:20	6:34	6:34	7:01	6:32	6:54	6:37	6:54	6:34	7:04	6:42
MAY 8	5:44	6:08	8:04	8:55	7:11	7:57	7:27	7:47	6:49	6:34	6:39	7:20	7:14	6:43	7:22	6:45	6:25	6:38	6:43	7:09	6:39	7:01	6:44	6:59	6:40	7:14	6:49
MAY 15	5:49	6:13	8:17	9:12	7:21	8:06	7:38	7:57	6:56	6:41	6:47	7:26	7:21	6:50	7:29	6:50	6:30	6:42	6:49	7:18	6:46	7:07	6:51	7:04	6:46	7:23	6:55
MAY 22	5:54	6:18	8:29	9:27	7:31	8:14	7:49	8:07	7:02	6:48	6:54	7:33	7:28	6:56	7:36	6:54	6:35	6:45	6:57	7:25	6:53	7:13	6:57	7:09	6:52	7:31	7:01
MAY 28	5:57	6:22	8:39	9:40	7:38	8:20	7:57	8:15	7:07	6:53	6:59	7:37	7:33	7:01	7:41	6:57	6:39	6:48	7:02	7:31	6:58	7:18	7:02	7:13	6:57	7:38	7:05
MAY 29	5:58	6:23	8:40	9:42	7:39	8:21	7:58	8:16																			

## DO A MITZVAH - BRING MOSHIACH!

A single good deed can tip the balance and make all the difference. The following is the Ten Point Mitzvah Campaign initiated by the Rebbe twenty years ago. The campaign focuses on specific Mitzvot, through the fulfillment of which the individual and the family will come to a greater appreciation of their Jewish heritage.

### AHAVAT YISRAEL

To make an effort that our thought, speech and action be permeated with real concern for our fellow man.

### JEWISH EDUCATION

To involve any and every Jewish child in an educational program that will teach him/her what it means to be a Jew.

### TORAH STUDY

To set fixed times for Torah study every day so that our spiritual growth and development be systematic and directed.

### TEFILLIN

Tefillin are a sign; a public statement of Jewish involvement. Donning Tefillin daily is an expression of strong Jewish identity.

### MEZUZAH

A proper, kosher, handwritten Mezuzah designates a home as Jewish and protects it and its occupants.

### TZEDAKAH

To increase our giving charity and to be reminded to do so by displaying a Tzedakah box conspicuously.

### HOLY JEWISH BOOKS

By having at least a Chumash, Tehillim and Siddur in your home you transform it into a more sacred environment.

### SHABBAT CANDLES

Women and girls (from age 3) should light Shabbat candles 18 minutes before sunset on Fridays, to usher in the holiness and tranquility of Shabbat.

### KASHRUT

Being Jewish entails more than prayer and study. Eating only kosher food enables us to identify with our Judaism on a very real and fundamental level.

### FAMILY PURITY

By observing the laws of Mikvah and Family Purity we add a holy dimension to marriage and family that enhances love and communication.



Friends of Refugees of Eastern Europe is an international non-profit organization founded in 1969 by the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson.

FREE's mandate is to restore the Jewish identity and Jewish education diminished by over 70 years of Communist oppression, by assisting Jewish immigrants from the Former Soviet Union in all moral, spiritual, religious, educational and financial / material areas of their new lives in the F.R.E.E. world.

Ever since, F.R.E.E. has successfully aided tens of thousands of Jews. Serving as the first such organization, F.R.E.E. has become America's largest Jewish organization serving Russian immigrants with their spiritual and material needs.

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BRISIN / CIRCUMCISION PROGRAM  
BAR MITZVAH PROGRAM  
JEWISH MARRIAGES  
CAMP FREE - GAN ISRAEL  
AFTER-SCHOOL PROGRAM  
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[WWW.RUSSIANJEWRY.ORG](http://WWW.RUSSIANJEWRY.ORG)

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