



JEWISH CALENDAR

5769

SHNAS HAKHEL שנת הקהל
2008-2009

ELUL

The month of Elul, the last of the Jewish calendar, is the time to reflect on our actions of the passing year, and to find ways to correct any shortcomings. In synagogues around the world, extra prayers are recited daily and the Shofar is sounded every weekday.

ELUL 18

Known as Chai Elul, the "life" of Elul. Birthday of Rabbi Israel Baal Shem Tov (1698), founder of the Chassidic movement, and of Rabbi Shneur Zalman of Liadi (1745), founder of the Chabad movement.

ELUL 20

After midnight, we recite Selichot (special penitential prayers). We continue to recite Selichot every weekday from Monday morning until the eve of Rosh Hashanah.

ELUL 25

According to Jewish tradition, this was the first of the Six Days of Creation, 5,768 years ago.



ROSH HASHANAH




Rosh Hashanah (literally, the "head" of the year) is the beginning of the Jewish year – and the "birthday" of all creation. It commemorates the creation of Adam and Eve, the first human beings. On the day he was created, Adam acknowledged G-d's Kingship over the entire universe. Each Rosh Hashanah, we reaffirm this with our renewed commitment to G-d and His commandments.

THE SHOFAR

The sounding of the Shofar (the ram's horn) is a central observance of Rosh Hashanah. The Shofar calls many things to mind: It symbolizes our coronation of G-d as King, it is a "wake up call" to return to G-d, and it presages the coming of Moshiach, whose arrival will be heralded by the "Great Shofar". A person who did not hear the Shofar in synagogue should make sure to hear at least the thirty prescribed Shofar sounds before the end of the day.

TASHLICH

On Rosh Hashanah, or on one of the following days, it is customary to visit a body of water containing fish and to recite the Tashlich prayer. At this service, we symbolically "cast away our sins" as we start the year anew, assured that G-d will "cast all their sins into the depth of the sea." (Micah 7:9).

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|--------------------|---|--|---|---------------------|---|---|
| | א אלול Elul 1 | ב אלול Elul 2 | ג אלול Elul 3 | ד אלול Elul 4 | ה אלול Elul 5 | ו אלול Elul 6 SHOFTIM Pirkei Avot: Chapters 1 |
| | Labor Day Rosh Chodesh | | | |  | |
| ז אלול Elul 7 | ח אלול Elul 8 | ט אלול Elul 9 | י אלול Elul 10 | יא אלול Elul 11 | יב אלול Elul 12 | יג אלול Elul 13 KI TEITZEI Pirkei Avot: Chapters 2 |
| | | | | |  | |
| יד אלול Elul 14 | טו אלול Elul 15 | טז אלול Elul 16 | יז אלול Elul 17 | יח אלול Elul 18 | יט אלול Elul 19 | כ אלול Elul 20 KI TAVO Shabbat Selichot Pirkei Avot: Chapters 3&4 |
| | | | | |  | |
| כא אלול Elul 21 | כב אלול Elul 22 | כג אלול Elul 23 | כד אלול Elul 24 | כה אלול Elul 25 | כו אלול Elul 26 | כז אלול Elul 27 NITZAVIM Pirkei Avot: Chapters 5&6 |
| | | | | |  | |
| כח אלול Elul 28 | כט אלול Elul 29 | א תשרי Tishrei 1 | ב תשרי Tishrei 2 | ג תשרי Tishrei 3 | ד תשרי Tishrei 4 | ה תשרי Tishrei 5 |
| |  |  1st day of ROSH HASHANAH |  | | | |

FAST OF GEDALIAH

The day after Rosh Hashanah is a public fast day, commemorating the slaying of Gedaliah. Gedaliah was the leader of the small Jewish community that remained in Israel at the beginning of the Babylonian exile. Tragically, these last remnants were then dispersed as well.

YOM KIPPUR

Yom Kippur, the Day of Atonement, is the holiest day in the Jewish calendar. On this day, we regret the sins of our past and resolve to improve in the future – and G-d promises to forgive all our transgressions. This day is one of spiritual cleansing; we refrain from working, eating and drinking, washing, anointing with oils or lotions, marital relations and wearing leather shoes.

SUKKOT

After a period of sober and reverent reflection during the Days of Awe, we are ready for the joyous holiday of Sukkot, “the Season of our Joy”, rejoicing in the knowledge that G-d has inscribed us for a good and healthy new year. The name Sukkot is derived from the word Sukkah, or hut. In commemoration of the protective “clouds of glory” with which G-d surrounded the Jewish people on their way out of Egypt, we live in makeshift huts during the seven days of this holiday.



HAKHEL

A special service was held in Jerusalem on the second day of Sukkot following the Shemittah, the Sabbatical year. The entire nation, men, women, and even children gathered as the king read selected verses of the Torah, reminding everyone of our commitment to following its teachings. This entire year is called the year of Hakhel, of gathering, and Jews throughout the world are encouraged to unite in Torah study.

SIMCHAT TORAH

Simchat Torah marks the day we complete the reading of the Torah in its annual cycle. On the evening of Simchat Torah, (and in many communities, on the previous evening of Shemini Atzeret as well) we make seven Hakafot (circuits) around the table upon which the Torah is read, dancing and rejoicing with the Torah scrolls. During morning services on Simchat Torah, we complete the Torah, reading the last Torah portion. We immediately start reading the Torah from the beginning again – remembering that the Torah’s teachings are endless, and with each cycle we can delve deeper and deeper into its meanings.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHABBAT

Sunday, October 5, 2008

ב תשרי
Tishrei 2



2nd day of ROSH HASHANAH

ג תשרי
Tishrei 3

FAST OF GEDALIAH

ד תשרי
Tishrei 4



ה תשרי
Tishrei 5

VAYEILECH
Shabbat Shuva

ו תשרי
Tishrei 6

ז תשרי
Tishrei 7

ח תשרי
Tishrei 8

ט תשרי
Tishrei 9



Yizkor
YOM KIPPUR

י תשרי
Tishrei 10



יא תשרי
Tishrei 11



יב תשרי
Tishrei 12

HA'AZINU

יג תשרי
Tishrei 13

יד תשרי
Tishrei 14

Columbus Day



טו תשרי
Tishrei 15



1st day of SUKKOT



טז תשרי
Tishrei 16



2nd day of SUKKOT

יז תשרי
Tishrei 17

1st Intermediate day

יח תשרי
Tishrei 18

2nd Intermediate day



יט תשרי
Tishrei 19


3rd Intermediate day

כ תשרי
Tishrei 20

4th Intermediate day

כא תשרי
Tishrei 21

HOSHANA RABA



כב תשרי
Tishrei 22



Yizkor
SHEMINI ATZERET



כג תשרי
Tishrei 23



SIMCHAT TORAH

כד תשרי
Tishrei 24

Isru Chag

כה תשרי
Tishrei 25



כו תשרי
Tishrei 26

BEREISHIT
Shabbat Bereishit
Blessing of new month

כז תשרי
Tishrei 27

כח תשרי
Tishrei 28

כט תשרי
Tishrei 29

ל תשרי
Tishrei 30


New moon: 2:42 14/18 pm

Rosh Chodesh

א חשוון
Cheshvan 1

Rosh Chodesh

ב חשוון
Cheshvan 2



31

CHESHVAN 7

In Israel, this is considered the first day of the official rain season. Prayers for rain were held off until this day, in deference to those making their way back from Jerusalem where they spent the holidays.

CHESHVAN 20

Birthday of Rabbi Sholom Dov Ber (1860), fifth leader of Chabad-Lubavitch.

THE WEEKLY TORAH READING

According to our tradition, the custom of reading from the Torah in the Synagogue every Shabbat is one of the oldest Jewish customs, instituted by Moshe Rabbeinu (Moses) himself.

The Torah was divided by Moshe into 54 portions, which is the maximum number of regular readings possible during a Jewish calendar year. The regular cycle is suspend-



ed on Jewish holidays, during which we read holiday themed portions instead. Most years, it becomes necessary to group two portions together on some weeks in order to complete the cycle on time for Simchat Torah.

Our lives are built around the calendar cycles: The year, the month, the week. Every day, the current Torah - reading offers a fresh source of inspiration. Though repeated again and again, there is always a new insight, a new guidance, a new commentary on the here and the now. This is the Jewish way of "living with the times."

Based on the teachings of The Lubavitcher Rebbe.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHABBAT



ז חשוון
Cheshvan 4

2

Standard Time

ה חשוון
Cheshvan 5

3

ו חשוון
Cheshvan 6

4

ז חשוון
Cheshvan 7

5

ח חשוון
Cheshvan 8

6

ט חשוון
Cheshvan 9

7



י חשוון
Cheshvan 10
LECH-LECHA

8

יא חשוון
Cheshvan 11

9

יב חשוון
Cheshvan 12

10

יג חשוון
Cheshvan 13

11

Veterans Day

יד חשוון
Cheshvan 14

12

טו חשוון
Cheshvan 15

13

טז חשוון
Cheshvan 16

14



יז חשוון
Cheshvan 17
VAYEIRA

15

יח חשוון
Cheshvan 18

16

יט חשוון
Cheshvan 19

17

כ חשוון
Cheshvan 20

18

כא חשוון
Cheshvan 21

19

כב חשוון
Cheshvan 22

20

כג חשוון
Cheshvan 23

21



כד חשוון
Cheshvan 24
CHAYEI SARAH
Blessing of new month

22

כה חשוון
Cheshvan 25

23

כו חשוון
Cheshvan 26

24

כז חשוון
Cheshvan 27

25

כח חשוון
Cheshvan 28

26

כט חשוון
Cheshvan 29

27

א כסלו
Kislev 1
New moon: 3:26 15/18 PM

28

ב כסלו
Kislev 2
TOLDOT


29

ג כסלו
Kislev 3

30

Thanksgiving Day

Rosh Chodesh



KISLEV 19

“Chassidic Rosh Hashanah”

Yartzeit of Rabbi Dov Ber of Mezritch, the second leader of the Chassidic movement (1772).

Release from prison of Rabbi Schneur Zalman of Liadi, founder of the Chabad movement (1798). His triumphant release marked a turning point in the spreading of Chassidic thought, and this date is celebrated in many communities throughout the world.

CELEBRATING CHANUKAH

The kindling of the Menorah is the focal point of the Chanukah holiday, symbolizing religious freedom and the strength of the Jewish spirit. The menorah is kindled on each of the eight nights of Chanukah, this year beginning Tuesday evening, December 4th.

The Menorah is placed at the left side of a central doorway of the home, or at the front



window. The candles should be lit immediately following sunset. However, due to Shabbat observance, the Menorah is lit before the Shabbat candles on Friday evening and after the Havdalah ceremony at the end of Shabbat.

Prepare the Menorah so that the candles will stay lit for a half-hour after sunset. Gather all family members light the Shamash, the service candle. Recite the proper blessings and light the candles beginning from the left. Finally, place the Shamash at its designated place.

OTHER CHANUKAH OBSERVANCES:

In addition to the kindling of the Menorah, special prayers are added to the regular services during the eight days of the holiday. Additional customs include preparing oil-rich dishes such as doughnuts or latkes; playing with the dreidel (spin-top); and the giving of Chanukah-gelt (cash gifts) to the young.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHABBAT

יום טוב
Chanukah
18

ד' כסלו
Kislev 4

ה' כסלו
Kislev 5

ו' כסלו
Kislev 6

ז' כסלו
Kislev 7

ח' כסלו
Kislev 8

ט' כסלו
Kislev 9
VAYEITZEI

י' כסלו
Kislev 10

יא' כסלו
Kislev 11

יב' כסלו
Kislev 12

יג' כסלו
Kislev 13

יד' כסלו
Kislev 14

טו' כסלו
Kislev 15

טז' כסלו
Kislev 16
VAISHLACH

יז' כסלו
Kislev 17

יח' כסלו
Kislev 18

יט' כסלו
Kislev 19

כ' כסלו
Kislev 20

כא' כסלו
Kislev 21

כב' כסלו
Kislev 22

כג' כסלו
Kislev 23
VAYEISHEV
Blessing of new month

כד' כסלו
Kislev 24

כה' כסלו
Kislev 25

כו' כסלו
Kislev 26

כז' כסלו
Kislev 27

כח' כסלו
Kislev 28

כט' כסלו
Kislev 29

ל' כסלו
Kislev 30
New moon: 4:10 16/18 PM
MIKEITZ
Rosh Chodesh
CHANUKAH

א' טבת
Tevet 1

ב' טבת
Tevet 2

ג' טבת
Tevet 3

ד' טבת
Tevet 4

יום טוב
Chanukah
18

TEVET 10

Observed as a fast day. On this date, Jerusalem was placed under siege by the Babylonian king Nebuchadnezzar, resulting in the destruction of the First Temple (422 BCE).

TEVET 24

Yartzeit of Rabbi Schneur Zalman of Liadi, founder of the Chabad movement (1813).

MEZUZAH

The Mezuzah is a small piece of parchment containing two Torah passages (the first two paragraphs of the Shema prayer), 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. Judaism begins at home – and the Mezuzah reminds us that through our good deeds we fill our homes with holiness.

A kosher Mezuzah protects our homes, too. On the back of the Mezuzah is the Divine



name, Sha-Da-I, made up of three Hebrew letters which form the acronym of the phrase, "Keeper of the Gates of Israel". The Talmud teaches: While it is customary for servants to guard the king's palace, the Divine King, in His great love for us, guards the doors of our homes.

The Mezuzah is hand-written on a parchment by a qualified sofer (scribe). To make sure that your Mezuzot (pl. of Mezuzah) are Kosher, it is important to purchase Mezuzot from a reliable source and to have them checked by a professional scribe every few years. Contact our office to find out more about purchasing, checking and affixing Mezuzot.

When G-d makes a miracle, it is so that afterwards we may look at the natural order of things and say "I recognize this. This is not what it appears to be. This, too, is a miracle."

By Rabbi Tzvi Freeman.

Based on the teaching of The Lubavitcher Rebbe

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHABBAT

Blank calendar cells for Sunday, Monday, and Tuesday of the first week.

ד' טבת
Tevet 5
1
Legal Holiday

ה' טבת
Tevet 6
2


ו' טבת
Tevet 7
3
VAYIGASH

ז' טבת
Tevet 8
4

ח' טבת
Tevet 9
5

ט' טבת
Tevet 10
6
FAST OF TEVET 10

י' טבת
Tevet 11
7

יא' טבת
Tevet 12
8

יב' טבת
Tevet 13
9


יג' טבת
Tevet 14
10
VAYECHI
Shabbat Chazzak

יד' טבת
Tevet 15
11

טו טבת
Tevet 16
12

טז טבת
Tevet 17
13

יז טבת
Tevet 18
14

יח טבת
Tevet 19
15

יט טבת
Tevet 20
16


כ טבת
Tevet 21
17
SHEMOT

כא טבת
Tevet 22
18

כב טבת
Tevet 23
19
Martin Luther King Day

כג טבת
Tevet 24
20

כד טבת
Tevet 25
21

כה טבת
Tevet 26
22

כו טבת
Tevet 27
23


כז טבת
Tevet 28
24
VAERA
Blessing of new month

כח טבת
Tevet 29
25

א שבט
Shevat 1
26
New moon: 4:54 17/18 AM
Rosh Chodesh

ב שבט
Shevat 2
27

ג שבט
Shevat 3
28

ד שבט
Shevat 4
29

ה שבט
Shevat 5
30


ו שבט
Shevat 6
31
BO

SHEVAT 10

Yartzeit of Rabbi Yosef Yitzchak Schneerson, sixth leader of Chabad-Lubavitch (1950). Rabbi Yosef Yitzchak fought to preserve Jewish life in the U.S.S.R. until he was imprisoned, threatened with his life, and finally forced to leave (1927). In 1940 he came to the United States and established the network of Chabad-Lubavitch educational institutions throughout the U.S.A. and across the world.

This day also marks the beginning of the leadership of his son-in-law Rabbi Menachem Mendel Schneerson, the Lubavitcher Rebbe.

SHEVAT 15 – TU B'SHEVAT

In Jewish tradition the fifteenth day of Shevat is the "New Year" of the trees, opening the season in which trees begin to bud in the Holy Land of Israel. Just as Rosh Hashanah, the New Year for all cre-







ation, is the day on which man is judged, so too Tu B'Shevat is a day of judgment for earth's trees.

To commemorate this special day, Jews throughout the world eat the distinctive foods that are characteristic of the Holy Land, especially the five types of fruits mentioned in the Torah: Grapes, Figs, Pomegranates, Olives, and Dates.

SHEVAT 22

Yartzeit of Rebbetzin Chaya Mushka Schneerson, wife of the Lubavitcher Rebbe (1988).

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|--|--|---|--|--|--|--|
| <p>ז שבט Shevat 7</p> <p>1</p> | <p>ח שבט Shevat 8</p> <p>2</p> | <p>ט שבט Shevat 9</p> <p>3</p> | <p>י שבט Shevat 10</p> <p>4</p> | <p>יא שבט Shevat 11</p> <p>5</p> | <p>יב שבט Shevat 12</p> <p>6</p> | <p>יג שבט Shevat 13 BESHALACH Shabbat Shira</p> <p>7</p>  |
| <p>יד שבט Shevat 14</p> <p>8</p> | <p>טו שבט Shevat 15</p> <p>9</p> <p>TU B'SHEVAT</p> | <p>טז שבט Shevat 16</p> <p>10</p> | <p>יז שבט Shevat 17</p> <p>11</p> | <p>יח שבט Shevat 18</p> <p>12</p> | <p>יט שבט Shevat 19</p> <p>13</p> | <p>כ שבט Shevat 20 YITRO</p> <p>14</p>  |
| <p>כא שבט Shevat 21</p> <p>15</p> | <p>כב שבט Shevat 22</p> <p>16</p> <p>Presidents Day</p> | <p>כג שבט Shevat 23</p> <p>17</p> | <p>כד שבט Shevat 24</p> <p>18</p> | <p>כה שבט Shevat 25</p> <p>19</p> | <p>כו שבט Shevat 26</p> <p>20</p> | <p>כז שבט Shevat 27 MISHPATIM Parashat Shekalim Blessing of new month</p> <p>21</p>  |
| <p>כח שבט Shevat 28</p> <p>22</p> | <p>כט שבט Shevat 29</p> <p>23</p> | <p>ל שבט Shevat 30 New moon: 5:39 PM</p> <p>24</p> <p>Rosh Chodesh</p> | <p>א אדר Adar 1</p> <p>25</p> <p>Rosh Chodesh</p> | <p>ב אדר Adar 2</p> <p>26</p> | <p>ג אדר Adar 3</p> <p>27</p> | <p>ד אדר Adar 4 TERUMAH</p> <p>28</p>  |



ADAR 7

Birthday and Yartzeit of Moshe Rabbeinu (Moses), who led the Jewish people out of Egyptian bondage.

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. And the closer we examine the story, the more we discover that even seemingly insignificant events are precisely arranged by the hand of the Al-mighty.

THE MITZVOT OF PURIM ARE:

- The Fast of Esther, held the day before Purim, to commemorate the day of prayer and fasting which the Jews held before their victory.



- Listen to the reading of Megillat Esther (the Scroll of Esther), recounting the story of Purim.
- Send gifts containing at least two types of ready-to-eat food to one or more friends on the day of Purim. These gifts, called Mishloach Manot (literally, "sending portions"), should preferably be sent via a third party.
- Give Matanot L'evyonim (literally, gifts of charity to the poor). While Tzedakah (charity) is a year-round responsibility, it is a particularly special Mitzvah on Purim. Give to at least two (but preferably more) needy individuals on Purim.
- Celebrate with a special festive and joyous meal.
- It is traditional to give 3 half-dollar coins to charity on the day before Purim, to commemorate the annual half-shekel given by each Jew in the time of the Holy Temple. This mitzvah is usually performed in the synagogue.

WE WISH YOU ALL A JOYOUS PURIM!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|--|---|--------------------------------|--|---|-----------------------|--|
| ה' אדר Adar 5 | א' אדר Adar 6 | ב' אדר Adar 7 | ג' אדר Adar 8 | ד' אדר Adar 9 | ה' אדר Adar 10 | ו' אדר Adar 11 TETZAVEH Parashat Zachor |
| ז' אדר Adar 12 | ח' אדר Adar 13 Fast of Esther | ט' אדר Adar 14 PURIM | י' אדר Adar 15 Shushan Purim | יא' אדר Adar 16 | יב' אדר Adar 17 | יג' אדר Adar 18 KI TISA Parshat Parah |
| יט' אדר Adar 19 Daylight Saving Time | כ' אדר Adar 20 | כ"א אדר Adar 21 | כ"ב אדר Adar 22 | כ"ג אדר Adar 23 | כ"ד אדר Adar 24 | כ"ה אדר Adar 25 VAYAKHEL - PEKUDEI Shabbat Chazzak Parashat HaChodesh Blessing of new month |
| כ"ו אדר Adar 26 | כ"ז אדר Adar 27 | כ"ח אדר Adar 28 | כ"ט אדר Adar 29 | א' ניסן Nissan 1 New moon: 6:23 1/18 AM | ב' ניסן Nissan 2 | ג' ניסן Nissan 3 VAYIKRA |
| ד' ניסן Nissan 4 | ה' ניסן Nissan 5 | ו' ניסן Nissan 6 | ז' ניסן Nissan 7 | ח' ניסן Nissan 8 | ט' ניסן Nissan 9 | י' ניסן Nissan 10 |
| יא' ניסן Nissan 11 | יב' ניסן Nissan 12 | יג' ניסן Nissan 13 | יד' ניסן Nissan 14 | ט"ו ניסן Nissan 15 | ט"ז ניסן Nissan 17 | ט"ח ניסן Nissan 18 |
| יז' ניסן Nissan 19 | יח' ניסן Nissan 20 | יט' ניסן Nissan 21 | כ' ניסן Nissan 22 | כ"א ניסן Nissan 23 | כ"ב ניסן Nissan 24 | כ"ג ניסן Nissan 25 |
| כ"ד ניסן Nissan 26 | כ"ה ניסן Nissan 27 | כ"ו ניסן Nissan 28 | כ"ז ניסן Nissan 29 | כ"ח ניסן Nissan 30 | כ"ט ניסן Nissan 31 | ל' ניסן Nissan 32 |



NISSAN 11

Birthday of the Lubavitcher Rebbe, Rabbi Me-nachem M. Schneerson (1902).

CELEBRATING PESACH (PASSOVER)

Pesach is celebrated by refraining from eating or owning any Chometz foods for the duration of the holiday, and by participating in a Seder dinner on the first two nights of the holiday.

REMOVAL OF CHOMETZ

Chametz (leaven) is defined as wheat, barley, oats, rye or spelt which have been mixed with water and then had time to rise. During Pesach it is forbidden to eat, own or even derive any benefit from chametz or any mixture containing chametz.

We prepare for Pesach by thoroughly cleaning our home, workplace or other place we own, and removing any trace of chametz we may find. Sinks, tables, countertops, and dishes not used exclusively for Pesach need to be koshered. All food products used on Pesach must be certified Kosher for Passover.

On the evening before Pesach begins (this year on Tuesday evening, April 7), we formally search the entire home for any remaining chametz. Any chametz we don't plan on destroying is placed in



a special room or closet, sealed, and sold - through a competent Rabbi - to a non-Jew for the duration of the festival. Whatever chametz is not sold must be destroyed by the morning before the Festival.

THE SEDER

The Pesach Seder (literally, "Order of the Passover"), conducted each of the first two nights of Pesach, is the central event of the Passover festival. During the Seder, we:

- * Drink four cups of wine (or grape juice), reminding us of the redemption and its four stages.
- * Ask the Four Questions and recite the Haggadah, which tells the story of Passover and describes the miracles of our redemption.
- * Eat Matzah, the plain unleavened bread which symbolizes both the simple bread of slaves and the swiftness of the redemption from Egypt, which did not give our ancestors time to let their dough rise.
- * Eat Maror (bitter herbs) which remind us of the bitterness of the enslavement.

THE LAST DAY OF PESACH

The eighth and final day of Pesach is associated with Moshiach and our fervent hope for his imminent arrival. In many communities, a festive "Moshiach" meal is organized toward the evening, to emphasize this day's special dimension.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|---|---|--|---|---|---|--|
| | | | ז ניסן Nissan 7 | ח ניסן Nissan 8 | ט ניסן Nissan 9 | י ניסן Nissan 10 TZAV Shabbat HaGadol |
| יא ניסן Nissan 11 | יב ניסן Nissan 12 | יג ניסן Nissan 13 | יד ניסן Nissan 14  | טו ניסן Nissan 15  | טז ניסן Nissan 16 Omer 1 | יז ניסן Nissan 17 Omer 2 |
| | | | Fast of First Born Eiruv Tavshilin First Seder  | Second Seder 1st day of PASSOVER In the evening count Omer 1  | 2st day of PASSOVER In the evening count Omer 2  | 1st Intermediate day In the evening count Omer 3 |
| יח ניסן Nissan 18 Omer 3 | יט ניסן Nissan 19 Omer 4 | כ ניסן Nissan 20 Omer 5 | כא ניסן Nissan 21 Omer 6 | כב ניסן Nissan 22 Omer 7 | כג ניסן Nissan 23 Omer 8 | כד ניסן Nissan 24 Omer 9 SHEMINI Blessing of new month Pirkei-Avot: Chapter 1 |
| 2nd Intermediate day In the evening count Omer 4 | 3rd Intermediate day In the evening count Omer 5 | 4th Intermediate day In the evening count Omer 6  | 7th day of PASSOVER In the evening count Omer 7  | Yizkor 8th day of PASSOVER In the evening count Omer 8  | Isru Chag In the evening count Omer 9  | In the evening count Omer 10 |
| כה ניסן Nissan 25 Omer 10 | כו ניסן Nissan 26 Omer 11 | כז ניסן Nissan 27 Omer 12 | כח ניסן Nissan 28 Omer 13 | כט ניסן Nissan 29 Omer 14 | ל ניסן Nissan 30 Omer 15 New moon: 7:07 2/18 PM | א אייר Iyar 1 Omer 16 TAZRIA - METZORA Pirkei-Avot: Chapter 2 |
| In the evening count Omer 11 | In the evening count Omer 12 | In the evening count Omer 13 | In the evening count Omer 14 | In the evening count Omer 15 | Rosh Chodesh In the evening count Omer 16  | Rosh Chodesh In the evening count Omer 17 |
| ב אייר Iyar 2 Omer 17 | ג אייר Iyar 3 Omer 18 | ד אייר Iyar 4 Omer 19 | ה אייר Iyar 5 Omer 20 | ו אייר Iyar 6 Omer 21 | | |
| In the evening count Omer 18 | In the evening count Omer 19 | In the evening count Omer 20 | In the evening count Omer 21 | In the evening count Omer 22 | | |

COUNTING OF THE OMER:

Beginning the second evening of Pesach, we count seven weeks until the arrival of the festival of Shavuot, corresponding to the seven weeks – starting from the night of the Exodus – during which our ancestors eagerly awaited the receiving of the Torah at Mount Sinai.

IYAR 14 – PESACH SHENI

When the Holy Temple stood in Jerusalem, this day offered a second chance to offer the Pass-over sacrifice for those who, because of distance or ritual impurity, had been unable to bring their offering on Pesach.

IYAR 18 – LAG BA'OMER

On this date, in the early 2nd century, the students of Rabbi Akiva, the greatest sage of that era, ceased to die from an epidemic. Years later on this same date, his student Rabbi Shimon Bar Yochai, Mishnaic sage and author of the Zohar (the seminal work of Kabbalah) passed away. Having fulfilled his mission in this world he asked that the anniversary of his death be celebrated as a joyous occasion.

Throughout the Land of Israel – and indeed in



Jewish communities throughout the world – this day is marked with festivities and bonfires; in particular, thousands journey to rejoice in the town of Miron, site of Rabbi Shimon's resting place.

THE HOLIDAY OF SHAVUOT:

The festival of Shavuot celebrates the giving of the Torah – G-d's gift to every single Jew.

The Torah provides humankind with directives to lead a meaningful, pro-ductive life. It gives us the insight to see beyond the outer layers of our physical existence and behold the G-dliness within, and the means with which we can refine our lives and the world around us.

SHAVUOT OBSERVANCES:

- All-night Torah-study on the first night of Shavuot. This is the best preparation for receiving the Torah!
- Reading of the Ten Commandments in the synagogue on the first day of Shavuot. Bring your children, too!
- A festive dairy meal is served on the first day of Shavuot. Our ancestors had not yet learned to prepare Kosher meat!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

SHABBAT

Blank calendar area for Sunday, Monday, Tuesday, Wednesday, and Thursday.

ז אייר
Iyar 7
Omer 22

In the evening count Omer 23



ח אייר
Iyar 8
Omer 23

ACHAREI MOT - KEDOSHIM
Pirkei-Avot: Chapter 3

In the evening count Omer 24

2

ט אייר
Iyar 9
Omer 24

3

In the evening count Omer 25

י אייר
Iyar 10
Omer 25

4

In the evening count Omer 26

יא אייר
Iyar 11
Omer 26

5

In the evening count Omer 27

יב אייר
Iyar 12
Omer 27

6

In the evening count Omer 28

יג אייר
Iyar 13
Omer 28

7

In the evening count Omer 29

יד אייר
Iyar 14
Omer 29

8

PESACH SHEINI
In the evening count Omer 30



טו אייר
Iyar 15
Omer 30

EMOR
Pirkei-Avot: Chapter 4

In the evening count Omer 31

9

טז אייר
Iyar 16
Omer 31

10

Mother's Day
In the evening count Omer 32

יז אייר
Iyar 17
Omer 32

11

In the evening count Omer 33

יח אייר
Iyar 18
Omer 33

12

LAG B'OMER



In the evening count Omer 34

יט אייר
Iyar 19
Omer 34

13

In the evening count Omer 35

כ אייר
Iyar 20
Omer 35


14

In the evening count Omer 36

כא אייר
Iyar 21
Omer 36

15

In the evening count Omer 37



כב אייר
Iyar 22
Omer 37

BEHAR - BECHUKOTAI
Shabbat Chazzak
Pirkei-Avot: Chapter 5

In the evening count Omer 38

16

כג אייר
Iyar 23
Omer 38

17

In the evening count Omer 39

כד אייר
Iyar 24
Omer 39

18

In the evening count Omer 40

כה אייר
Iyar 25
Omer 40

19

In the evening count Omer 41

כו אייר
Iyar 26
Omer 41

20

In the evening count Omer 42

כז אייר
Iyar 27
Omer 42


21

In the evening count Omer 43

כח אייר
Iyar 28
Omer 43

22

In the evening count Omer 44



כט אייר
Iyar 29
Omer 44

BAMIDBAR
Blessing of new month
Pirkei-Avot: Chapter 6

In the evening count Omer 45

23

א סיון
Sivan 1 | Omer 45
New moon: 7:51 3/18 AM
Rosh Chodesh
In the evening count Omer 46

24

ב סיון
Sivan 2
Omer 46

25

In the evening count Omer 47

ג סיון
Sivan 3
Omer 47

26

In the evening count Omer 48

ד סיון
Sivan 4
Omer 48


27

In the evening count Omer 49

ה סיון
Sivan 5
Omer 49

28

Eiruv Tavshilin



ו סיון
Sivan 6

29

1st day of SHAVUOT



ז סיון
Sivan 7

30

ח סיון
Sivan 8

31


Isru Chag

Memorial Day
In the evening count Omer 47


In the evening count Omer 48

In the evening count Omer 49


Eiruv Tavshilin



1st day of SHAVUOT



Yizkor
2nd day of SHAVUOT



TAMMUZ 3

Passing of the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson (1994). The Rebbe's contribution to Jews and Judaism in this generation is immeasurable. Under his leadership and guidance, thousands of young couples have dedicated their lives, through the global network of Chabad-Lubavitch institutions, to spread Yiddishkeit throughout the globe. His vision and promise of an imminent redemption, and a world filled with G-dliness, peace and harmony continues to inspire millions throughout the world. Through our efforts, it shall surely soon become a reality.

THE UPCOMING REDEMPTION

The belief in the upcoming redemption is one of the foundations of our faith, and has been promised to us by almost every one of our prophets, beginning with Moses himself. Maimonides included it in his fa-



mous 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 coming of Moshiach, our redeemer.

LET'S WELCOME MOSHIACH

Led by the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson, many prominent Rabbis proclaimed this generation to be the one to usher in the redemption. We can prepare for this special time by studying the relevant passages 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 hasten its arrival!

Feel free to contact us for more information about the Let's Welcome Moshiach campaign.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|---------------------|--|---------------------|---------------------|---------------------|----------------------|---|
| | ט סיון Sivan 9 | י סיון Sivan 10 | יא סיון Sivan 11 | יב סיון Sivan 12 | יג סיון Sivan 13 | יד סיון Sivan 14 NASSO Pirkei-Avot: Chapter 1 |
| טו סיון Sivan 15 | טז סיון Sivan 16 | יז סיון Sivan 17 | יח סיון Sivan 18 | יט סיון Sivan 19 | כ סיון Sivan 20 | כא סיון Sivan 21 BEHA'ALOTCHA Pirkei-Avot: Chapter 2 |
| כב סיון Sivan 22 | כג סיון Sivan 23 | כד סיון Sivan 24 | כה סיון Sivan 25 | כו סיון Sivan 26 | כז סיון Sivan 27 | כח סיון Sivan 28 SHELACH Blessing of new month Pirkei-Avot: Chapter 3 |
| כט סיון Sivan 29 | ל סיון Sivan 30 New moon: 8:35 4/18 PM | א תמוז Tammuz 1 | ב תמוז Tammuz 2 | ג תמוז Tammuz 3 | ד תמוז Tammuz 4 | ה תמוז Tammuz 5 KORACH Pirkei-Avot: Chapter 4 |
| ו תמוז Tammuz 6 | ז תמוז Tammuz 7 | ח תמוז Tammuz 8 | ט תמוז Tammuz 9 | י תמוז Tammuz 10 | יא תמוז Tammuz 11 | יב תמוז Tammuz 12 |



Father's Day

Rosh Chodesh

Rosh Chodesh

TAMMUZ 12

Birthday of Rabbi Yosef Yitzchak, sixth leader of Chabad-Lubavitch (1880), and his release from Bolshevik imprisonment (1927). He was imprisoned and threatened with his life for his struggle to preserve Judaism in the Soviet Union. His release was celebrated throughout the Jewish world as a victory for Jewry and Judaism.

FAST OF TAMMUZ 17

The 17th of Tammuz marks the beginning of a three-week period of mourning. This is a tragic time on our calendar during which many calamities befell our nation in the course of history.

On the 17th of Tammuz in particular, after years of siege, the walls of Jerusalem were breached. The Jewish forces continued to defend the Temple Mount for another 19 days, until it, too, fell on the 7th of Av. The Beit HaMikdash, the Holy Temple, was torched late on Av 9.

Thus the "Three Weeks" begins with a fast on the 17th of Tammuz and concludes with a full day (25-hour) fast on the Ninth of Av. During this period, we do not celebrate weddings and in general hold no festivities.

THE NINE DAYS OF MOURNING

While the mourning period begins on Tammuz 17,



it intensifies when the month of Av enters. From the First of Av until after the Ninth of Av (excluding Shabbat), we refrain from consuming meat or wine and from various pleasurable activities as a sign of additional mourning.

TISH'A B'AV – THE NINTH OF AV

The Ninth of Av has been a sad day on the Jewish calendar from the earliest days of our history as a people. Just one year after our forefathers left Egypt, it was on this date that G-d punished that generation, decreeing that they would wander the desert for forty years, never entering into the Holy Land. Much more 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 (423 BCE) and the second Temple (68 CE).

The observances of the fast of Tish'a B'Av are similar to those of Yom Kippur. These include refraining from any food or drink, wearing leather shoes, washing or showering, anointing oneself with oils or lotions, and from marital relations. Additionally, on the eve of the fast, the scroll of Eichah (Lamentations) is read in the synagogue in a unique chant, melancholy yet reassuring. Until noon, we sit on low seats only, as a mourner does during Shiva.

May we merit seeing the ultimate redemption and rebuilding of the Temple by Moshiach, now!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHABBAT

ז' תמוז
Tammuz 8

ט תמוז
Tammuz 9

י תמוז
Tammuz 10

יא תמוז
Tammuz 11

יב תמוז
Tammuz 12
 CHUKAT - BALAK
 Pirkei-Avot: Chapter 5


 Independence Day

יג תמוז
Tammuz 13

יד תמוז
Tammuz 14

טו תמוז
Tammuz 15

טז תמוז
Tammuz 16

יז תמוז
Tammuz 17

 FAST OF 17th TAMMUZ

יח תמוז
Tammuz 18

יט תמוז
Tammuz 19
 PINCHAS
 Pirkei-Avot: Chapter 6



כ תמוז
Tammuz 20

כא תמוז
Tammuz 21

כב תמוז
Tammuz 22

כג תמוז
Tammuz 23

כד תמוז
Tammuz 24

כה תמוז
Tammuz 25

כו תמוז
Tammuz 26
 MATOT - MASS'EI
 Shabbat Chazzak
 Blessing of new month
 Pirkei-Avot: Chapter 1



כז תמוז
Tammuz 27

כח תמוז
Tammuz 28

כט תמוז
Tammuz 29


א אב
Av 1
 New moon: 9:19 5/18 AM

 Rosh Chodesh

ב אב
Av 2

ג אב
Av 3

ד אב
Av 4
 DEVARIM
 Shabbat Chazon
 Pirkei-Avot: Chapter 2




ה אב
Av 5

ו אב
Av 6

ז אב
Av 7

ח אב
Av 8

ט אב
Av 9

 FAST OF 9th OF AV

י אב
Av 10

יא אב
Av 11



AV 15

The Mishnah (Tractate Ta'anit) tells us, "There were no greater holidays for the Jewish people than that of the 15th of Av and of Yom Kippur." Just as we mourn the tragedies of the Three Weeks, on this day we celebrate the many joyful events that occurred on it. It marks the end of the 40-year decree upon the Jewish people to wander and die in the desert after leaving Egypt.

ELUL

The month of Elul, the last of the Jewish calendar, is the time to reflect on our actions of the passing year, and to find ways to correct any shortcomings. In synagogues around the world, extra prayers are recited daily and the Shofar is sounded every weekday.



KASHRUT

Spiritual Diet for a Small Planet

For our physical well-being, few things are as important as a healthy diet. But the Kosher laws offer the soul similar benefits, and more. The mystical masters teach us that everything we eat has a bit of holiness – a “spark” of divine energy released when we eat foods prepared in accord with the kosher laws. Just as the body responds to the quality of the food that fuels it, so too the soul: With appropriate foods prepared in the prescribed manner, we absorb the Divine nourishment that makes for a healthy spirit. Adapting your diet to a kosher lifestyle is easier than you might imagine. The shelves of your local supermarket are stocked with literally hundreds and thousands of products produced under kosher supervision. All you need to do is ask – call our office for advice and information.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHABBAT



| | | | | |
|--|--|--|--|--|
| <p>יב אב Av 12</p> <p>2</p> | <p>יג אב Av 13</p> <p>3</p> | <p>יד אב Av 14</p> <p>4</p> | <p>טו אב Av 15</p> <p>5</p> | <p>טז אב Av 16</p> <p>6</p> |
|--|--|--|--|--|

יא אב
Av 11
VAETCHANAN
Shabbat Nachamu
Pirkei-Avot: Chapter 3

1

| | | | | |
|--|--|---|---|---|
| <p>יט אב Av 19</p> <p>9</p> | <p>כ אב Av 20</p> <p>10</p> | <p>כא אב Av 21</p> <p>11</p> | <p>כב אב Av 22</p> <p>12</p> | <p>כג אב Av 23</p> <p>13</p> |
|--|--|---|---|---|

יז אב
Av 17

7

יח אב
Av 18
EIKEV
Pirkei-Avot: Chapter 4

8




| | | | | |
|---|---|---|--|---|
| <p>כז אב Av 27</p> <p>16</p> | <p>כח אב Av 28</p> <p>17</p> | <p>כט אב Av 29</p> <p>18</p> | <p>ל אב Av 30 New moon: 10:03 6/18 PM</p> <p>19</p> | <p>א אלול Elul 1</p> <p>20</p> |
|---|---|---|--|---|

כד אב
Av 24

14

כה אב
Av 25
RE'EH
Blessing of new month
Pirkei-Avot: Chapter 5

15



| | | | | |
|---|---|---|---|---|
| <p>ג אלול Elul 3</p> <p>23</p> | <p>ד אלול Elul 4</p> <p>24</p> | <p>ה אלול Elul 5</p> <p>25</p> | <p>ו אלול Elul 6</p> <p>26</p> | <p>ז אלול Elul 7</p> <p>27</p> |
|---|---|---|---|---|

ב אלול
Elul 2
SHOFTIM
Pirkei-Avot: Chapter 6

22

Rosh Chodesh




| | |
|--|---|
| <p>י אלול Elul 10</p> <p>30</p> | <p>יא אלול Elul 11</p> <p>31</p> |
|--|---|

ח אלול
Elul 8

28

ט אלול
Elul 9
KI TEITZEI
Pirkei-Avot: Chapter 1 & 2

29



ELUL 18

Known as Chai Elul, the "life" of Elul. Birthday of Rabbi Israel Baal Shem Tov (1698), founder of the Chassidic movement, and of Rabbi Shneur Zalman of Liadi (1745), founder of the Chabad movement.

ELUL 23

At night, we recite Selichot (special penitential prayers). We continue doing so every weekday mornings until the eve of Rosh Hashanah.

SHABBAT AND FESTIVAL CANDLES

Throughout the ages, light has stirred the imagination of poets, mystics, scientists and psychologists. Because its nature is so different from other material entities, it is often used to describe spiritual insight.

Shabbat is a day of light; its pattern and value-orientation is different from the other days of the week. Thus it is the lighting of the Shabbat Candles that ushers in this state of awareness and inspires us to feel the way it permeates our lives. The mystics call this day of light the Shabbat Queen, and the responsibility for lighting the



candles and inducing this change of perspective is the woman's. It is she who welcomes the Shabbat Queen into the home.


Young girls, from the age of three on, are encouraged to light their own candles, to involve and educate them in this profound and beautiful mitzvah. The Shabbat Candles are lit 18 minutes before sunset.

THE JEWISH CALENDAR

The Jewish calendar is the only calendar to combine the lunar month with the solar year.

Both of these can be found in the Torah. The word for month in Hebrew is either chodesh ("renewal"), or yerach ("moon"). At the same time, the Torah commands us to ensure that the holiday of Passover always occurs in the spring.

Because twelve lunar months are approximately 11 days short of a solar year, it becomes necessary to occasionally add a 13th month, Adar I, to the Jewish calendar year, which is then called a Leap Year. Our sages have devised a system of 19-year cycles, 7 of which are declared leap years. This includes this year, the 11th in the current cycle.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|---|---|------------------------------------|------------------------------------|----------------------------------|----------------------------------|---|
| | | יב אלול Elul 12 1 | יג אלול Elul 13 2 | יד אלול Elul 14 3 | טו אלול Elul 15 4 | טז אלול Elul 16 5 KI TAVO Pirkei-Avot: Chapter 3 & 4  |
| זז אלול Elul 17 6 | יח אלול Elul 18 7 Labor Day | יט אלול Elul 19 8 | כ אלול Elul 20 9 | כא אלול Elul 21 10 | כב אלול Elul 22 11 | כג אלול Elul 23 12 NITZAVIM - VAYEILECH Shabbat Selichot Pirkei-Avot: Chapter 5 & 6  |
| כד אלול Elul 24 13 | כה אלול Elul 25 14 | כו אלול Elul 26 15 | כז אלול Elul 27 16 | כח אלול Elul 28 17 | כט אלול Elul 29 18 | א תשרי Tishrei 1 19  1st day of ROSH HASHANAH  |
| ב תשרי Tishrei 2 20  2nd day of ROSH HASHANAH | ג תשרי Tishrei 3 21 FAST OF GEDALIAH | ד תשרי Tishrei 4 22 | ה תשרי Tishrei 5 23 | ו תשרי Tishrei 6 24 | ז תשרי Tishrei 7 25 | ח תשרי Tishrei 8 26 HA'AZINU Shabbat Shuvah  |
| ט תשרי Tishrei 9 27 | י תשרי Tishrei 10 28  Yizkor YOM KIPPUR  | יא תשרי Tishrei 11 29 | יב תשרי Tishrei 12 30 | | | |