



Jerusalem of Gold Oil on Canvas by Yossi Biton

**JEWISH ART CALENDAR**

**ה'תשפ"ה 2024-2025**

**5785**







Praying in the Forest, Oil on Canvas by Zalman Kleinman

## THE MONTH OF ELUL

Elul is the final month of the Jewish year. It is a month that connects the past year with the coming year—a time when we reflect on where we stand and where we should be going, a time that has been designated as a time of mercy and forgiveness, and an opportune time for teshuvah—returning to G-d.

During this month we have our Mezuzot and Tefillin checked, study more Torah, give more charity, pray with more feeling, and make good resolutions for the coming year. After prayers each morning (except Shabbat), it is customary to blow the Shofar.

### ELUL 18

Birthday of Rabbi Yisrael Baal Shem Tov (1698–1760), founder of Chassidism, renowned

for his love of every Jew. Birthday of Rabbi Shneur Zalman of Liadi (1745–1812), known as the Alter Rebbe, founder of the Chabad-Lubavitch intellectual branch of Chassidism, author of Tanya and Shulchan Aruch HaRav.

### ELUL 21

First day, this year, for saying Selichot, “prayers for forgiveness.” The first Selichot are said early Sunday morning after midnight (about 1:00 a.m. when Daylight Savings Time is in effect). The other Selichot are said before dawn or in the early morning until Rosh Hashanah.

### TISHREI 1-2 | ROSH HASHANAH

Rosh Hashanah (“Head of the Year”), the Jewish New Year, is celebrated as a two-day holiday. On these days the Heavenly Court

decides all that is to happen to all beings during the coming year.

It is customary on Rosh Hashanah to eat foods symbolizing sweetness, blessings and abundance. We dip the challah in honey; and afterwards, on the first night of the holiday, Sept. 22, we eat a piece of apple dipped in honey. After the appropriate blessing on the apple, we add: “May it be Your will to renew for us a good and sweet year.”

### The Shofar

On both days of Rosh Hashanah, Sept. 23 and 24, during the daytime, we hear at least the first thirty of the prescribed blasts of the Shofar (ram’s horn).

### Tashlich

On the first day of Rosh Hashanah, Tuesday, Sept. 23, following the afternoon prayer, we visit a body of water or pond containing live fish and recite the Tashlich prayers.

### TISHREI 3 | FAST OF GEDALIAH

Gedaliah was a righteous Jewish governor appointed by the Babylonian conquerors after they destroyed the First Temple. When he was assassinated (422 BCE), our people’s plight hit an extreme low. This fast day commemorates this tragic event.

### TISHREI 6

Yahrtzeit of Rebbetzin Chana Schneerson (1880–1964), mother of the Lubavitcher Rebbe.

TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR METRO NYC

**SEPTEMBER 2025**

**1** ח אלול 8 Elul

Labor Day

**2** ט אלול 9 Elul

**3** י אלול 10 Elul

**4** יא אלול 11 Elul

**5** יב אלול 12 Elul

 Light candles at 7:03 p.m.

**6** יג אלול 13 Elul

כי תצא  
KI TEITZEI  
Avot: chapters 1 & 2  
Shabbat ends at 8:01 p.m.

**7** יד אלול 14 Elul

**8** טו אלול 15 Elul

**9** טז אלול 16 Elul

**10** יז אלול 17 Elul

**11** יח אלול 18 Elul

**12** יט אלול 19 Elul

 Light candles at 6:51 p.m.

**13** כ אלול 20 Elul

כי תבוא  
KI TAVO  
Avot: chapters 3 & 4  
Shabbat Selichot  
Shabbat ends at 7:49 p.m.

**14** כא אלול 21 Elul

**15** כב אלול 22 Elul

**16** כג אלול 23 Elul

**17** כד אלול 24 Elul

**18** כה אלול 25 Elul

**19** כו אלול 26 Elul

 Light candles at 6:40 p.m.

**20** כז אלול 27 Elul

נצבים  
NITZAVIM  
Avot: chapters 5 & 6  
Shabbat ends at 7:36 p.m.

**21** כח אלול 28 Elul

**22** כט אלול 29 Elul

  
ערב ראש השנה  
Eve of Rosh Hashanah  
Light candles at 6:35 p.m.  
New Moon: 12:10 7/18 p.m.

**23** א תשרי 1 Tishrei  
Tashlich

  
יום א דראש השנה  
First day of ROSH HASHANAH  
Light candles after 7:31 p.m.

**24** ב תשרי 2 Tishrei

  
יום ב דראש השנה  
Second day of ROSH HASHANAH  
Yom Tov ends at 7:30 p.m.

**25** ג תשרי 3 Tishrei

צום גדליה  
FAST OF GEDALIAH  
Fast begins at 5:23 a.m.  
Fast ends at 7:16 p.m.

**26** ד תשרי 4 Tishrei

 Light candles at 6:28 p.m.

**27** ה תשרי 5 Tishrei

וילך  
VAYELECH  
Shabbat Shuva  
Shabbat ends at 7:25 p.m.

**28** ו תשרי 6 Tishrei

**29** ז תשרי 7 Tishrei

**30** ח תשרי 8 Tishrei

	MIAMI	LOS ANGELES	CHICAGO	S. FRANCISCO	BOSTON	ROCKVILLE
5	7:17	6:55	6:57	7:14	6:53	7:13
12	7:10	6:45	6:45	7:04	6:41	7:02
19	7:02	6:36	6:33	6:53	6:29	6:51
22	6:59	6:31	6:27	6:48	6:23	6:46
23	7:50	7:25	7:27	7:43	7:21	7:42
26	6:54	6:26	6:20	6:42	6:16	6:39

CANDLE LIGHTING TIMES • SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING

Earliest Tefillin	Sunrise	Latest Shema	Midday/Midnight	Earliest Mikva	Sunset	Earliest Evening Shema
7	5:35	6:29	9:40 12:54	1:27	7:18	7:46
14	5:42	6:36	9:43 12:51	1:24	7:06	7:34
21	5:50	6:43	9:45 12:49	1:20	6:54	7:22
28	5:57	6:50	9:47 12:46	1:17	6:42	7:10

TIMES SHOWN ARE FOR METRO NYC

OCTOBER 2025

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**THE EVE OF YOM KIPPUR**

On the day preceding Yom Kippur, Wednesday, Oct. 1, we eat festive meals, to demonstrate our faith and confidence in G-d's mercy. Another beautiful custom for this day is that of parents blessing their children. Yom Kippur atones for sins against G-d, but not for wrongdoings between man and man. It is therefore important, before Yom Kippur, to apologize and seek forgiveness from friends, relatives, and acquaintances, to heal any ill feelings which may have arisen.

**TISHREI 10 | YOM KIPPUR**

Yom Kippur ("Day of Atonement") is the holiest day in the Jewish year. In addition to the prohibition of work, as on the Sabbath, there are five activities specifically prohibited on Yom Kippur, from Wednesday evening, Oct. 1, until Thursday night, Oct. 2: eating and drinking, anointing oneself with perfumes or lotions, marital relations, washing or bathing (for pleasure) and wearing leather shoes.

**TISHREI 15-21 | SUKKOT**

Sukkot is a joyous holiday. For seven days, we are once again the original people of Moses wandering in the wilderness, surrounded by the Clouds of Glory. Only now those clouds are the greenery of a festive hut called a Sukkah. All meals are eaten

in the Sukkah, barring inclement weather. All the common activities of life, when they happen inside the Sukkah, become holy acts. And all of the person is encompassed in this mitzvah, from head to toe.

**THE FOUR SPECIES**

Each day of Sukkot, from Tuesday, Oct. 7, through Monday, Oct. 13, except for Shabbat, we shake the Four Species during the daytime. Hold the lulav (palm branch), three hadassim (myrtle branches), and two aravot (willow branches) in the right hand, with the lulav's "spine" facing you. Say the appropriate blessing(s), then take the etrog (citron) in the left hand with the point, or "pitom," up, bring it together with the other three kinds, and shake it.

**TISHREI 21**

The seventh day of Sukkot, Oct. 13 is called Hoshana Rabbah. It is customary to stay awake the preceding night and recite portions of Torah and the Book of Psalms. In the morning, we circle the bimah (Torah reading platform) seven times, lulav and etrog in hand. Then we recite special prayers, called hoshanot, while holding five willow branches bound together. We beat the willow branches on the floor, symbolically sweetening G-d's judgment.



Simchat Torah, Oil on Canvas by Zalman Kleinman

**TISHREI 22-23**

On the evening of Simchat Torah (Tuesday, Oct. 14), and in some communities on the evening of Shemini Atzeret as well, we make seven hakafot (circlings) around the bimah, singing and dancing with the Torah scrolls. On the morning of Simchat

Torah, Oct. 15, the final portion of the Torah is read, completing the yearly cycle. Then we immediately read the first portion, beginning the cycle anew. Thus, we continue to delve into the infinite wisdom of G-d's Torah—the eternal force that has bound us together and sustained us for more than 3,300 years.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR METRO NYC

OCTOBER 2025

	MIAMI	LOS ANGELES	CHICAGO	S. FRANCISCO	BOSTON	ROCKVILLE
1	6:49	6:19	6:12	6:34	6:07	6:31
3	6:47	6:16	6:08	6:31	6:04	6:28
6	6:44	6:12	6:03	6:27	5:59	6:24
7	7:35	7:06	7:03	7:22	6:57	7:20
10	6:39	6:07	5:57	6:21	5:52	6:17
13	6:37	6:03	5:52	6:16	5:47	6:13
14	7:28	6:57	6:52	7:12	6:45	7:09
17	6:33	5:58	5:46	6:11	5:41	6:07
24	6:27	5:50	5:35	6:02	5:30	5:58
31	6:21	5:43	5:26	5:54	5:21	5:49

CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING

	Earliest Tefilin	Sunrise	Latest Shema	Midday/Midnight	Earliest Mincha	Sunset	Earliest Evening Shema
5	6:04	6:57	9:50	12:44	1:14	6:31	6:59
12	6:11	7:04	9:52	12:42	1:11	6:20	6:48
19	6:18	7:12	9:55	12:41	1:09	6:09	6:38
26	6:26	7:20	9:59	12:40	1:08	6:00	6:28

TIMES SHOWN ARE FOR METRO NYC

1 ט תשרי  
9 Tishrei



ערב יום כפור  
Eve of Yom Kippur  
Light candles at 6:20 p.m.  
Fast begins at 6:34 p.m.

2 י תשרי  
10 Tishrei



יום כפור  
YOM KIPPUR  
Yizkor  
Yom Kippur ends at 7:16 p.m.

3 יא תשרי  
11 Tishrei



Light candles at 6:16 p.m.

4 יב תשרי  
12 Tishrei

האזינו  
HA'AZINU  
Shabbat ends at 7:13 p.m.

5 יג תשרי  
13 Tishrei

6 יד תשרי  
14 Tishrei



ערב חג הסוכות  
Eve of Sukkot  
Light candles at 6:11 p.m.

7 טו תשרי  
15 Tishrei



יום א דחג הסוכות  
First Day of SUKKOT  
Light candles after 7:08 p.m.

8 טז תשרי  
16 Tishrei



יום ב דחג הסוכות  
Second Day of SUKKOT  
Yom Tov ends at 7:07 p.m.

9 יז תשרי  
17 Tishrei

א דחול המועד סוכות  
1st Intermediate Day of SUKKOT

10 יח תשרי  
18 Tishrei



ב דחול המועד סוכות  
2nd Intermediate Day of SUKKOT  
Light candles at 6:05 p.m.

11 יט תשרי  
19 Tishrei

ג דחול המועד סוכות  
3rd Intermediate Day of SUKKOT  
Shabbat ends at 7:02 p.m.

12 כ תשרי  
20 Tishrei

13 כא תשרי  
21 Tishrei  
Columbus Day



הושענא רבה  
Hoshana Rabbah  
Light candles at 6:00 p.m.

14 כב תשרי  
22 Tishrei



שמיני עצרת  
SHEMINI ATZERET  
Yizkor  
Light candles after 6:57 p.m.

15 כג תשרי  
23 Tishrei



שמחת תורה  
SIMCHAT TORAH  
Yom Tov ends at 6:56 p.m.

16 כד תשרי  
24 Tishrei

אסרו חג  
Isru Chag

17 כה תשרי  
25 Tishrei



Light candles at 5:54 p.m.

18 כו תשרי  
26 Tishrei

בראשית  
BEREISHEET  
Blessing of the new month  
Shabbat ends at 6:52 p.m.

19 כז תשרי  
27 Tishrei

20 כח תשרי  
28 Tishrei

21 כט תשרי  
29 Tishrei

22 ל תשרי  
30 Tishrei

ראש חודש חשוון  
Rosh Chodesh Cheshvan  
New Moon: 12:54 <sup>4</sup>/<sub>18</sub> a.m.

23 א חשוון  
1 Cheshvan

ראש חודש חשוון  
Rosh Chodesh Cheshvan

24 ב חשוון  
2 Cheshvan



Light candles at 5:44 p.m.

25 ג חשוון  
3 Cheshvan

נח  
NOACH  
Shabbat ends at 6:42 p.m.

26 ד חשוון  
4 Cheshvan

27 ה חשוון  
5 Cheshvan

28 ו חשוון  
6 Cheshvan

29 ז חשוון  
7 Cheshvan

30 ח חשוון  
8 Cheshvan

31 ט חשוון  
9 Cheshvan



Light candles at 5:35 p.m.

NOVEMBER 2025

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## CHESHVAN 7

At the time of the Holy Temple, the economy of Israel was dependent on rainfall to make the crops grow. Nevertheless, out of their great love for one another, the Jews in Israel waited two full weeks after Sukkot, until Cheshvan 7, before requesting rain, rather than possibly inconvenience even the last few pilgrims on their return trip to the most distant boundary of the Holy Land.

## CHESHVAN 11

Rachel, wife of Jacob, mother of Joseph and Benjamin, passed away (1563 BCE). She is buried outside Bethlehem.

## CHESHVAN 20

Birthday of Rabbi Sholom DovBer (1860-1920), known as the Rebbe RaShaB, fifth leader of Chabad-Lubavitch.

## TORAH STUDY

Torah is the medium of communication through which G-d enables man to know, serve and connect to Him. The campaign for Torah study encourages every individual to set fixed times for Torah study every day, so that our spiritual growth and development can be systematic and directed.

Since the giving of the Torah at Sinai, Torah study has been an integral part of Jewish life. Rabbi Shneur Zalman of Liadi explained that Torah study should be fixed not only in time but also in soul. It should be the vortex around which the entire spectrum of our day-to-day experience revolves.

The Talmud tells the story of when the Roman government issued a decree forbidding Torah study. Pappus ben Yehudah saw Rabbi Akiva conducting Torah classes and asked him, "Do you not fear punishment by the law?" Rabbi Akiva answered with a parable:

A fox was strolling along the riverbank and noticed fish swimming swiftly from place to place. He asked, "Why are you running?" They replied, "We are afraid of the net that people set up to catch us." The fox slyly said, "Perhaps it would be wise to ascend to the shore and live together with me as my parents lived with your parents." The fish responded, "You speak foolishly; if we are afraid in our native habitat, our fear will be even greater on land, where death will be certain." Similarly, Torah is our source of life and may save us. Without it we will definitely perish (Berachot 61b).



Hebron, Oil on Canvas by Baruch Nachshon

## BAYIT MALEH SEFORIM – A HOME FILLED WITH BOOKS

A container is defined by what it holds. A pitcher filled with water becomes water. A crate of apples becomes apples. A home, too, takes on the identity of what fills it.

Fill your home with Jewish holy books, and your home becomes Torah. This is the vision behind Bayit Maleh Seforim, a mitzvah campaign of the Lubavitcher Rebbe, encouraging every Jewish household to acquire Torah books—a Chumash, a Siddur, a Tehillim, and more—not just to read, but to make Torah a visible,

living part of the home.

Even when they're not being studied, these books radiate holiness. Their presence changes the atmosphere, bringing warmth, purpose, and a quiet reminder of who we are. Children raised among Jewish books absorb their message deeply, long before they learn to read.

A home filled with Torah is more than a dwelling—it becomes a sanctuary, a teacher, and a source of blessing for all who enter.

## ME'ARAT HAMACHEPELAH-THE CAVE OF THE PATRIARCHS

The Tomb of the Patriarchs and Matriarchs in Hebron, is the burial place of Adam and Eve, Abraham and Sarah, Isaac and Rebecca, Jacob and Leah. The site's holiness comes not only from who rests there, but because it serves as a gateway to the Garden of Eden. Adam saw a divine light from the area and chose it as his burial place. Purchased by Abraham nearly 4,000 years ago, the cave remains one of Judaism's holiest sites—deeply tied to the Jewish people's spiritual, historical, and eternal connection to the Land of Israel.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIMES SHOWN ARE FOR METRO NYC

NOVEMBER 2025

DECEMBER 2025

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

	MIAMI	LOS ANGELES	CHICAGO	S. FRANCISCO	BOSTON	ROCKVILLE
7	5:17	4:37	4:17	4:47	4:12	4:41
14	5:14	4:32	4:11	4:41	4:05	4:35
21	5:12	4:28	4:05	4:36	4:00	4:31
28	5:11	4:26	4:01	4:34	3:56	4:27

CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING

	Earliest Tefilin	Sunrise	Latest Shema	Midday/Midnight	Earliest Mincha	Sunset	Earliest Evening Shema
2	5:33	6:28	9:03	11:40	12:07	4:51	5:20
9	5:40	6:36	9:07	11:40	12:06	4:43	5:13
16	5:48	6:44	9:11	11:41	12:06	4:37	5:07
23	5:55	6:52	9:16	11:42	12:07	4:32	5:03
30	6:02	7:00	9:22	11:45	12:10	4:30	5:01

TIMES SHOWN ARE FOR METRO NYC

1 י' חשוון 10 Cheshvan

לך לך LECH LECHA Shabbat ends at 6:34 p.m.

2 י"א חשוון 11 Cheshvan

Standard Time begins

3 י"ב חשוון 12 Cheshvan

4 י"ג חשוון 13 Cheshvan

5 י"ד חשוון 14 Cheshvan

6 ט"ו חשוון 15 Cheshvan

7 ט"ז חשוון 16 Cheshvan



Light candles at 4:27 p.m.

8 י"ז חשוון 17 Cheshvan

וירא VAYEIRA Shabbat ends at 5:27 p.m.

9 י"ח חשוון 18 Cheshvan

10 י"ט חשוון 19 Cheshvan

11 כ' חשוון 20 Cheshvan

Veterans Day

12 כ"א חשוון 21 Cheshvan

13 כ"ב חשוון 22 Cheshvan

14 כ"ג חשוון 23 Cheshvan



Light candles at 4:21 p.m.

15 כ"ד חשוון 24 Cheshvan

חיי שרה CHAYEI SARA Blessing of the new month Shabbat ends at 5:21 p.m.

16 כ"ה חשוון 25 Cheshvan

17 כ"ו חשוון 26 Cheshvan

18 כ"ז חשוון 27 Cheshvan

19 כ"ח חשוון 28 Cheshvan

20 כ"ט חשוון 29 Cheshvan

New Moon: 1:38 7/18 p.m.

21 א' כסלו 1 Kislev



ראש חודש כסלו Rosh Chodesh Kislev Light candles at 4:16 p.m.

22 ב' כסלו 2 Kislev

תולדות TOLDOT Shabbat ends at 5:17 p.m.

23 ג' כסלו 3 Kislev

24 ד' כסלו 4 Kislev

25 ה' כסלו 5 Kislev

26 ו' כסלו 6 Kislev

27 ז' כסלו 7 Kislev

Thanksgiving Day

28 ח' כסלו 8 Kislev



Light candles at 4:12 p.m.

29 ט' כסלו 9 Kislev

ויצא VAYEITZEI Shabbat ends at 5:14 p.m.

30 י' כסלו 10 Kislev

## HOW TO CELEBRATE CHANUKAH

Kindle the Chanukah menorah on each of the eight nights of Chanukah. For the dates and times, see the calendar below. For the lights of the menorah, use olive oil or candles large enough to burn until at least half an hour after nightfall. Use a “shamash” (service candle) to kindle the lights, and place it in its special place on the menorah.

Before kindling recite the blessings, and after kindling recite “Haneiros Hallalu.” See the calendar below for which blessings to say.

All members of the family should be present at the kindling of the Chanukah lights. Have all young boys kindle their own Chanukah menorahs, and all young girls light their own Shabbat candles. Students and singles who live in a dormitory or in their own apartments should kindle menorahs in their own rooms. Chanukah lights are kindled in the front window or by a doorway.

For the number of lights and the order of kindling, see the calendar below.

1. Buh-rookh ah-tuh ah-doh-noi, eh-loh-hay-noo meh-lech huh-oh-luhm, ah-shehr kee-deh-shuh-noo beh-mitz-voh-suhv, veh-tzee-vuh-noo leh-hahd-leek nayr khah-noo-kuh.

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

2. Buh-rookh ah-tuh ah-doh-noi, eh-loh-hay-noo meh-lech huh-oh-luhm, sheh-uh-suh nee-sim lah-ah-voh-say-noo, bah-yuh-mim huh-haym biz-mahn hah-zeh.

*Blessed are You, L-rd our G-d, King of the universe, who performed miracles for our forefathers in those days, at this time.*

*The following blessing is said only on the first evening (or the first time one kindles the lights this Chanukah):*

3. Buh-rookh ah-tuh ah-doh-noi, eh-loh-hay-noo meh-lech huh-oh-luhm, sheh-heh-kheh-yuh-noo, veh-kee-yeh-muh-noo, veh-hee-gee-uh-noo liz-mahn hah-zeh.

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

## KISLEV 14

Wedding anniversary of the Lubavitcher Rebbe and Rebbetzin (1928).

## KISLEV 15

Antiochus IV Epiphanes (called Epimanes, “madman,” by his subjects) had his soldiers desecrate the Holy Temple in Jerusalem. This sparked the revolt of the Maccabees, led by Matisyahu the Hasmonean and his five sons, which eventually gave us the holiday of Chanukah.

## KISLEV 19

Rabbi DovBer of Mezeritch, known as the Maggid of Mezeritch, passed away (1772). He was the chief disciple and successor of the Baal Shem Tov.

Release from czarist imprisonment in Petersburg (1798) of his youngest disciple, Rabbi Shneur Zalman of Liozhna (later of Liadi), known as the Alter Rebbe, founder of Chabad-Lubavitch, author of Tanya, Shulchan Aruch HaRav and other profound works. Celebrated throughout the world as the “New Year of Chassidism.”

## KISLEV 25-TEVET 2 | CHANUKAH

“What is Chanukah?... When the Greeks entered the Sanctuary (in Jerusalem), they defiled all the oil (used for lighting the seven-branched menorah) there. When the rulers of the Hasmonean family overcame them and triumphed, they searched and found only one flask of oil remaining with the seal of the Kohen Gadol (high priest).



The Menorah, Oil on canvas by Yossi Biton

It had only enough oil to light for one day. A miracle occurred to it, and they used it to light for eight days. The following year, they (the Sages) established it as a permanent holiday of praise and thanksgiving” (Talmud, Shabbat 21b). This occurred in the year 165 BCE.

Kislev 25 is also the anniversary (1313 BCE) of the completion of the temporary sanctuary (Mishkan) built by the Jewish People in the desert (Exodus 25-27, 30-31, 35-40). But it was not dedicated or erected for another three

months. Instead, the day of Kislev 25 waited to become a holiday until the Hasmoneans rededicated the Temple from Greek defilement 1148 years later.

## TEVET 10

Anniversary of the start of the siege of Jerusalem by Nebuchadnezzar, king of Babylon (425 BCE), culminating in the destruction of the First Temple. Commemorated since then as a public fast day.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIMES SHOWN ARE STANDARD TIME FOR METRO NYC

DECEMBER 2025

1 יא כסלו 11 Kislev

2 יב כסלו 12 Kislev

3 יג כסלו 13 Kislev

4 יד כסלו 14 Kislev Start to say Tal Umatar in Maariv

5 טו כסלו 15 Kislev

6 טז כסלו 16 Kislev



Light candles at 4:11 p.m.

וישלח VAYISHLACH Shabbat ends at 5:14 p.m.

7 יז כסלו 17 Kislev

8 יח כסלו 18 Kislev

9 יט כסלו 19 Kislev

10 כ כסלו 20 Kislev

11 כא כסלו 21 Kislev

12 כב כסלו 22 Kislev

13 כג כסלו 23 Kislev



Light candles at 4:11 p.m.

וישב VAYEISHEV Blessing of the new month Shabbat ends at 5:15 p.m.

14 כד כסלו 24 Kislev

15 כה כסלו 25 Kislev

16 כו כסלו 26 Kislev

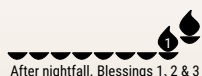
17 כז כסלו 27 Kislev

18 כח כסלו 28 Kislev

19 כט כסלו 29 Kislev

20 ל כסלו 30 Kislev ראש חודש טבת Rosh Chodesh Tevet

Nighfall during Chanukah is 5:02 p.m.



After nightfall. Blessings 1, 2 & 3



After nightfall. Blessings 1 & 2



After nightfall. Blessings 1 & 2



After nightfall. Blessings 1 & 2



After nightfall. Blessings 1 & 2



Before the Shabbat candles. Blessings 1 & 2 Light candles at 4:13 p.m.

After Shabbat is over and Havdalah is recited. Blessings 1 & 2 MIKEITZ - מקץ Shabbat ends at 5:17 p.m. New Moon: 2:22 19/12 a.m.

21 א טבת 1 Tevet

22 ב טבת 2 Tevet

23 ג טבת 3 Tevet

24 ד טבת 4 Tevet

25 ה טבת 5 Tevet

26 ו טבת 6 Tevet

27 ז טבת 7 Tevet

ראש חודש טבת Rosh Chodesh Tevet



After nightfall. Blessings 1 & 2

8th Day of Chanukah



Light candles at 4:17 p.m.

ויגשח VAYIGASH Shabbat ends at 5:21 p.m.

28 ח טבת 8 Tevet

29 ט טבת 9 Tevet

30 י טבת 10 Tevet

31 יא טבת 11 Tevet

תענית עשרה בטבת FAST OF 10 TEVET Fast begins at 5:48 a.m. Fast ends at 5:11 p.m.

Table with 6 columns (Miami, Los Angeles, Chicago, S. Francisco, Boston, Rockville) and 4 rows of candle lighting times.

CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING

Table with 6 columns (Earliest Tefillin, Sunrise, Latest Shema, Midday/Midnight, Earliest Mincha, Sunset, Earliest Evening Shema) and 4 rows of times.

TIMES SHOWN ARE FOR METRO NYC

JANUARY 2026

Calendar grid for January 2026 with days of the week and dates.

## TEVET 20

RaMBaM (Maimonides), Rabbi Moshe ben Maimon (1135-1204), passed away in Cairo, Egypt, and was buried in Tiberias, Israel. Outstanding codifier, commentator, philosopher, physician to Sultan Saladin, and leader of Egyptian Jewry, his brilliant works are studied to this day. It was said of him: "From Moses to Moses (i.e., the RaMBaM), there was none like Moses!"

The Lubavitcher Rebbe has urged all Jews to study daily his Mishneh Torah (authoritative code of Jewish law), or at least the briefer Sefer HaMitzvos.

## TEVET 24

Rabbi Schneur Zalman of Liadi (1745-1812), first leader of Chabad-Lubavitch, author of Tanya and Shulchan Aruch HaRav, passed away.

## SHEVAT 10

Rabbi Shalom Sharabi, brilliant and saintly Yemenite Kabbalist, whose works are much revered, passed away (Jerusalem, 1777).

Rabbi Yosef Yitzchak Schneersohn (1880-1950), sixth leader of the Chabad-Lubavitch movement, passed away. He is renowned for his devoted efforts in strengthening Judaism in the USSR, the USA and many other lands. He brought the Chabad movement to America. A prolific writer, he is said to have written over 100,000 letters in his lifetime!

This day also marks the beginning of the leadership of his successor, the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson.

## PUT YOUR SOUL WHERE YOUR STOMACH IS Food for the Soul

Just as there are foods that are good for the body and foods that are harmful, so there are foods that nourish the inner person—the soul—and foods that harm it.

The Kosher Laws are Torah's guide to those foods that affect the Jewish soul adversely. Any meat or fowl that is eaten must be slaughtered in a prescribed, kosher fashion. Meat and milk must never mix. Scavengers, predatory beasts and fish, shellfish and certain other animals are forbidden. Any processed foods must be produced under strict Kosher supervision.

### Eating is Sacred

When they talk about spirituality, people think about meditation, prayer and maybe music. Few imagine eating as a spiritual activity. But according to the Torah, everything a person does is another way to infuse the world with spiritual meaning. Especially eating. When a person eats food with the proper mindfulness and uses the energy of that food for good things, the food becomes elevated through his eating.

That's another reason for Kosher guidelines. Kosher foods are those that a Jewish soul is able to elevate. Non-kosher foods are those that will only drag the soul down.

### It's Never Been Easier!

Seventy percent of the packaged foods in your cupboard are probably kosher already. Going the full mile can be a smooth, step-by-step process—each step a mitzvah all on its own:

- Don't mix meat and milk.
- Cut out pork, shellfish and non-kosher fish.
- Buy only kosher meat.
- Buy only those processed goods that have kosher certification.
- Make your kitchen kosher.

For more information or for help in keeping kosher, please contact us.



The Prophet Devora, Oil on Canvas by Yossi Rosenstein

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIMES SHOWN ARE STANDARD TIME FOR METRO NYC

JANUARY 2026

	MIAMI	LOS ANGELES	CHICAGO	S. FRANCISCO	BOSTON	ROCKVILLE
2	5:24	4:38	4:12	4:45	4:06	4:38
9	5:29	4:44	4:18	4:51	4:13	4:44
16	5:34	4:50	4:26	4:58	4:21	4:52
23	5:40	4:57	4:35	5:06	4:29	5:00
30	5:45	5:04	4:43	5:13	4:38	5:08

CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING

	Earliest Tefillin	Sunrise	Latest Shema	Midday/Midnight	Earliest Mincha	Sunset	Earliest Evening Shema
4	6:21	7:20	9:40	12:01	12:26	4:42	5:14
11	6:21	7:19	9:41	12:04	12:29	4:49	5:20
18	6:19	7:16	9:40	12:07	12:32	4:57	5:28
25	6:15	7:12	9:39	12:09	12:34	5:05	5:35

TIMES SHOWN ARE FOR METRO NYC

FEBRUARY 2026

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

1

יב טבת  
12 Tevet

Legal Holiday

2

יג טבת  
13 Tevet



Light candles at 4:23 p.m.

3

יד טבת  
14 Tevet

ויחי  
VAYECHI

Shabbat ends at 5:26 p.m.

4

טו טבת  
15 Tevet

5

טז טבת  
16 Tevet

6

יז טבת  
17 Tevet

7

יח טבת  
18 Tevet

8

יט טבת  
19 Tevet

9

כ טבת  
20 Tevet



Light candles at 4:29 p.m.

10

כא טבת  
21 Tevet

שמות  
SHEMOT

Shabbat ends at 5:33 p.m.

11

כב טבת  
22 Tevet

12

כג טבת  
23 Tevet

13

כד טבת  
24 Tevet

14

כה טבת  
25 Tevet

15

כו טבת  
26 Tevet

16

כז טבת  
27 Tevet



Light candles at 4:37 p.m.

17

כח טבת  
28 Tevet

וארא  
VA'EIRA

Blessing of the new month  
Shabbat ends at 5:40 p.m.

18

כט טבת  
29 Tevet

New Moon: 3:06 <sup>17</sup>/<sub>18</sub> a.m.

19

א שבט  
1 Shevat  
Dr. M. L. King Jr. Day

20

ב שבט  
2 Shevat

21

ג שבט  
3 Shevat

22

ד שבט  
4 Shevat

23

ה שבט  
5 Shevat



Light candles at 4:45 p.m.

24

ו שבט  
6 Shevat

בא  
BO

Shabbat ends at 5:48 p.m.

25

ז שבט  
7 Shevat

26

ח שבט  
8 Shevat

27

ט שבט  
9 Shevat

28

י שבט  
10 Shevat

29

יא שבט  
11 Shevat

30

יב שבט  
12 Shevat



Light candles at 4:53 p.m.

31

יג שבט  
13 Shevat

בשלה  
B'SHALACH  
Shabbat Shirah

Shabbat ends at 5:55 p.m.

## SHEVAT 15

New Year for trees, when trees begin to bud in Israel. It is customary to eat many fruits, especially those for which the Land of Israel is praised in Scripture.

The seven species of Israel are wheat, barley, grape (wine), fig, pomegranate, olive (oil), and date (honey). Many people have the custom of eating carob on this day, while others eat jam or preserves from the etrog left over from Sukkot.

## SHEVAT 22

Yahrtzeit of Rebbetzin Chaya Mushka Schneerson, wife of the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson.

## ADAR 7

Moses, teacher of all Israel, was born on this day (1393 BCE), and passed away on Shabbat afternoon of the same date 120 years later (1273 BCE). The day before he passed away, he finished writing 13 Torah scrolls, one for each of the tribes of Israel, and one for the Levites to place next to the Holy Ark in the Holy of Holies.

## THE SHABBAT

Shabbat (also known as “Shabbos” or the “Sabbath”) is the centerpiece of Jewish life, and has been so since the infancy of our nation. According to the Talmud, Shabbat is equal to all the other commandments. Shabbat is so central to Jewish life that the term *shomer Shabbat* (Shabbat observer) is synonymous with “religious Jew” in common parlance.

Shabbat is a day of rest and celebration

When Haman, Grand Vizier of Achashverosh, sought an auspicious time to destroy all Jews in all 127 provinces of the Persian realm, he picked Adar, the month when Moses, passed away. He also drew lots (“Purim”), and the lot, too, fell on this month. What he did not realize was that in this month Moses was also born, and it was therefore a most fortunate time for the Jews! (Talmud)

## SHABBAT PARSHAT ZACHOR

When the Jewish nation left Egypt, no other nation dared to challenge them. Who would confront a people whose God had just devastated the powerful Egypt with ten extraordinary plagues and drowned remaining survivors in the sea? Only Amalek, driven by an irrational and profound hatred, dared to wage battle against them.

To commemorate this, we have a commandment to supplement the Torah reading on the Shabbat before Purim with the portion that begins with “Zachor” (Remember) and which bids us to remember what Amalek did.

that begins on Friday at sunset and ends on the following evening after nightfall. Let’s have a look at the history, importance and observances of this day.

Our sages tell us that the Shabbat is a “queen,” whose regal presence graces every Jewish home for the duration of the Shabbat day. For this reason, we wash ourselves, dress in our finest clothes and make sure our homes are in tip-top shape on Friday afternoon. According to the Talmud, we

actually receive a special additional soul every Shabbat.

The prophet Isaiah (58:13-14) foretells great delight that comes as a reward “if you restrain your foot because of the Sabbath, from performing your affairs on My holy day, and you call the Sabbath a delight, the holy of the L-rd honored, and you honor it by not doing your customary ways, by not pursuing your affairs and speaking words. Then, you shall delight with the L-rd, and I will cause

you to ride on the high places of the land, and I will give you to eat the heritage of Jacob your father, for the mouth of the Lord has spoken.”

Shabbat is so special that even our choice of words, comportment, and the items that we touch must be consistent with this holy day. This includes the admonition not to handle items known as *muktzeh*, which have been set aside because they generally have no use within the Shabbat lifestyle.



Hagbah, Oil on Canvas by Rephael Nuriel



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 יד שבט 14 Shevat	2 טו שבט 15 Shevat  ראש השנה לאילנות New Year for Trees	3 טז שבט 16 Shevat	4 יז שבט 17 Shevat	5 יח שבט 18 Shevat	6 יט שבט 19 Shevat   Light candles at 5:02 p.m.	7 כ שבט 20 Shevat  יתרו YITRO Shabbat ends at 6:03 p.m.
8 כא שבט 21 Shevat	9 כב שבט 22 Shevat	10 כג שבט 23 Shevat	11 כד שבט 24 Shevat	12 כה שבט 25 Shevat	13 כו שבט 26 Shevat   Light candles at 5:11 p.m.	14 כז שבט 27 Shevat  משפטים MISHPATIM Shekalim Blessing of the new month Shabbat ends at 6:11 p.m.
15 כח שבט 28 Shevat	16 כט שבט 29 Shevat  Presidents Day	17 ל שבט 30 Shevat  ראש חודש אדר Rosh Chodesh Adar New Moon: 3:50 <sup>12</sup> / <sub>14</sub> a.m.	18 א אדר 1 Adar  ראש חודש אדר Rosh Chodesh Adar	19 ב אדר 2 Adar	20 ג אדר 3 Adar   Light candles at 5:19 p.m.	21 ד אדר 4 Adar  תרומה TERUMAH Shabbat ends at 6:19 p.m.
22 ה אדר 5 Adar	23 ו אדר 6 Adar	24 ז אדר 7 Adar	25 ח אדר 8 Adar	26 ט אדר 9 Adar	27 י אדר 10 Adar   Light candles at 5:27 p.m.	28 יא אדר 11 Adar  תצוה TETZAVEH Zachor Shabbat ends at 6:27 p.m.

MARCH 2026

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

	MIAMI	LOS ANGELES	CHICAGO	S. FRANCISCO	BOSTON	ROCKVILLE
6	5:50	5:11	4:52	5:21	4:47	5:16
13	5:55	5:17	5:01	5:29	4:56	5:24
20	5:59	5:24	5:10	5:36	5:05	5:32
27	6:03	5:30	5:19	5:44	5:14	5:40

CANDLE LIGHTING TIMES  
SHABBAT ENDS APPROX. 65 MINUTES  
AFTER CANDLE LIGHTING

	Earliest Tefillin	Sunrise	Latest Shema	Midday/Midnight	Earliest Mivcha	Sunset	Earliest Evening Shema
1	6:10	7:06	9:37	12:10	12:37	5:14	5:44
8	6:04	6:58	9:33	12:10	12:37	5:22	5:52
15	5:56	6:50	9:29	12:11	12:38	5:31	6:00
22	5:47	6:40	9:24	12:10	12:38	5:39	6:08

TIMES SHOWN ARE FOR  
METRO NYC

TIMES SHOWN ARE  
STANDARD TIME  
FOR  
METRO NYC

**FEBRUARY**  
**2026**

# SHABBAT AND YOM TOV CANDLES

## 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 tzedaka pushka (charity box) before lighting the candles.

The correct time to light the Shabbat candles is at least 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 on the right for Festival Candle-Lighting.

**CAUTION:** 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, 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.

## 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:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק בָּרֶשֶׁת שַׁבָּת קֹדֶשׁ

*Buh-rookh ah-tuh ah-doh-noi, eh-loh-hay-noo meh-lech huh-oh-luhm, ah-shehr kee-deh-shuh-noo beh-mitz-voh-suhv, veh-tzee-vuh-noo leh-hahd-leek nayr shel shah-bus koh-desh.*

Blessed are You, L-rd, our G-d, King of the universe, Who has sanctified us with His commandments, and 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 an especially propitious time 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.

## FESTIVAL CANDLE-LIGHTING SCHEDULE

DATE	FESTIVAL	BLESSING(S)
*Sept. 22	First Eve of Rosh Hashanah	No. 1 and 5
**Sept. 23	Second Eve of Rosh Hashanah	No. 1 and 5
***Oct. 1	Eve of Yom Kippur	No. 2 and 5
*Oct. 6	First Eve of Sukkot	No. 3 and 5
**Oct. 7	Second Eve of Sukkot	No. 3 and 5
*Oct. 13	Eve of Shemini Atzeret	No. 3 and 5
**Oct. 14	Eve of Simchat Torah	No. 3 and 5
**April 1	First Seder Night	No. 3 and 5
**April 2	Second Seder Night	No. 3 and 5
***April 7	Seventh Eve of Passover	No. 3
**April 8	Eighth Eve of Passover	No. 3
*June 21	First Eve of Shavuot	No. 3 and 5
***June 22	Second Eve of Shavuot	No. 4 and 5

\* 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.

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 Buh-rookh ah-tuh ah-doh-noi, eh-loh-hay-noo meh-lech huh-oh-luhm, ah-shehr kee-deh-shuh-noo beh-mitz-voh-suhv, veh-tzee-vuh-noo leh-hahd-leek nayr shel yohm hah-zee-kuh-rohn.
- 2 Buh-rookh ah-tuh ah-doh-noi, eh-loh-hay-noo meh-lech huh-oh-luhm, ah-shehr kee-deh-shuh-noo beh-mitz-voh-suhv, veh-tzee-vuh-noo leh-hahd-leek nayr shel yohm hah-kee-poo-reem.
- 3 Buh-rookh ah-tuh ah-doh-noi, eh-loh-hay-noo meh-lech huh-oh-luhm, ah-shehr kee-deh-shuh-noo beh-mitz-voh-suhv, veh-tzee-vuh-noo leh-hahd-leek nayr shel yohm tohv.
- 4 Buh-rookh ah-tuh ah-doh-noi, eh-loh-hay-noo meh-lech huh-oh-luhm, ah-shehr kee-deh-shuh-noo beh-mitz-voh-suhv, veh-tzee-vuh-noo leh-hahd-leek nayr shel shah-bus veh-shel yohm tohv.
- 5 Buh-rookh ah-tuh ah-doh-noi, eh-loh-hay-noo meh-lech huh-oh-luhm, sheh-heh-kheh-yuh-noo, veh-kee-yeh-muh-noo, veh-hee-gee-uh-noo liz-mahn hah-zeh.

# HOLIDAY RECIPES

## TRADITIONAL CHALLAH

For an unusually smooth taste and texture to enhance your Shabbat and Yom Tov meals.

5 pounds flour  
2 ounces fresh yeast and 1 package dry yeast  
2 cups warm water  
1 ½ sticks margarine  
2 ⅓ cups boiling water  
2 tbsp. salt  
1 ½ cups sugar  
5 eggs

### Glaze:

1 egg, beaten  
Poppy seeds

Dissolve yeast in 2 cups warm water, in a small bowl, until it bubbles. In a large bowl, place margarine, pour boiling water over it and stir until margarine is melted. Add salt and sugar. Let cool for a few minutes and beat in eggs. Add the bubbling yeast. Gradually add flour. Knead for 10 minutes. If dough is too moist, add a little more flour.

When ready to rise, smear top of dough with oil, cover and let rise 1 hour. Separate a small portion of dough known as 'challah' from the whole dough. Shape and let rise another hour. Brush with beaten egg to glaze. Sprinkle with poppy seeds.

Bake at 350° 1 hour for large challahs, 1/2 hour for smaller challahs and rolls.

## HONEY CAKE

Traditionally served on Rosh Hashanah and Erev Yom Kippur, symbolizing our wishes for a sweet year.

3 eggs  
1 pound honey (1 ½ cups)  
1 ½ cups sugar  
1 cup strong coffee  
2 tsp. baking powder  
3 tbsp. margarine  
1 tsp. baking soda  
4 cups flour  
1 tsp. cinnamon

Preheat oven to 325°. Grease and flour a 9" x 13" pan. Beat eggs and honey together. Add sugar and mix again. Mix coffee with baking powder, and then add with margarine to the egg mixture. Add baking soda, flour, cinnamon and beat together well. Bake in greased 9" x 13" pan at 325° for 55 minutes to an hour.

**NOTE:** This calendar contains sacred writings. Please do not desecrate it. However, it is not considered Shaimos.

# HOLIDAY RECIPES

## HAMANTASCHEN

Hamantaschen, a traditional Purim delight, is a three-cornered pastry filled with mohn (poppy seed) or other sweet filling.

1 cup sugar  
½ cup oil  
½ cup shortening  
3 eggs  
½ cup orange juice  
4 cups flour  
3 tsp. baking powder  
1 tsp. salt  
1 egg, beaten  
2 pounds mohn filling

Cream sugar, oil and shortening. Add eggs and juice and mix well. Blend with dry ingredients and roll into a ball. Divide into four parts. Roll out each piece very thin (approximately ¼ inch) on a floured board. With the rim of a cup or glass (depending on desired size), cut into the dough to make circles. Place ½ to ¾ teaspoon of filling in the middle of each circle.

To shape into triangle, lift up right and left sides, leaving the bottom side down, and bring both sides to meet at center, above the filling. Lift bottom side up to center to meet other two sides.

Preheat oven to 350°. Brush dough with beaten egg before baking. Place on greased cookie sheet. Bake at 350° for approximately 20 minutes.  
Yields 4 dozen Hamantaschen.

## POTATO LATKES

Because of the great significance of oil in the history of Chanukah, latkes—fritters fried in oil—are usually served.

5 large potatoes, peeled  
1 large onion  
4 eggs  
½ cup matzah meal  
1 tsp. salt  
¼ tsp. pepper  
½ cup oil for frying

Grate potatoes and onion on the fine side of a grater, or in food processor, or in blender with a little water added to it. Add eggs and mix well. Add matzah meal and seasoning and mix well. Heat oil in frying pan, then add mixture, 1 tablespoon at a time, into frying pan. When golden brown, turn over and brown other side.

## THE ART OF MAKING STUFFED CABBAGE

Traditionally served on Simchat Torah, as the rolled cabbage reminds us of the Torah scrolls.

### Preparing Cabbage for Stuffing:

Place cabbage in the freezer and leave there for 2 to 3 days. Remove and allow to defrost overnight. Cabbage rolls can be made in the morning. When cabbage has defrosted, cabbage leaves are limp. Remove leaves carefully, lifting each one separately and tearing off at bottom. Leaves come out very large this way. Rinse out individual leaves well so as to remove any insects.

### Rolling Cabbage with Meat Filling:

Place a spoonful of chopped meat mixture on the rib of each leaf. Roll cabbage leaf along its length. When you are nearly finished rolling it, tuck in both outer ends and continue rolling. Cabbage leaves will remain neatly rolled up if they are stuffed while they are still warm.

Note: Using the leaves that are too small to roll, by lining the pan with them, and then placing another layer on top of the rolled cabbage in the pot enhances the flavor of the dish.

1 medium cabbage

*Sauce:*  
2 tbsp. margarine  
2 onions, sliced  
3 cups canned tomatoes, with juice  
1 ½ tsp. salt  
½ tsp. pepper  
Beef bones (optional)

*Meat:*  
1 pound chopped meat  
4 tbsp. uncooked rice  
4 tbsp. grated onion  
1 egg  
3 tbsp. cold water  
Seasoning  
3 tbsp. honey  
¼ cup lemon juice  
¼ cup seedless raisins

**SAUCE:** Heat margarine in 6-quart pot and sauté onions. Add tomatoes, salt, pepper and bones. Cook for 30 minutes.

**MEAT:** In a bowl combine meat, rice, onion, egg and water. Place one large tablespoon of mixture onto each leaf and roll as described above.

**TO COOK:** Place cabbage rolls in sauce. Cover and cook for 1½ hours over low heat. Sauce should cover at least half of the rolls. If more sauce is necessary, add 1 cup tomato juice.

After 1½ hours add honey, lemon juice and raisins.

Note: Stuffed cabbage freezes well. When reheating defrosted stuffed cabbage, 6 potatoes cut in quarters may be added. Cook until potatoes are tender.

## CHEESE BLINTZES

Cheese blintzes are served hot, with sour cream or applesauce. They are a special favorite on Shavuot, when it is customary to eat dairy products (not hard cheese) before the main lunch meal.

### Batter:

4 eggs  
1 cup milk  
1 cup flour  
1 tbsp. sour cream  
¼ cup sugar  
1 tsp. vanilla extract  
Pinch of salt

### Filling:

16 ounces cottage cheese  
2 egg yolks  
2 tbsp. margarine or butter, melted  
2 tbsp. sugar  
1 tsp. vanilla extract  
¼ cup raisins (optional)  
½ cup oil for frying

**BATTER:** Combine eggs and milk. Add sour cream and blend well. Add flour gradually. Mix well until batter is smooth. Heat a small amount of oil in an 8-inch frying pan, on a low flame, until hot but not smoking. Ladle a small amount of batter (approximately 1 ounce) into pan, tipping pan in all directions until batter covers the entire bottom of the pan. Fry on one side until set and golden, approximately 1 minute. Slip pancake out of pan and repeat until all batter is used. Add oil to pan as necessary.

**FILLING:** In another bowl, mix all ingredients for filling.

**ASSEMBLE:** Fill each pancake on golden side with 3 tbsp. of filling. Fold in sides to center and roll blintz until completely closed. Replace rolled blintzes in pan and fry for 2 minutes, turning once.

## FANCY KREPLACH

Kreplach, a chopped meat or chicken mixture encased in dough and then cooked or fried, is traditionally served the afternoon before Yom Kippur, on Hoshana Rabbah and at the Purim feast.

### Dough:

2 cups flour  
½ tsp. salt  
3 tbsp. oil  
2 egg yolks  
½ cup water  
1 ½ tsp. baking powder or baking soda

### Filling:

1 onion, diced  
2 tbsp. oil  
1 cup ground cooked meat or chicken  
1 tsp. salt  
¼ tsp. pepper  
1 egg  
1 tbsp. matzah meal

**DOUGH:** Combine flour, salt and oil. In a separate bowl, beat egg yolks, water and baking powder (or soda). Add to flour mixture. Knead and roll out, thinly, on floured surface. Cut into 3-inch squares or circles.

**FILLING:** Sauté onion in oil. Add chopped meat and brown for 5 minutes. Remove from heat and cool. Add salt, pepper, egg and matzah meal, and mix well. Fill center of each square or circle with meat mixture. Fold into triangles, or bring both sides and bottom together towards center, pinching together and thus forming a triangle. Place in lightly salted boiling water for approximately 20 minutes until kreplach float to top. When ready, remove from pot and serve in soup. Can also be served as side dish. For firmer kreplach, fry in heated oil in skillet over medium flame until golden brown on both sides.

*Recipes reprinted with permission from  
The Spice and Spirit of Kosher-Jewish Cooking  
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## ADAR 13 | FAST OF ESTHER

This date was chosen by Haman to annihilate all Jews in all 127 provinces of the Persian Empire, with the permission of King Achashverosh. Queen Esther thwarted his plan and received the king's permission for the Jews to resist. However, they were still in mortal danger, and therefore forbidden by Jewish law to fast (for the purpose of arousing Divine mercy) on that day, so as not to weaken themselves when they might have to fight for their lives. The only member of the Jewish People who was certainly safe was Queen Esther herself. Therefore only she fasted, which is why the fast is called by her name.

## ADAR 14 | PURIM

Purim commemorates the day when Jews throughout the Persian Empire were miraculously saved, and rested from fighting their enemies on the previous day, having totally routed them.

## HOW TO CELEBRATE PURIM

### Listen to the Megillah

To relive the miraculous events of Purim, we listen to the reading of the Megillah (the Scroll of Esther) on Monday night, March 2, and again during the daytime of Tuesday, March 3. When Haman's name is mentioned, we twirl graggers and stamp our feet to "drown out" his evil name. Tell the children that Purim is the only time when it's a mitzvah to make noise!

### Send Gifts of Food

On Purim we emphasize the importance of Jewish unity and friendship by sending gifts of food to friends. Send a gift of at least two kinds of ready-

to-eat foods (for example, pastry, fruit, beverage) to at least one friend on March 14, during the daytime. It is proper that men send to men, and women to women. Sending these gifts should be done through a third party. Children, in addition to sending their own gifts of food, make enthusiastic messengers.

### Give Gifts to the Needy

Concern for the needy is a year-round responsibility for the Jew. On Purim, particularly, it is a special mitzvah to remember the poor. Give charity to at least two—but preferably more—needy individuals on March 14, during the daytime. The mitzvah is best fulfilled by giving directly to the needy. If, however, you cannot find poor people, place at least several coins into pushkas (charity boxes). Even small children should fulfill this mitzvah.

### Eat the Festive Meal

As on all festivals, we celebrate Purim with a special festive meal on March 14, during the daytime, when family and friends gather together to rejoice in the Purim spirit.

### Machatzit Hashekel

When the Holy Temple stood in Jerusalem, each Jew contributed a half-shekel annually, thereby having a share in the sacrifices offered on behalf of the entire Jewish People. Today we commemorate this by giving 3 "half" coins (e.g., 3 half-dollars) to charity. This mitzvah should be done on March 13 or 14.

## ADAR 15

Shushan Purim commemorates the day when the



Klezmer Joy, Oil on Canvas by Yossi Rosenstein

Jews of Shushan, capital of Persia, rested from fighting their enemies, after the king granted them an extra day to finish off the job. It, instead of the previous day, is observed as Purim in all cities surrounded by a wall since the time of Joshua, such as Jerusalem. Elsewhere it is celebrated as a minor holiday.  
**A JOYOUS PURIM!**

## NISSAN 13

### Search for Chometz

On the evening of April 10 we search our homes for chometz.

**See the month of April for more information on preparing for Passover.**

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 יב אדר  
12 Adar

2 יג אדר  
13 Adar

תענית אסתר  
FAST OF ESTHER  
Fast begins at 5:04 a.m.  
Fast ends at 6:18 p.m.

3 יד אדר  
14 Adar



פורים  
PURIM

4 טו אדר  
15 Adar



שושן פורים  
SHUSHAN PURIM

5 טז אדר  
16 Adar

6 יז אדר  
17 Adar



Light candles at 5:35 p.m.

7 יח אדר  
18 Adar

כי תשא  
KI TISA  
Parah  
Shabbat ends at 6:35 p.m.

8 יט אדר  
19 Adar

Daylight Saving Time begins

9 כ אדר  
20 Adar

10 כא אדר  
21 Adar

11 כב אדר  
22 Adar

12 כג אדר  
23 Adar

13 כד אדר  
24 Adar



Light candles at 6:43 p.m.

14 כה אדר  
25 Adar

ויקהל-פקודי  
VAYAKHEL-PEKUDEI  
Hachodesh  
Blessing of the new month  
Shabbat ends at 7:42 p.m.

15 כו אדר  
26 Adar

16 כז אדר  
27 Adar

17 כח אדר  
28 Adar

18 כט אדר  
29 Adar

New Moon: 4:34 <sup>13</sup>/<sub>14</sub> p.m.

19 א ניסן  
1 Nissan

ראש חודש ניסן  
Rosh Chodesh Nissan



20 ב ניסן  
2 Nissan

Light candles at 6:50 p.m.

21 ג ניסן  
3 Nissan

ויקרא  
VAYIKRA  
Shabbat ends at 7:50 p.m.

22 ד ניסן  
4 Nissan


23 ה ניסן  
5 Nissan

24 ו ניסן  
6 Nissan

25 ז ניסן  
7 Nissan

26 ח ניסן  
8 Nissan

27 ט ניסן  
9 Nissan



Light candles at 6:57 p.m.

28 י ניסן  
10 Nissan

צו  
TZAV  
Shabbat Hagadol  
Shabbat ends at 7:57 p.m.

29 יא ניסן  
11 Nissan

30 יב ניסן  
12 Nissan

31 יג ניסן  
13 Nissan

בריקת חמץ  
Search for chometz after 7:49 p.m.

APRIL 2026

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

	MIAMI	LOS ANGELES	CHICAGO	S. FRANCISCO	BOSTON	ROCKVILLE
6	6:07	5:36	5:27	5:50	5:23	5:47
13	7:11	6:42	6:35	6:57	6:31	6:54
20	7:14	6:47	6:43	7:04	6:39	7:01
27	7:17	6:52	6:51	7:10	6:47	7:08

CANDLE LIGHTING TIMES • SHABBAT ENDS  
APPROX. 65 MINUTES AFTER CANDLE LIGHTING

	Earliest Tefilin	Sunrise	Latest Shema	Midday/Midnight	Earliest Mincha	Sunset	Earliest Evening Shema
1	5:37	6:30	9:18	12:09	12:38	5:47	6:15
8	6:26	7:19	10:12	1:07	1:37	6:55	7:23
15	6:15	7:07	10:05	1:05	1:36	7:03	7:31
22	6:03	6:56	9:59	1:03	1:35	7:10	7:38
29	5:51	6:44	9:52	1:01	1:34	7:18	7:46

TIMES SHOWN ARE FOR METRO NYC

TIMES SHOWN ARE FOR METRO NYC

**MARCH 2026**

APRIL 2026

ניסן-אדר ה'תשפ"ו • 5786 יאר-ניסן

**HOW TO PREPARE FOR PASSOVER**

**What is Chometz?**

Chometz is any food or drink made from wheat, barley, rye, oats or spelt, or their derivatives, which is forbidden on Passover because it is leavened or fermented. If a food contains any of these ingredients and is not certified as "kosher for Passover," it's considered chometz. If a food contains even a trace of chometz, we don't eat it, we don't sell it, and we make sure not to have any of it in our possession on any of the days of Passover.

**Cleaning for Passover**

Take all the chometz—both food and utensils used throughout the year (and not koshered for Passover)—and store it all away in closets or rooms that you will lock or tape shut. You'll sell this chometz temporarily to a non-Jew.

Clean your entire house, purging it of all crumbs and small pieces of food. Also check for chometz in your car and office—don't overlook desks and drawers.

**How to Prepare the Kitchen**

Since the kitchen has been used the whole year long for chometz, it's going to need some work to prepare it for Passover use. Contact us for details.

**Shopping for Passover**

While shopping for Passover, we must be careful that the foods we buy are not only

kosher but are also kosher-for-Passover—that is, completely chometz-free.

In addition to raw ingredients, there are many kosher-for-Passover packaged foods available. However, be careful to purchase only those packaged foods that display the insignia of a reliable supervising agency, together with "P" or "kosher for Passover."

Obviously, all leavened foods such as bread and cake made from wheat, barley, rye, oats or spelt are actual chometz and are prohibited on Passover. Examples are breakfast cereals, licorice, most candy bars, pasta, vinegar, beer and whiskey.

**How to Sell the Chometz**

Since we can't own chometz on Passover, we need to sell to a non-Jew, before the time indicated on the calendar, all chometz that we will not consume or destroy before Passover. This is not a simple transaction. That is why we empower a competent Rabbi to do it for us.

**Burning the Chometz**

On the morning of April 1, we burn the chometz that was found during the search and all other chometz that is not stored away to either be sold to the non-Jew or eaten on Shabbat morning.

**NISSAN 15-16 | THE SEDER NIGHTS**

The first two nights of Passover we conduct a Seder—a festive yet solemn event. At a table royally set with our best crystal and



Leaving Egypt, Oil on canvas by Huvy Elisha



silver and the finest of kosher wines, we re-enact the Exodus from Egypt in ancient times. We also pray for the forthcoming redemption speedily in our days.

At the Seder, each person considers himself as if he was going out of Egypt. We are with our people as they descend into exile and suffer cruel oppression. We are with them when G-d sends the Ten Plagues to punish Pharaoh and his nation, with them as they leave Egypt, and with them at the crossing of the Red Sea.

**Second Night of Pesach**

On the second night of Pesach (April 2) we begin Sefirat Ha'omer, the counting of the 49 days between Pesach and Shavuot.

**NISSAN 22: LAST DAY OF PASSOVER**

The eighth day of Passover is traditionally associated with our fervent hope for the coming of Moshiach.

The Baal Shem Tov, founder of Chassidus, instituted the custom of eating a special third meal on the last day of Passover, complete with matzah and wine, called the "Meal of Moshiach." On that day, he said, one can feel the approach of Moshiach.

Passover does not end until the night of April 9, at the time indicated on the calendar. Until approximately an hour after that time, no chometz should be bought or eaten.

**A Happy and Kosher Passover!**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR METRO NYC

APRIL 2026

	MIAMI	LOS ANGELES	CHICAGO	S. FRANCISCO	BOSTON	ROCKVILLE
1	7:19	6:56	6:56	7:15	6:52	7:13
2	8:12	7:53	7:59	8:13	7:54	8:13
3	7:20	6:58	6:58	7:17	6:55	7:15
7	7:22	7:01	7:03	7:20	6:59	7:19
8	8:15	7:58	8:07	8:19	8:01	8:19
10	7:24	7:03	7:06	7:23	7:03	7:22
17	7:27	7:09	7:14	7:30	7:10	7:29
24	7:30	7:14	7:22	7:36	7:18	7:36

CANDLE LIGHTING TIMES  
SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING

	Earliest Tefilin	Sunrise	Latest Shema	Midday/Midnight	Earliest Mincha	Sunset	Earliest Evening Shema
5	5:39	6:33	9:45	12:59	1:32	7:25	7:53
12	5:27	6:22	9:39	12:57	1:31	7:32	8:01
19	5:15	6:11	9:32	12:56	1:30	7:40	8:09
26	5:03	6:01	9:27	12:54	1:30	7:47	8:17

TIMES SHOWN ARE FOR METRO NYC

**1** יד ניסן  
14 Nissan  
First Seder  
Eruv Tavshilin

**ערב פסח**  
Eve of Passover  
Eat chometz until **10:48** a.m.  
Burn chometz by **11:47** a.m.  
Light candles at **7:03** p.m.



**2** טו ניסן  
15 Nissan  
Second Seder

**יום א דחג הפסח**  
1st day of PASSOVER  
Light candles after **8:03** p.m.  
In evening count Omer 1



**3** טז ניסן  
16 Nissan  
Sefirah 1

**יום ב דחג הפסח**  
2nd day of PASSOVER  
Light candles at **7:05** p.m.  
In evening count Omer 2



**4** יז ניסן  
17 Nissan  
Sefirah 2

**יום א דחול המועד פסח**  
1st Intermediate Day of PASSOVER  
Shabbat ends at **8:05** p.m.  
In evening count Omer 3

**5** יח ניסן  
18 Nissan  
Sefirah 3

**יום ב דחול המועד פסח**  
2nd Intermediate Day of PASSOVER  
In evening count Omer 4

**6** יט ניסן  
19 Nissan  
Sefirah 4

**יום ג דחול המועד פסח**  
3rd Intermediate Day of PASSOVER  
In evening count Omer 5

**7** כ ניסן  
20 Nissan  
Sefirah 5

**יום ד דחול המועד פסח**  
4th Intermediate Day of PASSOVER  
Light candles at **7:09** p.m.  
In evening count Omer 6



**8** כא ניסן  
21 Nissan  
Sefirah 6

**שביעי של פסח**  
7th day of PASSOVER  
Light candles after **8:10** p.m.  
In evening count Omer 7



**9** כב ניסן  
22 Nissan  
Sefirah 7

**אחרון של פסח**  
8th day of PASSOVER  
Yizkor  
Yom Tov ends at **8:11** p.m.  
In evening count Omer 8

**10** כג ניסן  
23 Nissan  
Sefirah 8

**אסרו חג**  
Isru Chag  
Light candles at **7:12** p.m.  
In evening count Omer 9



**11** כד ניסן  
24 Nissan  
Sefirah 9

**שמיני SHEMINI**  
Avot: chapter 1  
Blessing of the new month  
Shabbat ends at **8:13** p.m.  
In evening count Omer 10

**12** כה ניסן  
25 Nissan  
Sefirah 10

In evening count Omer 11

**13** כו ניסן  
26 Nissan  
Sefirah 11

In evening count Omer 12

**14** כז ניסן  
27 Nissan  
Sefirah 12

In evening count Omer 13

**15** כח ניסן  
28 Nissan  
Sefirah 13

In evening count Omer 14

**16** כט ניסן  
29 Nissan  
Sefirah 14

In evening count Omer 15

**17** ל ניסן  
30 Nissan  
Sefirah 15

**ראש חודש אייר**  
Rosh Chodesh Iyar  
Light candles at **7:19** p.m.  
In evening count Omer 16  
New Moon: 5:18 <sup>14</sup>/<sub>18</sub> a.m.



**18** א אייר  
1 Iyar  
Sefirah 16

**ראש חודש אייר**  
Rosh Chodesh Iyar  
**תזריע-מצורע**  
TAZRIA-METZORA  
Avot: chapter 2  
Shabbat ends at **8:21** p.m.  
In evening count Omer 17

**19** ב אייר  
2 Iyar  
Sefirah 17

In evening count Omer 18

**20** ג אייר  
3 Iyar  
Sefirah 18

In evening count Omer 19

**21** ד אייר  
4 Iyar  
Sefirah 19

In evening count Omer 20

**22** ה אייר  
5 Iyar  
Sefirah 20

In evening count Omer 21

**23** ו אייר  
6 Iyar  
Sefirah 21

In evening count Omer 22

**24** ז אייר  
7 Iyar  
Sefirah 22

**Light candles at 7:27** p.m.  
In evening count Omer 23



**25** ח אייר  
8 Iyar  
Sefirah 23

**אחרי-קדושים**  
ACHAREI-KEDOSHIM  
Avot: chapter 3  
Shabbat ends at **8:30** p.m.  
In evening count Omer 24

**26** ט אייר  
9 Iyar  
Sefirah 24

In evening count Omer 25

**27** י אייר  
10 Iyar  
Sefirah 25

In evening count Omer 26

**28** יא אייר  
11 Iyar  
Sefirah 26

In evening count Omer 27

**29** יב אייר  
12 Iyar  
Sefirah 27

In evening count Omer 28

**30** יג אייר  
13 Iyar  
Sefirah 28

In evening count Omer 29

MAY 2026

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### SEFIRAT HA'OMER | COUNTING OF THE OMER

The festivals of Pesach and Shavuot are linked: Pesach marks our physical liberation (the Exodus from Egypt and the birth of the Jewish nation), and on Shavuot we received the Torah—the spiritual essence and liberation of the Jewish people. To note this link, we count every one of the forty-nine days between these two festivals. This counting, called Sefirat Ha'omer, expresses our eager anticipation of receiving the Torah.

The counting begins on the second night of Pesach, immediately after nightfall, and is continued every subsequent evening (after nightfall).

### IYAR 14 | PESACH SHENI

The Second Passover. The year after the Exodus, G-d commanded the Jewish People to celebrate Passover in the desert. However, some complained that they had become ritually impure and would not be able to purify themselves in time to offer their Passover sacrifice. G-d told Moses they would get a second chance to offer their sacrifice on Iyar 14 (a month after Nissan 14, when the Passover sacrifice is normally brought). This applied until the cessation of sacrifices with the destruction of the Second Temple in 70 CE. Many still have a custom of celebrating the day by eating matzah.

### IYAR 18 | LAG B'OMER

The 33rd day of the Omer counting is celebrated as a holiday. Two reasons: 1) Between Passover and Shavuot, one year in the early 2nd century, 24,000 disciples of Rabbi Akiva (greatest Sage of Israel in the Mishnaic period) passed away because they were not respectful enough to each other. Therefore, this period is a time of semi-mourning

(no weddings, etc.). On the 33rd (LaG = 33) day of the Omer, they stopped dying. 2) An outstanding later disciple of Rabbi Akiva, Rabbi Shimon bar Yochai, Mishnaic Sage and author of the Zohar, principal work of Jewish mysticism (Kabbalah), passed away. Having fulfilled his mission in this world, he asked that the anniversary be celebrated as a happy day.

Children have a custom to play with bows and arrows, and are taken on trips to parks or the countryside. There is a widespread custom to light bonfires the previous night.

### SIVAN 6-7: SHAVUOT

Shavuot is a major festival, celebrating an event so important that the world would be an entirely different place without it. 3,338 years ago on this day, the entire Jewish nation stood at the foot of Mount Sinai, and the transmission of Torah from heaven to earth began.

The literal meaning of the word Torah is "instructions." The same Manufacturer who produced the world provides instructions on what to do with it. Every story of the Torah is a lesson in life with a myriad of applications. Nothing it contains is irrelevant or anachronistic, because the Torah is eternal wisdom, beyond space and time. In fact, our Sages say, Torah is the blueprint by which the world was designed.

### Shavuot Observances

On the first night of Shavuot many communities host an all-night learnathon. The next morning, June 22, every man, woman and child attends services to hear the Ten Commandments read from a Torah



Giving of the Torah, oil on Canvas by Yossi Rosenstein

scroll. It is especially important for children to be there, since they served as our guarantors the first time the Torah was given. Before the main meat meal on the first day of Shavuot, the tradition is to eat a festive dairy meal (not hard cheese). Cheesecake is a big hit.

Some have the custom on Shavuot to decorate

their synagogues and homes with flowers, fruits and greens.

King David passed away on Shavuot. So did the father of the Chassidic movement, Rabbi Yisrael Baal Shem Tov.

**Happy Shavuot!**

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIMES SHOWN ARE  
DAYLIGHT SAVING TIME  
FOR  
METRO NYC

**MAY**  
**2026**

JUNE 2026

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

MAMI  
LOS ANGELES  
CHICAGO  
S. FRANCISCO  
BOSTON  
ROCKVILLE

1	7:34	7:20	7:29	7:42	7:26	7:43
8	7:38	7:25	7:37	7:49	7:34	7:49
15	7:41	7:30	7:44	7:55	7:41	7:56
22	7:45	7:35	7:50	8:00	7:47	8:01
29	7:45	7:35	7:51	8:01	7:48	8:02

CANDLE LIGHTING TIMES • SHABBAT ENDS  
APPROX. 65 MINUTES AFTER CANDLE LIGHTING

Earliest Tefilin  
Sunrise  
Latest Shema  
Midday/Midnight  
Earliest Mincha  
Sunset  
Earliest Evening  
Shema

3	4:53	5:52	9:22	12:53	1:29	7:54	8:25
10	4:43	5:44	9:17	12:53	1:29	8:01	8:33
17	4:35	5:37	9:14	12:53	1:30	8:08	8:40
24	4:28	5:32	9:12	12:53	1:31	8:14	8:47
31	4:22	5:28	9:10	12:54	1:32	8:20	8:53

TIMES SHOWN ARE FOR  
METRO NYC

1

יד אייר  
14 Iyar  
Sefirah 29

2

טו אייר  
15 Iyar  
Sefirah 30



פסח שני  
PESACH SHENI  
Light candles at 7:34 p.m.  
In evening count Omer 30

אמור  
EMOR  
Avot: chapter 4  
Shabbat ends at 8:38 p.m.  
In evening count Omer 31

3

טז אייר  
16 Iyar  
Sefirah 31

4

יז אייר  
17 Iyar  
Sefirah 32

5

יח אייר  
18 Iyar  
Sefirah 33



לג בעומר  
LAG B'OMER  
In evening count Omer 34

6

יט אייר  
19 Iyar  
Sefirah 34

7

כ אייר  
20 Iyar  
Sefirah 35

8

כא אייר  
21 Iyar  
Sefirah 36

9

כב אייר  
22 Iyar  
Sefirah 37



Light candles at 7:41 p.m.  
In evening count Omer 37

בהר-בחוקותי  
BEHAR-BECHUKOTAI  
Avot: chapter 5  
Shabbat ends at 8:45 p.m.  
In evening count Omer 38

10

כג אייר  
23 Iyar  
Sefirah 38

11

כד אייר  
24 Iyar  
Sefirah 39

12

כה אייר  
25 Iyar  
Sefirah 40

13

כו אייר  
26 Iyar  
Sefirah 41

14

כז אייר  
27 Iyar  
Sefirah 42

15

כח אייר  
28 Iyar  
Sefirah 43

16

כט אייר  
29 Iyar  
Sefirah 44



Light candles at 7:48 p.m.  
In evening count Omer 44

במדבר  
BAMIDBAR  
Avot: chapter 6  
Blessing of the new month  
Shabbat ends at 8:54 p.m.  
In evening count Omer 45  
New Moon: 6:02 15/18 a.m.

17

א סיון  
1 Sivan  
Sefirah 45

18

ב סיון  
2 Sivan  
Sefirah 46

19

ג סיון  
3 Sivan  
Sefirah 47

20

ד סיון  
4 Sivan  
Sefirah 48

21

ה סיון  
5 Sivan  
Sefirah 49  
Eruv Tavshilin

22

ו סיון  
6 Sivan



שבועות  
SHAVUOT

Light candles at 7:55 p.m.

23

ז סיון  
7 Sivan

שבועות  
SHAVUOT  
Yizkor

Shabbat ends at 9:02 p.m.

24

ח סיון  
8 Sivan  
אסרו חג  
Isru Chag

25

ט סיון  
9 Sivan

26

י סיון  
10 Sivan

27

יא סיון  
11 Sivan

28

יב סיון  
12 Sivan

29

יג סיון  
13 Sivan

30

יד סיון  
14 Sivan

31

טו סיון  
15 Sivan

Memorial Day



Light candles at 8:00 p.m.

נשא  
NASSO  
Avot: chapter 1  
Shabbat ends at 9:08 p.m.

## TAMMUZ 3

Passing of the Lubavitcher Rebbe, Rabbi Menachem Mendel Schneerson, in 1994. The Rebbe emphasized many times after the passing of his father-in-law, in 1950, that the anniversary of the passing of a righteous Jewish leader is an auspicious time for us to rededicate ourselves to the realization of his most cherished goals.

The Rebbe's leadership continues to inspire us. He has taught us that with every good deed we do, we bring the world one step closer to perfection. Indeed, every kind word we speak, and even our positive thoughts, have a potent beneficial effect. By remembering the Rebbe's vision and by connecting to his purpose, we can hasten the unfolding of the final Redemption and a better life for all humankind.

## TAMMUZ 12-13

Birthday of Rabbi Yosef Yitzchak Schneersohn (1880-1950), sixth leader of Chabad-Lubavitch.

Release of Rabbi Yosef Yitzchak Schneersohn from Bolshevik imprisonment in Leningrad in 1927. His imprisonment followed his implacable struggle to preserve Jewish religious life throughout the Soviet Union. Aided by his faithful followers, he established a vast underground network of Torah schools, and of financial aid for construction and

upkeep of mikvaos (ritual pools for marital purity), for Shabbat observers and for the purchase of religious objects. Although the initial sentence was death, international pressure brought commutation to 10 years' hard labor in the Arctic, and then to three years' exile in the Urals. After a few days in exile, he was released on Tammuz 12-13 and, soon after, forced to leave Russia. His release was considered, under the circumstances, miraculous.

## SIVAN 25

When Alexander the Great entered Israel (c. 313 BCE), the Ishmaelites and Canaanites sought to prove from the Jewish Torah their right to a portion of the land. Geviha ben Pesisa, an unlearned but shrewd gatekeeper of the Torah academy, persuaded the Sages to let him debate these claims. "If I win," he told them, "you can say that even an ordinary Jew was able to beat them." He convincingly refuted all the enemies' arguments, and they fled before him. The Egyptians, too, claimed that the Jews should repay the gold and silver their ancestors had borrowed when they left Egypt 1000 years before (Exodus 12:35-36). Geviha countered that they still owe us far more than that for all our ancestors' slave labor in Egypt for hundreds of years! Alexander recognized Geviha's triumph, and the Sages proclaimed the day a holiday.

## TEFILLIN

"You shall bind them as a sign upon your hand, and they shall be for a reminder between your eyes"—Deuteronomy 6:8.

You have a brain. It is in one world. Your heart is in another. And your hands often end up involved in something completely foreign to both of them. Three diverse machines.

So you put on tefillin. First thing in the day, you connect your head, your heart and your hand with these leather straps—all to work as one, with one intent: a dedicated service of the Almighty. And then, when you go out to meet the world, all your actions find harmony in a single coordinated purpose.

Tefillin are a pair of black leather boxes containing Hebrew parchment scrolls. A set includes two tefillin—one for the head and one for the arm.

Each consists of three main components: the scrolls, the box and the strap. The scrolls are inserted into boxes made of leather that are painted black.

One box is strapped on your head, and the other onto your arm next to your heart. It's done once a day—preferably during the morning prayers. If that is not practical, say at least the passage called the Shema. It's done by Jewish males, age 13 and up, every day except Shabbat and major Jewish holidays.



On the Road to the Beit Hamikdash, Oil on Canvas by Gady Dadon

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIMES SHOWN ARE  
DAYLIGHT SAVING TIME  
FOR  
METRO NYC

**JUNE  
2026**

1

טז סיון  
16 Sivan

2

יז סיון  
17 Sivan

3

יח סיון  
18 Sivan

4

יט סיון  
19 Sivan

5

כ סיון  
20 Sivan

6

כא סיון  
21 Sivan



Light candles at 8:05 p.m.

בהעלותך  
BEHAALOTECHA  
Avot: chapter 2  
Shabbat ends at 9:14 p.m.

7

כב סיון  
22 Sivan

8

כג סיון  
23 Sivan

9

כד סיון  
24 Sivan

10

כה סיון  
25 Sivan

11

כו סיון  
26 Sivan

12

כז סיון  
27 Sivan

13

כח סיון  
28 Sivan



Light candles at 8:09 p.m.

שלח  
SHELACH  
Avot: chapter 3  
Blessing of the new month  
Shabbat ends at 9:18 p.m.

14

כט סיון  
29 Sivan

15

ל סיון  
30 Sivan

16

א תמוז  
1 Tammuz

17

ב תמוז  
2 Tammuz

18

ג תמוז  
3 Tammuz

19

ד תמוז  
4 Tammuz

20

ה תמוז  
5 Tammuz



Light candles at 8:12 p.m.

קרח  
KORACH  
Avot: chapter 4  
Shabbat ends at 9:21 p.m.

21

ו תמוז  
6 Tammuz

22

ז תמוז  
7 Tammuz

23

ח תמוז  
8 Tammuz

24

ט תמוז  
9 Tammuz

25

י תמוז  
10 Tammuz

26

יא תמוז  
11 Tammuz

27

יב תמוז  
12 Tammuz



Light candles at 8:13 p.m.

חקת-בלק  
CHUKAT-BALAK  
Avot: chapter 5  
Shabbat ends at 9:21 p.m.

28

יג תמוז  
13 Tammuz

29

יד תמוז  
14 Tammuz

30

טו תמוז  
15 Tammuz

	MIAMI	LOS ANGELES	CHICAGO	S. FRANCISCO	BOSTON	ROCKVILLE
5	7:49	7:40	7:57	8:06	7:54	8:08
12	7:52	7:44	8:02	8:11	8:00	8:13
19	7:55	7:47	8:06	8:14	8:04	8:16
26	7:57	7:50	8:09	8:17	8:06	8:19

CANDLE LIGHTING TIMES  
SHABBAT ENDS APPROX. 65 MINUTES  
AFTER CANDLE LIGHTING

Earliest Tefilin	Sunrise	Latest Shema	Midday/Midnight	Earliest Mincha	Sunset	Earliest Evening Shema
7 4:19	5:25	9:09	12:55	1:34	8:25	8:58
14 4:17	5:24	9:09	12:56	1:35	8:28	9:02
21 4:18	5:25	9:10	12:58	1:37	8:30	9:04
28 4:20	5:27	9:12	12:59	1:38	8:31	9:05

TIMES SHOWN ARE FOR  
METRO NYC

JULY 2026

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## TAMMUZ 17

Moses descended from Mt. Sinai, after G-d had taught him the entire Torah for 40 days. In his hands he carried the two stone tablets engraved with the Ten Commandments. But when he saw the Jewish People worshipping the Golden Calf, he smashed the tablets.

In later generations, King Menashe set up an idol in the Temple; Apostomos (a Greek general?) burnt a Torah scroll; the daily sacrifices had to stop; and the Romans breached Jerusalem's wall (70 CE).

This day is observed as one of the six public fast days. It begins the "Three Weeks," a period of national mourning for the destruction of the two Temples, during which we celebrate no weddings and schedule no festivities.

### AV 9: TISHA B'AV

Saddest day in the Jewish calendar. Commemorated as a 25-hour fast, beginning at sunset of the previous evening.

Anniversary of the Divine decree that the Jewish People remain in the desert for 40 years, until that generation died out, after they cried over the 10 spies' false report about the Land of Israel.

Anniversary of the destruction (by the Babylonians under Nebuchadnezzar) of the First Temple (422 BCE), and (by the Romans under Titus) of the Second

Temple (70 CE).

Capture by Romans of Beitar, last Jewish fortress to hold out in the Bar Kochba rebellion, with terrible loss of life (c. 135 CE). Jerusalem was ploughed up and turned into a non-Jewish city, Aelia Capitolina (c. 135 CE).

Av 9 in 1492 was the deadline by which all Jews who refused to be baptized had to leave Spain. Over 300,000 departed, many perishing from starvation, piracy, or violence. Those who converted but secretly remained Jewish—known as Marranos—faced torture or execution by the Inquisition.

World War I also began on Av 9, triggering upheaval in Jewish communities, the Russian Revolution's repression of Judaism, deadly pogroms in Ukraine, and the eventual rise of Nazism and the Holocaust.

### AV 15

Anniversary of several happy events: the end of the 40-year decree that the Jewish People remain in the desert; the reconciliation of the tribe of Benjamin with the other tribes of Israel; the removal of the guards stationed by Jeroboam ben Nebat to prevent pilgrimages of the Ten Tribes of Israel to the Temple in Jerusalem; and the grant of Roman permission to bury the dead of Beitar, after 14 years. "There were no greater holidays for the Jewish People than Av 15 and Yom Kippur."



Jerusalem of Gold, Oil on canvas by Yossi Bitton

### MOSHIACH—OUR REDEEMER

"I believe with complete faith in the coming of Moshiach. And though he may tarry, I shall wait, anticipating his arrival each day." (Number 12 of Maimonides' 13 Principles of Faith)

### Belief in Moshiach is Central to Judaism

The concept of Moshiach is basic to Jewish belief. It is found in the writings of the prophets, which are filled with references to Moshiach. Throughout history our ancestors have prayed for Moshiach's arrival.

### Why Do We Need Moshiach?

In the Messianic Era, the Divine plan for the world will be fully realized. There will be universal peace, prosperity, goodness and knowledge of G-d.

### How Will Moshiach Affect Our Lives?

The coming of Moshiach will not cause a break with the past and the beginning of something entirely new. On the contrary, it is the culmination and crowning stroke of all our efforts toward a world of peace and consummate holiness.

Moshiach will free the Jewish People from all servitude to foreign nations, rebuild the Holy Temple in Jerusalem and gather all the Jews of the entire world to Israel. Peace and prosperity will be universal, and all the nations of the world will serve the one G-d.

### How Do We Prepare for Moshiach?

By doing more mitzvot, learning more Torah and praying for his revelation, we hasten Moshiach's coming and prepare ourselves to greet him.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIMES SHOWN ARE  
DAYLIGHT SAVING TIME  
FOR  
METRO NYC

**JULY**  
**2026**

	Earliest Tefilin	Sunrise	Latest Shema	Midday/Midnight	Earliest Mincha	Sunset	Earliest Evening Shema
5	4:24	5:31	9:15	1:01	1:39	8:30	9:03
12	4:30	5:36	9:18	1:02	1:40	8:27	9:00
19	4:37	5:41	9:21	1:02	1:40	8:23	8:55
26	4:45	5:47	9:24	1:02	1:40	8:17	8:49

TIMES SHOWN ARE FOR  
METRO NYC

	MIAMI	LOS ANGELES	CHICAGO	S. FRANCISCO	BOSTON	ROCKVILLE
3	7:58	7:51	8:10	8:18	8:07	8:20
10	7:58	7:51	8:09	8:17	8:07	8:19
17	7:58	7:49	8:07	8:15	8:04	8:17
24	7:56	7:46	8:03	8:12	8:00	8:14
31	7:53	7:42	7:57	8:07	7:54	8:09

CANDLE LIGHTING TIMES  
SHABBAT ENDS APPROX. 65 MINUTES  
AFTER CANDLE LIGHTING

1

טז תמוז  
16 Tammuz

2

יז תמוז  
17 Tammuz

3

יח תמוז  
18 Tammuz

4

יט תמוז  
19 Tammuz  
Independence Day

פינחס  
PINCHAS  
Avot: chapter 6  
Shabbat ends at 9:20 p.m.



Light candles at 8:12 p.m.

תענית יז תמוז  
FAST OF 17 TAMMUZ  
Fast begins at 3:39 a.m.  
Fast ends at 9:05 p.m.

5

כ תמוז  
20 Tammuz

6

כא תמוז  
21 Tammuz

7

כב תמוז  
22 Tammuz

8

כג תמוז  
23 Tammuz

9

כד תמוז  
24 Tammuz

10

כה תמוז  
25 Tammuz

11

כו תמוז  
26 Tammuz

מטות-מסעי  
MATOT-MASSEI  
Avot: chapter 1 Blessing of  
the new month  
Shabbat ends at 9:17 p.m.



Light candles at 8:10 p.m.

12

כז תמוז  
27 Tammuz

13

כח תמוז  
28 Tammuz

14

כט תמוז  
29 Tammuz

15

א אב  
1 Av

16

ב אב  
2 Av

17

ג אב  
3 Av

18

ד אב  
4 Av

דברים  
DEVARIM  
Avot: chapter 2  
Shabbat Chazon  
Shabbat ends at 9:12 p.m.



Light candles at 8:06 p.m.

ראש חדש אב  
Rosh Chodesh Av

New Moon: 7:30 <sup>17/18</sup> p.m.

19

ה אב  
5 Av

20

ו אב  
6 Av

21

ז אב  
7 Av

22

ח אב  
8 Av

23

ט אב  
9 Av

24

י אב  
10 Av

25

יא אב  
11 Av

ואתחנן  
VA'ETCHANAN  
Avot: chapter 3  
Shabbat Nachamu  
Shabbat ends at 9:05 p.m.



Light candles at 8:01 p.m.

תענית ט אב  
FAST OF 9 AV  
Fast begins at 8:21 p.m.  
Fast ends at 8:53 p.m.

Fast begins at 8:21 p.m.

26

יב אב  
12 Av

27

יג אב  
13 Av

28

יד אב  
14 Av

29

טו אב  
15 Av

30

טז אב  
16 Av

31

יז אב  
17 Av

חמשה עשר באב  
FIFTEENTH OF AV



Light candles at 7:54 p.m.

AUGUST 2026

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



The Chuppah, Oil on Canvas by Mira Eisen

**AV 20**

Rabbi Levi Yitzchak Schneerson, renowned scholar and Kabbalist, and father of the Lubavitcher Rebbe, Rabbi Menachem Schneerson, passed away (1944).

**AV 30: ROSH CHODESH ELUL**

First day of Rosh Chodesh Elul. Moses ascended Mt. Sinai, for the third time, with the tablets he had carved. The next 40 days, till Yom Kippur, were days of Divine acceptance and favor, during which G-d's mercy was aroused to totally forgive His people for the sin of the Golden Calf. We reenact this year by year, devoting time during the month

of Elul (and the Ten Days of Teshuvah till Yom Kippur) to review our ways, seeking to correct whatever needs correcting in thought, speech, and deed.

**ELUL 18**

Birthdays of Rabbi Yisrael Baal Shem Tov (1698-1760), founder of Chassidism, renowned for his love of every Jew. Birthday of Rabbi Shneur Zalman of Liadi (1745-1812), known as the Alter Rebbe, founder of the Chabad-Lubavitch intellectual branch of Chassidism, author of Tanya and Shulchan Aruch HaRav.

**BRIT MILAH**

The bris, or brit milah, is the covenant of circumcision, performed on Jewish boys on the eighth day of life. It is a sacred act that seals the eternal covenant between G-d and the Jewish people—a bond first established with Abraham and reaffirmed through every generation. More than a physical act, the bris is a deeply spiritual ceremony that connects the child to this timeless promise: “This is My covenant, which you shall keep... every male among you shall be circumcised” (Genesis 17:10).

Held during the day, often followed by festive blessings and a meal, the ceremony includes the recitation of prayers and the naming of the child, marking his official entry into the Jewish community. The mohel, a trained practitioner, performs the circumcision, while the sandek (often a grandfather) holds the baby during the procedure, a role considered a great honor. Tradition teaches that Elijah the Prophet attends every bris, and a special chair—“the Chair of Elijah”—is prepared for him. The sandek is seated in this chair, symbolizing Elijah's presence and witness to the covenant.

Circumcision is not merely a tradition—it is a statement of identity, a visible sign of the covenant between G-d and each Jewish male. It also serves as a powerful reminder that everything in the world, including ourselves, is created with potential but requires refinement and completion. Despite the discomfort, Jews have upheld this mitzvah throughout exile and persecution, a testament to enduring faith. Through the bris, each generation is reminded of the unbreakable covenant that defines Jewish destiny.

**MEZUZAH**

The mezuzah is a small parchment scroll, handwritten by a trained scribe, containing two Torah passages from the Shema (Deuteronomy 6:4-9 and 11:13-21). These verses declare the oneness of God and the Jewish people's obligation to love and serve Him. Housed in a protective case, the mezuzah is affixed to the right-hand doorpost of Jewish homes and rooms, as commanded in the Torah: “And you shall write them upon the doorposts of your house and upon your gates” (Deuteronomy 6:9).

More than a ritual object, the mezuzah serves as a constant reminder of God's presence and our relationship with Him. Each time we enter or leave, it offers a moment of reflection—reaffirming our commitment to live with purpose and holiness. It is customary to touch the mezuzah and kiss the fingers as a sign of love and reverence.

According to tradition, the mezuzah offers spiritual protection to the home and its inhabitants. The Divine name “Shaddai” written on the back of the scroll is seen as an acronym for “Guardian of the doorways of Israel.”

By placing mezuzot on our doorposts, we make a statement: that this home is a sanctuary, rooted in faith, mitzvot, and connection to God.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIMES SHOWN ARE  
DAYLIGHT SAVING TIME  
FOR  
METRO NYC

**AUGUST  
2026**

SEPTEMBER 2026

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

	Earliest Tefilin	Sunrise	Latest Shema	Midday/Minglight	Earliest Mincha	Sunset	Earliest Evening Shema
2	4:53	5:54	9:27	1:02	1:39	8:10	8:41
9	5:01	6:01	9:30	1:02	1:38	8:02	8:32
16	5:10	6:07	9:32	1:00	1:35	7:52	8:22
23	5:18	6:14	9:35	12:58	1:33	7:42	8:11
30	5:26	6:21	9:38	12:56	1:30	7:31	8:00

TIMES SHOWN ARE FOR  
METRO NYC

	MIAMI	LOS ANGELES	CHICAGO	S. FRANCISCO	BOSTON	ROCKVILLE
7	7:49	7:37	7:50	8:01	7:47	8:02
14	7:45	7:31	7:41	7:54	7:38	7:55
21	7:39	7:23	7:32	7:45	7:29	7:46
28	7:33	7:15	7:22	7:36	7:18	7:36

CANDLE LIGHTING TIMES  
SHABBAT ENDS APPROX. 65 MINUTES  
AFTER CANDLE LIGHTING

1

יח אב  
18 Av

עקב  
EIKEV

Avot: chapter 4  
Shabbat ends at 8:57 p.m.

2

יט אב  
19 Av

3

כ אב  
20 Av

4

כא אב  
21 Av

5

כב אב  
22 Av

6

כג אב  
23 Av

7

כד אב  
24 Av

8

כה אב  
25 Av

ראה  
RE'EH  
Avot: chapter 5  
Blessing of the new month  
Shabbat ends at 8:48 p.m.



Light candles at 7:46 p.m.

9

כו אב  
26 Av

10

כז אב  
27 Av

11

כח אב  
28 Av

12

כט אב  
29 Av

13

ל אב  
30 Av

14

א אלול  
1 Elul

15

ב אלול  
2 Elul

שופטים  
SHOFTIM

Avot: chapter 6  
Shabbat ends at 8:37 p.m.



ראש חודש אלול  
Rosh Chodesh Elul  
Light candles at 7:37 p.m.

ראש חודש אלול  
Rosh Chodesh Elul  
New Moon: 8:15 a.m.

16

ג אלול  
3 Elul

17

ד אלול  
4 Elul

18

ה אלול  
5 Elul

19

ו אלול  
6 Elul

20

ז אלול  
7 Elul

21

ח אלול  
8 Elul

22

ט אלול  
9 Elul

כי תצא  
KI TEITZEI

Avot: chapters 1-2  
Shabbat ends at 8:26 p.m.



Light candles at 7:27 p.m.

23

י אלול  
10 Elul

24

יא אלול  
11 Elul

25

יב אלול  
12 Elul

26

יג אלול  
13 Elul

27

יד אלול  
14 Elul

28

טו אלול  
15 Elul

29

טז אלול  
16 Elul

כי תבוא  
KI TAVO

Avot: chapters 3-4  
Shabbat ends at 8:16 p.m.



Light candles at 7:18 p.m.

30

יז אלול  
17 Elul

31

יח אלול  
18 Elul

## TISHREI 1-2: ROSH HASHANAH

Rosh Hashanah, the Jewish New Year, is a two-day holiday marking the start of the High Holy Days. On these days, the Heavenly Court decides the fate of every living being for the coming year. It is customary to eat symbolic foods that express our hope for sweetness and abundance, such as challah and apples dipped in honey, along with pomegranates, carrots, and the head of a fish.

The central mitzvah of Rosh Hashanah is hearing the shofar (ram's horn) during the daytime. Its blasts awaken the soul, recall the revelation at Sinai, and proclaim G-d as King of the Universe. On the second afternoon, the Tashlich ceremony is performed near a body of water, symbolically casting away sins.

## TISHREI 9-10: YOM KIPPUR

The day before Yom Kippur is marked with festive meals and the custom of parents blessing their children. It's also a time to ask forgiveness from others. Yom Kippur, the Day of Atonement, is the holiest day of the year. We refrain from eating, drinking, washing, applying lotions, marital relations, and wearing leather shoes, as we devote the day to prayer and repentance.

## TISHREI 15-21: SUKKOT

Sukkot commemorates the Divine protection in the desert. We eat meals in the sukkah, a temporary hut covered with branches. Each day (except Shabbat), we shake the Four Species—lulav, etrog, hadassim, and aravot—as a mitzvah representing unity and joy.

## SHABBAT CANDLES

Darkness is setting upon the world; the workweek is coming to a close. A week of activity, a week of growth, a tiring week. But as the sun goes down, a new day is being ushered in: the day for which we toiled the entire week, a day of rest and tranquility, the holy Shabbat.

Greeting the Shabbat (and also Jewish holidays) are girls and women across the globe. Shortly before sunset they light candles, which usher in peace and blessing to their homes and to the world.

The Torah enjoins us to "honor the Shabbat and call it a delight." Now, one element of this "delight" is to have candles lit. In addition to creating a bright and cheery ambiance, the candles

ensure that we don't spend the evening stumbling around in the dark. The Torah clearly tells us that we may not kindle fire on Shabbat. So the key is to light the delight-giving candles before the onset of the day.

The mystics explain that Shabbat is the day that brings illumination to our world, which so often seems to be dark and negative. Furthermore, candles are a metaphor for Torah and for the human soul.

The Shabbat candles represent the light we introduce into the world through studying Torah and observing its precepts. And they also represent the additional soul that our sages say we are given on Shabbat.



Shabbat Candles, Oil on canvas by Chaya Hindy

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR METRO NYC SEPTEMBER 2026

Table with 8 columns: Earliest Tefillin, Sunrise, Latest Shema, Midday/Midnight, Earliest Mincha, Sunset, Earliest Evening Shema. Rows for dates 6, 13, 20, 27.

1 יט אלול 19 Elul

2 כ אלול 20 Elul

3 כא אלול 21 Elul

4 כב אלול 22 Elul

5 כג אלול 23 Elul

נצבים-וילך NITZAVIM-VAYELECH Shabbat Selichot Avot: chapters 5-6 Shabbat ends at 8:03 p.m.

Light candles at 7:05 p.m.

6 כד אלול 24 Elul

7 כה אלול 25 Elul

8 כו אלול 26 Elul

9 כז אלול 27 Elul

10 כח אלול 28 Elul

11 כט אלול 29 Elul

12 א תשרי 1 Tishrei

Labor Day

ערב ראש השנה Eve of Rosh Hashanah Light candles at 6:53 p.m. New Moon: 8:59 1/4 p.m.

יום א דראש השנה First day of ROSH HASHANAH Light candles after 7:51 p.m.

13 ב תשרי 2 Tishrei Tashlich

14 ג תשרי 3 Tishrei

15 ד תשרי 4 Tishrei

16 ה תשרי 5 Tishrei

17 ו תשרי 6 Tishrei

18 ז תשרי 7 Tishrei

19 ח תשרי 8 Tishrei

יום ב דראש השנה Second day of ROSH HASHANAH Yom Tov ends at 7:49 p.m.

צום גדליה FAST OF GEDALIAH Fast begins at 5:10 a.m. Fast ends at 7:36 p.m.

האיזינו HA'AZINU Shabbat Shuva Shabbat ends at 7:39 p.m.

20 ט תשרי 9 Tishrei

21 י תשרי 10 Tishrei

22 יא תשרי 11 Tishrei

23 יב תשרי 12 Tishrei

24 יג תשרי 13 Tishrei

25 יד תשרי 14 Tishrei

26 טו תשרי 15 Tishrei

ערב יום כפור Eve of Yom Kippur Light candles at 6:38 p.m. Fast begins at 6:52 p.m.

יום כפור YOM KIPPUR Yizkor Yom Kippur ends at 7:35 p.m.

ערב חג הסוכות Eve of Sukkot Light candles at 6:30 p.m.

יום א חג הסוכות First Day of SUKKOT Light candles after 7:27 p.m.

27 טז תשרי 16 Tishrei

28 יז תשרי 17 Tishrei

29 יח תשרי 18 Tishrei

30 יט תשרי 19 Tishrei

יום ב חג הסוכות Second Day of SUKKOT Yom Tov ends at 7:25 p.m.

א דחול המועד סוכות 1st Intermediate Day of SUKKOT

ב דחול המועד סוכות 2nd Intermediate Day of SUKKOT

ג דחול המועד סוכות 3rd Intermediate Day of SUKKOT

NEXT YEAR AT A GLANCE: 5787/2026-2027 \*Sept. 12-13 Rosh Hashanah 5787 \*Sept. 14 Fast of Gedaliah \*Sept. 21 Yom Kippur Sukkot \*Sept. 26-Oct. 23 Sukkot \*Dec. 5-12 Chanukah Dec 20 Fast of 10 Tevet Mar. 22 Fast of Esther \*Mar. 23 Purim \*Apr. 22-29 Passover \*May 25 Lag B'Omer \*June 11-12 Shavuot Jul. 22 Fast of 17 Tammuz \*Aug. 12 Fast of 9 Av \*Oct. 2-3 Rosh Hashanah 5788 \* Indicates that holiday begins the previous evening

Table with 6 columns: MIAMI, LOS ANGELES, CHICAGO, S. FRANCISCO, BOSTON, ROCKVILLE. Rows for candle lighting times for dates 4, 11, 12, 18, 20, 25, 26.

Calendar for OCTOBER 2026 with columns S, M, T, W, T, F, S and rows for dates 4, 11, 18, 25.

