



בס"ד

The Lone Soldier

— CALENDAR —

5776/5777
2016/2017



Dear Friend,

We are excited to share with you the Chayal el Chayal Lone Soldier calendar. Chayal el Chayal is a global organization based out of Jerusalem, dedicated to providing the brave Lone Soldiers of the IDF with a home away from home before, during, and after their army service. We hope you will find the images, content, and personal Lone Soldier experiences to be a beautiful addition to your home or workspace.

These brave young men and women leave their homes and sacrifice everything for the protection of Israel. With the High Holidays approaching, it is an opportune time for the Jewish people, and we invite you to join the global CEC family by standing in support of the Lone Soldiers of the IDF. By partnering with us, you are taking an active role in making a direct difference in the lives of thousands of IDF Lone Soldiers. We salute you for that.

May you, your family, and the Lone Soldiers of the IDF experience a year of safety, wonders, and miracles.

Wishing you a Shana Tova.

CEC Directors,
Mordy Botnick & Ari Abramowitz.





Chayal el Chayal - Soldier to Soldier - חיילים לחיילים

HUNDREDS OF LONE SOLDIERS. ONE FAMILY.

SHABBAT AND HOLIDAY EXPERIENCES - SHORT TERM LODGING - SPIRITUAL GUIDANCE
LONE SOLDIER SHUL - MILITARY CEREMONIES - CARE PACKAGES - WINTER GEAR - EVENTS
ONE ON ONE GUIDANCE - HOLIDAY ITEMS - EDUCATIONAL CLASSES - MITZVAH CAMPAIGNS

SEPTEMBER 2016

Elul 5776

בס"ד

Lone Soldiers voluntarily leave their families and countries of origin to courageously protect the Jewish nation and homeland. As brave as they are, the transition can prove to be a very trying and lonely experience. At Chayal el Chayal, we know first hand how difficult this transition can be. Therefore, we are committed to providing Lone Soldiers regardless of place of origin or background with a home away from home before, during, and after their army service. Since our founding in 2011, we have directly impacted the lives of thousands of Lone Soldiers providing them with a beautiful home, family experience, gourmet Shabbat meals, spiritual guidance and unwavering support. To join in on this incredible cause visit us at www.ChayalelChayal.org



Happy Cleaners

We are so Happy/Proud of all the
Crown Heights Lone Soldiers!

316 Kingston Ave.
Brooklyn, NY 11213

718.774.3893 

Photo Credit: <https://www.flickr.com/photos/idfonline/>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR JERUSALEM SEPTEMBER 2016	NEW YORK CITY LOS ANGELES MIAMI CHICAGO OTTAWA TORONTO 2 7:08 6:58 7:01 6:59 7:20 7:18 9 6:56 6:46 6:50 6:49 7:13 7:07 16 6:44 6:34 6:37 6:40 7:05 6:56 23 6:33 6:21 6:25 6:30 6:57 6:45 30 6:21 6:09 6:13 6:20 6:50 6:34 CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING	 Happy 20th Birthday to our son & Golani Sheli. Yaakov Ben-David, of Boston, Massachusetts! We love you & are so very proud of you. Love, Aba, Ima & Sivan.	1 כח אב 28 Av Grill, Grow & Inspire BBQ	2 כט אב 29 Av  Light candles at 6:21 p.m. New Moon: 1:56 / a.m.	3 ל אב 30 Av ראש חודש אלול Rosh Chodesh Elul ראה RE'EH Avot: chapter 5 Shabbat ends at 7:37 p.m.	
4 א אלול 1 Elul ראש חודש אלול Rosh Chodesh Elul	5 ב אלול 2 Elul Latte & Learning Labor Day	6 ג אלול 3 Elul Happy 1st Anniversary Menachem & Chana Olensky Happy Birthday Meir Cohen	7 ד אלול 4 Elul Happy Birthday Sruli Rubenstein Happy Birthday Tsipi Moscovitz	8 ה אלול 5 Elul Girls Night In	9 ו אלול 6 Elul  Shabbat Shots Light candles at 6:13 p.m.	10 ז אלול 7 Elul שופטים SHOFTIM Avot: chapter 6 Shabbat ends at 7:28 p.m.
11 ח אלול 8 Elul	12 ט אלול 9 Elul Latte & Learning	13 י אלול 10 Elul Happy Birthday Yaakov Ben-David From Aba, Ima & Sivan Mazal Tov on the Wedding of Yankee and Rendel Leah Junik	14 יא אלול 11 Elul	15 יב אלול 12 Elul Grill, Grow & Inspire BBQ	16 יג אלול 13 Elul  Light candles at 6:03 p.m.	17 יד אלול 14 Elul Melavah Malka כי תצא KI TEITZEI Avot: chapters 1& 2 Shabbat ends at 7:18 p.m.
18 טו אלול 15 Elul Happy Birthday Ari Abramowitz	19 טז אלול 16 Elul Latte & Learning	20 יז אלול 17 Elul	21 יח אלול 18 Elul Chai Elul Farbrengen	22 יט אלול 19 Elul Girls Night In	23 כ אלול 20 Elul  Shabbat Shots Light candles at 5:54 p.m.	24 כא אלול 21 Elul כי תבוא KI TAVO Avot: chapters 3 & 4 Shabbat Selichot Shabbat ends at 7:09 p.m.
25 כב אלול 22 Elul	26 כג אלול 23 Elul Latte & Learning	27 כד אלול 24 Elul	28 כה אלול 25 Elul	29 כו אלול 26 Elul Grill, Grow & Inspire BBQ	30 כז אלול 27 Elul Happy Birthday Yossi Krinsky & Natan Roth Friday Night at the Kotel Light candles at 5:45 p.m. 	In honor of the wedding anniversary of our children, Menachem and Chana Olensky. With love, Dovid and Rachel Olensky.

OCTOBER 2017

Tishrei 5777

בס"ד

The High Holidays are all contained within the month of Tishrei. The Chasidic masters teach us, the Hebrew letters of the word Tishrei can also spell the word "reishit," beginning and head. The head is the most vital and dynamic part of the human body, containing within it, our ability to hear, think, see, and breathe. By capitalizing on all of the dynamic spiritual energy on Rosh Hashana, Yom Kippur, and Sukkot, we are essentially building the "head" i.e. our spiritual foundation for the rest of the year. At CEC, hundreds of Lone Soldiers join together for prayer, meals, and Yom Tov celebration. For those remaining on base during the High Holidays, CEC makes sure to provide them with all of their holiday needs so that they too can effectively build their foundation for the upcoming year; thereby enabling them to continue bravely defending the Jewish people. To get involved in the CEC High Holiday action visit us at www.chayalelchayal.org/donate

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Photo Credit: <https://www.flickr.com/photos/vidfonline/>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYLIGHT SAVING TIME FOR JERUSALEM OCTOBER 2016	NEW YORK CITY LOS ANGELES MIAMI CHICAGO OTTAWA TORONTO 2 6:18 3 7:14 7 6:09 11 6:03 14 5:58 6:05 7:03 5:57 5:50 5:45 6:10 7:09 6:01 5:55 5:50 6:17 7:11 6:11 6:05 6:02 6:48 7:39 6:42 6:38 6:35 6:30 7:26 6:23 6:17 6:12 CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING	Shout Out to Aaron Kornbluth. Mazal Tov on finishing your army service. Thank You for helping me all the time in and out of my service. Yaakov Steinberg		Mazal Tov Moshe Abrahams on finishing your service in the IDF. Thank You for always being there as a great friend, as a civilian, and as a soldier. Thanks for always being at my side and having a listening ear. Yaakov Steinberg	1 כה אלול 28 Elul Shabbat Mivorchim נצבים NITZAVIM Avot: chapters 5 & 6 Shabbat ends at 7:00 p.m.	
2 כט אלול 29 Elul Happy Birthday Shamai Siskind Lone Soldier High Holiday Minyan Holiday Meal for Lone Soldiers ערב ראש השנה Eve of Rosh Hashanah Light candles at 5:42 p.m.	3 א תשרי 1 Tishrei Tashlich High Holiday Minyan & Shofar Day Meal & Night Meal Tashlich יום א דראש השנה First day of ROSH HASHANAH Light candles after 6:57 p.m.	4 ב תשרי 2 Tishrei High Holiday Minyan & Shofar Day Meal יום ב דראש השנה Second day of ROSH HASHANAH Yom Tov ends at 6:56 p.m.	5 ג תשרי 3 Tishrei Happy Birthday Shammai Siskind צום גדליה FAST OF GEDALIAH Fast starts at 5:21 a.m. Fast ends at 6:45 p.m.	6 ד תשרי 4 Tishrei	7 ה תשרי 5 Tishrei Shabbat Shots Happy Birthday Dov Chemmel From Your Family Light candles at 5:36 p.m.	8 ו תשרי 6 Tishrei Happy Birthday Sana Kisilis & Mayer Katz וילך VAYELECH Shabbat Shuva Shabbat ends at 6:51 p.m.
9 ז תשרי 7 Tishrei	10 ח תשרי 8 Tishrei Happy Birthday Ben S. & Jacob S.	11 ט תשרי 9 Tishrei Pre Fast Feast Lone Soldier High Holiday Minyan ערב יום כפור Eve of Yom Kippur Light candles at 5:31 p.m. Fast begins at 6:07 p.m.	12 י תשרי 10 Tishrei Lone Soldier High Holiday Minyan Break-fast Meal יום כפור YOM KIPPUR Yizkor Yom Kippur ends at 6:46 p.m.	13 יא תשרי 11 Tishrei Pick Up Lulav & Etrog	14 יב תשרי 12 Tishrei Happy Birthday Fraidel S. & Shneur S. Pick Up Lulav & Etrog Sukkah Building Light candles at 5:28 p.m.	15 יג תשרי 13 Tishrei Happy Birthday Jared Blecher האזינו HA'AZINU Shabbat ends at 6:43 p.m.
16 יד תשרי 14 Tishrei Happy Birthday Ari Tsetlin Pick Up Lulav & Etrog Holiday Night Meal In The Sukkah ערב חג הסוכות Eve of Sukkot Light candles at 5:25 p.m.	17 טו תשרי 15 Tishrei Happy Birthday Menny W. & Adam B. Holiday Day Meal יום א דחג הסוכות First Day of SUKKOT Light candles after 6:41 p.m.	18 טז תשרי 16 Tishrei Happy Birthday Menachem Fehler Pizza in the Hut יום ב דחג הסוכות Second Day of SUKKOT Yom Tov ends at 6:40 p.m.	19 יז תשרי 17 Tishrei א דחול המועד סוכות 1st Intermediate Day of Sukkot	20 יח תשרי 18 Tishrei Happy Birthday Meir Rubinstein BBQ Sukkah Party ב דחול המועד סוכות 2nd Intermediate Day of Sukkot	21 יט תשרי 19 Tishrei Shabbat Shots Friday Night at the Kotel Friday Night Meal in the Sukkah ג דחול המועד סוכות 3rd Intermediate Day of Sukkot Light candles at 5:20 p.m.	22 כ תשרי 20 Tishrei Kiddush in the Sukkah Shabbat Day Meal ד דחול המועד סוכות 4th Intermediate Day of Sukkot Shabbat ends at 6:36 p.m.
23 כא תשרי 21 Tishrei Happy Birthday Oren B. & Shmuel M. הושענא רבה Hoshana Rabbah Light candles at 5:18 p.m.	24 כב תשרי 22 Tishrei שמיני עצרת SHEMINI ATZERET Yizkor Light candles after 6:34 p.m.	25 כג תשרי 23 Tishrei Buffet and Dancing	26 כד תשרי 24 Tishrei Happy Birthday Dov Chemmel From Your Family אסרו חג Isru Chag	27 כה תשרי 25 Tishrei	28 כו תשרי 26 Tishrei Friday Night at the Kotel Light candles at 5:13 p.m.	29 כז תשרי 27 Tishrei בראשית BEREISHIT Blessing of the new month Shabbat ends at 6:29 p.m.
30 כח תשרי 28 Tishrei Latte & Learning	31 כט תשרי 29 Tishrei New Moon: 3:24 / a.m.	שמחת תורה SIMCHAT TORAH Yom Tov ends at 6:33 p.m.				

NOVEMBER 2017

Cheshvan 5777

בס"ד

During the winter months, the weather on base can reach frigid temperatures. Soldiers are posted on guard duty in the freezing cold for hours at a time. Often when they get off base to their empty apartments, their situation isn't any better. Together we provide our brave Lone Soldiers with top quality winter gear such as; warm pajamas, waterproof jackets, hats, thermals, heaters and more. By doing this we provide the warmth of home for wherever our heroes may find themselves. To keep a Lone Soldier warm this winter message us at info@chayalelchayal.org

NATE JUNIK  NEW YORK  19 YEARS OLD



I HAD SPENT THE PAST 14 DAYS PUTTING ON TEFFILIN AND UPLOADING A PHOTO ON FACEBOOK AS PART OF A CAMPAIGN LAUNCHED BY CHAYAL EL CHAYAL IN HONOR OF THE LUBAVITCHER REBBE'S BIRTHDAY. THE WINNER OF THE CAMPAIGN RAFFLE, WOULD WIN A FREE FLIGHT HOME! IT WAS A TREMENDOUSLY DIFFICULT WEEK FOR ME SPENT IN THE SHETACH (FIELD) SLEEPING IN TENTS, FREEZING AT NIGHT AND BOILING HOT DURING THE DAY, EATING ONLY TUNA. BUT DESPITE ALL THIS, EVERY DAY I LAID MY TEFFILIN. WHEN I TURNED MY PHONE ON AND SAW THAT MESSAGE "YOU WON THE FLIGHT HOME" IT WAS THE BEST THING THAT HAPPENED TO ME ALL MONTH!! THANK YOU GEC!

Photo Credit: <https://www.flickr.com/photos/idfonline/>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIMES SHOWN ARE FOR JERUSALEM NOVEMBER 2016	NEW YORK CITY LOS ANGELES MIAMI CHICAGO OTTAWA TORONTO 4 5:30 5:16 5:21 5:39 6:19 5:46 11 4:23 4:08 4:13 4:34 5:15 4:39 18 4:17 4:02 4:07 4:30 5:12 4:34 25 4:13 3:57 4:03 4:27 5:11 4:30 CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING	1 ל תשרי 30 Tishrei ראש חודש חשוון Rosh Chodesh Cheshvan	2 א חשוון 1 Cheshvan Happy Birthday Barack Ackerman ראש חודש חשוון Rosh Chodesh Cheshvan	3 ב חשוון 2 Cheshvan Happy Birthday Yechiel W. & Levi H. Girls Night In	4 ג חשוון 3 Cheshvan Happy Birthday Chaya Tee Shabbat Shots Light candles at 4:07 p.m.	5 ד חשוון 4 Cheshvan Happy Birthday Sasha G. & Sholom L. נח NOACH Shabbat ends at 5:24 p.m.
6 ה חשוון 5 Cheshvan Standard Time begins	7 ו חשוון 6 Cheshvan Latte & Learning	8 ז חשוון 7 Cheshvan Happy Birthday Elisha Adams	9 ח חשוון 8 Cheshvan	10 ט חשוון 9 Cheshvan Grill, Grow, & Inspire BBQ	11 י חשוון 10 Cheshvan Happy Birthday Benyomin C. & Baruch E. Light candles at 4:02 p.m. Veterans Day	12 יא חשוון 11 Cheshvan לך לך LECH-LECHA Shabbat ends at 5:19 p.m.
13 יב חשוון 12 Cheshvan	14 יג חשוון 13 Cheshvan Happy Birthday Shlomo Weber Latte & Learning	15 יד חשוון 14 Cheshvan	16 טו חשוון 15 Cheshvan	17 טז חשוון 16 Cheshvan Happy Birthday Elisha Levy Girls Night In	18 יז חשוון 17 Cheshvan Shabbat Shots Light candles at 3:58 p.m.	19 יח חשוון 18 Cheshvan Happy Birthday Moshe Amos & Asher Friedman ירא VAYEIRA Shabbat ends at 5:16 p.m.
20 יט חשוון 19 Cheshvan	21 כ חשוון 20 Cheshvan Happy Birthday Michael Sack Latte & Learning	22 כא חשוון 21 Cheshvan	23 כב חשוון 22 Cheshvan	24 כג חשוון 23 Cheshvan Grill, Grow, & Inspire BBQ Thanksgiving Day	25 כד חשוון 24 Cheshvan Kotel Chevron Shabbaton Light candles at 3:56 p.m.	26 כה חשוון 25 Cheshvan Chevron Shabbaton חיי שרה CHAYEI SARA Blessing of the new month Shabbat ends at 5:14 p.m.
27 כו חשוון 26 Cheshvan	28 כז חשוון 27 Cheshvan Latte & Learning	29 כח חשוון 28 Cheshvan Happy Birthday Issachar Nachum Smith New Moon: 4:08 / p.m.	30 כט חשוון 29 Cheshvan Happy Birthday Zalmy Plotke			

DECEMBER 2016

Elul 5777

בס"ד

Chanukah celebrates the victory of the small Jewish Maccabee army over the mighty Greek empire. When purity prevailed over the impure, light prevailed over darkness. During Chanukah, we bring the light and warmth of home to the army bases of our brave modern-day Maccabees. We hand out thousands of menorahs, latkes, and jelly donuts, received by the glowing faces of our brave guardians. We also have grand Chanukah parties and menorah lightings for the soldiers off base. Get involved and make a Lone Soldier's face glow by gifting him/her with the light of Chanukah. Contact us at info@chayalelchayal.org

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIMES SHOWN ARE STANDARD TIME FOR JERUSALEM DECEMBER 2016	NEW YORK CITY LOS ANGELES MIAMI CHICAGO OTAWA TORONTO 2 4:11 3:55 4:00 4:26 5:11 4:28 9 4:11 3:54 4:00 4:26 5:12 4:28 16 4:12 3:55 4:01 4:28 5:15 4:30 23 4:15 3:58 4:04 4:31 5:18 4:33 30 4:20 4:03 4:09 4:36 5:22 4:38 CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING			1 א כסלו 1 Kislev Happy Birthday Menachem R., Jacob E. & Jake G. Girls Night In Farbrengen ראש חודש כסלו Rosh Chodesh Kislev	2 ב כסלו 2 Kislev Happy Birthday Joey Poreda Shabbat Shots Light candles at 3:55 p.m.	3 ג כסלו 3 Kislev Happy Birthday Moshe Sirota תולדות TOLDOT Shabbat ends at 5:14 p.m.
4 ד כסלו 4 Kislev Start to say Tal Umator in Maariv	5 ה כסלו 5 Kislev Happy Birthday Mattis Brenner Latte & Learning	6 ו כסלו 6 Kislev	7 ז כסלו 7 Kislev	8 ח כסלו 8 Kislev Grill, Grow, & Inspire BBQ	9 ט כסלו 9 Kislev Light candles at 3:55 p.m.	10 י כסלו 10 Kislev ויצא VAYETZEI Shabbat ends at 5:15 p.m.
11 יא כסלו 11 Kislev	12 יב כסלו 12 Kislev Latte & Learning	13 יג כסלו 13 Kislev	14 יד כסלו 14 Kislev Happy Birthday Aryeh Hecht, Akiva Moshel	15 טו כסלו 15 Kislev Girls Night In	16 טז כסלו 16 Kislev Shabbat Shots Light candles at 3:57 p.m.	17 יז כסלו 17 Kislev Melavah Malka וישלח VAYISHLACH Shabbat ends at 5:17 p.m.
18 יח כסלו 18 Kislev	19 יט כסלו 19 Kislev Latte & Learning	20 כ כסלו 20 Kislev Happy Birthday Chana	21 כא כסלו 21 Kislev	22 כב כסלו 22 Kislev Grill, Grow, & Inspire BBQ	23 כג כסלו 23 Kislev Friday Night at the Kotel Light candles at 4:01 p.m.	24 כד כסלו 24 Kislev וישב VAYEISHEV Blessing of the new month After Shabbat Ends and Havdallah is Recited. Blessings 1, 2 & 3 Drinks and Dreidels Shabbat ends at 5:21 p.m.
25 כה כסלו CHANUKAH Nightfall during Chanukah is at 5:10 p.m. Base Visits After Nightfall. Blessings 1 & 2 Legal Holiday	26 כו כסלו CHANUKAH Base Visits After Nightfall. Blessings 1 & 2	27 כז כסלו CHANUKAH Happy Birthday Jordan Tuwiner Base Visits After Nightfall. Blessings 1 & 2	28 כח כסלו CHANUKAH Base Visits Bodedim B'Yachad Chanukah Party After Nightfall. Blessings 1 & 2	29 כט כסלו CHANUKAH Happy Birthday Hershy T. & Shalom W. Grand Chanukah party After Nightfall. Blessings 1 & 2 New Moon: 4:52 a.m.	30 א טבת CHANUKAH ראש חודש טבת Rosh Chodesh Tevet Before Shabbat Candle Lighting Blessings 1 & 2 Shabbat Shots Light candles at 4:05 p.m.	31 ב טבת CHANUKAH After Shabbat Ends and Havdallah is Recited. Blessings 1 & 2 מקץ MIKEITZ BBQ Chanukah Party Shabbat ends at 5:25 p.m.

JANUARY 2017

Tevet 5777

בס"ד



The transition from soldier to civilian can prove to be a difficult line to walk. This is particularly the case for Lone Soldiers, who upon completing their army service do not share the familial support that their Israeli-born comrades do. Bodedim B'yachad was founded in loving memory of Zevi Olive. A boy whose care for others knew no bounds. In his memory we are fostering a growing community assisting former Lone Soldiers in integrating into Israeli society with job assistance, career counseling, and psychological PTSD help. To find out more, email our Bodedim B'yachad director, Yosef Antopolsky, at polsky@gmail.com

MEIR RUBENSTEIN  LONDON  22 YEARS OLD



TO KNOW THAT WHEN I'LL HAVE AN ARMY CEREMONY, CHAYAL EL CHAYAL WILL BE PRESENT, MAKES ME FEEL LOVED. TO KNOW THAT WHEN I COME OFF BASE, THERE ARE SHABBAT MEALS WAITING FOR ME MAKES ME EXCITED TO COME HOME. AND TO KNOW THAT DURING THE TOUGH COLD WINTER NIGHTS, I'LL BE WARM DUE TO THE GEAR YOU GUYS DONATE HELPS ME SLEEP BETTER AT NIGHT. YOU GUYS MAKE A HUGE DIFFERENCE TO OUR SERVICES. TO ALL THE DONORS AND VOLUNTEERS, WORDS CAN NEVER EXPRESS OUR GRATITUDE FOR ALL YOUR EFFORTS. WITH LOVE, MEIR RUBENSTEIN.

Photo Credit: <https://www.flickr.com/photos/ldfonline/>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 ג טבת 3 Tevet CHANUKAH Happy Birthday Lazer Mangel Legal Holiday	2 ד טבת 4 Tevet Latte & Learning	3 ה טבת 5 Tevet	4 ו טבת 6 Tevet	5 ז טבת 7 Tevet Girls Night In	6 ח טבת 8 Tevet  Shabbat Shots Light candles at 4:10 p.m.	7 ט טבת 9 Tevet ויגש VAYIGASH Shabbat ends at 5:30 p.m.	
8 י טבת 10 Tevet תענית עשרה בטבת FAST OF TEVET 10 Fast starts at 5:20 a.m. Fast ends at 5:20 p.m.	9 יא טבת 11 Tevet Latte & Learning	10 יב טבת 12 Tevet	11 יג טבת 13 Tevet	12 יד טבת 14 Tevet Happy Birthday Yossi Leverton Grill, Grow, & Inspire BBQ	13 טו טבת 15 Tevet  Happy Birthday Mendy Cohen Light candles at 4:16 p.m.	14 טז טבת 16 Tevet ויחי VAYECHI Shabbat ends at 5:36 p.m.	
15 יז טבת 17 Tevet Happy Birthday Ephraim Tepler	16 יח טבת 18 Tevet Happy Birthday Lazer Mangel Latte & Learning Dr. M. L. King Jr. Day	17 יט טבת 19 Tevet Happy Birthday Zalman Rabin	18 כ טבת 20 Tevet Happy Birthday Brami Hachuel	19 כא טבת 21 Tevet Girls Night In	20 כב טבת 22 Tevet  Shabbat Shots Friday Night at the Kotel Light candles at 4:22 p.m.	21 כג טבת 23 Tevet Happy Birthday Yanky Seewald שמות SHEMOT Blessing of the new month Shabbat ends at 5:42 p.m.	
22 כד טבת 24 Tevet Happy Birthday Miriam Mushell	23 כה טבת 25 Tevet Happy Birthday Sruili Finck Latte & Learning	24 כו טבת 26 Tevet Happy Birthday Ahron Townsley	25 כז טבת 27 Tevet Happy Birthday Zalmy Yanover	26 כח טבת 28 Tevet Happy Birthday Zevy Mann From your family Happy Birthday Chaim Segal & Hannah Rosenberg Grill, Grow, & Inspire BBQ	27 כט טבת 29 Tevet  Shabbaton Light candles at 4:29 p.m. New Moon: 5:36 / p.m.	28 א שבט 1 Shevat Shabbaton ראש חדש שבט Rosh Chodesh Shevat וארא VA'EIRA Shabbat ends at 5:48 p.m.	
29 ב שבט 2 Shevat Yud Shvat Mivtzah Campaign	30 ג שבט 3 Shevat Latte & Learning	31 ד שבט 4 Shevat	NEW YORK CITY LOS ANGELES MIAMI CHICAGO OTTAWA TORONTO 6 4:26 4:10 4:16 4:41 5:27 4:44 13 4:34 4:17 4:23 4:47 5:32 4:51 20 4:42 4:26 4:31 4:54 5:37 4:58 27 4:50 4:35 4:40 5:01 5:43 5:06 CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING		Chayal El Chayal is the place I go, to see my friends, regroup and recharge.  -Natan Roth California		TIMES SHOWN ARE STANDARD TIME FOR JERUSALEM JANUARY 2017

FEBRUARY 2017

Shvat 5777

בס"ד

All of life is comprised of two domains - the physical and the spiritual. One, without the other, is incomplete. We need both a physically fit, and spiritually fit army. The physical and the spiritual are synonymous with one another, and true success relies upon fusion of the two. This is particularly true for an army that is charged with the task of safeguarding the Holy Land and the Jewish people. Therefore at Chayal el Chayal we take our soldier's spiritual health as seriously as we take their physical. We not only provide our soldiers with a home, food and gear, but we also run Lone Soldier family Shabbat and Holiday experiences, Lone Soldier Shul, learning, spiritual guidance and Mivtza Campaigns such as; giving charity, wrapping tefillin, and lighting Shabbat candles. To dedicate a campaign after a loved one contact us at info@chayalelchayal.org

SALLY SHREM 🎯 BROOKLYN, N.Y. 🎯 20 YEARS OLD



MY NAME IS SALLY SHREM, I'M 20 YEARS OLD AND FROM BROOKLYN, N.Y. BEFORE I DRAFTED INTO THE ARMY, A FRIEND OF MINE TOLD ME ABOUT CHAYAL EL CHAYAL, AND AFTER MY FIRST SHABBAT MEAL WITH THEM I REALIZED THAT IT HAD BEEN THE MOST LOVING AND MEANINGFUL SHABBAT EXPERIENCE I'VE HAD IN A VERY LONG TIME. EVERY SHABBAT WITH CHAYAL EL CHAYAL I ALWAYS FEEL AT HOME.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIMES SHOWN ARE STANDARD TIME FOR JERUSALEM FEBRUARY 2017	NEW YORK CITY LOS ANGELES MIAMI CHICAGO OTTAWA TORONTO 3 4:59 4:44 4:49 5:08 5:48 5:14 10 5:07 4:53 4:58 5:15 5:53 5:22 17 5:16 5:02 5:07 5:21 5:57 5:30 24 5:24 5:11 5:15 5:28 6:02 5:38 CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING		1 ה שבט 5 Shevat	2 ו שבט 6 Shevat Happy Birthday Shalom Cohen Girls Night In	3 ז שבט 7 Shevat Shabbat Shots Light candles at 4:35 p.m.	4 ח שבט 8 Shevat Happy Birthday Ari Vogel בא BO Shabbat ends at 5:54 p.m.
5 ט שבט 9 Shevat Happy Birthday Berel Garelik Superbowl Party	6 י שבט 10 Shevat Happy Birthday Schneur Hendrie Yud Shvat Farbrengen	7 יא שבט 11 Shevat	8 יב שבט 12 Shevat	9 יג שבט 13 Shevat Happy Birthday Sagi Hebron & Daniel Gotfried Grill, Grow, & Inspire BBQ	10 יד שבט 14 Shevat Fruit Feast Tu B'shvat Fruit Feast Light candles at 4:41 p.m.	11 טו שבט 15 Shevat Happy Birthday Zack Huff ראש השנה לאילנות New Year for Trees בשלח B'SHALACH Shabbat Shirah Shabbat ends at 5:59 p.m.
12 טז שבט 16 Shevat	13 יז שבט 17 Shevat Latte & Learning	14 יח שבט 18 Shevat Happy Birthday Mordy Polowin	15 יט שבט 19 Shevat Happy Birthday David Stimmel From your Family	16 כ שבט 20 Shevat Happy Birthday Shmuel Leiter Girls Night In	17 כא שבט 21 Shevat Shabbat Shots Light candles at 4:47 p.m.	18 כב שבט 22 Shevat Happy Birthday Shalom Kanevsky יתרו YITRO Shabbat ends at 6:05 p.m.
19 כג שבט 23 Shevat	20 כד שבט 24 Shevat Latte & Learning Presidents Day	21 כה שבט 25 Shevat Happy Birthday David Stimmel From your Family	22 כו שבט 26 Shevat	23 כז שבט 27 Shevat Happy Birthday Sammy Badreau Grill, Grow, & Inspire BBQ	24 כח שבט 28 Shevat Friday Night at the Kotel Light candles at 4:53 p.m.	25 כט שבט 29 Shevat Happy Birthday Mordy Hellinger משפטים MISHPATIM Shekalim Blessing of the new month Shabbat ends at 6:10 p.m.
26 ל שבט 30 Shevat ראש חודש אדר Rosh Chodesh Adar New Moon: 6:20 / a.m.	27 א אדר 1 Adar Happy Birthday Baruch Hann Latte & Learning ראש חודש אדר Rosh Chodesh Adar	28 ב אדר 2 Adar				





MARCH 2017

Adar 5777

בס"ד

The joyous festival of Purim celebrates the miraculous salvation of the Jewish people from Haman's plot to destroy, kill and annihilate all the Jews; young and old, infants and women, in a single day. Over the centuries many have tried, as Haman has, but to no avail. The Jewish people still stand strong and now by the grace of G-D, we have a powerful military with which to defend ourselves. Purim at CEC is a mega event. Over the span of 48 hours, we visit over 50 army bases bringing joy to the brave soldiers. We hand out over 3,000 Mishloach Manot (Purim baskets filled with food and gifts!) to our pre, current, and former Lone Soldiers as well as any other soldiers who are on duty over Purim. We top the holiday off with a grand Shushan Purim party and round the clock Megillah readings attended by hundreds of soldiers, friends, and family. To get involved in the Purim action and send a Lone Soldier Mishloach Manot visit www.IDFPurim.org

Photo Credit: <https://www.flickr.com/photos/idfonline/>

HANNAH DEFORE • LOS ANGELES, CA • 19 YEARS OLD



CHAYAL EL CHAYAL HAS BECOME A REALLY IMPORTANT PART OF MY SERVICE AS WELL AS MANY OTHERS. IT'S SO RARE TO FIND AN ORGANIZATION WITH A GROUP OF PEOPLE WHO ARE SO COMPLETELY DEDICATED TO THE WELL-BEING OF ITS SOLDIERS. SOMETIMES THE MOST DIFFICULT POINTS IN THE ARMY ARE THE WEEKENDS YOU HAVE TO SPEND AT HOME - WHEN YOU REALIZE JUST HOW HARD IT CAN BE TO BE A LONE SOLDIER. BUT EVEN THEN, CHAYAL EL CHAYAL IS THERE TO HELP WITH EVERYTHING. WHETHER IT BE A SHABBAT MEAL THAT MAKES YOU FEEL AT HOME OR RECEIVING GEAR TO KEEP YOU WARM IN THE WINTER. IT'S REALLY SPECIAL TO HAVE THIS TO COME HOME TO AND YOU CAN'T FIND ANYTHING LIKE IT ANYWHERE ELSE.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIMES SHOWN ARE FOR JERUSALEM MARCH 2017	NEW YORK CITY LOS ANGELES MIAMI CHICAGO OTTAWA TORONTO 3 5:32 5:19 5:24 5:34 6:06 5:45 10 5:40 5:28 5:32 5:39 6:09 5:52 17 6:47 6:36 6:40 6:45 7:13 6:59 24 6:55 6:44 6:48 6:50 7:16 7:06 31 7:02 6:52 6:55 6:56 7:19 7:13 CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING	In honor of the Upshernish of Yair Menachem. ADAR 24 Dedicated by his parents, Aryeh & Chani Rosenberg.	1 ג אדר 3 Adar Happy Birthday Chaya Winterfeld From your Family	2 ד אדר 4 Adar Girls Night In	3 ה אדר 5 Adar Shabbat Shots Light candles at 4:59 p.m.	4 ו אדר 6 Adar תרומה TERUMAH Shabbat ends at 6:15 p.m.
5 ז אדר 7 Adar Happy Birthday Chanan Narvy	6 ח אדר 8 Adar Happy Birthday Shmaya Krinsky Latte & Learning	7 ט אדר 9 Adar	8 י אדר 10 Adar	9 יא אדר 11 Adar Break-Fast Meal תענית אסתר FAST OF ESTHER Fast starts at 4:42 a.m. Fast ends at 6:09 p.m.	10 יב אדר 12 Adar Happy Birthday Levi Bensusan Light candles at 5:04 p.m.	11 יג אדר 13 Adar Eve of Purim Happy Birthday Jayden W. & Chaya W. Base Visits תצוה TETZAVEH Zachor Shabbat ends at 6:20 p.m.
12 יד אדר 14 Adar Happy Birthday Asher Maizels Base Visits Purim Party פורים PURIM Daylight Saving Time begins	13 טו אדר 15 Adar Happy Birthday Chaim D. & Avi S. שושן פורים SHUSHAN PURIM	14 טז אדר 16 Adar	15 יז אדר 17 Adar Happy Birthday Chaim Meisels	16 יח אדר 18 Adar Girls Night In	17 יט אדר 19 Adar Happy Birthday Shlomo Zion Shabbat Shots Light candles at 5:09 p.m.	18 כ אדר 20 Adar כי תשא KI TISA Parah Shabbat ends at 6:25 p.m.
19 כא אדר 21 Adar	20 כב אדר 22 Adar Latte & Learning	21 כג אדר 23 Adar	22 כד אדר 24 Adar	23 כה אדר 25 Adar Grill, Grow, & Inspire BBQ	24 כו אדר 26 Adar Friday Night at the Kotel Light candles at 6:13 p.m.	25 כז אדר 27 Adar Happy Birthday Ben M. & Kirill M. ויקהל-פקודי VAYAKHEL-PEKUDEI Hachodesh Blessing of the new month Shabbat ends at 7:30 p.m.
26 כח אדר 28 Adar	27 כט אדר 29 Adar Latte & Learning New Moon: 7:04 / p.m.	28 א ניסן 1 Nissan Happy Birthday Moishe Botnick From your Family Strapping Soldiers Tefillin Campaign Begins ראש חודש ניסן Rosh Chodesh Nissan	29 ב ניסן 2 Nissan	30 ג ניסן 3 Nissan Happy Birthday Monnis S. & Levi M. Girls Night In	31 ד ניסן 4 Nissan Shabbat Shots Light candles at 6:18 p.m.	Shoutout to Mordy and Ari on always being there for us Lone Soldiers. My service in the IDF as a Lone Soldier would have been very different without Chayal el Chayal. Yaakov Steinberg

APRIL 2017

Nissan 5777

בס"ד

Around the world, Passover is family time when sons, daughters, bubbes and zaidys gather together to retell the Passover miracle. The story of how we became a nation and went from bondage to freedom. For IDF Lone Soldiers Passover may be a very lonely holiday spent missing their family and Passover Seder back home.

Therefore, Chayal el Chayal hosts a beautiful "Lone Soldier Family Passover Seder." We have trips and events and non-stop food with the highest level of kashrut attended by 100s of grateful Lone Soldiers singing and dancing late into the night. To get involved or provide a Lone Soldier with his/her Passover necessities email us at info@chayalelchayal.org

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REBECCA ROTHCHILD • MELBOURNE • 19 YEARS OLD



JOINING THE ARMY WAS POTENTIALLY THE MOST DIFFICULT YET NATURAL DECISION I HAVE EVER MADE. HOWEVER THE ONE THING THAT BOTHERED ME THE MOST WAS BEING AWAY FROM MY FAMILY ON SHABBAT AND THE POTENTIAL OF NOT HAVING SHABBAT MEALS. THROUGH A FRIEND, I WAS INTRODUCED TO CHAYAL EL CHAYAL AND COULD NOT HAVE FELT MORE BLESSED. THE STAFF VALUED ME AND WERE GOING OUT OF THEIR WAY TO MAKE SURE I ALWAYS HAD A PLACE TO EAT. CHAYAL EL CHAYAL GIVES ME SUCH A SENSE OF COMFORT AND BELONGING THAT I TRULY APPRECIATE.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																						
TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR JERUSALEM APRIL 2017	NEW YORK CITY 7 7:09 10 7:12 11 8:13 14 7:16 16 7:19 17 8:20 21 7:24 28 7:31 LOS ANGELES 6:59 7:03 8:05 7:07 7:10 8:13 7:15 7:23 MIAMI 7:03 7:06 8:10 7:11 7:13 8:18 7:19 7:26 CHICAGO 7:01 7:03 8:00 7:06 7:08 8:05 7:12 7:17 OTTAWA 7:22 7:24 8:17 7:26 7:27 7:33 7:40 TORONTO 7:20 7:23 8:22 7:26 7:28 8:29 7:33 7:40 CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING	ח ניסן 8 Nissan Happy Birthday Yossi Antopolsky	ט ניסן 9 Nissan	י ניסן 10 Nissan Happy Birthday Levi Cohen Pick up Shmurah Matzah Yud Aleph Nissan Farbrenge Pizza Party	יא ניסן 11 Nissan Pick up Shmurah Matzah Light candles at 6:23 p.m.	יב ניסן 12 Nissan Happy Birthday Moishe Botnick צו TZAV Shabbat Hagadol Shabbat ends at 7:40 p.m.	יג ניסן 13 Nissan Happy Birthday Yossi Antopolsky Pick up Shmurah Matzah בדיקת חמץ Search for chometz at 7:31 p.m.	יד ניסן 14 Nissan Eve of Passover First Seder Grand Passover Seder Eat chometz until 10:27 a.m. Burn chometz until 11:27 a.m. Light candles at 6:25 p.m.	טו ניסן 15 Nissan Second Seder Passover Meal יום א דחג הפסח 1st day of PASSOVER Light candles after 7:42 p.m. In evening count sefirah 1	טז ניסן 16 Nissan Sefirah 1 Camping Trip יום ב דחג הפסח 2nd day of PASSOVER Yom Tov ends at 7:43 p.m. In evening count sefirah 2	יז ניסן 17 Nissan Sefirah 2 Camping Trip יום א דחול המועד פסח 1st intermediate day of PASSOVER In evening count sefirah 3	יח ניסן 18 Nissan Sefirah 3 Wine and Cheese Tasting Friday Night at the Kotel יום ב דחול המועד פסח 2nd intermediate day of PASSOVER Light candles at 6:27 p.m. In evening count sefirah 4	יט ניסן 19 Nissan Sefirah 4 BBQ Melavah Malka יום ג דחול המועד פסח 3rd intermediate day of PASSOVER Shabbat ends at 7:45 p.m. In evening count sefirah 5	כ ניסן 20 Nissan Sefirah 5 Passover Night Meal יום ד דחול המועד פסח 4th intermediate day of PASSOVER Light candles at 6:29 p.m. In evening count sefirah 6	כא ניסן 21 Nissan Sefirah 6 Happy Birthday Yisrael Lawrence Passover Meal Moshiach Seudah יום ז דחג הפסח 7th day of PASSOVER Light candles after 7:47 p.m. In evening count sefirah 7	כב ניסן 22 Nissan Sefirah 7 יום ח דחג הפסח 8th day of PASSOVER Yizkor Yom Tov ends at 7:48 p.m. In evening count sefirah 8	כג ניסן 23 Nissan Sefirah 8 אסרו חג Isru Chag In evening count sefirah 9	כד ניסן 24 Nissan Sefirah 9 In evening count sefirah 10	כה ניסן 25 Nissan Sefirah 10 Light candles at 6:32 p.m. In evening count sefirah 11	כו ניסן 26 Nissan Sefirah 11 Happy Birthday Sruly Backman From your Family שמיני SHEMINI Blessing of the new month Avot: chapter 1 Shabbat ends at 7:51 p.m. In evening count sefirah 12	כז ניסן 27 Nissan Sefirah 12 In evening count sefirah 13	כח ניסן 28 Nissan Sefirah 13 Yom HaShoah In evening count sefirah 14	כט ניסן 29 Nissan Sefirah 14 In evening count sefirah 15	ל ניסן 30 Nissan Sefirah 15 ראש חדש אייר Rosh Chodesh Iyar In evening count sefirah 16 New Moon: 7:48 / a.m.	א אייר 1 Iyar Sefirah 16 Grill, Grow, & Inspire BBQ ראש חדש אייר Rosh Chodesh Iyar In evening count sefirah 17	ב אייר 2 Iyar Sefirah 17 Happy Birthday Yankee Junik Light candles at 6:37 p.m. In evening count sefirah 18	ג אייר 3 Iyar Sefirah 18 תזריע-מצורע TAZRIA-METZORA Avot: chapter 2 Shabbat ends at 7:56 p.m. In evening count sefirah 19	ד אייר 4 Iyar Sefirah 19 In evening count sefirah 20

MAY 2017

Iyar 5777

24,000 students of the great Rabbi Akiva perished in a plague caused, as the Talmud explains, by intolerance between the students. How is it that Rabbi Akiva's (whose cardinal teaching was "love your fellow man as yourself") students lacked exactly that which their beloved teacher taught? The answer is, their love was misplaced, they loved each other so much that they could not tolerate the other doing any differently than what they saw to be the best for him. The selflessness of our CEC volunteers as they cook and bake for Shabbat, setup and cleanup events, help make packages for the soldiers on the front lines, and so much more, is truly the "love your fellow man as yourself" that Rabbi Akiva taught. We are blessed to be surrounded by so many giving individuals. To get involved and join the CEC family email us at info@chayalelchayal.org

MATT KAPLAN  SEATTLE, WA  28 YEARS OLD



I ACTUALLY FOUND CHAYAL EL CHAYAL BY A VERY LUCKY ACCIDENT. IT WAS IN MY FIRST FEW MONTHS IN THE ARMY, AND I WAS IN JERUSALEM, EXPLORING THE WINDING STREETS OF NAHLADT. AS I WAS WALKING, I HEARD ON THE OTHER SIDE OF A WALL, PEOPLE LOUDLY DISCUSSING ARMY LIFE, IN ENGLISH! CURIOUS, I PEEKED AROUND AND WAS INSTANTLY WELCOMED WITH, "COME ON IN, GLAD YOU FOUND US!" OF COURSE, I STILL WASN'T SURE WHAT I'D FOUND. SOON ENOUGH THOUGH, I WAS LOADED DOWN WITH WINTER GEAR, WHICH TO BE HONEST I'M NOT SURE WHAT I WOULD HAVE DONE WITHOUT.

Photo Credit: <https://www.flickr.com/photos/idfonline/>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR JERUSALEM MAY 2017	1ה אייר 5 Iyar Sefirah 20 Happy Birthday Liam Fisherman From your Family Happy Birthday Avi E. & Ike M. Yom HaZikaron Latte & Learning In evening count sefirah 21	2ו אייר 6 Iyar Sefirah 21 Yom HaAtzmaut In evening count sefirah 22	3ז אייר 7 Iyar Sefirah 22 In evening count sefirah 23	4ח אייר 8 Iyar Sefirah 23 Girls Night In In evening count sefirah 24	5ט אייר 9 Iyar Sefirah 24 Shabbat Shots Light candles at 6:42 p.m. In evening count sefirah 25	6י אייר 10 Iyar Sefirah 25 אחרי-קדושים ACHAREI-KEDOSHIM Avot: chapter 3 Shabbat ends at 8:02 p.m. In evening count sefirah 26
7יא אייר 11 Iyar Sefirah 26 Happy Birthday Shira Marcus In evening count sefirah 27	8יב אייר 12 Iyar Sefirah 27 Happy Birthday Akiva Moshel Latte & Learning In evening count sefirah 28	9יג אייר 13 Iyar Sefirah 28 In evening count sefirah 29	10יד אייר 14 Iyar Sefirah 29 פסח שני PESACH SHENI In evening count sefirah 30	11טו אייר 15 Iyar Sefirah 30 Grill, Grow, & Inspire BBQ In evening count sefirah 31	12טז אייר 16 Iyar Sefirah 31 Light candles at 6:47 p.m. In evening count sefirah 32	13יז אייר 17 Iyar Sefirah 32 Lag B'omer Bonfire Kumzitz אמר EMOR Avot: chapter 4 Shabbat ends at 8:08 p.m. In evening count sefirah 33
14יח אייר 18 Iyar Sefirah 33  לג בעומר LAG B'OMER In evening count sefirah 34	15יט אייר 19 Iyar Sefirah 34 Latte & Learning In evening count sefirah 35	16כ אייר 20 Iyar Sefirah 35 In evening count sefirah 36	17כא אייר 21 Iyar Sefirah 36 Happy Birthday Moshe Epstein In evening count sefirah 37	18כב אייר 22 Iyar Sefirah 37 Happy Birthday Yisroel Yanover Girls Night In In evening count sefirah 38	19כג אייר 23 Iyar Sefirah 38 Happy Birthday Gedaliah Ort Shabbat Shots Friday Night at the Kotel Light candles at 6:52 p.m. In evening count sefirah 39	20כד אייר 24 Iyar Sefirah 39 בהר-בחוקותי BEHAR-BECHUKOTAI Blessing of the new month Avot: chapter 5 Shabbat ends at 8:13 p.m. In evening count sefirah 40
21כה אייר 25 Iyar Sefirah 40 In evening count sefirah 41	22כו אייר 26 Iyar Sefirah 41 Latte & Learning In evening count sefirah 42	23כז אייר 27 Iyar Sefirah 42 In evening count sefirah 43	24כח אייר 28 Iyar Sefirah 43 In evening count sefirah 44	25כט אייר 29 Iyar Sefirah 44 Grill, Grow, & Inspire BBQ In evening count sefirah 45 New Moon: 8:32 / p.m.	26א סיון 1 Sivan Sefirah 45 Happy Birthday Heshy Vanmessel ראש חודש סיון Rosh Chodesh Sivan Light candles at 6:56 p.m. In evening count sefirah 46	27ב סיון 2 Sivan Sefirah 46 במדבר BAMIDBAR Avot: chapter 6 Shabbat ends at 8:18 p.m. In evening count sefirah 47
28ג סיון 3 Sivan Sefirah 47 In evening count sefirah 48	29ד סיון 4 Sivan Sefirah 48 Latte & Learning Memorial Day In evening count sefirah 49	30ה סיון 5 Sivan Sefirah 49 Happy Birthday Leibel M. & Bentzy W. Italian Shavuot Meal All night learning and Kotel ערב שבועות Eve of Shavuot Light candles at 6:59 p.m.	31ו סיון 6 Sivan Happy Birthday Johanna Bensalel 10 Commandment Reading Ice Cream Party שבועות SHAVUOT Light candles after 8:21 p.m.	NEW YORK CITY 57:387:317:347:237:367:47 127:457:387:417:287:407:53 197:527:457:487:337:447:59 267:587:527:557:387:478:05 308:017:557:587:417:498:08 319:099:059:098:438:469:14 LOS ANGELES 57:387:317:347:237:367:47 127:457:387:417:287:407:53 197:527:457:487:337:447:59 267:587:527:557:387:478:05 308:017:557:587:417:498:08 319:099:059:098:438:469:14 MIAMI 57:387:317:347:237:367:47 127:457:387:417:287:407:53 197:527:457:487:337:447:59 267:587:527:557:387:478:05 308:017:557:587:417:498:08 319:099:059:098:438:469:14 CHICAGO 57:387:317:347:237:367:47 127:457:387:417:287:407:53 197:527:457:487:337:447:59 267:587:527:557:387:478:05 308:017:557:587:417:498:08 319:099:059:098:438:469:14 OTTAWA 57:387:317:347:237:367:47 127:457:387:417:287:407:53 197:527:457:487:337:447:59 267:587:527:557:387:478:05 308:017:557:587:417:498:08 319:099:059:098:438:469:14 TORONTO 57:387:317:347:237:367:47 127:457:387:417:287:407:53 197:527:457:487:337:447:59 267:587:527:557:387:478:05 308:017:557:587:417:498:08 319:099:059:098:438:469:14 CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING		
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JUNE 2017

Sivan 5777

In the IDF, a soldier's accomplishments are marked by well attended military ceremonies. After many months of grueling training, family and friends gather together to celebrate their soldier's accomplishments. For Lone Soldiers, this can be an especially lonely time as they may be the only soldier there with no family or friends to cheer them on. That is why at CEC, we attend every army ceremony of our Lone Soldier family, bringing along with us friends, food, and gifts. At CEC our Lone Soldier family will always come first. To show your support and gift a soldier on the day of his army ceremony email us at info@chayalelchayal.org

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR JERUSALEM JUNE 2017	NEW YORK CITY 2 8:04 9 8:08 16 8:11 23 8:13 30 8:13 LOS ANGELES 7:58 8:02 8:05 8:07 MAHAI 8:00 8:05 8:08 8:10 CHICAGO 7:43 7:46 7:49 7:51 OTTAWA 7:51 7:54 7:57 7:58 TORONTO 8:10 8:14 8:17 8:19 CANDLE LIGHTING TIMES SHABAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING		My family is thousands of miles away. Chayal El Chayal came to my base on family day and made it really special. - Matt Kaplan Seattle, Washington Air Force	1 ז סיון 7 Sivan Happy Birthday Mordy Botnick & Shloime Ezaqui  שבוועות SHAVUOT Yizkor Yom Tov ends at 8:21 p.m.	2 ח סיון 8 Sivan  אסרו חג Isru Chag Light candles at 7:00 p.m.	3 ט סיון 9 Sivan נשא NASSO Avot: chapter 1 Shabbat ends at 8:23 p.m.
4 י סיון 10 Sivan Happy Birthday Avi David & Yehuda Pinsky	5 יא סיון 11 Sivan Happy Birthday Moshe Zaretsky, Sebastian Grinman Zack Heller & Shneur Gansburg Latte & Learning	6 יב סיון 12 Sivan Happy Birthday Moshe Abraham	7 יג סיון 13 Sivan	8 יד סיון 14 Sivan Girls Night In	9 טו סיון 15 Sivan  Shabbat Shots Light candles at 7:04 p.m.	10 טז סיון 16 Sivan בהעלותך BEHAALOTCHA Avot: chapter 2 Shabbat ends at 8:26 p.m.
11 יז סיון 17 Sivan Happy Birthday Makim Woontheiler & Ben Kaye	12 יח סיון 18 Sivan Happy Birthday Shloime Reichberg Latte & Learning	13 יט סיון 19 Sivan Happy Birthday Sharona Haroonian & Moshe Levin	14 כ סיון 20 Sivan	15 כא סיון 21 Sivan Grill, Grow, & Inspire BBQ	16 כב סיון 22 Sivan  Happy Birthday Harry Woociker Friday Night at the Kotel Light candles at 7:06 p.m.	17 כג סיון 23 Sivan שלח SHLACH Blessing of the new month Avot: chapter 3 Shabbat ends at 8:29 p.m.
18 כד סיון 24 Sivan Happy Birthday Naftoli Junik	19 כה סיון 25 Sivan Happy Birthday Mendel Fried Latte & Learning	20 כו סיון 26 Sivan	21 כז סיון 27 Sivan Happy Birthday Aaron Carroll, Aaron Kamarovsky Eliyahu Krause, & Levi Spiegel Happy Birthday Levi Isaac From your Family	22 כח סיון 28 Sivan Girls Night In	23 כט סיון 29 Sivan  Friday Brunch Light candles at 7:08 p.m.	24 ל סיון 30 Sivan Living Legacy ראש חדש תמוז Rosh Chodesh Tammuz קרח KORACH Avot: chapter 4 Shabbat ends at 8:30 p.m. New Moon: 9:16 / a.m.
25 א תמוז 1 Tammuz ראש חדש תמוז Rosh Chodesh Tammuz	26 ב תמוז 2 Tammuz Latte & Learning	27 ג תמוז 3 Tammuz	28 ד תמוז 4 Tammuz	29 ה תמוז 5 Tammuz Grill, Grow, & Inspire BBQ	30 ו תמוז 6 Tammuz  Light candles at 7:09 p.m.	TRADE IN YOUR MILES AND CREDIT CARD POINTS FOR CASH! amex, sapphire, delta starwoods, hilton and so much more... MILES MARKETEEER milesmarketeeer@gmail.com tel. 347.414.9889

JULY 2017

Tamuz 5777

CEC International serves three major demographics: pre, current, and former Lone Soldiers. We are coaching pre-draft Lone Soldiers mentally, physically, and emotionally for their upcoming service. We guide former Lone Soldiers by assisting them to reintegrate into civilian life on an emotional, spiritual and material level. We also support the family and friends of Lone Soldiers, whose concerns throughout their service we understand well and whom we are always available for on a 24 hour basis. For questions and inquiries email us at info@chayalelchayal.org



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR JERUSALEM JULY 2017	NEW YORK CITY LOS ANGELES MIAMI CHICAGO OTTAWA TORONTO 7 8:11 8:05 8:08 7:50 7:58 8:18 14 8:08 8:02 8:04 7:48 7:57 8:15 21 8:03 7:57 7:59 7:44 7:54 8:10 28 7:57 7:50 7:53 7:39 7:51 8:05 CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING				Thank You to all of the amazing staff at Chayal El Chayal for your dedication to the IDF Lone Soldiers.	1 ז תמוז 7 Tammuz חוקת CHUKAT Avot: chapter 5 Shabbat ends at 8:31 p.m.
2 ח תמוז 8 Tammuz Happy Birthday Aaron Kamarovsky	3 ט תמוז 9 Tammuz Happy Birthday David Ryan Latte & Learning	4 י תמוז 10 Tammuz Happy Birthday Pinchas S. & Zushi G. Independence Day	5 יא תמוז 11 Tammuz	6 יב תמוז 12 Tammuz Girls Night In	7 יג תמוז 13 Tammuz Happy Birthday Meir Springer Shabbat Shots Light candles at 7:08 p.m.	8 יד תמוז 14 Tammuz בלק BALAK Avot: chapter 6 Shabbat ends at 8:29 p.m.
9 טו תמוז 15 Tammuz	10 טז תמוז 16 Tammuz Latte & Learning	11 יז תמוז 17 Tammuz Happy Birthday Noam Betesh & Farbod Avrohom Hoori תענית יז תמוז FAST OF 17 TAMMUZ Fast starts at 4:13 a.m. Fast ends at 8:16 p.m.	12 יח תמוז 18 Tammuz Happy Birthday Yoni Rosenberg	13 יט תמוז 19 Tammuz Grill, Grow, & Inspire BBQ	14 כ תמוז 20 Tammuz Happy Birthday Zalmy Kinn Shabbaton Light candles at 7:06 p.m.	15 כא תמוז 21 Tammuz Shabbaton פינחס PINCHAS Avot: chapter 1 Shabbat ends at 8:27 p.m.
16 כב תמוז 22 Tammuz Happy Birthday Jack Kroll	17 כג תמוז 23 Tammuz Latte & Learning	18 כד תמוז 24 Tammuz	19 כה תמוז 25 Tammuz Happy Birthday Meir Ciment	20 כו תמוז 26 Tammuz Girls Night In	21 כז תמוז 27 Tammuz Shabbat Shots Friday Night at the Kotel Light candles at 7:03 p.m.	22 כח תמוז 28 Tammuz מטות-מסעי MATOT-MASSEI Blessing of the new month Avot: chapter 2 Shabbat ends at 8:23 p.m.
23 כט תמוז 29 Tammuz Happy Birthday Mendel Kroll New Moon: 10:00 / p.m.	24 א אב 1 Av ראש חודש אב ROSH CHODESH AV Latte & Learning	25 ב אב 2 Av	26 ג אב 3 Av	27 ד אב 4 Av	28 ה אב 5 Av	29 ו אב 6 Av
30 ז אב 7 Av	31 ח אב 8 Av Pre Fast Meal Fast starts at 7:32 p.m.			Pizza Party	Light candles at 6:59 p.m.	דברים DEVARIM Avot: chapter 3 Shabbat ends at 8:18 p.m.

AUGUST 2017

Av 5777

בס"ד

Picture this, it's Shabbat, and in an open room on the second story of a modern building in Jerusalem, 100+ lone soldiers excitedly catch up on the past few weeks of action. In the room, the tables are decked with clean white tablecloths and spread in abundance are homemade salads, challah, drinks, and dips. The smell of meat and homemade chicken soup wafts through the air as the clanking of tavors and m4s can be heard as they are laid on the white tile floor. Hopefully this Shabbat, these brave warriors will not need their guns, and can enjoy the Shabbat spirit at CEC in peace. Would you like to provide a Lone Soldier with a Shabbat of peace?

DAVID GOMEL  HONDURAS  22 YEARS OLD



MY NAME IS DAVID GOMEL, AND I AM A LONE SOLDIER FROM HONDURAS WITHOUT ANY FAMILY IN ISRAEL. HOWEVER, ON SHABBAT AND OTHER OCCASIONS, I KNOW THERE IS A PLACE WHERE I WILL FEEL AT HOME; WHERE I WILL FIND DELICIOUS MEALS, SPEND TIME, AND MAKE NEW FRIENDS WITH OTHER SOLDIERS IN SIMILAR SITUATIONS LIKE MYSELF. THANK YOU CEC!



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR JERUSALEM AUGUST 2017	NEW YORK CITY LOS ANGELES MIAMI CHICAGO OTTAWA TORONTO 4 7:49 7:42 7:45 7:33 7:47 7:57 11 7:41 7:33 7:36 7:26 7:41 7:49 18 7:31 7:23 7:26 7:18 7:35 7:40 25 7:21 7:12 7:15 7:10 7:29 7:30 CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING	1 ט אב 9 Av Break-Fast Meal תענית ט אב FAST OF 9TH OF AV Fast ends at 8:04 p.m.	2 י אב 10 Av Happy Birthday Yoel Kaufman & Eric Rosenn	3 יא אב 11 Av Girls Night In	4 יב אב 12 Av Happy Birthday Doobi Lubin Light candles at 6:53 p.m.	5 יג אב 13 Av Happy Birthday Levi Dubov & Mendy I. ראתחנן VAETCHANAN Shabbat Nachamu Avot: chapter 4 Shabbat ends at 8:11 p.m.
6 יד אב 14 Av	7 טו אב 15 Av Latte & Learning חמשה עשר באב Fifteenth of Av	8 טז אב 16 Av	9 יז אב 17 Av	10 יח אב 18 Av Happy Birthday Yoni Oberstein Grill, Grow & Inspire BBQ	11 יט אב 19 Av Happy Birthday Mike Williams Light candles at 6:47 p.m.	12 כ אב 20 Av עקב EIKEV Avot: chapter 5 Shabbat ends at 8:04 p.m.
13 כא אב 21 Av Happy Birthday Sean Haber & Zevi Sufrin	14 כב אב 22 Av Happy Birthday Meir Ginsburg Latte & Learning	15 כג אב 23 Av	16 כד אב 24 Av Happy Birthday Levi Nodel	17 כה אב 25 Av Happy Birthday Zalmy Kessler Girls Night In	18 כו אב 26 Av Light candles at 6:39 p.m.	19 כז אב 27 Av ראה RE'EH Blessing of the new month Avot: chapter 6 Shabbat ends at 7:56 p.m.
20 כח אב 28 Av Happy Birthday Zevi Sufrin From your Family	21 כט אב 29 Av Happy Birthday Chaim S. & Yoel G. Latte & Learning	22 ל אב 30 Av ראש חודש אלול Rosh Chodesh Elul	23 א אלול 1 Elul ראש חודש אלול Rosh Chodesh Elul New Moon: 10:44 / a.m.	24 ב אלול 2 Elul Grill, Grow, & Inspire BBQ	25 ג אלול 3 Elul Light candles at 6:31 p.m.	26 ד אלול 4 Elul שופטים SHOFTIM Avot: chapter 1 Shabbat ends at 7:48 p.m.
27 ה אלול 5 Elul	28 ו אלול 6 Elul Latte & Learning	29 ז אלול 7 Elul Happy Birthday Yosef Suissa	30 ח אלול 8 Elul Happy Birthday Simcha Barber	31 ט אלול 9 Elul Girls Night In	GRAPHIC DESIGN FAMILY PHOTOGRAPHY PROMOTIONAL VIDEOGRAPHY Shifra Abramowitz shifra.abramowitz@gmail.com 845.664.5173 Tri State Area	

SEPTEMBER 2017

Elul 5777

בס"ד

It's the winter time, and Lone Soldier Aron just got off base. Aron has spent the last tiring three weeks keeping a watchful eye on a terrorist cell in the heart of hostile enemy territory. He returns home to his cold Jerusalem stone apartment and turns on the heater donated to him by CEC hero Dan from Australia.

Lone soldier Sara gets off base once every three weeks and has no time to prepare for Shabbat. Sara need not worry; a hero, Andria from L.A, gifted Sara with a warm Shabbat meal so Sara along with hundreds of her friends will make their way over to CEC and enjoy Shabbat together.

Matt is graduating from advanced training and has no family to attend his graduation. Matt will not be alone; there is a car on its way to his graduation filled with CEC family, hugs, and gifts.

Who makes all of this possible? Dearest friend, you, you are the hero that makes all of this possible. You are gifting gear, feeding, providing a home, and putting a smile on the faces of the Lone Soldiers of the IDF. By partnering with CEC we are together providing these brave warriors with the care and support they deserve. You are changing lives! You are our hero. Thank you!

Photo Credit: <https://www.flickr.com/photos/idfonline/>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR JERUSALEM SEPTEMBER 2017	NEW YORK CITY LOS ANGELES MIAMI CHICAGO OTTAWA TORONTO 1 7:10 7:00 7:04 7:01 7:22 7:20 8 6:58 6:48 6:52 6:51 7:14 7:09 15 6:46 6:36 6:40 6:41 7:06 6:58 20 6:38 6:27 6:31 6:34 7:01 6:50 21 7:35 7:25 7:30 7:28 7:52 7:46 22 6:35 6:23 6:27 6:32 6:59 6:47 29 6:23 6:11 6:15 6:22 6:51 6:35 CANDLE LIGHTING TIMES SHABBAT ENDS APPROX. 65 MINUTES AFTER CANDLE LIGHTING				1 י אלול 10 Elul  Light candles at 6:23 p.m.	2 יא אלול 11 Elul כי תצא KI TEITZEI Avot: chapter 2 Shabbat ends at 7:39 p.m.
3 יב אלול 12 Elul	4 יג אלול 13 Elul Labor Day	5 יד אלול 14 Elul Latte & Learning	6 טו אלול 15 Elul Happy Birthday Meir Cohen	7 טז אלול 16 Elul Happy Birthday Tsippi M., Sruli R. & Chana F. Grill, Grow & Inspire BBQ	8 יז אלול 17 Elul  Light candles at 6:14 p.m.	9 יח אלול 18 Elul Happy Birthday Shmuel Gross כי תבוא KI TAVO Avot: chapters 3 & 4 Shabbat ends at 7:29 p.m.
10 יט אלול 19 Elul	11 כ אלול 20 Elul Happy Birthday Avorhom Zev Jacobson Latte & Learning	12 כא אלול 21 Elul	13 כב אלול 22 Elul	14 כג אלול 23 Elul Girls Night In	15 כד אלול 24 Elul  Light candles at 6:05 p.m.	16 כה אלול 25 Elul Happy Birthday Nachi Ward נצבים-וילך NITZAVIM-VAYELECH Avot: chapters 5 & 6 Shabbat Shlichot Shabbat ends at 7:20 p.m.
17 כו אלול 26 Elul Happy Birthday Peretz Shuman	18 כז אלול 27 Elul Happy Birthday Jay S. & Jared B. Latte & Learning	19 כח אלול 28 Elul Happy Birthday David Borrocas	20 כט אלול 29 Elul Eruv Tavshilin Happy Birthday Jacob Sabbah High Holiday Minyan Holiday Meal ערב ראש השנה Eve of Rosh Hashana Light candles at 5:58 p.m. 	21 א תשרי 1 Tishrei Tashlich High Holiday Minyan Shofar and Tashlich Holiday Meal יום א דראש השנה First day of ROSH HASHANAH Light candles after 7:13 p.m. 	22 ב תשרי 2 Tishrei High Holiday Minyan Shofar Holiday Meal יום ב דראש השנה Second day of ROSH HASHANAH Light candles at 5:56 p.m. 	23 ג תשרי 3 Tishrei האזינו HA'AZINU Shabbat Shuva Shabbat ends at 7:10 p.m.
24 ד תשרי 4 Tishrei צום גדליה FAST OF GEDALIAH Fast starts at 5:13 a.m. Fast ends at 6:59 p.m.	25 ה תשרי 5 Tishrei Latte & Learning	26 ו תשרי 6 Tishrei	27 ז תשרי 7 Tishrei	28 ח תשרי 8 Tishrei Girls Night In	29 ט תשרי 9 Tishrei ערב יום כפור Eve of Yom Kippur Light candles at 5:47 p.m. Fast begins at 6:23 p.m. 	30 י תשרי 10 Tishrei Happy Birthday Natan Roth & Yossi Krinsky יום כפור YOM KIPPUR Yizkor Yom Kippur ends at 7:01 p.m. 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 11 Tishrei	2 12 Tishrei	3 13 Tishrei	4 14 Tishrei Erev Tavshilin  Eve of Sukkot Light candles at 5:40 PM	5 15 Tishrei  1st day of SUKKOT Light candles after 6:55 PM	6 16 Tishrei  2nd day of SUKKOT Light candles at 5:38 PM	7 17 Tishrei 1st intermediate day of SUKKOT Shabbat ends at 6:53 PM
8 18 Tishrei 2nd intermediate day of SUKKOT	9 19 Tishrei 3rd intermediate day of SUKKOT	10 20 Tishrei 4th intermediate day of SUKKOT	11 21 Tishrei Erev Tavshilin  HOSHANA RABBAH Light candles at 5:32 PM	12 22 Tishrei  SHEMINI ATZERET Light candles after 6:47 PM	13 23 Tishrei  SIMCHAT TORAH Light candles at 5:29 PM	14 24 Tishrei Isru Chag BEREISHIT Shabbat ends at 6:44 PM
15 25 Tishrei	16 26 Tishrei	17 27 Tishrei	18 28 Tishrei	19 29 Tishrei	20 30 Tishrei  Rosh Chodesh Cheshvan Light candles at 5:21 PM	21 1 Cheshvan Rosh Chodesh Cheshvan NOACH Shabbat ends at 6:37 PM
22 2 Cheshvan	23 3 Cheshvan	24 4 Cheshvan	25 5 Cheshvan	26 6 Cheshvan	27 7 Cheshvan  Light candles at 5:14 PM	28 8 Cheshvan LECH-LECHA Shabbat ends at 6:30 PM
29 9 Cheshvan	30 10 Cheshvan	31 11 Cheshvan				TIMES ARE FOR JERUSALEM OCT. 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIMES ARE SHOWN FOR JERUSALEM NOVEMBER 2017			1 12 Cheshvan	2 13 Cheshvan	3 14 Cheshvan  Light candles at 4:08 PM	4 15 Cheshvan VAYEIRA Shabbat ends at 5:24 PM
5 16 Cheshvan	6 17 Cheshvan	7 18 Cheshvan	8 19 Cheshvan	9 20 Cheshvan	10 21 Cheshvan  Light candles at 4:03 PM	11 22 Cheshvan CHAYEI SARAH Shabbat ends at 5:20 PM
12 23 Cheshvan	13 24 Cheshvan	14 25 Cheshvan	15 26 Cheshvan	16 27 Cheshvan	17 28 Cheshvan  Light candles at 3:59 PM	18 29 Cheshvan TOLDOT Shabbat ends at 5:17 PM
19 1 Kislev Rosh Chodesh Kislev	20 2 Kislev	21 3 Kislev	22 4 Kislev	23 5 Kislev	24 6 Kislev  Light candles at 3:56 PM	25 7 Kislev VAYEITZEI Shabbat ends at 5:15 PM
26 8 Kislev	27 9 Kislev	28 10 Kislev	29 11 Kislev	30 12 Kislev		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TIMES ARE FOR JERUSALEM DEC. 2017					1 13 Kislev  Light candles at 3:55 PM	2 14 Kislev VAYISHLACH Shabbat ends at 5:14 PM
3 15 Kislev	4 16 Kislev	5 17 Kislev	6 18 Kislev	7 19 Kislev	8 20 Kislev  Light candles at 3:55 PM	9 21 Kislev VAYEISHEV Shabbat ends at 5:15 PM
10 22 Kislev	11 23 Kislev	12 24 Kislev	13 25 Kislev CHANUKAH	14 26 Kislev CHANUKAH	15 27 Kislev  CHANUKAH Light candles at 3:57 PM	16 28 Kislev CHANUKAH MIKEITZ Shabbat ends at 5:17 PM
17 29 Kislev CHANUKAH	18 30 Kislev CHANUKAH Rosh Chodesh Tevet	19 1 Tevet CHANUKAH Rosh Chodesh Tevet	20 2 Tevet CHANUKAH	21 3 Tevet	22 4 Tevet  Light candles at 4:00 PM	23 5 Tevet VAYIGASH Shabbat ends at 5:20 PM
24 6 Tevet	25 7 Tevet	26 8 Tevet	27 9 Tevet	28 10 Tevet	29 11 Tevet  Light candles at 4:04 PM	30 12 Tevet VAYECHI Shabbat ends at 5:24 PM
31 13 Tevet				FAST OF 10 TEVET Fast begins at 5:17 AM Fast ends at 5:12 PM		

