

ב"ה



Jerusalem of Gold, Oil on Canvas by Yossi Bitton

**JEWISH ART CALENDAR**  
ה'תשפ"ו 2025-2026

**5786**

**SENT TO YOU WITH COMPLIMENTS FROM:  
LUBAVITCH ON THE PALISADES, 11 HAROLD STREET, TENAFLY, NJ 07670  
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Your Home Away  
From Home  
5786



# In Tribute to the Rebbe

May his living legacy continue from strength to strength.



May we all merit the coming of Moshiach in our days.

Wishing you a happy and sweet New Year!



Prayer, 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

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

for his love of every Jew. Birth day 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.

**PREPARE FOR THE NEW YEAR BY RESERVING YOUR HIGH HOLIDAY SEATS**

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**ROSH HASHANAH: SEPT. 22<sup>ND</sup>–SEPT. 24<sup>TH</sup>  
YOM KIPPUR: OCTOBER 1<sup>ST</sup>–OCTOBER 2<sup>ND</sup>**



**JOIN US FOR A FARBRENGEN FOLLOWED BY MIDNIGHT SELICHOT WITH PROF. YEHOSHUA NOVEMBER SATURDAY EVENING, SEPT. 13<sup>TH</sup> • 10:00 PM**



**LIVE CHICKEN KAPPAROT IN THE MAIN PARKING LOT SUNDAY, SEPTEMBER 28<sup>TH</sup> 12:00 PM–2:00 PM**

TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR BERGEN COUNTY

**SEPTEMBER 2025**

**1** ח אלול 8 Elul

Labor Day

**2** ט אלול 9 Elul

FIRST DAY OF TENAFLY CHABAD SCHOOL

**3** י אלול 10 Elul

SHIR HASHIRIM 8:00 PM - 9:00 PM

**4** יא אלול 11 Elul

FIRST DAY OF THE SPRINGBOARD SCHOOL

TALMUD CLASS 8:00 PM - 9:00 PM

**5** יב אלול 12 Elul

SHABBAT DINNER TO WELCOME NEW FAMILIES SERVICES - 6:30 PM DINNER - 7:30 PM

 Light candles at 7:03 p.m.

**6** יג אלול 13 Elul

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

**7** יד אלול 14 Elul

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

FIRST DAY OF HEBREW SCHOOL

**8** טו אלול 15 Elul

WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM

**9** טז אלול 16 Elul

TEEN770 BEGINS - 6:00 PM

SHIR HASHIRIM 8:00 PM - 9:00 PM

**10** יז אלול 17 Elul

TALMUD CLASS 8:00 PM - 9:00 PM

**11** יח אלול 18 Elul

TALMUD CLASS 8:00 PM - 9:00 PM

**12** יט אלול 19 Elul

 Light candles at 6:52 p.m.

**13** כ אלול 20 Elul

FARBRENGEN FOLLOWED BY MIDNIGHT SELICHOT - 10:00 PM

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

**14** כא אלול 21 Elul

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

CWC - 7:00 PM

**15** כב אלול 22 Elul

WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM

**16** כג אלול 23 Elul

SHIR HASHIRIM 8:00 PM - 9:00 PM

**17** כד אלול 24 Elul

TALMUD CLASS 8:00 PM - 9:00 PM

**18** כה אלול 25 Elul

TALMUD CLASS 8:00 PM - 9:00 PM

**19** כו אלול 26 Elul

 Light candles at 6:40 p.m.

**20** כז אלול 27 Elul

נציבים NITZAVIM Avot: chapters 5 & 6 Shabbat ends at 7:37 p.m.

**21** כח אלול 28 Elul

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

**22** כט אלול 29 Elul

RH EVENING SVC 6:40 PM

 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

SHOFAR - 11:00 AM MINCHA - 6:00 PM TASHLICH - 6:30 PM

 יום א דראש השנה First day of ROSH HASHANAH Light candles after 7:32 p.m.

**24** ב תשרי 2 Tishrei

MORNING SVC - 9:00 AM SHOFAR - 11:00 AM EVENING SVC - 6:30 PM

 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 5:22 a.m. Fast ends at 7:17 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

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

CHICKEN KAPPAROT FOR THE FAMILY 12:00 PM - 2:00PM

**29** ז תשרי 7 Tishrei

WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM

**30** ח תשרי 8 Tishrei

DO YOU NEED A SUKKAH OR NEED HELP PUTTING UP YOUR SUKKAH?

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OCTOBER 2025

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26	27	28	29	30	31	

JOIN US FOR HAKAFOT IN CELEBRATION OF SIMCHAT TORAH



OCTOBER 2025

תשרי-חשוון ה'תשפ"ו • 5786 Cheshvan-Tishrei

**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.



**MONDAY, OCTOBER 6<sup>TH</sup>**  
SERVICES - 6:15 PM • DINNER - 7:00 PM

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**551.238.3297**

**COMMUNITY SHABBAT DINNER**

**FRIDAY, OCTOBER 31<sup>ST</sup>**

SERVICES - 5:40 PM • DINNER - 6:30 PM



TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR BERGEN COUNTY  
**OCTOBER 2025**

**SUKKOT EXTRAVAGANZA**  
**SUN., OCT. 12<sup>TH</sup> 11:00 AM**  


**FALAFEL IN THE SUKKAH**  
**SUN., OCT. 12<sup>TH</sup> 5:00 PM**  


**1** ט תשרי 9 Tishrei  
MINCHA SERVICE - 3:00 PM  
KOL NIDRE - 6:30 PM  
  
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  
MORNING SVC - 9:00 AM  
YIZKOR - 11:30 AM  
NE'ILA SVC - 6:00 PM  
  
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  
האיזינו  
HA'AZINU  
Shabbat ends at 7:13 p.m.

**5** יג תשרי 13 Tishrei  
  
PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

**6** יד תשרי 14 Tishrei  
SUKKOT UNDER THE STARS  
FAMILY DINNER  
SERVICES - 6:15 PM  
DINNER - 7:00 PM  
  
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  
SUKKOT EXTRAVAGANZA  
FOR THE ENTIRE FAMILY - 11:00 AM  
FALAFEL IN THE SUKKAH - 5:00 PM  
  
ד דחול המועד סוכות  
4th Intermediate Day of SUKKOT

**13** כא תשרי 21 Tishrei  
Columbus Day  
SPECIAL HAKAFOT IN HONOR OF ISRAEL - 6:30 PM  
  
הושענא רבה  
Hoshana Rabbah  
Light candles at 6:00 p.m.

**14** כב תשרי 22 Tishrei  
SPECIAL HAKAFOT FOR THE ENTIRE FAMILY - 6:30 PM  
  
שמיני עצרת  
SHEMINI ATZERET  
Yizkor  
Light candles after 6:58 p.m.

**15** כג תשרי 23 Tishrei  
CHILDREN CALLED UP TO THE TORAH  
11:00 AM  
  
שמחת תורה  
SIMCHAT TORAH  
Yov Tov ends at 6:56 p.m.

**16** כד תשרי 24 Tishrei  
  
TALMUD CLASS  
8:00 PM - 9:00 PM  
  
אסרו חג  
Isru Chag

**17** כה תשרי 25 Tishrei  
  
Light candles at 5:54 p.m.

**18** כו תשרי 26 Tishrei  
  
RECIPE THE BOOK OF PSALMS  
7:30 AM  
  
בראשית  
BEREISHEET  
Blessing of the new month  
Shabbat ends at 6:52 p.m.

**19** כז תשרי 27 Tishrei  
  
PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

**20** כח תשרי 28 Tishrei  
WOMEN'S KABBALAH CLASS VIA ZOOM  
10:00 AM - 10:30 AM

**21** כט תשרי 29 Tishrei

**22** ל תשרי 30 Tishrei  
  
SHIR HASHIRIM  
8:00 PM - 9:00 PM  
  
ראש חודש חשוון  
Rosh Chodesh Cheshvan  
New Moon: 12:54 <sup>\*/18</sup> a.m.

**23** א חשוון 1 Cheshvan  
  
TALMUD CLASS  
8:00 PM - 9:00 PM  
  
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  
  
PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

**27** ה חשוון 5 Cheshvan  
WOMEN'S KABBALAH CLASS VIA ZOOM  
10:00 AM - 10:30 AM

**28** ו חשוון 6 Cheshvan  
  
SHIR HASHIRIM  
8:00 PM - 9:00 PM

**29** ז חשוון 7 Cheshvan  
  
TALMUD CLASS  
8:00 PM - 9:00 PM

**30** ח חשוון 8 Cheshvan  
  
TALMUD CLASS  
8:00 PM - 9:00 PM

**31** ט חשוון 9 Cheshvan  
  
COMMUNITY SHABBAT DINNER  
SERVICES - 5:40 PM  
DINNER - 6:30 PM  
Light candles at 5:35 p.m.

NOVEMBER 2025

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## 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

Birthdate 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 HAMACHPELAH—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, and 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.

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TIMES SHOWN ARE FOR BERGEN COUNTY

**NOVEMBER 2025**

DECEMBER 2025

S	M	T	W	T	F	S
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21	22	23	24	25	26	27
28	29	30	31			

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**1** י' חשוון  
10 Cheshvan

ל'ך  
LECH LECHA  
Shabbat ends at 6:34 p.m.

**2** י"א חשוון  
11 Cheshvan

PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

Standard Time begins

**3** י"ב חשוון  
12 Cheshvan

WOMEN'S KABBALAH CLASS VIA ZOOM  
10:00 AM - 10:30 AM

**4** י"ג חשוון  
13 Cheshvan

JLI FALL COURSE  
THE KABBALAH OF MEANING  
8:00 PM - 9:15 PM  
LESSON #1

**5** י"ד חשוון  
14 Cheshvan

SHIR HASHIRIM  
8:00 PM - 9:00 PM

**6** ט"ו חשוון  
15 Cheshvan

TALMUD CLASS  
8:00 PM - 9:00 PM

**7** ט"ז חשוון  
16 Cheshvan

Light candles at 4:27 p.m.

**8** י"ז חשוון  
17 Cheshvan

ו"א  
VAYEIRA  
Shabbat ends at 5:27 p.m.

**9** י"ח חשוון  
18 Cheshvan

PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

**10** י"ט חשוון  
19 Cheshvan

WOMEN'S KABBALAH CLASS VIA ZOOM  
10:00 AM - 10:30 AM

**11** כ' חשוון  
20 Cheshvan

JLI FALL COURSE  
THE KABBALAH OF MEANING  
8:00 PM - 9:15 PM  
LESSON #2

Veterans Day

**12** כ"א חשוון  
21 Cheshvan

SHIR HASHIRIM  
8:00 PM - 9:00 PM

**13** כ"ב חשוון  
22 Cheshvan

TALMUD CLASS  
8:00 PM - 9:00 PM

INT'L SHLUCHIM CONFERENCE

**14** כ"ג חשוון  
23 Cheshvan

INT'L SHLUCHIM CONFERENCE  
Light candles at 4:20 p.m.

**15** כ"ד חשוון  
24 Cheshvan

RECITE THE BOOK OF PSALMS  
7:30 AM

INT'L SHLUCHIM CONFERENCE  
חיי שרה  
CHAYEI SARA  
Blessing of the new month  
Shabbat ends at 5:21 p.m.

**16** כ"ה חשוון  
25 Cheshvan

PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

INT'L SHLUCHIM CONFERENCE

**17** כ"ו חשוון  
26 Cheshvan

WOMEN'S KABBALAH CLASS VIA ZOOM  
10:00 AM - 10:30 AM

**18** כ"ז חשוון  
27 Cheshvan

JLI FALL COURSE  
THE KABBALAH OF MEANING  
8:00 PM - 9:15 PM  
LESSON #3

**19** כ"ח חשוון  
28 Cheshvan

SHIR HASHIRIM  
8:00 PM - 9:00 PM

CWC - 8:00 PM

**20** כ"ט חשוון  
29 Cheshvan

TALMUD CLASS  
8:00 PM - 9:00 PM

New Moon: 1:38 <sup>7</sup>/<sub>14</sub> p.m.

**21** א' כסלו  
1 Kislev

ראש חודש כסלו  
Rosh Chodesh Kislev  
Light candles at 4:15 p.m.

**22** ב' כסלו  
2 Kislev

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

**23** ג' כסלו  
3 Kislev

PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

**30** י' כסלו  
10 Kislev

PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

**24** ד' כסלו  
4 Kislev

WOMEN'S KABBALAH CLASS VIA ZOOM  
10:00 AM - 10:30 AM

**25** ה' כסלו  
5 Kislev

JLI FALL COURSE  
THE KABBALAH OF MEANING  
8:00 PM - 9:15 PM  
LESSON #4

**26** ו' כסלו  
6 Kislev

SHIR HASHIRIM  
8:00 PM - 9:00 PM

**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.

## 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 Bitton



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.



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**SUNDAY, DECEMBER 14<sup>TH</sup>: COMMUNITY CHANUKAH PARTY  
& MENORAH LIGHTING - 4:00 PM**

### **MENORAH LIGHTING CEREMONIES:**

SUNDAY, DECEMBER 14<sup>TH</sup> — DEMAREST @ 7:00 PM  
MONDAY, DECEMBER 15<sup>TH</sup> — TENAFLY @ 7:00 PM  
TUESDAY, DECEMBER 16<sup>TH</sup> — ALPINE @ 7:00 PM  
WEDNESDAY, DECEMBER 17<sup>TH</sup> — CRESSKILL @ 7:00 PM  
SUNDAY, DECEMBER 21<sup>ST</sup> — ENGLEWOOD CLIFFS @ 7:00 PM

## 19<sup>TH</sup> OF KISLEV

PLEASE JOIN US FOR A  
DINNER AND FARBRENGEN  
IN HONOR OF  
THE NEW YEAR OF CHASSIDUS

**TUESDAY, DECEMBER 9<sup>TH</sup>  
7:30 PM**



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIMES SHOWN ARE STANDARD TIME FOR BERGEN COUNTY

DECEMBER 2025

1 יא כסלו 11 Kislev
WOMEN'S KABBALAH CLASS VIA ZOOM
10:00 AM - 10:30 AM

2 יב כסלו 12 Kislev
JLI FALL COURSE THE KABBALAH OF MEANING
8:00 PM - 9:15 PM LESSON #5

3 יג כסלו 13 Kislev
SHIR HASHIRIM
8:00 PM - 9:00 PM

4 יד כסלו 14 Kislev
Start to say Tal Umatar in Maariv
TALMUD CLASS
8:00 PM - 9:00 PM

5 טו כסלו 15 Kislev
Light candles at 4:10 p.m.

6 טז כסלו 16 Kislev
וישח VAYISHLACH
Shabbat ends at 5:13 p.m.

7 ז' כסלו 17 Kislev
PARSHA OF THE WEEK
9:30 AM - 10:00 AM

8 יח כסלו 18 Kislev
WOMEN'S KABBALAH CLASS VIA ZOOM
10:00 AM - 10:30 AM

9 יט כסלו 19 Kislev
NEW YEAR OF CHASSIDUS FARBRENGEN AND DINNER - 7:30 PM

10 כ' כסלו 20 Kislev
5TH ANNUAL FUNDRAISING CAMPAIGN BEGINS 10:00 AM
SHIR HASHIRIM
8:00 PM - 9:00 PM

11 כא כסלו 21 Kislev
5TH ANNUAL FUNDRAISING CAMPAIGN CONTINUES
TALMUD CLASS
8:00 PM - 9:00 PM

12 כב כסלו 22 Kislev
5TH ANNUAL FUNDRAISING CAMPAIGN ENDS
Light candles at 4:10 p.m.

13 כג כסלו 23 Kislev
RECITE THE BOOK OF PSALMS 7:30 AM
וישב VAYEISHEV
Blessing of the new month
Shabbat ends at 5:14 p.m.

14 כד כסלו 24 Kislev
Nighfall during Chanukah is 5:02 p.m.
COMMUNITY CHANUKAH PARTY 4:00 PM
DEMAREST MENORAH LIGHTING 7:00PM
After nightfall. Blessings 1, 2 & 3

15 כה כסלו 25 Kislev
TENAFLY MENORAH LIGHTING 7:00 PM
After nightfall. Blessings 1 & 2

16 כו כסלו 26 Kislev
ALPINE MENORAH LIGHTING - 7:00 PM
JLI FALL COURSE THE KABBALAH OF MEANING
8:00 PM - 9:15 PM - LESSON #6 & GRAD
After nightfall. Blessings 1 & 2

17 כז כסלו 27 Kislev
CRESSKILL MENORAH LIGHTING 7:00PM
After nightfall. Blessings 1 & 2

18 כח כסלו 28 Kislev
TALMUD CLASS 8:00 PM - 9:00 PM
After nightfall. Blessings 1 & 2

19 כט כסלו 29 Kislev
Before the Shabbat candles. Blessings 1 & 2
Light candles at 4:13 p.m.

20 ל' כסלו 30 Kislev
ראש חודש טבת Rosh Chodesh Tevet
After Shabbat is over and Havdalah is recited. Blessings 1 & 2
מקץ MIKEITZ -
Shabbat ends at 5:17 p.m.
New Moon: 2:22 17/18 a.m.

21 א' טבת 1 Tevet
ENGLEWOOD CLIFFS MENORAH LIGHTING - 7:00 PM
ראש חודש טבת Rosh Chodesh Tevet
After nightfall. Blessings 1 & 2

22 ב' טבת 2 Tevet
WOMEN'S KABBALAH CLASS VIA ZOOM
10:00 AM - 10:30 AM
8th Day of Chanukah

23 ג' טבת 3 Tevet

24 ד' טבת 4 Tevet
SHIR HASHIRIM
8:00 PM - 9:00 PM

25 ה' טבת 5 Tevet
TALMUD CLASS
8:00 PM - 9:00 PM

26 ו' טבת 6 Tevet
Light candles at 4:16 p.m.

27 ז' טבת 7 Tevet
ויגש VAYIGASH
Shabbat ends at 5:21 p.m.

28 ח' טבת 8 Tevet
PARSHA OF THE WEEK
9:30 AM - 10:00 AM

29 ט' טבת 9 Tevet
WOMEN'S KABBALAH CLASS VIA ZOOM
10:00 AM - 10:30 AM

30 י' טבת 10 Tevet
תענית עשרה בטבת FAST OF 10 TEVET
Fast begins at 5:49 a.m.
Fast ends at 5:10 p.m.

31 יא טבת 11 Tevet
SHIR HASHIRIM
8:00 PM - 9:00 PM

DO YOU HAVE ALL YOUR CHANUKAH SUPPLIES?
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Calendar 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 Shneur 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 birds, 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 Prophetess Devora, Oil on Canvas by Yossi Rosenstein



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THURSDAY

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TIMES SHOWN ARE STANDARD TIME FOR BERGEN COUNTY

JANUARY 2026

INTERESTED IN SPONSORING A DAY OF LEARNING, SHABBAT KIDDUSH OR BREAKFAST IN HONOR OR IN MEMORY OF A LOVED ONE?

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FEBRUARY 2026

Calendar grid for February 2026 with days of the week (S-M-T-W-T-F-S) and dates (1-28).

1

יב טבת 12 Tevet

Legal Holiday

2

יג טבת 13 Tevet



Light candles at 4:22 p.m.

3

יד טבת 14 Tevet

ויחי VAYECHI

Shabbat ends at 5:26 p.m.

4

טו טבת 15 Tevet

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

5

טז טבת 16 Tevet

WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM

6

יז טבת 17 Tevet

CWC - 8:00 PM

7

יח טבת 18 Tevet

SHIR HASHIRIM 8:00 PM - 9:00 PM

8

יט טבת 19 Tevet

TALMUD CLASS 8:00 PM - 9:00 PM

9

כ טבת 20 Tevet



Light candles at 4:29 p.m.

10

כא טבת 21 Tevet

שמות SHEMOT

Shabbat ends at 5:32 p.m.

11

כב טבת 22 Tevet

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

12

כג טבת 23 Tevet

WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM

13

כד טבת 24 Tevet

14

כה טבת 25 Tevet

SHIR HASHIRIM 8:00 PM - 9:00 PM

15

כו טבת 26 Tevet

TALMUD CLASS 8:00 PM - 9:00 PM

16

כז טבת 27 Tevet



Light candles at 4:36 p.m.

17

כח טבת 28 Tevet

RECITE THE BOOK OF PSALMS 7:30 AM

ואירא VA'EIRA

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

18

כט טבת 29 Tevet

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

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

19

א שבט 1 Shevat Dr. M. L. King Jr. Day

WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM

ראש חודש שבט Rosh Chodesh Shevat

20

ב שבט 2 Shevat

JLI WINTER COURSE CAPTIVATING CASES IN RABBINIC RESPONSA 8:00 PM - 9:15 PM LESSON #1

21

ג שבט 3 Shevat

SHIR HASHIRIM 8:00 PM - 9:00 PM

22

ד שבט 4 Shevat

TALMUD CLASS 8:00 PM - 9:00 PM

23

ה שבט 5 Shevat

HEBREW SCHOOL SHABBAT DINNER SERVICES - 4:45 PM DINNER - 5:30 PM



Light candles at 4:44 p.m.

24

ו שבט 6 Shevat

בא BO

Shabbat ends at 5:47 p.m.

25

ז שבט 7 Shevat

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

26

ח שבט 8 Shevat

WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM

27

ט שבט 9 Shevat

JLI WINTER COURSE CAPTIVATING CASES IN RABBINIC RESPONSA 8:00 PM - 9:15 PM LESSON #2

28

י שבט 10 Shevat

SHIR HASHIRIM 8:00 PM - 9:00 PM

29

יא שבט 11 Shevat

TALMUD CLASS 8:00 PM - 9:00 PM

30

יב שבט 12 Shevat

COMMUNITY SHABBAT DINNER SERVICES - 5:00 PM DINNER - 6:00 PM



Light candles at 4:53 p.m.

31

יג שבט 13 Shevat

בשלח 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.

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 G-d 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.



Hagbah, Oil on Canvas by Raphael Nuriel



## 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

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 L-rd 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.



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May G-d grant you a complete and speedy recovery and may you enjoy many meaningful years in good health and cheerful spirit

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> יד שבט 14 Shevat  PARSHA OF THE WEEK 9:30 AM - 10:00 AM  TU B'SHVAT SEDER AND CELEBRATION 6:00 PM	<b>2</b> טו שבט 15 Shevat  WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM  ראש השנה לאילנות New Year for Trees	<b>3</b> טז שבט 16 Shevat  JLI WINTER COURSE CAPTIVATING CASES IN RABBINIC RESPONSA 8:00 PM - 9:15 PM LESSON #3	<b>4</b> יז שבט 17 Shevat  SHIR HASHIRIM 8:00 PM - 9:00 PM	<b>5</b> יח שבט 18 Shevat  TALMUD CLASS 8:00 PM - 9:00 PM  INT'L SHLUCHOS CONFERENCE	<b>6</b> יט שבט 19 Shevat  INT'L SHLUCHOS CONFERENCE   Light candles at 5:02 p.m.	<b>7</b> כ שבט 20 Shevat  INT'L SHLUCHOS CONFERENCE  יתרו YITRO Shabbat ends at 6:03 p.m.
<b>8</b> כא שבט 21 Shevat  PARSHA OF THE WEEK 9:30 AM - 10:00 AM  INT'L SHLUCHOS CONFERENCE	<b>9</b> כב שבט 22 Shevat  WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM  INT'L SHLUCHOS CONFERENCE	<b>10</b> כג שבט 23 Shevat  JLI WINTER COURSE CAPTIVATING CASES IN RABBINIC RESPONSA 8:00 PM - 9:15 PM LESSON #4	<b>11</b> כד שבט 24 Shevat  SHIR HASHIRIM 8:00 PM - 9:00 PM	<b>12</b> כה שבט 25 Shevat  TALMUD CLASS 8:00 PM - 9:00 PM	<b>13</b> כו שבט 26 Shevat   Light candles at 5:10 p.m.	<b>14</b> כז שבט 27 Shevat  RECITE THE BOOK OF PSALMS 7:30 AM  משפטים MISHPATIM Shekalim Blessing of the new month Shabbat ends at 6:11 p.m.
<b>15</b> כח שבט 28 Shevat  PARSHA OF THE WEEK 9:30 AM - 10:00 AM	<b>16</b> כט שבט 29 Shevat  Presidents Day	<b>17</b> ל שבט 30 Shevat  JLI WINTER COURSE CAPTIVATING CASES IN RABBINIC RESPONSA 8:00 PM - 9:15 PM LESSON #5  ראש חודש אדר Rosh Chodesh Adar New Moon: 3:50 <sup>12</sup> / <sub>14</sub> a.m.	<b>18</b> א אדר 1 Adar  SHIR HASHIRIM 8:00 PM - 9:00 PM  CWC - 8:00 PM  ראש חודש אדר Rosh Chodesh Adar	<b>19</b> ב אדר 2 Adar  TALMUD CLASS 8:00 PM - 9:00 PM	<b>20</b> ג אדר 3 Adar   Light candles at 5:19 p.m.	<b>21</b> ד אדר 4 Adar  תרומה TERUMAH Shabbat ends at 6:19 p.m.
<b>22</b> ה אדר 5 Adar  PARSHA OF THE WEEK 9:30 AM - 10:00 AM	<b>23</b> ו אדר 6 Adar  WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM	<b>24</b> ז אדר 7 Adar  JLI WINTER COURSE CAPTIVATING CASES IN RABBINIC RESPONSA 8:00 PM - 9:15 PM LESSON #6 AND GRADUATION	<b>25</b> ח אדר 8 Adar  SHIR HASHIRIM 8:00 PM - 9:00 PM	<b>26</b> ט אדר 9 Adar  TALMUD CLASS 8:00 PM - 9:00 PM	<b>27</b> י אדר 10 Adar   Light candles at 5:27 p.m.	<b>28</b> יא אדר 11 Adar  תצוה TETZAVEH Zachor Shabbat ends at 6:27 p.m.

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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				



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TIMES SHOWN ARE  
STANDARD TIME  
FOR  
BERGEN COUNTY  
  
**FEBRUARY**  
**2026**

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**MAIN NUMBER: 201.871.1152**

**EXECUTIVE DIRECTOR**

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MARCH 2026

אדר-ניסן ה'תשפ"ו • Adar-Nissan 5786

**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 3, 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 3, 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 3, 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 2 or 3.

**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 March 31 we search our homes for chometz.

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

**MONDAY, MARCH 2<sup>ND</sup>**

6:30 PM - MEGILLAH READING & PURIM BASH, TEEN SERVICE

8:00 PM - 2<sup>ND</sup> MEGILLAH READING

**TUESDAY, MARCH 3<sup>RD</sup>**

7:30 AM - MEGILLAH READING

4:00 PM - MEGILLAH READING

4:30 PM - PURIM IN BUKHARA MEAL



JOIN US FOR A SPECIAL KIDDUSH IN HONOR OF THE REBBE'S 124<sup>TH</sup> BIRTHDAY

**SATURDAY, MARCH 28<sup>TH</sup>**



 **Tutoring Solutions Group**  
K-12 Tutoring/SAT & ACT Prep  
201.816.0248

**1** יב אדר  
12 Adar

PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

**2** יג אדר  
13 Adar

MEGILLAH READING & COMMUNITY PURIM BASH - 6:30 PM  
2<sup>ND</sup> MEGILLAH READING - 8:00 PM

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

**3** יד אדר  
14 Adar

MEGILLAH READING - 7:30 AM  
2<sup>ND</sup> MEGILLAH READING - 4:00 PM

PURIM MEAL IN BUKHARA - 4:30 PM

פורים  
PURIM



**4** טו אדר  
15 Adar

SHIR HASHIRIM  
8:00 PM - 9:00 PM

שושן פורים  
SHUSHAN PURIM



**5** טז אדר  
16 Adar

TALMUD CLASS  
8:00 PM - 9:00 PM

**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

PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

Daylight Saving Time begins

**9** כ אדר  
20 Adar

WOMEN'S KABBALAH CLASS VIA ZOOM  
10:00 AM - 10:30 AM

**10** כא אדר  
21 Adar

**11** כב אדר  
22 Adar

SHIR HASHIRIM  
8:00 PM - 9:00 PM

**12** כג אדר  
23 Adar

TALMUD CLASS  
8:00 PM - 9:00 PM

**13** כד אדר  
24 Adar

Light candles at 6:43 p.m.



**14** כה אדר  
25 Adar

RECITE THE BOOK OF PSALMS  
7:30 AM

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

**15** כו אדר  
26 Adar

PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

CWC - 7:30 PM

**16** כז אדר  
27 Adar

WOMEN'S KABBALAH CLASS VIA ZOOM  
10:00 AM - 10:30 AM

**17** כח אדר  
28 Adar

**18** כט אדר  
29 Adar

SHIR HASHIRIM  
8:00 PM - 9:00 PM

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

**19** א ניסן  
1 Nissan

TALMUD CLASS  
8:00 PM - 9:00 PM

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

PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

**23** ה ניסן  
5 Nissan

WOMEN'S KABBALAH CLASS VIA ZOOM  
10:00 AM - 10:30 AM

**24** ו ניסן  
6 Nissan

**25** ז ניסן  
7 Nissan

SHIR HASHIRIM  
8:00 PM - 9:00 PM

**26** ח ניסן  
8 Nissan

TALMUD CLASS  
8:00 PM - 9:00 PM

**27** ט ניסן  
9 Nissan

Light candles at 6:58 p.m.



**28** י ניסן  
10 Nissan

SPECIAL KIDDUSH IN HONOR OF THE REBBE'S 124<sup>TH</sup> BIRTHDAY

צו  
TZAV  
Shabbat Hagadol  
Shabbat ends at 7:58 p.m.

**29** יא ניסן  
11 Nissan

PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

**30** יב ניסן  
12 Nissan

WOMEN'S KABBALAH CLASS VIA ZOOM  
10:00 AM - 10:30 AM

SELL YOUR CHOMETZ DEADLINE

**31** יג ניסן  
13 Nissan

בדיקת 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		

LOOKING TO VOLUNTEER YOUR TIME?

CONTACT US  
201.871.1152

CHECK YOUR MEZUZOT TODAY!

CONTACT  
201.871.1152



TIMES SHOWN ARE FOR BERGEN COUNTY

**MARCH 2026**

APRIL 2026

ניסן-יאר 5786 • אייר ה'תשפ"ו

**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  
HUVY'S GALLERY - 22 King David, Jerusalem



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!**

IN TODAY'S ECONOMY WHY FLY FOR PESACH?  
All Singles, Grandparents, Children and Families are welcome to

**OUR FAMILY SEDER**

with the comforts of home  
At Lubavitch on the Palisades'  
COMMUNITY SEDER!

**PESACH COMMUNITY SEDERS @ LOTP  
WED., APRIL 1<sup>ST</sup> – 8:00 PM • THURS., APRIL 2<sup>ND</sup> – 8:00 PM**

All meals will be held at  
Lubavitch on the Palisades  
11 Harold Street, NJ 07670  
For more information call  
201-871-1152 Ext. 545  
Reserve online at  
[www.ChabadLubavitch.org/Seder](http://www.ChabadLubavitch.org/Seder)

**JOIN US FOR THE  
MOSHIACH MEAL  
ON THE FINAL DAY OF PASSOVER**

**THURSDAY, APRIL 9<sup>TH</sup> – 6:30 PM**

RSVP @  
[WWW.CHABADLUBAVITCH.ORG/  
MOSHIACHMEAL](http://WWW.CHABADLUBAVITCH.ORG/MOSHIACHMEAL)

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR BERGEN COUNTY

APRIL 2026



יד ניסן 14 Nissan First Seder Eruv Tavshilin COMMUNITY FIRST SEDER 8:00 PM 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.

טו ניסן 15 Nissan Second Seder COMMUNITY SECOND SEDER 8:00 PM יום א דהג הפסח 1st day of PASSOVER Light candles after 8:03 p.m. In evening count Omer 1

טז ניסן 16 Nissan Sefirah 1 יום ב דהג הפסח 2nd day of PASSOVER Light candles at 7:05 p.m. In evening count Omer 2

יז ניסן 17 Nissan Sefirah 2 יום א דחול המועד פסח 1st Intermediate Day of PASSOVER Shabbat ends at 8:06 p.m. In evening count Omer 3

יח ניסן 18 Nissan Sefirah 3 יום ב דחול המועד פסח 2nd Intermediate Day of PASSOVER In evening count Omer 4

יט ניסן 19 Nissan Sefirah 4 יום ג דחול המועד פסח 3rd Intermediate Day of PASSOVER In evening count Omer 5

כ ניסן 20 Nissan Sefirah 5 NIGHT OF LEARNING 10:30 PM - 12:00 AM יום ד דחול המועד פסח 4th Intermediate Day of PASSOVER Light candles at 7:09 p.m. In evening count Omer 6

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

כב ניסן 22 Nissan Sefirah 7 MOSHIACH MEAL 6:30 PM אחרון של פסח 8th day of PASSOVER Yizkor Yom Tov ends at 8:11 p.m. In evening count Omer 8

כג ניסן 23 Nissan Sefirah 8 אסרו חג Isru Chag Light candles at 7:13 p.m. In evening count Omer 9

כד ניסן 24 Nissan Sefirah 9 RECITE THE BOOK OF PSALMS 7:30 AM שמיני SHEMINI Avot: chapter 1 Blessing of the new month Shabbat ends at 8:14 p.m. In evening count Omer 10

כה ניסן 25 Nissan Sefirah 10 PARSHA OF THE WEEK 9:30 AM - 10:00 AM In evening count Omer 11

כו ניסן 26 Nissan Sefirah 11 WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM In evening count Omer 12

כז ניסן 27 Nissan Sefirah 12 SHIR HASHIRIM 8:00 PM - 9:00 PM In evening count Omer 14

כח ניסן 28 Nissan Sefirah 13 TALMUD CLASS 8:00 PM - 9:00 PM In evening count Omer 15

כט ניסן 29 Nissan Sefirah 14 ראש חדש אייר Rosh Chodesh Iyar Light candles at 7:20 p.m. In evening count Omer 16 New Moon: 5:18 14/14 a.m.

ל ניסן 30 Nissan Sefirah 15 ראש חדש אייר Rosh Chodesh Iyar Light candles at 7:20 p.m. In evening count Omer 16 New Moon: 5:18 14/14 a.m.

א אייר 1 Iyar Sefirah 16 ראש חדש אייר Rosh Chodesh Iyar תזריע-מצורע TAZRIA-METZORA Avot: chapter 2 Shabbat ends at 8:22 p.m. In evening count Omer 17

ב אייר 2 Iyar Sefirah 17 PARSHA OF THE WEEK 9:30 AM - 10:00 AM In evening count Omer 18

ג אייר 3 Iyar Sefirah 18 WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM In evening count Omer 19

ד אייר 4 Iyar Sefirah 19 SHIR HASHIRIM 8:00 PM - 9:00 PM In evening count Omer 21

ה אייר 5 Iyar Sefirah 20 TALMUD CLASS 8:30 PM - 9:15 PM In evening count Omer 22

ו אייר 6 Iyar Sefirah 21 ז אייר 7 Iyar Sefirah 22 Light candles at 7:27 p.m. In evening count Omer 23

ז אייר 7 Iyar Sefirah 22 אכרי-קדושים ACHAREI-KEDOSHIM Avot: chapter 3 Shabbat ends at 8:30 p.m. In evening count Omer 24

ח אייר 8 Iyar Sefirah 23 PARSHA OF THE WEEK 9:30 AM - 10:00 AM In evening count Omer 25

ט אייר 9 Iyar Sefirah 24 WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM In evening count Omer 26

י אייר 10 Iyar Sefirah 25 JLI SPRING COURSE FOR ALL HUMANKIND 8:30 PM - 9:30 PM LESSON #1 In evening count Omer 27

יא אייר 11 Iyar Sefirah 26 SHIR HASHIRIM 8:00 PM - 9:00 PM In evening count Omer 28

יב אייר 12 Iyar Sefirah 27 TALMUD CLASS 8:30 PM - 9:15 PM In evening count Omer 29

יג אייר 13 Iyar Sefirah 28

JOIN US FOR THE MOSHIACH MEAL THURSDAY APRIL 9TH 6:30 PM

Calendar grid for MAY 2026 showing days of the week and dates.

**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, May 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 founder 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 BERGEN COUNTY

MAY 2026

JUNE 2026

Calendar grid for June 2026 with days of the week (S, M, T, W, T, F, S) and dates (1-30).

IN NEED OF BAR/BAT MITZVAH LESSONS FOR YOUR CHILD?

CONTACT 201.871.1152

JOIN OUR WOMEN'S KABBALAH CLASSES VIA ZOOM LED BY RABBI SHAIN

MONDAYS 10:00 AM-10:30 AM

1

יד אייר 14 Iyar Sefirah 29



פסח שני PESACH SHENI Light candles at 7:35 p.m. In evening count Omer 30

2

טו אייר 15 Iyar Sefirah 30

אמור EMOR Avot: chapter 4 Shabbat ends at 8:39 p.m. In evening count Omer 31

3

טז אייר 16 Iyar Sefirah 31

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

In evening count Omer 32

4

יז אייר 17 Iyar Sefirah 32

WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM

In evening count Omer 33

5

יח אייר 18 Iyar Sefirah 33

LAG B'OMER BBQ AND BONFIRE IN ALPINE - 5:00 PM - 7:00 PM



לג בעומר LAG B'OMER In evening count Omer 34

6

יט אייר 19 Iyar Sefirah 34

SHIR HASHIRIM 8:00 PM - 9:00 PM

In evening count Omer 35

7

כ אייר 20 Iyar Sefirah 35

TALMUD CLASS 8:30 PM - 9:15 PM

In evening count Omer 36

8

כא אייר 21 Iyar Sefirah 36

COMMUNITY SHABBAT DINNER SERVICES - 6:30 PM DINNER - 7:30 PM



Light candles at 7:42 p.m. In evening count Omer 37

9

כב אייר 22 Iyar Sefirah 37

בהר-בחוקתי BEHAR-BECHUKOTAI Avot: chapter 5

Shabbat ends at 8:46 p.m. In evening count Omer 38

10

כג אייר 23 Iyar Sefirah 38

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

Mother's Day In evening count Omer 39

11

כד אייר 24 Iyar Sefirah 39

WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM

In evening count Omer 40

12

כה אייר 25 Iyar Sefirah 40

JLI SPRING COURSE FOR ALL HUMANKIND 8:30 PM - 9:30 PM LESSON #2

In evening count Omer 41

13

כו אייר 26 Iyar Sefirah 41

SHIR HASHIRIM 8:00 PM - 9:00 PM

In evening count Omer 42

14

כז אייר 27 Iyar Sefirah 42

TALMUD CLASS 8:30 PM - 9:15 PM

In evening count Omer 43

15

כח אייר 28 Iyar Sefirah 43



Light candles at 7:49 p.m. In evening count Omer 44

16

כט אייר 29 Iyar Sefirah 44

RECITE THE BOOK OF PSALMS במדבר BAMIDBAR 7:30 AM Avot: chapter 6 Blessing of the new month Shabbat ends at 8:55 p.m. In evening count Omer 45 New Moon: 6:02 15/18 p.m.

17

א סיון 1 Sivan Sefirah 45

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

CWC - 7:00 PM

ראש חודש סיון Rosh Chodesh Sivan In evening count Omer 46

18

ב סיון 2 Sivan Sefirah 46

WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM

In evening count Omer 47

19

ג סיון 3 Sivan Sefirah 47

JLI SPRING COURSE FOR ALL HUMANKIND 8:30 PM - 9:30 PM LESSON #3

In evening count Omer 48

20

ד סיון 4 Sivan Sefirah 48

SHIR HASHIRIM 8:00 PM - 9:00 PM

In evening count Omer 49

21

ה סיון 5 Sivan Sefirah 49

NIGHT OF LEARNING 10:30 PM - 12:00 AM 12:00 AM - 1:00 AM 613 MITZVOT 1:00 AM - 4:00 AM



ערב שבועות Eve of Shavuot Light candles at 7:55 p.m.

22

ו סיון 6 Sivan

HEAR THE TEN COMMANDMENTS 10:30 AM OR 12:30 PM

EVENING SERVICES 6:45 PM



שבועות SHAVUOT Light candles at 7:55 p.m.

23

ז סיון 7 Sivan

YIZKOR - 11:00 AM MINCHA/MAARIV SERVICE 7:40 PM

שבועות SHAVUOT Yizkor

Shabbat ends at 9:03 p.m.

24

ח סיון 8 Sivan

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

אסרו חג Isru Chag

25

ט סיון 9 Sivan

Memorial Day

26

י סיון 10 Sivan

JLI SPRING COURSE FOR ALL HUMANKIND 8:30 PM - 9:30 PM LESSON #4 AND GRADUATION

27

יא סיון 11 Sivan

LAST DAY OF TEEN770

SHIR HASHIRIM 8:00 PM - 9:00 PM

28

יב סיון 12 Sivan

TALMUD CLASS 8:30 PM - 9:15 PM

29

יג סיון 13 Sivan



Light candles at 8:01 p.m.

30

יד סיון 14 Sivan

נשא NASSO Avot: chapter 1 Shabbat ends at 9:09 p.m.

## 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, a 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.

## 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.



Traffic All The Way To The Beit Hamikdash. Oil on Canvas by Gady Dadon



## 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.



## GIMMEL TAMMUZ

**SPECIAL FARBRENGEN  
IN HONOR OF THE  
REBBE'S 32<sup>ND</sup> YARTZEIT**

**THURSDAY, JUNE 18<sup>TH</sup>  
7:30 PM**



**TRIP TO THE OHEL  
COMMEMORATING THE  
32<sup>ND</sup> YARTZEIT OF THE REBBE  
WEDNESDAY, JUNE 10<sup>TH</sup> • 7:30 PM**

**Tutoring Solutions Group**  
**K-12 Tutoring/SAT & ACT Prep**  
**201.816.0248**

TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR BERGEN COUNTY

**JUNE 2026**

**1** טז סיון  
16 Sivan

WOMEN'S KABBALAH CLASS VIA ZOOM  
10:00 AM - 10:30 AM

**2** יז סיון  
17 Sivan

**3** יח סיון  
18 Sivan

SHIR HASHIRIM  
8:00 PM - 9:00 PM

**4** יט סיון  
19 Sivan

TALMUD CLASS  
8:30 PM - 9:15 PM

**5** כ סיון  
20 Sivan

 Light candles at 8:06 p.m.

**6** כא סיון  
21 Sivan

בהעלותך  
BEHAALOTECHA  
Avot: chapter 2  
Shabbat ends at 9:15 p.m.

**7** כב סיון  
22 Sivan

PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

LAST DAY OF HEBREW SCHOOL

**8** כג סיון  
23 Sivan

WOMEN'S KABBALAH CLASS VIA ZOOM  
10:00 AM - 10:30 AM

**9** כד סיון  
24 Sivan


**10** כה סיון  
25 Sivan

TRIP TO THE OHEL  
IN HONOR OF THE 32<sup>ND</sup> YARTZEIT OF THE REBBE - 7:30 PM

**11** כו סיון  
26 Sivan

TALMUD CLASS  
8:30 PM - 9:15 PM

**12** כז סיון  
27 Sivan

 Light candles at 8:10 p.m.

**13** כח סיון  
28 Sivan

RECITE THE BOOK OF PSALMS  
7:30 AM

שלח  
SHELACH  
Avot: chapter 3  
Blessing of the new month  
Shabbat ends at 9:19 p.m.

**14** כט סיון  
29 Sivan

PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

**15** ל סיון  
30 Sivan

WOMEN'S KABBALAH CLASS VIA ZOOM  
10:00 AM - 10:30 AM

LAST DAY OF TENAFLY CHABAD SCHOOL AND SPRINGBOARD SCHOOL

ראש חדש תמוז  
Rosh Chodesh Tammuz  
New Moon: 6:46 16/18 a.m.

**16** א תמוז  
1 Tammuz

ראש חדש תמוז  
Rosh Chodesh Tammuz

**17** ב תמוז  
2 Tammuz

SHIR HASHIRIM  
8:00 PM - 9:00 PM

**18** ג תמוז  
3 Tammuz

FARBRENGEN IHO GIMMEL TAMMUZ  
32<sup>ND</sup> YARTZEIT OF THE REBBE  
7:30 PM

**19** ד תמוז  
4 Tammuz

 Light candles at 8:13 p.m.

**20** ה תמוז  
5 Tammuz

קרח  
KORACH  
Avot: chapter 4  
Shabbat ends at 9:22 p.m.

**21** ו תמוז  
6 Tammuz

PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

CAMP GAN ISRAEL (CGI) ORIENTATION  
CGI WEEK 1  
Father's Day

**22** ז תמוז  
7 Tammuz

WOMEN'S KABBALAH CLASS VIA ZOOM  
10:00 AM - 10:30 AM

FIRST DAY OF CAMP GAN ISRAEL

**23** ח תמוז  
8 Tammuz

**24** ט תמוז  
9 Tammuz

SHIR HASHIRIM  
8:00 PM - 9:00 PM

**25** י תמוז  
10 Tammuz

TALMUD CLASS  
8:30 PM - 9:15 PM

**26** יא תמוז  
11 Tammuz

 Light candles at 8:14 p.m.

**27** יב תמוז  
12 Tammuz

חקת-בלק  
CHUKAT-BALAK  
Avot: chapter 5  
Shabbat ends at 9:23 p.m.

**28** יג תמוז  
13 Tammuz

PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

CGI WEEK 2

**29** יד תמוז  
14 Tammuz

WOMEN'S KABBALAH CLASS VIA ZOOM  
10:00 AM - 10:30 AM

**30** טו תמוז  
15 Tammuz

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JULY 2026

S	M	T	W	T	F	S
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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.

**FAST OF 17 TAMMUZ**

THIS DAY IS OBSERVED AS ONE OF THE SIX PUBLIC FAST DAYS. IT BEGINS THE THREE WEEKS.

**THURSDAY, JULY 2<sup>ND</sup>**

FAST BEGINS: 3:37 AM

FAST ENDS: 9:06 PM



**FAST OF 9<sup>TH</sup> OF AV**

ANNIVERSARY OF THE DESTRUCTION OF THE FIRST AND SECOND TEMPLES

COMMEMORATED AS A 25-HOUR FAST BEGINNING FROM SUNSET OF THE 8<sup>TH</sup> OF AV

**WEDNESDAY, JULY 22<sup>ND</sup>—THURSDAY, JULY 23<sup>RD</sup>**

FAST BEGINS: 8:21 PM FAST ENDS: 8:54 PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																	
<p>TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR BERGEN COUNTY</p> <p><b>JULY 2026</b></p>	<p><b>LEGACY PROGRAM</b></p> <p>REMEMBER US!</p> <p>WHEN DOING YOUR ESTATE PLANNING, YOUR GIFT WILL SECURE A LASTING LEGACY FOR THE FUTURE OF OUR CHILDREN.</p> <p>CONTACT US <b>201.871.1152</b></p>	<p><b>NEED A MOHEL?</b></p> <p>CONTACT <b>RABBI YOSHI KATZ</b></p> <p><b>347.342.8362</b></p>	<p><b>1</b> טז תמוז 16 Tammuz</p> <p>SHIR HASHIRIM 8:00 PM - 9:00 PM</p>	<p><b>2</b> יז תמוז 17 Tammuz</p> <p>תענית יז תמוז <b>FAST OF 17 TAMMUZ</b> Fast begins at 3:37 a.m. Fast ends at 9:06 p.m.</p> 	<p><b>3</b> יח תמוז 18 Tammuz</p> <p>Light candles at 8:13 p.m.</p> 	<p><b>4</b> יט תמוז 19 Tammuz Independence Day</p> <p>פינחס <b>PINCHAS</b> Avot: chapter 6 Shabbat ends at 9:21 p.m.</p>																																																	
<p><b>5</b> כ תמוז 20 Tammuz</p> <p>PARSHA OF THE WEEK 9:30 AM - 10:00 AM</p> <p>CGI WEEK 3</p>	<p><b>6</b> כא תמוז 21 Tammuz</p> <p>WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM</p>	<p><b>7</b> כב תמוז 22 Tammuz</p>	<p><b>8</b> כג תמוז 23 Tammuz</p> <p>SHIR HASHIRIM 8:00 PM - 9:00 PM</p>	<p><b>9</b> כד תמוז 24 Tammuz</p> <p>TALMUD CLASS 8:30 PM - 9:15 PM</p>	<p><b>10</b> כה תמוז 25 Tammuz</p> <p>Light candles at 8:11 p.m.</p> 	<p><b>11</b> כו תמוז 26 Tammuz</p> <p>RECITE THE BOOK OF PSALMS 7:30 AM</p> <p>מטות-מסעי <b>MATOT-MASSEI</b> Avot: chapter 1 Blessing of the new month Shabbat ends at 9:18 p.m.</p>																																																	
<p><b>12</b> כז תמוז 27 Tammuz</p> <p>PARSHA OF THE WEEK 9:30 AM - 10:00 AM</p> <p>CGI WEEK 4</p>	<p><b>13</b> כח תמוז 28 Tammuz</p> <p>WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM</p>	<p><b>14</b> כט תמוז 29 Tammuz</p> <p>New Moon: 7:30 <sup>17</sup>/<sub>18</sub> p.m.</p>	<p><b>15</b> א אב 1 Av</p> <p>SHIR HASHIRIM 8:00 PM - 9:00 PM</p> <p>ראש חודש אב Rosh Chodesh Av</p>	<p><b>16</b> ב אב 2 Av</p> <p>TALMUD CLASS 8:30 PM - 9:15 PM</p>	<p><b>17</b> ג אב 3 Av</p> <p>Light candles at 8:07 p.m.</p> 	<p><b>18</b> ד אב 4 Av</p> <p>LOTP CELEBRATES 33 YEARS</p> <p>דברים <b>DEVARIM</b> Avot: chapter 2 Shabbat Chazon Shabbat ends at 9:13 p.m.</p>																																																	
<p><b>19</b> ה אב 5 Av</p> <p>PARSHA OF THE WEEK 9:30 AM - 10:00 AM</p> <p>CGI WEEK 5</p>	<p><b>20</b> ו אב 6 Av</p> <p>WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM</p>	<p><b>21</b> ז אב 7 Av</p>	<p><b>22</b> ח אב 8 Av</p> <p>Fast begins at 8:21 p.m.</p>	<p><b>23</b> ט אב 9 Av</p> <p>תענית ט אב <b>FAST OF 9 AV</b> Fast ends at 8:54 p.m.</p> 	<p><b>24</b> י אב 10 Av</p> <p>Light candles at 8:02 p.m.</p> 	<p><b>25</b> יא אב 11 Av</p> <p>ואתחנן <b>VA'ETCHANAN</b> Avot: chapter 3 Shabbat Nachamu Shabbat ends at 9:06 p.m.</p>																																																	
<p><b>26</b> יב אב 12 Av</p> <p>PARSHA OF THE WEEK 9:30 AM - 10:00 AM</p> <p>CGI WEEK 6</p>	<p><b>27</b> יג אב 13 Av</p> <p>WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM</p>	<p><b>28</b> יד אב 14 Av</p>	<p><b>29</b> טו אב 15 Av</p> <p>SHIR HASHIRIM 8:00 PM - 9:00 PM</p> <p>חמשה עשר באב FIFTEENTH OF AV</p>	<p><b>30</b> טז אב 16 Av</p> <p>TALMUD CLASS 8:30 PM - 9:15 PM</p>	<p><b>31</b> יז אב 17 Av</p> <p>Light candles at 7:55 p.m.</p> 	<p>AUGUST 2026</p> <table border="1"> <thead> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> </tr> <tr> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> </tr> <tr> <td>9</td> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> </tr> <tr> <td>16</td> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> </tr> <tr> <td>23</td> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> </tr> <tr> <td>30</td> <td>31</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	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					
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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

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.

### 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 G-d 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 G-d'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 "Sha-ddai" 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 G-d.



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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR BERGEN COUNTY

AUGUST 2026

SEPTEMBER 2026

Calendar grid for September 2026 showing days of the week and dates.

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BERGEN HATZALAH

IN CASE OF A MEDICAL EMERGENCY, CALL

201-367-2222 or 212-230-1000

1

יח אב 18 Av

עקב EIKEV Avot: chapter 4 Shabbat ends at 8:58 p.m.

2

יט אב 19 Av

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

CGI WEEK 7

3

כ אב 20 Av

WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM

4

כא אב 21 Av

5

כב אב 22 Av

SHIR HASHIRIM 8:00 PM - 9:00 PM

6

כג אב 23 Av

TALMUD CLASS 8:30 PM - 9:15 PM

7

כד אב 24 Av

LAST DAY OF CAMP GAN ISRAEL OD



Light candles at 7:47 p.m.

8

כה אב 25 Av

RECITE THE BOOK OF PSALMS 7:30 AM

ראה RE'EH Avot: chapter 5 Blessing of the new month Shabbat ends at 8:49 p.m.

9

כו אב 26 Av

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

CGI WEEK 8

10

כז אב 27 Av

WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM

11

כח אב 28 Av

12

כט אב 29 Av

LAST DAY OF CAMP GAN ISRAEL YD

SHIR HASHIRIM 8:00 PM - 9:00 PM

13

ל אב 30 Av

TALMUD CLASS 8:30 PM - 9:15 PM

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

14

א אלול 1 Elul



ראש חודש אלול Rosh Chodesh Elul Light candles at 7:38 p.m.

15

ב אלול 2 Elul

שופטים SHOFTIM Avot: chapter 6 Shabbat ends at 8:38 p.m.

16

ג אלול 3 Elul

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

17

ד אלול 4 Elul

WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM

18

ה אלול 5 Elul

19

ו אלול 6 Elul

SHIR HASHIRIM 8:00 PM - 9:00 PM

20

ז אלול 7 Elul

TALMUD CLASS 8:30 PM - 9:15 PM

21

ח אלול 8 Elul



Light candles at 7:28 p.m.

22

ט אלול 9 Elul

כי תצא KI TEITZEI Avot: chapters 1-2 Shabbat ends at 8:27 p.m.

23

י אלול 10 Elul

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

24

יא אלול 11 Elul

WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM

25

יב אלול 12 Elul

26

יג אלול 13 Elul

SHIR HASHIRIM 8:00 PM - 9:00 PM

27

יד אלול 14 Elul

TALMUD CLASS 8:30 PM - 9:15 PM

28

טו אלול 15 Elul



Light candles at 7:18 p.m.

29

טז אלול 16 Elul

כי תבוא KI TAVO Avot: chapters 3-4 Shabbat ends at 8:17 p.m.

30

יז אלול 17 Elul

PARSHA OF THE WEEK 9:30 AM - 10:00 AM

31

יח אלול 18 Elul

WOMEN'S KABBALAH CLASS VIA ZOOM 10:00 AM - 10:30 AM

**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



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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

TIMES SHOWN ARE DAYLIGHT SAVING TIME FOR BERGEN COUNTY  
**SEPTEMBER 2026**



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

SHIR HASHIRIM  
8:00 PM - 9:00 PM

TALMUD CLASS  
8:00 PM - 9:00 PM



Light candles at 7:05 p.m.

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

PARSHA OF THE WEEK  
9:30 AM - 10:00 AM

Labor Day

SHIR HASHIRIM  
8:00 PM - 9:00 PM

TALMUD CLASS  
8:00 PM - 9:00 PM



ערב ראש השנה  
Eve of Rosh Hashanah  
Light candles at 6:54 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



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

14

ג תשרי  
3 Tishrei

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

15

ד תשרי  
4 Tishrei

16

ה תשרי  
5 Tishrei

SHIR HASHIRIM  
8:00 PM - 9:00 PM

17

ו תשרי  
6 Tishrei

TALMUD CLASS  
8:00 PM - 9:00 PM



Light candles at 6:42 p.m.

19

ח תשרי  
8 Tishrei

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

20

ט תשרי  
9 Tishrei



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

21

י תשרי  
10 Tishrei



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

22

יא תשרי  
11 Tishrei

23

יב תשרי  
12 Tishrei

SHIR HASHIRIM  
8:00 PM - 9:00 PM

24

יג תשרי  
13 Tishrei

TALMUD CLASS  
8:00 PM - 9:00 PM



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

26

טו תשרי  
15 Tishrei



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

27

טז תשרי  
16 Tishrei



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

28

יז תשרי  
17 Tishrei

א דחול המועד סוכות  
1st Intermediate Day of SUKKOT

29

יח תשרי  
18 Tishrei

ב דחול המועד סוכות  
2nd Intermediate Day of SUKKOT

30

יט תשרי  
19 Tishrei

ג דחול המועד סוכות  
3rd Intermediate Day of SUKKOT



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OCTOBER 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

**LUBAVITCH ON THE PALISADES  
MISSION STATEMENT**

The goal of Lubavitch on the Palisades is to encourage and provide a means for Jews of all backgrounds to learn and rekindle a link to their Jewish heritage.

This is accomplished through extensive outreach to the Jewish community of Northeast Bergen County with programs such as adult education lectures, including JLI (Jewish Learning Institute) courses on Kabbalah, Talmud, Tanya, and the weekly Torah portion.

Other ongoing programs include: Breakfast Club, Israeli Club, Community Outreach, Crisis Counseling, Full Service Synagogue and Daily Prayer Services, Holiday Celebrations, Hospital and Nursing Home Visits, Judaica Services, Kashering Homes, Men's and Women's Mikvaot (Ritual Baths), Mezuzah Checks, One-on-One Studies, Pesach Seders, Shabbatons, Chesed Committee, and Chabad Women's Circle.

We provide extensive children's programming including a Day Care, Preschool, Elementary and Middle School, Early Care and After School Programs, Camp Gan Israel Summer Camp, Hebrew School, Bar/Bat Mitzvah Club, Bar/Bat Mitzvah Lessons, Junior Congregation, and Teen770 Community Service Club.

Visit our website for more information, calendar of events, and additional programs:

[www.chabadlubavitch.org](http://www.chabadlubavitch.org)

**WEEKLY SCHEDULE**

**MORNING SERVICES**

Sunday: 8:30 am  
Monday through Friday: 7:00 am

**DAILY EVENING SERVICES**

10 minutes before sunset

**FRIDAY EVENING SERVICES**

10 minutes after candle lighting from last week of October through the second week in March; third week of March through October: 6:45 pm

**SHABBOS MORNING SERVICES**

9:30 am  
Kiddush following services

**SHABBOS EVENING SERVICES**

Times vary; please check our website for details at [www.chabadlubavitch.org/calendar](http://www.chabadlubavitch.org/calendar)

**WEEKLY CLASSES**

**SUNDAY:** 9:30 am - 10:00 am  
Parsha of the week

**MONDAY:** 10:00 am - 10:30 am  
Kabbalah class for women via Zoom

**TUESDAY:**  
JLI (Jewish Learning Institute)  
8:00 pm - 9:15 pm (November, February)  
8:30 pm - 9:30 pm (May)

**WEDNESDAY:**  
Shir Hashirim  
(Sept. - April): 8:00 pm - 9:00 pm  
(After Pesach - August): 9:00 pm - 10:00 pm

**THURSDAY:**  
Talmud class  
(Sept. - April): 8:00 pm - 9:00 pm  
(After Pesach - August): 8:30 pm - 9:15 pm



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