

ב"ה

Jewish Calendar

תשע"ו

5776

2015-2016



SEPTEMBER 2015

אלול תשע"ה / תשרי תשע"ו ELUL 5775 / TISHREI 5776

ELUL 18

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

ELUL 21-22

After midnight, we recite Selichot (special penitential prayers). We continue to recite Selichot every morning until Rosh Hashanah.

ROSH HASHANAH

Rosh Hashanah (literally, the "head" of the year) is the beginning of the Jewish year – and the "birthday" of all of creation. It commemorates the creation of Adam and Eve, the first humans. Man was the first to acknowledge G-d's kingship over the universe, and on Rosh Hashanah we renew this commitment to G-d and His commandments.

THE SHOFAR

The sounding of the Shofar (the ram's horn) is a central observance of Rosh Hashanah. The Shofar calls many things to mind: It symbolizes our coronation of G-d as King, it is a "wake up call" to return to G-d, and it presages the coming

of Moshiach, whose arrival will be heralded by the "Great Shofar".

YOM KIPPUR

Yom Kippur, the Day of Atonement, is the holiest day of the Jewish calendar. It is a day of spiritual cleansing: We acknowledge our shortcomings and transgressions, with a firm resolution for a better future; G-d promises us forgiveness, and the chance for a fresh start. We refrain from work, and avoid any food or drink, as well as washing, using oils or lotions, marital relations and regular (leather) shoes.

SUKKOT

The name Sukkot is derived from the word Sukkah, or hut. In commemoration of the protective "clouds of glory" with which G-d surrounded the Jewish people on their way out of Egypt, we live in makeshift huts during the seven days of this holiday.

During Sukkot, we observe the special mitzvah of shaking the Lulav (palm branch) and the Etrog (citron). Taken together with the Hadas (myrtle) and the Aravah (willow), these very different plant species represent the unity of disparate types of Jews who, each in their own way, are vital components of the Jewish nation.



"Redemption", by Haim Sherrf, sherrf@sympatico.ca

SEPTEMBER 2015

Elul 5775/Tishrei 5776

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

OCTOBER 2015

תשרי/חשוון תשע"ו 5776 TISHREI/CHESHVAN



"The Crown of the Torah", by Loren Hodes, www.lorenhodesart.co.za, lorenhodes@netactive.co.za

SIMCHAT TORAH

Simchat Torah marks the day we complete the reading of the Torah in its annual cycle. On the evening of Simchat Torah, (and in many communities, on the previous evening of Shemini Atzeret as well) we make seven Hakafot (circuits) around the table upon which the Torah is read, dancing and rejoicing with the Torah scrolls. During morning services on Simchat Torah, we complete the Torah, reading the last Torah portion. We immediately start reading the Torah from the beginning again—remembering that the Torah is an endless source of wisdom, each cycle challenging us to discover its ever deeper meaning.

CHESHVAN 11

Passing of our Matriarch Rachel, wife of Yaakov. Rachel passed away in 1563 BCE as Yaakov was returning home to his parents. She is buried in Bethlehem.

THE YEAR OF HAKHEL

The Jewish year 5776, which began this past Rosh Hashanah, follows the year of Shmitah, the Sabbatical year, and is known as the year of Hakhel.

During the Temple times, a special service was held in Jerusalem on the second day of Sukkot. The entire nation, men, women, and even children gathered as the king read selected verses of the Torah, reminding everyone of our commitment to following its teachings.

This gathering, like the Shabbatical year which preceded it, occurred once in seven years, and the entire year was called the year of Hakhel the year of gathering. Though this mitzvah isn't practiced today, it is the customary for there to put an extra focus on Jewish unity during the year of Hakhel.

OCTOBER 2015

Tishrei/Cheshvan 5776

New moon: Cheshvan: Tuesday, October 13, 2015, 5:51 (10 chalakim) AM

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|---|---|---|--|---|---|--|
| | | | | 1 יח תשרי Tishrei 18 2nd Intermediate day | 2 יט תשרי Tishrei 19 3rd Intermediate day  | 3 כ תשרי Tishrei 20 4th Intermediate day |
| 4 כא תשרי Tishrei 21 HOSHANA RABA  | 5 כב תשרי Tishrei 22  Yizkor SHEMINI ATZERET  | 6 כג תשרי Tishrei 23  SIMCHAT TORAH | 7 כד תשרי Tishrei 24 Isru Chag | 8 כה תשרי Tishrei 25 | 9 כו תשרי Tishrei 26  | 10 כז תשרי Tishrei 27 BEREISHIT Blessing of new month |
| 11 כח תשרי Tishrei 28 | 12 כט תשרי Tishrei 29 | 13 ל תשרי Tishrei 30 Rosh Chodesh | 14 א חשוון Cheshvan 1 Rosh Chodesh | 15 ב חשוון Cheshvan 2 | 16 ג חשוון Cheshvan 3  | 17 ד חשוון Cheshvan 4 NOACH |
| 18 ה חשוון Cheshvan 5 | 19 ו חשוון Cheshvan 6 | 20 ז חשוון Cheshvan 7 | 21 ח חשוון Cheshvan 8 | 22 ט חשוון Cheshvan 9 | 23 י חשוון Cheshvan 10  | 24 יא חשוון Cheshvan 11 LECH LECHA |
| 25 יב חשוון Cheshvan 12 | 26 יג חשוון Cheshvan 13 | 27 יד חשוון Cheshvan 14 | 28 טו חשוון Cheshvan 15 | 29 טז חשוון Cheshvan 16 | 30 יז חשוון Cheshvan 17  | 31 יח חשוון Cheshvan 18 VAYEIRA |

NOVEMBER 2015

חשוון/כסלו תשע"ו 5776 CHESHVAN/KISLEV

THE WEEKLY TORAH READING

According to our tradition, the custom of reading from the Torah in the Synagogue every Shabbat is one of the oldest Jewish customs, instituted by Moshe Rabbeinu (Moses) himself. The Torah was divided by Moshe into 54 portions, which is the maximum number of regular readings possible during a Jewish calendar year. The regular cycle is suspended during Jewish holidays, when we read holiday themed portions instead. Most years, it becomes necessary to occasionally group two portions together in order to complete the cycle on time for Simchat Torah. Our lives are built around the calendar cycles: The year, the month, the week. Every day, the current Torah Reading offers a fresh source of inspiration. Though repeated again and again, there is always a new insight, a new guidance, a new commentary on the here and the now. This is the Jewish way of "living with the times."



"Shabbat Candles", by Denis Baacus, www.NERArtGallery.com ~ 845.213.4338

NOVEMBER 2015

Cheshvan/Kislev 5776

New Moon: Kislev: Wednesday, November 11, 2015, 6:35 (11 chalakim) PM

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|-------------------------------------|-------------------------------------|--------------------------------------|--------------------------------------|---|---|--|
| 1 יט חשוון Cheshvan 19 | 2 כ חשוון Cheshvan 20 | 3 כא חשוון Cheshvan 21 | 4 כב חשוון Cheshvan 22 | 5 כג חשוון Cheshvan 23 | 6 כד חשוון Cheshvan 24 | 7 כה חשוון Cheshvan 25 CHAYEI SARAH Blessing of new month |
| 8 כו חשוון Cheshvan 26 | 9 כז חשוון Cheshvan 27 | 10 כח חשוון Cheshvan 28 | 11 כט חשוון Cheshvan 29 | 12 ל חשוון Cheshvan 30 Rosh Chodesh | 13 א כסלו Kislev 1 Rosh Chodesh | 14 ב כסלו Kislev 2 TOLDOT |
| 15 ג כסלו Kislev 3 | 16 ד כסלו Kislev 4 | 17 ה כסלו Kislev 5 | 18 ו כסלו Kislev 6 | 19 ז כסלו Kislev 7 | 20 ח כסלו Kislev 8 | 21 ט כסלו Kislev 9 VAYEITZEI |
| 22 י כסלו Kislev 10 | 23 יא כסלו Kislev 11 | 24 יב כסלו Kislev 12 | 25 יג כסלו Kislev 13 | 26 יד כסלו Kislev 14 | 27 טו כסלו Kislev 15 | 28 טז כסלו Kislev 16 VAYISHLACH |
| 29 יז כסלו Kislev 17 | 30 יח כסלו Kislev 18 | | | | | |

DECEMBER 2015

כסלו/טבת תשע"ו 5776



"Lighting the Menorah", by Denis Baacus, www.NERArtGallery.com ~ 845.213.4338

KISLEV 19

"Chassidic Rosh Hashanah". Yartzeit of Rabbi Dov Ber of Mezritch, the second leader of the Chassidic movement (1772). Release from prison of Rabbi Schneur Zalman of Liadi, founder of the Chabad movement (1798). His triumphant release marked a turning point in the spreading of Chassidic thought, and this date is celebrated in many communities throughout the world.

CHANUKAH

The kindling of the Menorah is the focal point of the Chanukah holiday, symbolizing religious freedom and the strength of the Jewish spirit. The menorah is kindled on each of the eight nights of Chanukah, this year beginning Tuesday night, December 6th.

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

the front window. The candles should be lit immediately following sunset, and should be prepared so that they will remain lit for at least a half hour after dusk. In keeping with Shabbat observance, the Menorah is lit before the Shabbat candles on Friday evening and after the Havdalah ceremony at the end of Shabbat.

Gather all family members and light the Shamash, the service candle. Recite the proper blessings and then light the candles beginning from the left. Then place the Shamash at its designated place, separated from the other candles.











TEVET 10

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

DECEMBER 2015

Kislev/Tevet 5776

New Moon: Tevet: Friday, December 11, 2015, 7:19 (12 chalakim) AM

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|--|---|---|--|---|---|---|
| | | 1 יט כסלו Kislev 19 | 2 כ כסלו Kislev 20 | 3 כא כסלו Kislev 21 | 4 כב כסלו Kislev 22 | 5 כג כסלו Kislev 23 VAYEISHEV Blessing of new month |
| 6 כד כסלו Kislev 24 | 7 כה כסלו Kislev 25 | 8 כו כסלו Kislev 26 | 9 כז כסלו Kislev 27 | 10 כח כסלו Kislev 28 | 11 כט כסלו Kislev 29 | 12 ל כסלו Kislev 30 MIKEITZ |
|  CHANUKAH |  CHANUKAH |  CHANUKAH |  CHANUKAH |  CHANUKAH |  CHANUKAH |  CHANUKAH Rosh Chodesh |
| 13 א טבת Tevet 1 | 14 ב טבת Tevet 2 | 15 ג טבת Tevet 3 | 16 ד טבת Tevet 4 | 17 ה טבת Tevet 5 | 18 ו טבת Tevet 6 | 19 ז טבת Tevet 7 VAYIGASH |
|  CHANUKAH Rosh Chodesh | CHANUKAH | | | |  | |
| 20 ח טבת Tevet 8 | 21 ט טבת Tevet 9 | 22 י טבת Tevet 10 | 23 יא טבת Tevet 11 | 24 יב טבת Tevet 12 | 25 יג טבת Tevet 13 | 26 יד טבת Tevet 14 VAYECHI Shabbat Chazzak |
| | | FAST OF TEVET 10 | | |  | |
| 27 טו טבת Tevet 15 | 28 טז טבת Tevet 16 | 29 יז טבת Tevet 17 | 30 יח טבת Tevet 18 | 31 יט טבת Tevet 19 | | |

JANUARY 2016

טבת / שבט תשע"ו 5776 TEVET/SHEVAT

TEVET 24

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

SHEVAT 10

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

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

SHEVAT 15 – TU B'SHEVAT

In Jewish tradition, the fifteenth day of Shevat marks the "New Year" for the trees, opening the season in which trees begin to bud in the Holy Land.

It is customary to celebrate this date by enjoying some fruit, especially the five fruits mentioned in the Torah in connection with Israel: Grapes, Figs, Pomegranates, Olives, and Dates.



"G-d's Garden", by Loren Hodes, www.lorenhodesart.co.za, lorenhodes@netactive.co.za

JANUARY 2016

Tevet/Shevat 5776

New Moon: Shevat: Shabbat, January 9, 2016, 8:03 (13 chalakim) PM

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|--|--|---------------------------|---------------------------|---------------------------|--|---|
| | | | | | 1 כ טבת Tevet 20  | 2 כא טבת Tevet 21 SHEMOT |
| 3 כב טבת Tevet 22 | 4 כג טבת Tevet 23 | 5 כד טבת Tevet 24 | 6 כה טבת Tevet 25 | 7 כו טבת Tevet 26 | 8 כז טבת Tevet 27  | 9 כח טבת Tevet 28 VA'EIRA Blessing of new month |
| 10 כט טבת Tevet 29 | 11 א שבט Shevat 1 Rosh Chodesh | 12 ב שבט Shevat 2 | 13 ג שבט Shevat 3 | 14 ד שבט Shevat 4 | 15 ה שבט Shevat 5  | 16 ו שבט Shevat 6 BO |
| 17 ז שבט Shevat 7 | 18 ח שבט Shevat 8 | 19 ט שבט Shevat 9 | 20 י שבט Shevat 10 | 21 יא שבט Shevat 11 | 22 יב שבט Shevat 12  | 23 יג שבט Shevat 13 BESHALACH Shabbat Shirah |
| 24 יד שבט Shevat 14 | 25 טו שבט Shevat 15  | 26 טז שבט Shevat 16 | 27 יז שבט Shevat 17 | 28 יח שבט Shevat 18 | 29 יט שבט Shevat 19 | 30 כ שבט Shevat 20 YITRO |
| 31 כא שבט Shevat 21 TU B'SHEVAT | | | | |  | |

FEBRUARY 2016

שבט/אדר א תשע"ו 5776 SHEVAT/ADAR I

SHEVAT 22

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

ADAR 7

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

THE JEWISH CALENDAR

The Jewish calendar is the only calendar to which both the monthly and annual units are governed by real astronomical events: The lunar month, and the solar year.

The word for month in the Torah is either chodesh ("renewal"), or yerach ("moon"), both hinting at a lunar month. At the same time, the Torah commands us to ensure that the holiday of Passover always occurs in the spring, hinting at a solar year.

Because twelve lunar months are approximately 11 days short of a solar year, it becomes necessary to occasionally add a 13th month, Adar I, to the Jewish calendar year, which is then called a Leap Year.

Our sages have devised a system of 19-year cycles, 7 of which are declared leap years. This includes this year, the final year of the 304th cycle.



"Circle of Life", by Loren Hodes, www.lorenhodesart.co.za, lorenhodes@netactive.co.za

FEBRUARY 2016

Shevat/Adar I 5776

New Moon: Adar I: Monday, February 8, 2016, 8:47 (14 chalakim) AM

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|---------------------------------|---------------------------------|--|--|---------------------------------|---------------------------------|--|
| | 1 כב שבט Shevat 22 | 2 כג שבט Shevat 23 | 3 כד שבט Shevat 24 | 4 כה שבט Shevat 25 | 5 כו שבט Shevat 26 | 6 כז שבט Shevat 27 MISHPATIM Blessing of new month |
| 7 כח שבט Shevat 28 | 8 כט שבט Shevat 29 | 9 ל שבט Shevat 30 Rosh Chodesh | 10 א אדר א Adar I 1 Rosh Chodesh | 11 ב אדר א Adar I 2 | 12 ג אדר א Adar I 3 | 13 ד אדר א Adar I 4 TERUMAH |
| 14 ה אדר א Adar I 5 | 15 ו אדר א Adar I 6 | 16 ז אדר א Adar I 7 | 17 ח אדר א Adar I 8 | 18 ט אדר א Adar I 9 | 19 י אדר א Adar I 10 | 20 יא אדר א Adar I 11 TETZAVEH |
| 21 יב אדר א Adar I 12 | 22 יג אדר א Adar I 13 | 23 יד אדר א Adar I 14 PURIM KATAN | 24 טו אדר א Adar I 15 SHUSHAN PURIM KATAN | 25 טז אדר א Adar I 16 | 26 יז אדר א Adar I 17 | 27 יח אדר א Adar I 18 KI TISA |
| 28 יט אדר א Adar I 19 | 29 כ אדר א Adar I 20 | | | | | |

MARCH 2016

אדר א' / אדר ב' תשע"ו 5776 ADAR I/ADAR II

PURIM

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

THE MITZVOT OF PURIM ARE:

- The Fast of Esther, held before Purim, to commemorate the day of prayer and fasting which the Jews held before their victory.
- Listen to the reading of Megillat Esther (the Scroll of Esther) at night and day, recounting the story of Purim.
- Send gifts containing at least two types of ready-to-eat food to one or more friends on the day of Purim. These gifts, called Mishloach Manot ("sending portions"), should preferably be sent via a third party.
- Give Matanot L'evyonim ("gifts of charity to the poor"). While Tzedakah (charity) is a year-round responsibility, it is a particularly special Mitzvah on Purim. Give to at least two needy individuals during Purim day.
- Celebrate with a special festive and joyous meal.

WE WISH YOU ALL A JOYOUS PURIM!



"Zechariah's Prophecy" (Zechariah 8:4), by Caryin Yavin, www.NERArtGallery.com ~ 845.213.4338

MARCH 2016

Adar I/Adar II 5776

New Moon: Adar II: Tuesday, March 8, 2016, 9:31 (15 chalakim) PM

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|------------------------------------|------------------------------------|------------------------------------|--|--|---|---|
| | | 1 כ"א אדר א' Adar I 21 | 2 כ"ב אדר א' Adar I 22 | 3 כ"ג אדר א' Adar I 23 | 4 כ"ד אדר א' Adar I 24 | 5 כ"ה אדר א' Adar I 25 VAYAK'HEIL Parshat Shekalim Blessing of new month |
| 6 כ"ו אדר א' Adar I 26 | 7 כ"ז אדר א' Adar I 27 | 8 כ"ח אדר א' Adar I 28 | 9 כ"ט אדר א' Adar I 29 | 10 ל' אדר א' Adar I 30 Rosh Chodesh | 11 א' אדר ב' Adar II 1 Rosh Chodesh | 12 ב' אדר ב' Adar II 2 PEKUDEI Shabbat Chazzak |
| 13 ג' אדר ב' Adar II 3 | 14 ד' אדר ב' Adar II 4 | 15 ה' אדר ב' Adar II 5 | 16 ו' אדר ב' Adar II 6 | 17 ז' אדר ב' Adar II 7 | 18 ח' אדר ב' Adar II 8 | 19 ט' אדר ב' Adar II 9 VAYIKRA Parshat Zachor |
| 20 י' אדר ב' Adar II 10 | 21 י"א אדר ב' Adar II 11 | 22 י"ב אדר ב' Adar II 12 | 23 י"ג אדר ב' Adar II 13 FAST OF ESTHER | 24 י"ד אדר ב' Adar II 14 PURIM | 25 ט"ו אדר ב' Adar II 15 SHUSHAN PURIM | 26 ט"ז אדר ב' Adar II 16 TZAV |
| 27 י"ז אדר ב' Adar II 17 | 28 י"ח אדר ב' Adar II 18 | 29 י"ט אדר ב' Adar II 19 | 30 כ' אדר ב' Adar II 20 | 31 כ"א אדר ב' Adar II 21 | | |

NISSAN 11

Birthday of the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson (1902).

CELEBRATING PESACH (PASSOVER)

On Pesach we celebrate the birth of the Jewish nation with our miraculous redemption from Egypt. Pesach is celebrated by refraining from eating (or evening owning) any foods which are chametz (leavened), and by participating in a Seder dinner on the first two nights of the holiday.

THE SEDER

The Pesach Seder, conducted each of the first two nights of Pesach, is the central event of the Passover festival.

- We drink four cups of wine (or grape juice), remembering the

redemption and its four stages.

- We ask the "Four Questions" and recite the Haggadah, retelling the story of Passover and the miracles of our redemption.
- We eat Shmurah Matzah, the plain crackers which aren't allowed to rise, remembering both the simple bread of slaves and the swiftness of the redemption from Egypt.
- We eat Maror (bitter herbs), remembering the bitterness of the enslavement.

THE LAST DAY OF PESACH

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



"Shabbat and the Redemption", by Haim Sherrf, sherrf@sympatico.ca

APRIL 2016

Adar II/Nissan 5776

New Moon: Nissan: Thursday, April 7, 2016, 10:15 (16 chalakim) AM

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|--|---|---|---|--|--|--|
| | | | | | 1 כב אדר ב Adar II 22 | 2 כג אדר ב Adar II 23 SHEMINI Parshat Parah Blessing of new month |
| 3 כד אדר ב Adar II 24 | 4 כה אדר ב Adar II 25 | 5 כו אדר ב Adar II 26 | 6 כז אדר ב Adar II 27 | 7 כח אדר ב Adar II 28 | 8 כט אדר ב Adar II 29 | 9 א ניסן Nissan 1 TAZRIA Parshat Hachodesh Rosh Chodesh |
| 10 ב ניסן Nissan 2 | 11 ג ניסן Nissan 3 | 12 ד ניסן Nissan 4 | 13 ה ניסן Nissan 5 | 14 ו ניסן Nissan 6 | 15 ז ניסן Nissan 7 | 16 ח ניסן Nissan 8 METZORA Shabbat HaGadol |
| 17 ט ניסן Nissan 9 | 18 י ניסן Nissan 10 | 19 יא ניסן Nissan 11 | 20 יב ניסן Nissan 12 | 21 יג ניסן Nissan 13 | 22 יד ניסן Nissan 14 FAST OF FIRST BORN First Seder | 23 טו ניסן Nissan 15 1st day of PASSOVER Second Seder In the evening count Omer 1 |
| 24 טז ניסן Nissan 16 Omer 1 2nd day of PASSOVER In the evening count Omer 2 | 25 יז ניסן Nissan 17 Omer 2 1st Intermediate day In the evening count Omer 3 | 26 יח ניסן Nissan 18 Omer 3 2nd Intermediate day In the evening count Omer 4 | 27 יט ניסן Nissan 19 Omer 4 3rd Intermediate day In the evening count Omer 5 | 28 כ ניסן Nissan 20 Omer 5 Eruv Tavshilin 4th Intermediate day In the evening count Omer 6 | 29 כא ניסן Nissan 21 Omer 6 7th day of PASSOVER In the evening count Omer 7 | 30 כב ניסן Nissan 22 Omer 7 Yizkor 8th day of PASSOVER In the evening count Omer 8 |



"Return", by Loren Hodes, www.lorenhodesart.co.za, lorenhodes@netactive.co.za

COUNTING OF THE OMER:

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

PESACH SHENI

When the Holy Temple stood in Jerusalem, this day offered a second chance to offer the Passover sacrifice for those who had been unable to bring their offering at the appropriate time.

IYAR 18 – LAG BA'OMER

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

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

KOSHER

Kashrut: Spiritual Diet for a Small Planet

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

MAY 2016

Nissan/Iyar 5776

New Moon: Iyar: Friday, May 6, 2016, 10:59 (17 chalakim) PM

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|---|---|---|---|---|--|---|
| 1 כג ניסן Nissan 23 Omer 8 Isru Chag In the evening count Omer 9 | 2 כד ניסן Nissan 24 Omer 9 In the evening count Omer 10 | 3 כה ניסן Nissan 25 Omer 10 In the evening count Omer 11 | 4 כו ניסן Nissan 26 Omer 11 In the evening count Omer 12 | 5 כז ניסן Nissan 27 Omer 12 In the evening count Omer 13 | 6 כח ניסן Nissan 28 Omer 13 In the evening count Omer 14  | 7 כט ניסן Nissan 29 Omer 14 ACHAREI Pirkei-Avot: Chapter 1 Blessing of new month In the evening count Omer 15 |
| 8 ל ניסן Nissan 30 Omer 15 Rosh Chodesh In the evening count Omer 16 | 9 א אייר Iyar 1 Omer 16 Rosh Chodesh In the evening count Omer 17 | 10 ב אייר Iyar 2 Omer 17 In the evening count Omer 18 | 11 ג אייר Iyar 3 Omer 18 In the evening count Omer 19 | 12 ד אייר Iyar 4 Omer 19 In the evening count Omer 20 | 13 ה אייר Iyar 5 Omer 20 In the evening count Omer 21  | 14 ו אייר Iyar 6 Omer 21 KEDOSHIM Pirkei-Avot: Chapter 2 In the evening count Omer 22 |
| 15 ז אייר Iyar 7 Omer 22 In the evening count Omer 23 | 16 ח אייר Iyar 8 Omer 23 In the evening count Omer 24 | 17 ט אייר Iyar 9 Omer 24 In the evening count Omer 25 | 18 י אייר Iyar 10 Omer 25 In the evening count Omer 26 | 19 יא אייר Iyar 11 Omer 26 In the evening count Omer 27 | 20 יב אייר Iyar 12 Omer 27 In the evening count Omer 28  | 21 יג אייר Iyar 13 Omer 28 EMOR Pirkei-Avot: Chapter 3 In the evening count Omer 29 |
| 22 יד אייר Iyar 14 Omer 29 PESACH SHEINI In the evening count Omer 30 | 23 טו אייר Iyar 15 Omer 30 In the evening count Omer 31 | 24 טז אייר Iyar 16 Omer 31 In the evening count Omer 32 | 25 יז אייר Iyar 17 Omer 32 In the evening count Omer 33 | 26  יח אייר Iyar 18 Omer 33 LAG B'OMER In the evening count Omer 34 | 27 יט אייר Iyar 19 Omer 34 In the evening count Omer 35  | 28 כ אייר Iyar 20 Omer 35 BEHAR Pirkei-Avot: Chapter 4 In the evening count Omer 36 |
| 29 כא אייר Iyar 21 Omer 36 In the evening count Omer 37 | 30 כב אייר Iyar 22 Omer 37 In the evening count Omer 38 | 31 כג אייר Iyar 23 Omer 38 In the evening count Omer 39 | | | | |



"Ruth", by Dennis Bacchus, www.NERArtGallery.com ~ 845.213.4338

THE FESTIVAL OF

SHAVUOT:

Shavuot celebrates the giving of the Torah at Mount Sinai. It is on this day that we became G-d's "chosen people", and He formed a bond with us which shall never be broken.

SHAVUOT OBSERVANCES:

- All-night Torah-study on the first night of Shavuot. This is the best preparation for receiving the Torah!
- Reading of the Ten Commandments in the synagogue on the first day of Shavuot. Bring your children too!
- A festive dairy meal is served on the first day of Shavuot. Like milk for an infant, we receive all our spiritual nourishment from the Torah!

TEFILLIN


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

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

JUNE 2016

Iyar/Sivan 5776

New Moon: Sivan: Sunday, June 5, 2016, 10:44 AM

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|--|--|---|--|--|--|--|
| | | | 1 כד אייר Iyar 24 Omer 39 In the evening count Omer 40 | 2 כה אייר Iyar 25 Omer 40 In the evening count Omer 41 | 3 כו אייר Iyar 26 Omer 41 In the evening count Omer 42  | 4 כז אייר Iyar 27 Omer 42 BECHUKOTAI Pirkei-Avot: Chapter 5 Blessing of new month Shabbat Chazzak In the evening count Omer 43  |
| 5 כח אייר Iyar 28 Omer 43 In the evening count Omer 44 | 6 כט אייר Iyar 29 Omer 44 In the evening count Omer 45 | 7 א סיון Sivan 1 Omer 45 Rosh Chodesh In the evening count Omer 46 | 8 ב סיון Sivan 2 Omer 46 In the evening count Omer 47 | 9 ג סיון Sivan 3 Omer 47 In the evening count Omer 48 | 10 ד סיון Sivan 4 Omer 48 In the evening count Omer 49  | 11 ה סיון Sivan 5 Omer 49 BAMIDBAR Pirkei-Avot: Chapter 6  |
| 12 ו סיון Sivan 6  1st day of SHAVUOT  | 13 ז סיון Sivan 7  Yizkor 2nd day of SHAVUOT | 14 ח סיון Sivan 8 Isru Chag | 15 ט סיון Sivan 9 | 16 י סיון Sivan 10 | 17 יא סיון Sivan 11  | 18 יב סיון Sivan 12 NASO Pirkei-Avot: Chapter 1 |
| 19 יג סיון Sivan 13 | 20 יד סיון Sivan 14 | 21 טו סיון Sivan 15 | 22 טז סיון Sivan 16 | 23 יז סיון Sivan 17 | 24 יח סיון Sivan 18  | 25 יט סיון Sivan 19 BEHA'ALOTECHA Pirkei-Avot: Chapter 2 |
| 26 כ סיון Sivan 20 | 27 כא סיון Sivan 21 | 28 כב סיון Sivan 22 | 29 כג סיון Sivan 23 | 30 כד סיון Sivan 24 | | |



"Lean On Me", by Haim Sherrf, sherrf@sympatico.ca

TAMMUZ 3

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

TAMMUZ 12

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

A PERIOD OF MOURNING

On the 17th of Tammuz is observed a day of fasting. On this date, in the year 68, the walls of Jerusalem were breached by the Romans after years of siege. The Jewish forces continued to defend the Temple

Mount for another 19 days, until it too fell on the 7th of Av. The Beit HaMikdash, the Holy Temple, was torched late on Av 9. The entire period, totaling 21 days, no weddings are scheduled, as well as festive music and dancing in general.

THE UPCOMING REDEMPTION

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

LET'S WELCOME MOSHIACH

Led by the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson, many prominent Rabbis proclaimed this generation to be the one to usher in the redemption. We can prepare for this special time by studying the relevant passages in the Torah and its commentaries, and by increasing in acts of goodness and kindness. This will not only help us prepare for the redemption – this will hasten its arrival!

JULY 2016

Sivan/Tammuz 5776

New Moon: Tammuz: Tuesday, July 5, 2016, 12:28 (1 chelek) AM

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|--|-------------------------|-------------------------|--------------------------------------|--------------------------------------|-------------------------|---|
| | | | | | 1 כה סיון Sivan 25 | 2 כו סיון Sivan 26 SHLACH Pirkei-Avot: Chapter 3 Blessing of new month |
| 3 כז סיון Sivan 27 | 4 כח סיון Sivan 28 | 5 כט סיון Sivan 29 | 6 ל סיון Sivan 30 Rosh Chodesh | 7 א תמוז Tammuz 1 Rosh Chodesh | 8 ב תמוז Tammuz 2 | 9 ג תמוז Tammuz 3 KORACH Pirkei-Avot: Chapter 4 |
| 10 ד תמוז Tammuz 4 | 11 ה תמוז Tammuz 5 | 12 ו תמוז Tammuz 6 | 13 ז תמוז Tammuz 7 | 14 ח תמוז Tammuz 8 | 15 ט תמוז Tammuz 9 | 16 י תמוז Tammuz 10 CHUKAT Pirkei-Avot: Chapter 5 |
| 17 יא תמוז Tammuz 11 | 18 יב תמוז Tammuz 12 | 19 יג תמוז Tammuz 13 | 20 יד תמוז Tammuz 14 | 21 טו תמוז Tammuz 15 | 22 טז תמוז Tammuz 16 | 23 יז תמוז Tammuz 17 BALAK Pirkei-Avot: Chapter 6 |
| 24 יח תמוז Tammuz 18 FAST OF 17th TAMMUZ | 25 יט תמוז Tammuz 19 | 26 כ תמוז Tammuz 20 | 27 כא תמוז Tammuz 21 | 28 כב תמוז Tammuz 22 | 29 כג תמוז Tammuz 23 | 30 כד תמוז Tammuz 24 PINCHAS Pirkei-Avot: Chapter 1 Blessing of new month |
| 31 כה תמוז Tammuz 25 | | | | | | |

AUGUST 2016

תמוז/אב תשע"ו 5776 /TAMMUZ/MENACHEM AV

TISH'A B'AV –

THE NINTH OF AV

The Ninth of Av has been a sad day on the Jewish calendar from the earliest days of our history as a people. Just one year after our forefathers left Egypt, it was on this date that G-d punished that generation, decreeing that they would wander the desert for forty years, never entering into the Holy Land. The focus of our mourning, however, is on the destruction on this date of both the first Temple (422 BCE) and the second Temple (68 CE).

From the beginning of the month of Av (excluding Shabbat), we refrain from consuming meat or wine and from various pleasurable activities as a sign of additional mourning.

The Nine of Av itself is observed as a fast day similar to Yom Kippur.

We refrain from food and drink, as well as from wearing leather shoes, washing or showering, using oils or lotions, and marital relations. Additionally, on the eve of the fast, the scroll of Eichah (Lamentations) is read in the synagogue in a unique chant, which is mournful yet reassuring. Until noon we sit on low seats only, as a mourner does during Shiva.

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

AV 15

Several joyful events have occurred on this date, including the end of the 40-year decree upon the Jewish people to wander and die in the desert after leaving Egypt. This date is particularly joyful as it occurs just as we conclude the mourning period over the destruction of the Temple.



"And Then We Will Trek Up, and Be Seen ...", by Natalya Solominsky, www.NERArtGallery.com ~ 845.213.4338

AUGUST 2016

Tammuz/Menachem Av 5776

New Moon: Av: Wednesday, August 3, 2016, 1:12 (2 chalakim) PM

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|---|----------------------------------|----------------------------------|----------------------------------|---------------------------------|--|---|
| | 1 כז תמוז Tammuz 26 | 2 כח תמוז Tammuz 27 | 3 כט תמוז Tammuz 28 | 4 ד טמוז Tammuz 29 | 5 ה אב Av 1 Rosh Chodesh  | 6 ו אב Av 2 MATOT-MASS'EI Shabbat Chazzak Pirkei-Avot: Chapter 2 |
| 7 ז אב Av 3 | 8 ח אב Av 4 | 9 ט אב Av 5 | 10 י אב Av 6 | 11 יא אב Av 7 | 12 יב אב Av 8  | 13 יג אב Av 9 DEVARIM Shabbat Chazon |
| 14  יד אב Av 10 FAST OF 9th OF AV | 15 טו אב Av 11 | 16 טז אב Av 12 | 17 יז אב Av 13 | 18 יח אב Av 14 | 19 יט אב Av 15  | 20 כ אב Av 16 VA'ETCHANAN Shabbat Nachamu Pirkei-Avot: Chapter 3 |
| 21 כא אב Av 17 | 22 כב אב Av 18 | 23 כג אב Av 19 | 24 כד אב Av 20 | 25 כה אב Av 21 | 26 כו אב Av 22  | 27 כז אב Av 23 EIKEV Pirkei-Avot: Chapter 4 Blessing of new month |
| 28 כח אב Av 24 | 29 כט אב Av 25 | 30 ד אב Av 26 | 31 ה אב Av 27 | | | |

SEPTEMBER 2016

MENACHEM AV/ELUL 5776 אב/אלול תשע"ו

ELUL

The month of Elul is the time to reflect on the passing year, to examine our behavior and to correct any shortcomings. In synagogues throughout the world, extra prayers are recited daily and the Shofar is sounded every weekday.

THE KING IS IN THE FIELD

When the king leaves his guarded palace and travels through the fields, he makes himself accessible to all – and the people stop what they are doing and come out to greet him, excited by the rare opportunity to see their king up-close. During the month of Elul, G-d is more accessible to us, His people. This notion compels us to stop and reach out to him through repentance, prayer and charity.

ELUL 18

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

ELUL 21-22

After midnight, we recite Selichot (special penitential prayers). We continue to recite Selichot every morning until Rosh Hashanah.



"Havdallah", by Chaya Hoffman, www.NERArtGallery.com ~ 845.213.4338

SEPTEMBER 2016

Av/Elul 5776

New Moon: Elul: Friday, September 2, 2016, 1:56 (3 chalakim) AM

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SHABBAT |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|---|
| | | | | 1 כח אב Av 28 | 2 כט אב Av 29 | 3 ל אב Av 30 RE'EH Pirkei-Avot: Chapter 5 Rosh Chodesh |
| 4 א אלול Elul 1 Rosh Chodesh | 5 ב אלול Elul 2 | 6 ג אלול Elul 3 | 7 ד אלול Elul 4 | 8 ה אלול Elul 5 | 9 ו אלול Elul 6 | 10 ז אלול Elul 7 SHOFTIM Pirkei-Avot: Chapter 6 |
| 11 ח אלול Elul 8 | 12 ט אלול Elul 9 | 13 י אלול Elul 10 | 14 יא אלול Elul 11 | 15 יב אלול Elul 12 | 16 יג אלול Elul 13 | 17 יד אלול Elul 14 KI TEITZEI Pirkei-Avot: Chapter 1 & 2 |
| 18 טו אלול Elul 15 | 19 טז אלול Elul 16 | 20 יז אלול Elul 17 | 21 יח אלול Elul 18 | 22 יט אלול Elul 19 | 23 כ אלול Elul 20 | 24 כא אלול Elul 21 KI TAVO Shabbat Selichot Pirkei-Avot: Chapter 3 & 4 |
| 25 כב אלול Elul 22 | 26 כג אלול Elul 23 | 27 כד אלול Elul 24 | 28 כה אלול Elul 25 | 29 כו אלול Elul 26 | 30 כז אלול Elul 27 | 1 OCTOBER חכ אלול Elul 28 |
| 2 OCTOBER כט אלול Elul 29 | | | | | | |

