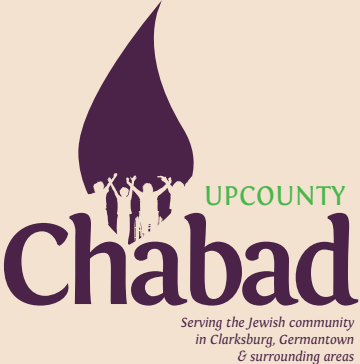





JEWISH CALENDAR 2017-2018

# 5778

SERVING THE JEWISH COMMUNITY OF CLARKSBURG,  
GERMANTOWN AND SURROUNDING AREAS  
23021 Timber Creek Lane • Clarksburg, MD 20871 • (240) 245-0777





OUR SAGES TEACH US THAT THE REASON  
Man was created single was to demonstrate  
how one person equals a whole world.

This means that each Jew, regardless of time  
and place and personal status, has the fullest  
capacity to rise and attain the highest degree  
of fulfillment for himself, and to bring the rest  
of the world to its fulfillment as well; indeed it  
is his duty to do so.

*The Lubavitcher Rebbe,  
Rabbi Menachem M. Schneerson*

Wishing you a sweet and prosperous New Year  
from all of us at Chabad Lubavitch

B”H

Dear Friend,

It is our pleasure to present you this year with the Jewish Art Calendar for the upcoming year of 5778. The calendar begins with the month of September 2017, and provides user-friendly access to important dates and times in the Jewish calendar and in our local community through September of 2018.

The calendar includes works of contemporary Jewish artists, various highlights of Jewish philosophy and practice, as well as a brief guide to and explanations of timely holiday observances. It is our hope that this calendar will help ease and enrich your and your family’s continuing Jewish experience. The calendar also features a business resource guide. Please award our advertisers with your patronage.

As you may know we have recently moved (back) to Clarksburg. We are looking forward to starting the new year here with a full high holiday schedule and continuing through the year.

We have a firm belief in the inherent beauty, spirituality and value of each individual and the significance of every moment and act of goodness to change the world. We at Chabad welcome people of all backgrounds and affiliations in a non-judgmental fashion, and are dedicated to meeting the social, educational, and religious needs of the community. There is no membership required, so we invite you to take advantage of our many programs.

As we approach Rosh Hashanah, we wish you and your loved ones a happy, healthy and sweet new year. May you be inscribed in the book of life, blessing, prosperity and peace.

Rabbi Yehuda and Batsheva Glick

*P.S. Enclosed is a self-addressed envelope to help us defray the cost of this calendar and to help us continue with our vital work. All contributions are tax deductible.*

*Our Inaugural Year*



*Serving the Jewish community  
in Clarksburg, Germantown  
& surrounding areas*

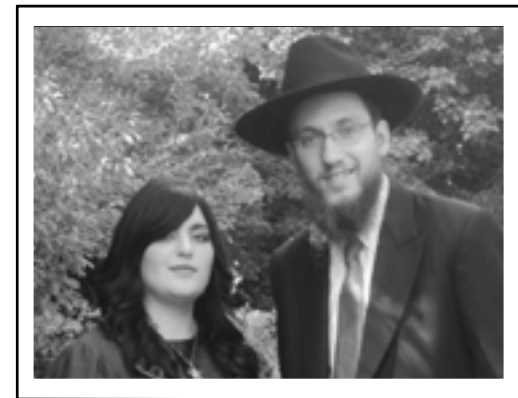
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Clarksburg, MD 20871  
Rabbi Yehuda and Batsheva Glick

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ARON KODESH  
BY MICHOEL MUCHNIK

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## ELUL–TISHREI

### ROSH HASHANAH: Sep. 21–22

Rosh Hashanah celebrates the beginning of creation. On this day, G-d charged Adam with the responsibility of helping the world reach perfection. Rosh Hashanah, therefore, is a time for us to reflect on the purpose of creation and resolve to make our lives more meaningful by contributing to all of creation.

**The Shofar:** On Rosh Hashanah we hear the sounding of the shofar, the ram's horn. It is the oldest and most soulful of wind instruments, sounding like a primal outcry from the depth of the soul. Its blasts signify our proclamation of G-d as King of the universe and awaken us to repent and return to Him.

**Tashlich:** On the first afternoon of Rosh Hashanah it is customary to visit a natural body of water that contains fish. There we recite a short prayer and "cast" our past sins down the river of time.

**Apple & Honey:** Dipping a piece of apple into honey at the first meal of Rosh Hashanah symbolizes the hope that our new year be blessed with sweetness and goodness. For the same reason, it is customary to eat other sweet foods, such as tzimmes.

### FAST OF GEDALIA: Sep. 24

This fast day commemorates the tragic assassination of Gedalia, the Jewish governor of Judea who was installed after Nebuchadnezzar's invasion of Israel and the subsequent Babylonian exile.

### YOM KIPPUR: Sep. 30

Yom Kippur is a 25-hour fast beginning at sunset on September 29, and continuing through nightfall the following night. Before entering the synagogue, it is customary for fathers to **bless their children**. Although there is no required formula for this blessing, it is customary for fathers to say:

*May G-d make you like Efrayim and Menashe [for a son]; or, May G-d make you like Sarah, Rivkah, Rachel, and Leah [for a daughter]. Although it is a solemn day, it is not a sad day. In fact, in a subtle way, it is one of the happiest days of the year, for we receive one of G-d's most precious gifts—forgiveness.*

**For more info, inspiration and observances:**

Chabad.org/Elul | Chabad.org/Tishrei

#### ■ ROSH HASHANAH

SERVICES AT CLARKSBURG LOCAL PARK  
Sep. 21 and 22, 10:00AM. Followed by a kiddush.

SHOFARS, APPLES AND HONEY, • Sep. 21, 4:30PM  
a Rosh Hashana Experience for the whole family

TASHLICH SERVICE Sep. 21, 5:30PM,  
followed by a BRISKET DINNER at Chabad.



■ **YOM KIPPUR** Sep. 29, 5:30PM, BLESSING OF THE CHILDREN before Yom Kippur.  
Sep. 30, Yom Kippur Services, Neilah at 6:30 followed by breaking of the fast.

■ **SUKKOT** October 4th, 7:00PM **DINNER UNDER THE STARS.**

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CHABAD FOR THE  
HIGH HOLIDAYS

# Wegmans

20600 Seneca Meadows Parkway  
Germantown, MD 20876  
240-499-0700

VISIT OUR KOSHER SECTION

# September 2017

# Elul 5777/Tishrei 5778

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**SUKKAHS IN THE HOLY LAND**  
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# TISHREI-CHESHVAN

**SUKKOT:** Oct. 5–11

The Festival of Sukkot is observed through the performance of three mitzvot:

**Sukkah:** For the duration of the holiday it is a mitzvah to eat in a Sukkah, a temporary hut covered by loose tree branches.

**Lulav & Etrog:** Each day of the festival (except Shabbat) we take the “four species” and shake them together.

**Joy:** The overarching mitzvah of Sukkot is joy. When our Holy Temple stood in Jerusalem, men and women, young and old would join in music, dancing and juggling for all seven days of the festival!

**SHEMINI ATZERET/SIMCHAT TORAH:**  
Oct. 12–13

On the evening of Simchat Torah (in some communities, on the eve of Shemini Atzeret as well) great celebrations take place in the synagogue, focusing on the Jew’s connection to the holy Torah. Children play a central role in the festivities, waving flags and riding on their parents’ shoulders.

On Simchat Torah day the yearly cycle of Torah reading is completed and the cycle begins anew. We express our joy by singing and dancing while embracing the Torah scrolls.

**For more info, inspiration and observances:**  
[Chabad.org/Tishrei](http://Chabad.org/Tishrei)



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Please join us at our home for a  
**SUKKOT DINNER**

October 4th • 7:00PM



Come say lechaim with us, celebrate the Torah.  
on **SIMCHAS TORAH**



October 12th • 7:30PM

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## CHESHVAN-KISLEV

### THE NIGUN

By Tzvi Freeman, author *Bringing Heaven Down to Earth*

**Nigun:** (*ni-gun*) *n.*, plural: *nigunim*, a song of the Kabbalistic/Chassidic tradition, generally without words. Considered a path to higher consciousness and transformation of being.

"If words are the pen of the heart," taught Rabbi Schneur Zalman of Liadi, "then song is the pen of the soul." But, while words carry light downwards from the Primal Consciousness to the minds of sages and the lips of prophets to inscribe them upon human hearts, song carries the soul upwards to be absorbed within the Infinite Light.

*That is why nigunim generally have no words. Words limit and define, but the nigun tears the soul beyond all bounds. Beyond words.*

The parts of a nigun are called "gates" — entrances from one spiritual world to a higher one. Each "gate" demands not only new breath but a new state of consciousness. The fifth Lubavitcher Rebbe, Rabbi Sholom Dovber, taught, "Each gate must be repeated twice. The first time only traces a form, the second time carves deep into the soul!"

*That is why a nigun must never be rushed. The pace, the silence, the mindfulness — all must be preserved in order that the nigun reach deep inside.*

"Song," wrote the second Rebbe of Chabad, Rabbi Dovber, "lies at the core of life; its source is in the most supernal ecstasy."

He explained: "A river went out from Eden to water the garden..." (Genesis 2:10)—from the source of all delight, the river of life flows downward, branching outward to each world and every created being. Each thing thirsts to rejoin with its source above, and from that yearning comes its song and with that song it comes alive. The heavens sing, the sun, the planets and the moon; each animal, each plant, each rock has its particular song, according to how it receives life. Until the entire cosmos pulsates with a symphony of countless angels and souls and animals and plants and even every drop of water and molecule of air singing the song that gives it life.

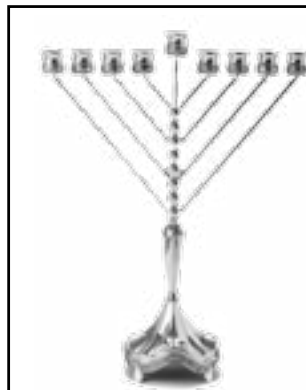
*That is why a nigun brings a surge of new life and healing, sweetens the bitter soul and fills a home with light — as the songs sung by David for King Saul which healed his bitter spirit.*

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and Chanuka celebration at the mall.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																											
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**SHIELDS OF THE MACCABIS**  
BY MICHOEL MUCHNIK

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## KISLEV-TEVET

**CHANUKAH:** Dec. 13–20

Chanukah celebrates the miraculous victory of the Jewish Maccabees over the Syrian-Greek armies in the 2nd century BCE. When the Jewish nation recaptured the Beit Hamikdash, the Holy Temple in Jerusalem, they found a little jug with just enough oil to light the menorah for one day. Miraculously, the oil burned for

eight days until more arrived. To commemorate this miracle, we light the menorah, preferably with olive oil, for the eight days of Chanukah. We also savor traditional foods, such as potato latkes, fried in oil.

**The Menorah:** The lit menorah dramatizes and publicizes the Chanukah miracle. Therefore, we light it at night when it shines brightest. On Friday, it is lit before sunset in honor of Shabbat.

All family members should participate in this beautiful ceremony of light. The menorah is placed in a doorway or window so passersby can share in its light.

On the eve of the first day of Chanukah we light one candle on the menorah, and add one candle each night until eight are lit on the 8th night. The candles are placed from right to left and are lit from left to right, beginning with the newest candle. There must be enough oil or candle length to burn until ½ hour after nightfall. A “shamash” servant candle is used to light the candles and is then placed in its designated holder on the menorah. After the candles are lit, the Haneiros Halalu prayer is recited and the family often gathers together to eat latkes and play dreidel.

**The Dreidel:** During the era of the Chanukah miracle, Jews were forbidden from studying Torah, but this did not stop them from teaching their children the sacred teachings. When inspectors would arrive to enforce the law, Jewish children would quickly hide their books and begin playing with tops. The custom of playing dreidel (tops) commemorates this triumphant courage.

**For more info, inspiration and observances:**  
Chabad.org/Chanukah



Light up  
Chanuka  
with Chabad



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- Grand Menorah Lighting
- Chanukah Family Extravaganza

For more information, call 240-245-0777

Light a Menorah,  
Candelabra, In your  
home, near the window,  
facing the street, to  
spread the Light.

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AVROHOM'S TENT AND SARA'S BLESSINGS  
BY MICHOEL MUCHNIK

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# TEVET-SHEVAT

TU B'SHEVAT: Jan. 31

Jewish tradition regards the 15th day of Shevat as the New Year for Trees, the beginning of the season when trees begin to bud in the Holy Land of Israel. Just as Rosh Hashanah, the New Year for Creation, is viewed as the day on which man is judged, Tu B'Shevat is a day of judgment for earth's vegetation.

To commemorate this special day, Jews throughout the world eat foods that are distinctive to and characteristic of the Holy Land, including the seven types of fruits and grain mentioned in the Torah: wheat, barley, grapes, figs, pomegranates, olives, and dates. On this day, a new seasonal fruit is customarily eaten for the first time. The blessings Shecheyanu and Ha'etz are said over the fruit.

### Tending the Garden

The Torah states: "For man is the tree of the field." There are many lessons to be learned from this metaphor. One lesson has particular relevance on Tu B'Shevat: just as healthy trees bear fruit, so should one strive to produce fruits in his life. This means doing good deeds and mitzvot which brings spiritual nourishment to those around us. Furthermore, not every tree bears the same fruit. In addition to our common mitzvot and responsibilities, we each have a special role to play in making the world a beautiful garden.

**For more info, inspiration and observances:**  
Chabad.org/TuBShevat

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KEVER ROCHEL  
BY MICHOEL MUCHNIK

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## SHEVAT-ADAR

### SHABBAT: An Oasis in Time

Imagine how wonderful it would be to completely relax and forget the rush and stress of our daily affairs; to have time for ourselves with no other duties except to reflect on our accomplishments and the direction of our lives. That is Shabbat. It is a special gift from G-d. It is the day G-d finished the activity of creating and gave all of creation the

opportunity to "retract within itself," to rest, to reflect and to redirect goals, ambitions and focus.

The true meaning of Shabbat rest is retirement from the working world to an island of spiritual tranquility within time. We welcome this day by lighting the Shabbat candles 18 minutes before sunset. Single women and girls light one candle. Married women light two candles. Some communities light a candle

for each member of the family. It is customary to put a few coins into the tzedakah box before lighting the candles. The candles glow with the spirituality that nourishes the Jewish home on Shabbat.

In the evening, we enjoy a specially prepared meal, sanctified with kiddush over a cup of wine. Thus begins our actual connection to the deep refreshing energy we call Shabbat.

Thank you to our dear friends

Gaston and Veronica Taratuta

*Your help and support means so much to us*

*may you continue to be successful in all that you do*



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# ADAR-NISSAN



ROYAL PURIM CROWN  
BY MICHOEL MUCHNIK

WWW.MUCHNIKARTS.COM

## PURIM EVE

Purim, a very exciting holiday, celebrates the liberation of the Jewish people from an annihilation plot instigated by the evil Haman, a descendant of the Jew-hating tribe of Amalek and an advisor to the Persian King Achashverosh.

We begin the festivities of Purim this evening by listening to a reading of the megillah. When Haman's name is read, we swirl gragger-noisemakers and stomp our feet to drown out his evil name.

## PURIM: March 1

We listen to the megillah again during the day. Afterward, we send a gift of at least two different kinds of food to a friend, and give charity to at least two poor people. As on all festivals, we celebrate Purim with a special meal during the daytime.

**Masks and Costumes:** The miracle of Purim is unique in that it occurred through natural causes. The sea didn't split. The earth didn't shatter. There were no plagues. Had it not been for the daring intervention of Esther, Achashverosh's Jewish queen, Haman's plot would have wiped out the entire Jewish population of Persia in one day. Queen Esther was in the right place at

the right time. The hand of G-d was "masked" beneath the "costume" of natural events. To symbolize this, children and many adults, wear face masks or costumes on Purim.

## SHUSHAN PURIM: March 2

Select cities observe Purim on the 15th of Adar instead of the 14th to commemorate the Purim victory on this day in the Persian capital of Shushan. A prominent example is the city of Jerusalem, which, like Shushan, is surrounded by a wall dating back to the days of Joshua (13th century BCE).

**For more info, inspiration and observances:**  
[Chabad.org/Purim](http://Chabad.org/Purim)

## YUD ALEPH NISSAN: March 27

The 11th of Nisan marks the birthday of the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson, of blessed memory. This day brought the light of a great leader into the world, resulting in the extraordinary teachings and guidance felt to this day. It is appropriate to mark this date with a commitment to one or more of the Rebbe's teachings. Examples: give charity, teach yourself or someone else, light a candle for Shabbat (women), wrap Tefillin on a weekday (men), value every person.

# Wegmans

20600 Seneca Meadows Parkway

Germantown, MD 20876

240-499-0700

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CELEBRATE  
**PURIM**  
WITH CHABAD

MEGILLAH READING  
FEBRUARY 28, 6:30PM

PURIM  
FAMILY  
PARTY





FAMILY PARTY  
MARCH 1ST, 5:00PM

PESACH SEDER  
MARCH 30TH,  
7:15PM



JOIN CHABAD FOR THE  
PASSOVER SEDER.

RSVP (240) 245-0777

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CUP OF ELIJAH  
BY MICHOEL MUCHNIK

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## NISSAN-IYAR

### PESACH (PASSOVER): March 31–April 7

This eight-day holiday celebrates the liberation of the Israelites from Egyptian slavery and the birth of the Jewish nation more than 3,300 years ago. Pesach is rich with traditions that help us achieve “freedom” in our own lives.

**Chametz:** Food and drink made of leavened wheat, barley, rye, oats, spelt or their derivatives is called chametz and is forbidden during Pesach. In Egypt, an animal offering was brought on the morning before Pesach, and the chametz prohibition actually begins around that time. Thus, mid-morning on March 30.

**Seder Nights:** The celebration of Pesach begins with the seder on the evening of the 14th of Nissan (March 30).

**The Seder:** On the first two nights of Pesach we conduct a seder. It is a festive, yet serious event. Around a table set with the finest crystal and silver and the best kosher wine, we reenact the exodus from Egypt. We think of ourselves as also being in bondage in Egypt, suffering Pharaoh's oppression, and joining the walk out of Egypt and across the Sea of Reeds.

**Matzah:** One of the main mitzvot of Pesach is eating matzah. Many have the custom to eat hand-baked shmurah matzah, which closely resembles the bread baked by the Jews at the hurried moment of their exodus.

**The Four Cups of Wine:** The Torah uses four expressions of freedom in connection with our liberation from Egypt (see Exodus 6:6-7). This is one of the reasons we celebrate the liberation with the four cups at the Seder.

**The Last Day of Pesach:** The seder nights, celebrating our liberation from Egypt, emphasize our past exodus. As we conclude the festival, we look toward the time when, as we are promised in the Torah, Jews will merit a final redemption from all oppressors. The eighth and last day of Pesach is traditionally associated with this fervent hope for the imminent coming of Moshiach, when we will be able to commit ourselves to our spiritual development.

### COUNTING THE OMER

After the exodus from Egypt, it took 49 days for the people of Israel to reach Mount Sinai and receive the Torah from G-d. The Kabbalists explain that the 49 days correspond to the 49 traits of the human heart. On each day of their original journey from

Egypt, the Children of Israel refined one of these traits. Each year, we retrace this inner journey by “Counting the Omer” beginning on the second night of Pesach and ending before Shavuot.

### PESACH SHENI: April 29

The Second Pesach. One year after the exodus, G-d commanded the Jewish people to celebrate Pesach in the desert. Some of the men were ritually impure and could not purify themselves in time to offer their Paschal sacrifice (Numbers 9). G-d told Moses they would get a second chance to offer their sacrifice on Iyar 14 (one month after the Paschal sacrifice is normally brought). This “second chance” continued until the cessation of sacrifices with the destruction of the Second Temple in 70 CE. Now we commemorate the day by eating matzah.

The eternal significance of the Second Passover is that it is never too late to rectify a past failing. Even if a person has failed to fulfill a certain aspect of his or her mission in life, there is always a Second Passover on which to make good.

#### For more info, inspiration and observances:

Chabad.org/Passover  
Chabad.org/Omer

### All Time Favorite Recipe: PASSOVER MATZAH BALLS



2 eggs slightly beaten  
2 tablespoons oil or chicken fat  
2 tablespoons soup stock or water  
1/2 cup matzah meal  
1 teaspoon salt

Beat eggs slightly with fork. Add other ingredients, except matzah meal, and mix. Add matzah meal gradually until thick. Stir.

Refrigerate for 20 minutes in covered bowl.

Wet hands and form into balls. Drop into bubbling chicken soup or into a large wide pot into which 1 quart water seasoned with 1 tablespoon salt has been added and has come to a boil.

Cook for 30 minutes.

Yields 4 balls per each 1/4 cup of matzah meal.



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<b>PESACH SHENI</b> OMER 29 <span style="font-size: 2em;">29</span> 14 Iyar	OMER 30 <span style="font-size: 2em;">30</span> 15 Iyar	<table border="1" style="width: 100%;"> <thead> <tr> <th colspan="7">MARCH</th> <th colspan="7">MAY</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> <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>1</td><td>2</td><td>3</td> <td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> <td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> <td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> <td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td> </tr> </tbody> </table>					MARCH							MAY							S	M	T	W	T	F	S	S	M	T	W	T	F	S					1	2	3			1	2	3	4	5	4	5	6	7	8	9	10	6	7	8	9	10	11	12	11	12	13	14	15	16	17	13	14	15	16	17	18	19	18	19	20	21	22	23	24	20	21	22	23	24	25	26	25	26	27	28	29	30	31	27	28	29	30	31		
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SEFARDIC TORAH CASE  
BY MICHOEL MUCHNIK

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## IYAR-SIVAN

### LAG B'OMER: May 3

The 33rd day of the Omer counting period is celebrated as a holiday. On this date in the early second century, the students of Rabbi Akiva stopped dying from an epidemic. On this day, Rabbi Shimon Bar Yochai, a Mishnaic sage, mystical thinker, and the author of the Zohar, passed away. Having fulfilled his mission in this world he asked that the anniversary be celebrated as a happy day. Throughout the world, Lag B'Omer is celebrated with festivities and bonfires and serves as an occasion for wedding and Bar Mitzvah celebrations.

### SHAVUOT: May 20-21

Shavuot marks the day upon which G-d gave the Torah to the entire Jewish nation over 3,300 years ago. In Hebrew, the word shavuot means "weeks" and stands for the seven weeks during which the Jewish people prepared themselves for the giving of the Torah. During this time they rid themselves

of the scars of bondage and became a holy nation ready to stand before G-d.

The giving of the Torah was a far-reaching event that touched the essence of the Jewish soul, then and for all time. Our sages have compared it to a wedding between G-d and the Jewish people: He became our G-d and we accepted the responsibilities of this unique relationship. The Torah, as a marriage contract, spells out the terms of this relationship.

It is customary to decorate one's home with flowers to remind us of the flowers that blossomed on Mount Sinai when the Torah was given. Another very delicious custom is to eat dairy foods during this festival. Shavuot is also an appropriate time to rededicate ourselves to our precious heritage. Many make a point of attending the Shavuot Torah reading with all members of the family, young and old—even newborn children.

**For more info, inspiration and observances:**

[Chabad.org/LagBomer](http://Chabad.org/LagBomer)

[Chabad.org/Shavuot](http://Chabad.org/Shavuot)

# Wegmans

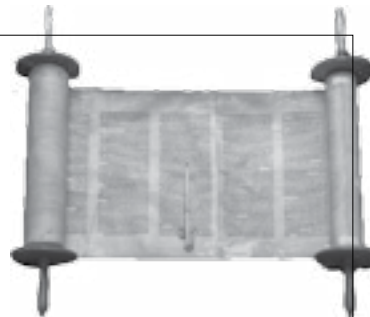
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Germantown, MD 20876

240-499-0700

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## SHAVUOT

- Join us to commemorate the giving of the Torah
- Hear the Ten Commandments
- Family BBQ



May 10th, 2018



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Rabbi Yosef Chaim Sufirin  
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443-474-0540

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<p>OMER 43</p> <p><b>MOTHER'S DAY</b></p> <p>13</p> <p>28 Iyar</p>	<p>OMER 44</p> <p>14</p> <p>29 Iyar</p>	<p><b>ROSH CHODESH SIVAN</b></p> <p>OMER 45</p> <p>15</p> <p>1 Sivan</p>	<p>OMER 46</p> <p>16</p> <p>2 Sivan</p>	<p>OMER 47</p> <p>17</p> <p>3 Sivan</p>	<p>OMER 48</p> <p>18</p> <p>4 Sivan</p> <p></p> <p>Light Candles at: 8:00 PM</p>	<p><b>BAMIDBAR EREV SHAUVOT</b></p> <p>OMER 49</p> <p>19</p> <p>5 Sivan</p> <p>Pirkei Avot Chapter 6 </p> <p>Light Candles After: 9:05 PM</p>																																																																																				
<p><b>SHAUVOT: 1<sup>ST</sup> DAY</b></p> <p></p> <p>20</p> <p>6 Sivan</p> <p></p> <p>Light Candles after: 9:06 PM</p>	<p><b>SHAUVOT: 2<sup>ND</sup> DAY</b></p> <p><b>YIZKOR</b></p> <p></p> <p>21</p> <p>7 Sivan</p> <p>Holiday Ends: 9:07 PM</p>	<p>22</p> <p>8 Sivan</p>	<p>23</p> <p>9 Sivan</p>	<p>24</p> <p>10 Sivan</p>	<p>25</p> <p>11 Sivan</p> <p></p> <p>Light Candles at: 8:06 PM</p>	<p><b>NASO</b></p> <p>26</p> <p>12 Sivan</p> <p>Pirkei Avot Chapter 1 Shabbat Ends: 9:12 PM</p>																																																																																				
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HEALING  
BY MICHOEL MUCHNIK

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## SIVAN-TAMMUZ

### GIMMEL TAMMUZ: June 16

The 3rd day of Tammuz is the yartzeit of the Lubavitcher Rebbe, Rabbi Menachem Schneerson, of blessed memory. It is a day to reflect on the Rebbe's impact on us as 21st century Jews, and the goals he set for our generation. It is a time to strengthen our commitment to these teachings and goals, finalizing the process of redemption with the arrival of Moshiach.

**For more info, inspiration and observances:**  
[Chabad.org/3tammuz](http://Chabad.org/3tammuz)

### MITZVAH SPOTLIGHT: The Mezuzah

The mezuzah scroll signifies the sanctity of the Jewish home. It contains a written portion of the Torah, including the section of the Shema declaring basic principles of Jewish faith and practice.

The mezuzah is placed on the doorway, reflecting the holiness of the home that one is about to enter. A decorative case can make the mezuzah more beautiful, but a case without a mezuzah is like the wrapper without the candy.

#### **A Higher Protection Agency**

As every homeowner knows, it's not those little gadgets with the flashing lights that protect your home. It's the response

from the police. You just need to make sure those gadgets are connected.

A mezuzah on your doorpost works the same way—only it's connected to a Higher Protection Agency. Much higher.

In fact, that's how every mitzvah works—tefillin, Shabbat candles, Torah study, acts of kindness. Think of them as dedicated connections putting you online with the Infinite Server of All Things.

Mezuzahs, however, have a special quality: They connect directly to the protection function. As the sages of the Talmud taught, put a mezuzah on your door and you're protected in your house and away. Now that's something no earthbound service offers.

#### **The mezuzah is affixed:**

1. On the right doorpost as one enters the house.
2. In a slanted position with the top pointed toward the inside of the room.
3. In the upper third of the doorpost height.

The mezuzah is seen as a special blessing of safety for all who dwell in this particular home, wherever they may be. Since a mezuzah is usually on the doorpost outside the home, exposed to inclement weather and the heat of the sun, it is important to have it checked periodically by an expert scribe.

**For more info, instructions and inspiration:**  
[Chabad.org/Mezuzah](http://Chabad.org/Mezuzah)

THANK YOU TO OUR DEAR FRIENDS  
**SERGIO & KEILA STIBERMAN**  
FOR ALL YOUR HELP AND SUPPORT

MAY YOU  
CONTINUE TO  
HAVE MUCH  
NACHAS FROM  
YOUR BEAUTIFUL  
FAMILY

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**THE LION AND THE LAMB**  
BY MICHOEL MUCHNIK

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**THE THREE WEEKS: July 1–22**  
For eight hundred and thirty years there stood an edifice upon a Jerusalem hilltop, a Temple that served as the point of contact between heaven and earth. So central was this edifice to the relationship between man

and G-d that nearly two-thirds of the mitzvot are contingent upon its existence.

Over time, the Temple was destroyed, rebuilt and destroyed again. The “Three Weeks” mark a period of national mourning for the Temples’ destruction and the wandering

exile that it brought. During this time we do not celebrate weddings or hold festivities.

The “Three Weeks” begin with a fast on the 17th of Tammuz, and conclude with a 25-hour fast on Tisha B’Av, the 9th of Av.

## TAMMUZ–AV

**TISHA B’AV:**  
July 22

The 9th day of Av is the saddest day on the calendar. On this date, G-d decreed that the Jews would wander in the desert for forty years. The two Temples in Jerusalem were destroyed on this date. The first crusade and the liquidating of the Warsaw ghetto were both on the 9th of Av, reinforcing it as a pivotal, if painful, point in time.

Tisha B’Av has been set aside as the national day of mourning for all of our nation’s tragedies. But within our sadness shines a beacon of hope which will ultimately carry us through. In addition to remembering the many tragic events, this day is used as a day of prayer to the Al-mighty. We pray for Him to bring us the final redemption through our righteous Mashiach and the rebuilding of the Third Temple.

There is a famous story about the sage Rabbi Akiva, who visited the ruins of the Temple together with his colleagues. As they began to weep over the destruction of the Temple, Rabbi Akiva rejoiced. Responding to his colleagues’ surprise, he explained that the prophets foresaw the Temple’s destruction and its rebuilding. “Now that I see the first part has been fulfilled, I am certain the second part will be fulfilled as well.” To this they responded, “Akiva, you have brought us great consolation.”

May we merit the fulfillment of this prophecy speedily in our days.

**For more info, inspiration and observances:**  
[Chabad.org/ThreeWeeks](http://Chabad.org/ThreeWeeks)



**Get  
Ready**  
*Moshiach is on  
the Way.*

## Chabad House

A Chabad house is a centre for disseminating traditional Judaism by the Chabad movement. Chabad Houses are run by a Chabad Shaliach (emissary), his wife – a Shlucha (fem. for emissary) – and his family.

23021 Timber Creek Ln, Clarksburg, MD 20871

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## AV-ELUL

### MONTH OF ELUL: Divine Grace

*When a king returns to his palace, he passes through outlying fields. Anyone may approach him, and he greets all with a shining countenance...*

Chassidic masters compare the month of Elul to when the "King is in the field." G-d is available to all who turn to Him. He graciously accepts all requests.

Elul is an appropriate time to reflect on the past year and resolve to correct any shortcomings. It is a time to turn the page and come into the new year with a refreshed perspective and renewed heart.

Some of the observances during Elul:

- From now and throughout the High Holiday season, we include the blessing "May you be inscribed and sealed for a good year" (Leshanah tovah tikateiv veteichateim) in letters and greetings to one another.
- We give extra charity and devote more time to studying our tradition and Torah.
- In preparation for Rosh Hashanah, we hear the sounding of the ram's horn shofar each weekday.
- We recite Psalm 27 at the end of the morning and afternoon prayers from the first day of Elul through Hoshanah Rabbah (Tishrei 21)—a total of 50 days.
- The Baal Shem Tov instituted the custom of reciting three additional chapters of Psalms each day, from Rosh Chodesh Elul until Yom Kippur. On Yom Kippur the remaining 36 chapters are recited, completing the entire book of Psalms.
- Elul is the time to have one's tefillin and mezuzot checked by an accredited scribe to ensure that they are in good condition and fit for use.

**For more info, inspiration and observances:**

Chabad.org/Elul

# Wegmans

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### Mezuzoh

a parchment inscribed with religious texts and attached in a case to the doorpost of a Jewish house as a sign of faith.

Your best  
insurance policy



### Eat Kosher

*It's The  
Jewish Way.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																																																											
<p><b>JULY</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </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					<p><b>SEPTEMBER</b></p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <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></td><td></td><td></td><td></td><td></td><td></td></tr> </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								<p><b>CHOF AV</b></p> <p>1</p> <p>20 Av</p>	<p>2</p> <p>21 Av</p>	<p>3</p> <p>22 Av</p> <p></p> <p>Light Candles at: 8:01 PM</p>	<p><b>EIKEV</b></p> <p>4</p> <p>23 Av</p> <p>Pirkei Avot Chapter 5 Shabbat Ends: 9:02 PM</p>
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SHUL  
BY MICHOEL MUCHNIK

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## ELUL-TISHREI

### ROSH HASHANAH: Sep. 10–11

Rosh Hashanah celebrates the beginning of creation. On this day, G-d charged Adam with the responsibility of helping the world reach perfection. Rosh Hashanah, therefore, is a time for us to reflect on the purpose of creation and resolve to make our lives more meaningful by contributing to all of creation.

**The Shofar:** On Rosh Hashanah we hear the sounding of the shofar, the ram's horn. It is the oldest and most soulful of wind instruments, sounding like a primal outcry from the depth of the soul. Its blasts signify our proclamation of G-d as King of the universe and awaken us to repent and return to Him.

**Tashlich:** On the first afternoon of Rosh Hashanah it is customary to visit a natural body of water that contains fish. There we recite a short prayer and "cast" our past sins down the river of time.

**Apple & Honey:** Dipping a piece of apple into honey at the first meal of Rosh Hashanah symbolizes the hope that our new year be blessed with sweetness and goodness. For the same reason, it is customary to eat other sweet foods, such as tzimmes.

### FAST OF GEDALIA: Sep. 12

This fast day commemorates the tragic assassination of Gedalia, the Jewish governor of Judea who was

installed after Nebuchadnezzar's invasion of Israel and the subsequent Babylonian exile.

### YOM KIPPUR: Oct. 19

Yom Kippur is a 25-hour fast beginning at sunset on September 18, and continuing through nightfall the following night. Although it is a solemn day, it is not a sad day. In fact, in a subtle way, it is one of the happiest days of the year, for we receive one of G-d's most precious gifts—forgiveness.

### SUKKOT: Sep. 24–30

The Festival of Sukkot is observed through the performance of three mitzvot:

**Sukkah:** For the duration of the holiday it is a mitzvah to eat in a Sukkah, a temporary hut covered by loose tree branches.

**Lulav & Etrog:** Each day of the festival (except Shabbat) we take the "four species" and shake them together.

**Joy:** The overarching mitzvah of Sukkot is joy. When our Holy Temple stood in Jerusalem, men and women, young and old would join in music, dancing and juggling for all seven days of the festival!

**For more info, inspiration and observances:**  
Chabad.org/Tishrei

#### ■ ROSH HASHANAH

Sep. 10 and 11, 10:00AM. Followed by a kiddush.

SHOFARS, APPLES AND HONEY, • Sep. 10, 4:30PM  
a Rosh Hashana Experience for the whole family

TASHLICH SERVICE Sep. 10, 5:30PM,  
followed by a BRISKET DINNER at Chabad.



■ **YOM KIPPUR** Sep. 18, 5:30PM, BLESSING OF THE CHILDREN before Yom Kippur.  
Sep. 19, Yom Kippur Services, Neilah at 6:30 followed by breaking of the fast.

■ **SUKKOT** Sep. 23, 7:00PM **DINNER UNDER THE STARS.**

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HIGH HOLIDAYS

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VISIT OUR KOSHER SECTION

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
<b>AUGUST</b> 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		<b>OCTOBER</b> 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										<b>KI TAVO</b> 1 21 Elul  Pirkei Avot Chapter 5 & 6 Shabbat Ends: 8:21 PM	
2 22 Elul		<b>LABOR DAY</b> 3 23 Elul		4 24 Elul		5 25 Elul		6 26 Elul		7 27 Elul  Light Candles at: 7:12 PM		<b>NITZAVIM</b> 8 28 Elul  Shabbat Ends: 8:09 PM	
<b>EREV ROSH HASHANAH</b> 9 29 Elul  Light Candles at: 7:09 PM		<b>ROSH HASHANAH: 1<sup>ST</sup> DAY</b>  10 1 Tishrei  Light Candles after: 8:06 PM		<b>ROSH HASHANAH: 2<sup>ND</sup> DAY</b>  11 2 Tishrei  Holiday Ends: 8:04 PM		<b>FAST OF GEDALIA</b> 12 3 Tishrei  Fast Begins: 5:22 AM Fast Ends: 7:50 PM		13 4 Tishrei		14 5 Tishrei  Light Candles at: 7:01 PM		<b>VAYELECH Vov TISHREI</b> 15 6 Tishrei  Shabbat Ends: 7:57 PM	
16 7 Tishrei		17 8 Tishrei		<b>EREV YOM KIPPUR</b> 18 9 Tishrei  Light Candles at: 6:55 PM		<b>YOM KIPPUR YIZKOR</b>  19 10 Tishrei  Fast Ends: 7:51 PM		20 11 Tishrei		21 12 Tishrei  Light Candles at: 6:50 PM		<b>HA'AZINU</b> 22 13 Tishrei  Shabbat Ends: 7:46 PM	
<b>EREV SUKKOT</b>  23 Light Candles at: 6:47 PM 14 Tishrei		<b>SUKKOT: 1<sup>ST</sup> DAY</b>  24 15 Tishrei		<b>SUKKOT: 2<sup>ND</sup> DAY</b>  25 16 Tishrei  Holiday Ends: 7:41 PM		<b>SUKKOT: 1<sup>ST</sup> INTERMEDIATE DAY</b>  26 17 Tishrei		<b>SUKKOT: 2<sup>ND</sup> INTERMEDIATE DAY</b>  27 18 Tishrei		<b>SUKKOT: 3<sup>RD</sup> INTERMEDIATE DAY</b>  28 19 Tishrei  Light Candles at: 6:38 PM		<b>SUKKOT: 4<sup>TH</sup> INTERMEDIATE DAY</b>  29 20 Tishrei  Shabbat Ends: 7:34 PM	
<b>SUKKOT: 5<sup>TH</sup> INT. DAY HOSHANA RABBAH</b>  30 Light Candles at: 6:35 PM 21 Tishrei													



# 5779

## תשע"ט

October 2018

Tishrei/Cheshvan 5779

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Seven Aron Parshah 1 21 Tishrei 	Seven Aron Parshah 2 21 Tishrei 	3 21 Tishrei	4 21 Tishrei	5 21 Tishrei	Parshah 6 21 Tishrei
7 28 Tishrei	8 28 Tishrei	Four Gates Parshah 9 27 Tishrei	Four Gates Parshah 10 1 Cheshvan	11 20 Cheshvan	12 10 Cheshvan	Parshah 13 4 Cheshvan
14 10 Cheshvan	15 8 Cheshvan	16 7 Cheshvan	17 8 Cheshvan	18 9 Cheshvan	19 10 Cheshvan	Four Gates Parshah 20 11 Cheshvan
21 10 Cheshvan	22 10 Cheshvan	23 10 Cheshvan	24 10 Cheshvan	25 10 Cheshvan	26 10 Cheshvan	Parshah 27 10 Cheshvan
28 10 Cheshvan	29 20 Cheshvan	30 20 Cheshvan	31 20 Cheshvan			

November 2018

Cheshvan/Kislev 5779

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 20 Cheshvan	2 20 Cheshvan	Four Gates Parshah 3 20 Cheshvan
Four Gates Parshah 4 20 Cheshvan	5 20 Cheshvan	6 20 Cheshvan	7 20 Cheshvan	Four Gates Parshah 8 20 Cheshvan	Four Gates Parshah 9 10 Kislev	Parshah 10 10 Kislev
11 10 Kislev	12 10 Kislev	13 10 Kislev	14 10 Kislev	15 10 Kislev	16 10 Kislev	Parshah 17 10 Kislev
18 10 Kislev	19 10 Kislev	20 10 Kislev	21 10 Kislev	22 10 Kislev	23 10 Kislev	Parshah 24 10 Kislev
25 10 Kislev	26 10 Kislev	27 10 Kislev	28 20 Kislev	29 20 Kislev	30 20 Kislev	

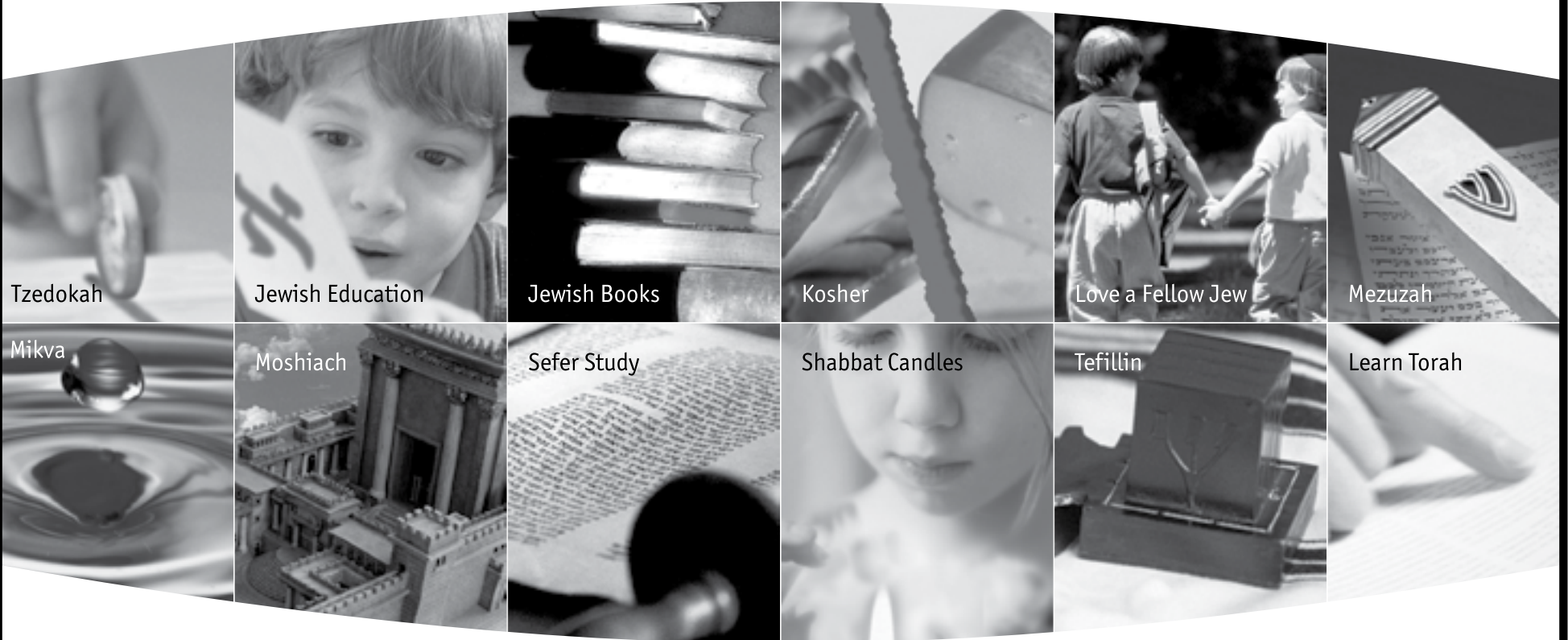
December 2018

Kislev/Tevet 5779

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Parshah 1 20 Kislev
2 20 Kislev	Common Day 1 3 20 Kislev	Common Day 2 4 20 Kislev	Common Day 3 5 20 Kislev	Common Day 4 6 20 Kislev	Common Day 5 7 20 Kislev	Parshah Common Day 6 8 20 Kislev
Common Day 7 9 1 Tevet	Common Day 8 10 1 Tevet	11 1 Tevet	12 4 Tevet	13 10 Tevet	14 4 Tevet	Parshah 15 7 Tevet
16 4 Tevet	17 4 Tevet	Parshah 18 10 Tevet	19 10 Tevet	20 10 Tevet	21 10 Tevet	Parshah 22 10 Tevet
23 10 Tevet	24 10 Tevet	25 10 Tevet	26 10 Tevet	27 10 Tevet	28 20 Tevet	Parshah 29 20 Tevet
30 20 Tevet	31 20 Tevet					

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**10**  
**Mitzvah**  
Campaigns



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**Sunday Workshops & Seminars**  
and explore these fundamental Mitzvot.



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Wishing you  
A Happy  
Healthy and Prosperous  
New Year.