

Long live the Lubavitcher Rebbe King Moshiach forever!



Living Moshiach

Torah Portion: Bamidbar

People • Lubavitcher Science Whiz

Yonatan Hyland holds degrees in chemistry and biophysics, and has worked as a genetic toxicologist. He loves science. In fact, science was one of the things that drew him to study Torah – and his only regret is that he didn't come to Judaism sooner. He has a passion for studying the connection between Torah and science, a topic that the Lubavitcher Rebbe King Moshiach Shlita discusses in many letters and talks.

It is important to Yonatan to emphasize that science is only that which can be proven through experiments. At the same time, supernatural stories can be accepted as fact when they come from an authoritative source according to Torah – such as Moses, Talmudic sages or the Lubavitcher Rebbe King Moshiach Shlita.



Moshiach • How We Know Who Moshiach Is

The Rambam (Rabbi Maimonides) clearly states the criteria for identifying the true Moshiach:

- From the dynasty of King David
- Studies Torah and does Mitzvos, following both the Written Torah as well as the Oral Torah
- Gets all the Jews to follow the Torah in all its details
- Fights the wars of G-d (in a peaceful way, through teaching the nations about G-d)

Moshiach will ultimately achieve the eternal victory of goodness, build the Holy Temple and gather all the Jewish People from around the world.

(See Rambam, Laws of Kings and their Wars and the King Moshiach 11:4; talk of the Rebbe King Moshiach Shlita, Vayigash 5752 (1991))



Insight • The Secret to Inner Peace

The phone vibrates. A WhatsApp message. As you are reading it, the phone vibrates again. A text message. You start answering it when you suddenly get two emails. Before you have a chance to open them, it vibrates again with a phone call. While you're talking, you hear a beep – an alarm reminding you that it's time to leave for an appointment. "I have to go," you tell the person on the phone. After you hang up, you look at the phone again and see that you have received more WhatsApps, texts and emails. Then, with a final, long buzz, the battery goes. You briefly consider not charging it and enjoying the quiet. "Help!" you think. "I'm being broken into too many pieces!"

Is there a way to live restfully in this fast-paced world?

Yes – and that's why the Torah was given in the desert. The Torah reveals the ONE purpose in all the details of our lives: making the world into a home for G-d – which will be complete in the Redemption. When you know that everything you do is part of that one purpose, the details aren't overwhelming anymore. You don't feel broken into pieces because it's all one. You can go about your activities calmly, happily – and more successfully.

The singular purpose and meaning that the Torah gives brought peacefulness into the most unsettled place in the world – the desert, where you don't even know where your next drink will come from. So the Torah can definitely make your busy life more peaceful!

(From a talk of the Lubavitcher Rebbe King Moshiach Shlita, Bamidbar 5751 (1991))

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Practical Judaism • Three Nights of Light

This week we go from Shabbos straight into the holiday of Shavuot. Here is a guide to lighting the candles:

- Look up your local candle-lighting times (you can use www.myzmanim.com) for Friday, May 18, Saturday night, May 19 and Sunday night, May 20.
- Married women light two candles. Unmarried girls, from age three and even earlier, light one (with their mother's help, **before** the mother lights her own candles.)
- For this holiday you will need an extra-large candle in glass in addition to the regular candles.
- On **Friday, May 18**: Candle-lighting time will be 18 minutes **before sunset**. Put some coins in a Tzedakah (charity) box. Light the large candle. Light the regular candles. Wave your hands over them three times, then cover your face with your hands. Say "Baruch Atah Ado-nai Elo-heinu Melech HaOlam Asher Kidshanu Bemitzvosav Vetzivanu Lehadlik Ner Shel Shabbos Kodesh." Pray for the Redemption and anything you want.
- On **Saturday night, May 19** and on **Sunday night, May 20**: Candle-lighting time will be **after it is completely dark**. (On Saturday night, say "Baruch Hamavdil Bein Kodesh LeKodesh" before lighting candles.) **Do not** put coins in a Tzedakah (charity) box. **Do not strike a match**. Instead, light the regular candles from the flame in the extra-large candle. Wave your hands over them three times, then cover your face with your hands. Say "Baruch Atah Ado-nai Elo-heinu Melech HaOlam Asher Kidshanu Bemitzvosav Vetzivanu Lehadlik Ner Shel Yom Tov." Then say "Baruch Atah Ado-nai Elo-heinu Melech HaOlam Shehecheyanu V'Kiyemanu V'Higianu Lizman Haze."

Product Spotlight • Large Picture of Moshiach

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<http://www.livingmoshiach.com/pictures-of-moshiach.html>



Kosher Recipe • Delicious Cheesecake

From Sara Chana Altman

On Shavuot we have a delicious custom to eat dairy products. One reason is because the Torah is compared to milk and honey. In the Redemption through Moshiach we will enjoy the revelation of the deepest secrets of the Torah! To make this recipe, you need a dairy oven.



- Lieber's Graham Crackers
- Crisco Shortening
- 1 Lb. Small Curd Cottage Cheese
- 2 8-Oz. Packages Soft Cream Cheese
- 1 1/2 Cup Sugar
- 4 Eggs, slightly beaten
- 1/3 Cup Corn Starch
- 2 Tablespoons Lemon Juice
- 1 Teaspoon Vanilla
- 1/2 Cup Melted Margarine
- 1 Pint Sour Cream

Spread a generous amount of shortening around a 9-inch spring-form pan. Crumble Graham crackers and dust them over shortening. Pour cottage cheese into a large bowl. Add cream cheese and beat at high speed until blended and creamy. Blend in sugar and eggs at high speed. Reduce to low speed and blend in corn starch, lemon juice and vanilla until well blended. Add margarine and sour cream and blend on low speed. Pour mixture into pan. Bake at 325°F for one hour and 10 minutes or until firm around the edges. Turn off oven and let cake stay inside for two hours without opening the oven. Remove and cool on a wire rack. Chill in refrigerator. Can be frozen.

Dedicated by Sara Chana Altman to the Benyaminson family, wishing you a lot of Simchah!