

Jewish 5782 CALENDAR



2021-2022
תשפ"ב

A supplement of the *Holiday Times*

Published by **L'chaim Chabad Lubavitch** – *Bringing Judaism to life*

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Shabbat times provided by Chabad.org/ShabbatTimes



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.

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 Hakafoth (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.

Blessing on the Lulav, by Ari Zeigler, www.LevimArt.com ►



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Shofar & Lulav

HOME & HOSPITAL VISITS

If you or someone you know
CANNOT MAKE IT TO SHUL
and would still like to participate in the cherished Mitzvos of hearing the shofar (on Rosh Hashanah) or shaking the Lulav (on Sukkos).

Please contact L'Chaim on 0161.792.6335 or lchaim@lchaim.org.uk



DESTINY CORNER:
A small insight about the long awaited era of Moshiach.

Study. Do. Redeem.

The Lubavitcher Rebbe mounted a worldwide Moshiach campaign to heighten the awareness of Moshiach's imminent arrival and urged every Jew to prepare for the arrival of Moshiach. This can best be achieved by learning about Moshiach and knowing that each Mitzvah can bring Moshiach Now!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
<div>Wishing everyone a Shana Tova Umetuka from Anne & Tony Berke</div>	<div></div>		1 כז אלול ELUL 24	2 כח אלול ELUL 25	3 כט אלול ELUL 26	4 לד אלול ELUL 27 <div>NITZAVIM PRAEI-AVOT: Chapters 5 & 6</div>
					Light candles at 7:36pm	Shabbat ends at 8:46pm
5 כח אלול ELUL 28	6 כט אלול ELUL 29	7 א תשרי TISHREI 1	8 ב תשרי TISHREI 2	9 ג תשרי TISHREI 3	10 ד תשרי TISHREI 4	11 ה תשרי TISHREI 5 <div>VAYEILECH Shabbat Shuvah</div>
	Light candles at 7:28pm	1ST DAY OF ROSH HASHANAH Light candles after 8:38pm	2ND DAY OF ROSH HASHANAH Holiday ends at 8:35pm	FAST OF GEDALIAH Fast begins at 4:34am Fast ends at 8:15pm	Light candles at 7:19pm	Shabbat ends at 8:27pm
12 ו תשרי TISHREI 6	13 ז תשרי TISHREI 7	14 ח תשרי TISHREI 8	15 ט תשרי TISHREI 9	16 י תשרי TISHREI 10	17 יא תשרי TISHREI 11	18 יב תשרי TISHREI 12 <div>HA'AZINU</div>
			EREV YOM KIPPUR Light candles at 7:07pm	YIZKOR YOM KIPPUR Holiday ends at 8:14pm	Light candles at 7:02pm	Shabbat ends at 8:09pm
19 יג תשרי TISHREI 13	20 יד תשרי TISHREI 14	21 טו תשרי TISHREI 15	22 טז תשרי TISHREI 16	23 יז תשרי TISHREI 17	24 יח תשרי TISHREI 18	25 יט תשרי TISHREI 19
	Light candles at 6:54pm	1ST DAY OF SUKKOT Light candles after 8:02pm	2ND DAY OF SUKKOT Holiday ends at 7:59pm	1ST INTERMEDIATE DAY OF SUKKOT	2ND INTERMEDIATE DAY OF SUKKOT Light candles at 6:44pm	3RD INTERMEDIATE DAY OF SUKKOT Shabbat ends at 7:52pm
26 כ תשרי TISHREI 20	27 כא תשרי TISHREI 21	28 כב תשרי TISHREI 22	29 כג תשרי TISHREI 23	30 כד תשרי TISHREI 24	<div><div>With Best Wishes for a Sweet New Year From the Warwick Family</div><div>WARWICK INVESTMENTS Investing for the future... The highest standards in property acquisition and development</div></div> <div>Reedham House, 31 King Street West, Manchester M3 2PJ t: 01617732927 m: 07738637508 f: 01617731616 e: Info@warwickinvestments.com w: www.warwickinvestments.com</div>	
4TH INTERMEDIATE DAY OF SUKKOT	HOSHANA RABA Light candles at 6:37pm	YIZKOR SHEMINI ATZERET Light candles after 7:44pm	SIMCHAT TORAH Holiday ends at 7:42pm	18TU CHAG		

October 2021

TISHREI/CHESHVAN 5781
תשרי/חשוון תשפ"א

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."

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.

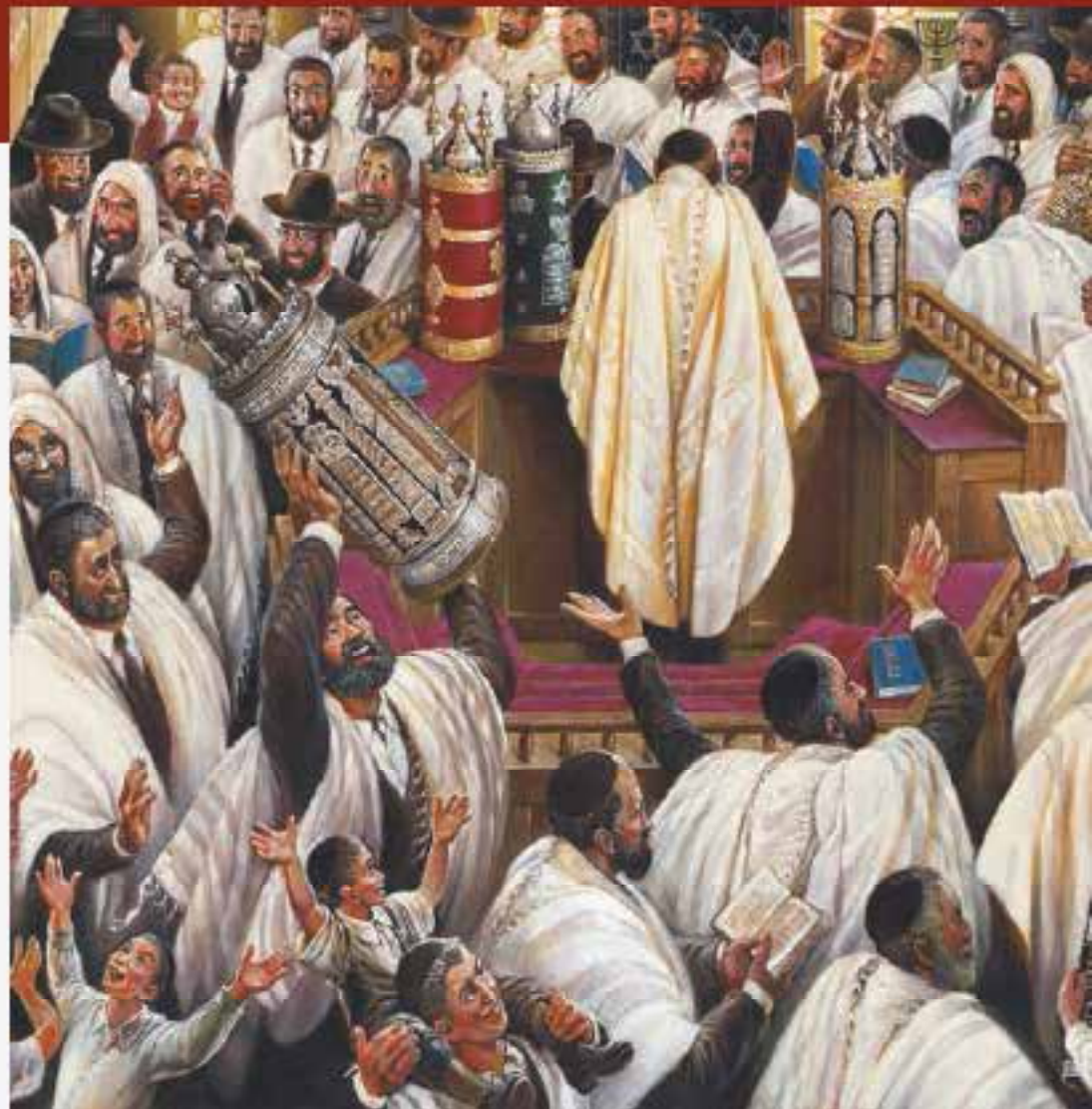
CHESHVAN 20

Birthday of Rabbi Sholom Dov Ber of Lubavitch, the fifth Lubavitcher Rebbe (1860).

SHMITAH – THE SABBATICAL YEAR

The Jewish calendar year, 5782, is observed as the Shmitah (Sabbatical) year. The Torah obligates us to leave the land of Israel fallow, and that landowners relinquish ownership of all that does grow so that everyone, even animals, could freely enjoy it. This practice is repeated every seventh year.

Similar to the day of Shabbat, which is observed weekly, the Sabbatical year reminds us that the G-dly blessing is the true source of our sustenance. The Torah promises that farmers will have enough left from the prior year to sustain them until after the Shmitah. In addition, this year offered farmers the opportunity to spend some time focusing on higher, more spiritual pursuits.



Dancing with the Torahs, by Arkady Ostroynski, www.nerartgallery.com

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MITZVAH TIDBITS

TEN PORTALS TO A HIGHER LIFE:

Any one mitzvah could take your life up to a whole new level.

The Lubavitcher Rebbe issued a call to every Jew: Even if you are not fully committed to a Torah life, do something. Begin with a mitzvah — any mitzvah; its value will not be diminished by the fact that there are others which you are not prepared to do.

LEARN MORE AT WWW.LCHAIM.ORG.UK/142433

DESTINY CORNER:

A small insight about the long awaited era of Moshiach.

It's In The Chumash!

There is a misconception that the concept of Moshiach is relatively new to Judaism. Nothing could be further from the truth. Maimonides cites numerous Scriptural references to the redemption and the redeemer.

Do a Mitzvah today to make it happen sooner!

October 2021

NEW MOON, CHESHVAN: WEDNESDAY, OCTOBER 6, 2021, 12:11 (12/18) PM

TISHREI/CHESHVAN 5782

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHABBAT

Best Wishes

from Steven Kramrisch
and Debbie Davis and families

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Susan &
Laurence Ingleby
Congratulate

Lchaim Chabad Lubavitch
for all the amazing work
they do for the community

1 כ"ה תשרי
TISHREI 25

Light candles at 6:27pm

2 כ"ו תשרי
TISHREI 26

BEREISHIT
Blessing of
new month

Shabbat ends at 7:35pm

3 ז' תשרי
TISHREI 27

4 ח' תשרי
TISHREI 28

5 ט' תשרי
TISHREI 29

6 י' תשרי
TISHREI 30

ROSH CHODESH

7 א' חשוון
CHESHVAN 1

ROSH CHODESH

8 ב' חשוון
CHESHVAN 2

Light candles at 6:11pm

9 ג' חשוון
CHESHVAN 3

NOACH

Shabbat ends at 7:18pm

10 ד' חשוון
CHESHVAN 4

11 ה' חשוון
CHESHVAN 5

12 ו' חשוון
CHESHVAN 6

13 ז' חשוון
CHESHVAN 7

14 ח' חשוון
CHESHVAN 8

15 ט' חשוון
CHESHVAN 9

Light candles at 5:54pm

16 י' חשוון
CHESHVAN 10

**LECH
LECHA**

Shabbat ends at 7:02pm

17 י"א חשוון
CHESHVAN 11

18 י"ב חשוון
CHESHVAN 12

19 י"ג חשוון
CHESHVAN 13

20 י"ד חשוון
CHESHVAN 14

21 ט"ו חשוון
CHESHVAN 15

22 ט"ז חשוון
CHESHVAN 16

Light candles at 5:39pm

23 י"ז חשוון
CHESHVAN 17

VAYEIRA

Shabbat ends at 6:47pm

24 י"ח חשוון
CHESHVAN 18

25 י"ט חשוון
CHESHVAN 19

26 כ' חשוון
CHESHVAN 20

27 כ"א חשוון
CHESHVAN 21

28 כ"ב חשוון
CHESHVAN 22

29 כ"ג חשוון
CHESHVAN 23

Light candles at 5:24pm

30 כ"ד חשוון
CHESHVAN 24

**CHAYEI
SARAH**
Blessing of
new month

Shabbat ends at 6:34pm

British Summer Time Ends

31 כ"ה חשוון
CHESHVAN 25

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.

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 on Thursday evening, December 10.

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 blessings, then light the candles beginning from the left. When done, place the Shamash at its designated place, separated from the other candles.

Keeping the Flame Alive, by M. Kline, www.LevimArt.com ▶



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MITZVAH TIDBITS

Any one mitzvah could take your life up to a whole new level

LIGHT SHABBAT CANDLES

Women and girls (age 3 and up) are encouraged to light candles every Friday afternoon, 18 minutes before sunset, in honor of the Shabbat, and before Festivals.

LEARN MORE AT WWW.LCHAIM.ORG.UK/142433

DESTINY CORNER:

A small insight about the long awaited era of Moshiach.

We Constantly Pray For It

We refer to the redemption many times throughout our prayers—in fact, one-third of the requests in the Amidah ("Silent Prayer," said thrice daily) are about Moshiach. We speak of the redemption in the blessings said under the chuppah (wedding canopy), where we break a glass to remember that we are not complete until the Holy Temple will be rebuilt once Moshiach comes. When we say Grace after Meals, we beg for his arrival.

Do a Mitzvah today to make it happen sooner!

November 2021

NEW MOON, KISLEV: FRIDAY, NOVEMBER 5, 2021, 12:55 (13/18) AM

CHESHVAN/KISLEV 5782

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
 <p>Happy Birthday Avner McCarthy! Nov 7</p>	<p>1 כ' חשוון CHESHVAN 26</p>	<p>2 כ"ו חשוון CHESHVAN 27</p>	<p>3 כ"ז חשוון CHESHVAN 28</p>	<p>4 כ"ח חשוון CHESHVAN 29</p>	<p>5 א' כסליו KISLEV 1</p> <p>ROSH CHODESH Light candles at 4:10pm</p>	<p>6 ב' כסליו KISLEV 2</p> <p>TOLDOT Shabbat ends at 5:22pm</p>
<p>7 ג' כסליו KISLEV 3</p>	<p>8 ד' כסליו KISLEV 4</p>	<p>9 ה' כסליו KISLEV 5</p>	<p>10 ו' כסליו KISLEV 6</p>	<p>11 ז' כסליו KISLEV 7</p>	<p>12 ח' כסליו KISLEV 8</p> <p>Light candles at 3:58pm</p>	<p>13 ט' כסליו KISLEV 9</p> <p>VAYEITZEI Shabbat ends at 5:11pm</p>
<p>14 י' כסליו KISLEV 10</p>	<p>15 י"א כסליו KISLEV 11</p>	<p>16 י"ב כסליו KISLEV 12</p>	<p>17 י"ג כסליו KISLEV 13</p>	<p>18 י"ד כסליו KISLEV 14</p>	<p>19 ט"ו כסליו KISLEV 15</p> <p>Light candles at 3:48pm</p>	<p>20 ט"ז כסליו KISLEV 16</p> <p>VAYISHLACH Shabbat ends at 5:03pm</p>
<p>21 י"ז כסליו KISLEV 17</p>	<p>22 י"ח כסליו KISLEV 18</p>	<p>23 י"ט כסליו KISLEV 19</p>	<p>24 כ' כסליו KISLEV 20</p>	<p>25 כ"א כסליו KISLEV 21</p>	<p>26 כ"ב כסליו KISLEV 22</p> <p>Light candles at 3:40pm</p>	<p>27 כ"ג כסליו KISLEV 23</p> <p>VAYEISHEV Blessing of new month Shabbat ends at 4:57pm</p>
<p>28 כ"ד כסליו KISLEV 24</p>	<p>29 כ"ה כסליו KISLEV 25</p> <p>CHANUKAH</p>	<p>30 כ"ו כסליו KISLEV 26</p> <p>CHANUKAH</p>				 <p>Do you have a Mobile Mast or Antennas on your land or building? Do you have a Code Agreement?</p> <p>SPEAK TO THE SPECIALIST NOW! Dovid Pink MRICS 07976 836 886 dovid.pink@amsy.co.uk</p>

December 2021

KISLEV/TEVET 5782
כסלו / טבת תשפ"ב

MEZUZAH

The Mezuzah is a small piece of parchment containing the first two paragraphs of the Shema prayer. It is affixed to the doorposts of Jewish homes and businesses.

The Mezuzah reminds us of G-d's constant presence even in our own homes, and His ongoing relationship with us. A kosher Mezuzah protects our homes, too. On the back of the Mezuzah is inscribed the Divine name, Sha-Da-I, made up of three Hebrew letters which form the acronym of the phrase, "Keeper of the Gates of Israel".

The Mezuzah is hand-written on a parchment by a qualified sofer (scribe). To make sure that your Mezuzahs are Kosher, it is important to purchase Mezuzot from a reliable source and to have them checked regularly by a professional sofer. Contact our office for help.

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).

TEVET 24

Yartzeit of Rabbi Schneur Zalman of Liadi, founder of the Chabad movement (1812).

Chupa, by Sarit Stern, www.LeviimArt.com



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MITZVAH TIDBITS

*Any one mitzvah could take your life
up to a whole new level*

TEFILLIN

Men (age 13 and up) should wear the Tefillin every day excluding Shabbat and Festivals with a blessing. The Tefillin contain the most central passages of the Torah and are worn close to our head and heart.

LEARN MORE AT WWW.LCHAIM.ORG.UK/142433

DESTINY CORNER:

A small insight about the long awaited era of Moshiach.

There Will Be No More War

"Nation shall not lift a sword against nation, neither shall they learn war anymore," predicts Micah about this era. Isaiah writes poignantly that "they shall beat their swords into plowshares and their spears into pruning hooks; nation shall not lift the sword against nation, neither shall they learn war anymore."

Let's do another Mitzvah to make this happen sooner!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
BEST WISHES from Marcelle & Geoff Kuhillow with Leila Berens	Hatzlocho Rabbaah FROM H J PINCZEWSKI & CO <i>For All Your Accountancy Needs</i> Unit 6, Lower Ground Floor, Rico House, George Street, Prestwich, Manchester, M25 9WS PRACTITIONER HYMAN J PINCZEWSKI FCCA Dial 0161 795 0006 Email hjpgcca@aol.com		1 כו כסליו KISLEV 27  CHANUKAH	2 כז כסליו KISLEV 28  CHANUKAH	3 כח כסליו KISLEV 29  CHANUKAH Light candles at 3:34pm	4 ל כסליו KISLEV 30  CHANUKAH ROSH CHODESH In evening begin Tel U'matar Shabbat ends at 4:53pm MIKEITZ
5 א טבת TEVET 1  CHANUKAH ROSH CHODESH	6 ב טבת TEVET 2 CHANUKAH	7 ג טבת TEVET 3	8 ד טבת TEVET 4	9 ה טבת TEVET 5	10 ו טבת TEVET 6 Light candles at 3:32pm	11 ז טבת TEVET 7 Shabbat ends at 4:51pm VAYIGASH
12 ח טבת TEVET 8	13 ט טבת TEVET 9	14 י טבת TEVET 10 FAST OF TEVET 10 Fast begins at 6:14am Fast ends at 4:33pm	15 יא טבת TEVET 11	16 יב טבת TEVET 12	17 יג טבת TEVET 13 Light candles at 3:32pm	18 יד טבת TEVET 14 Shabbat ends at 4:53pm VAYECHI Shabbat Chazak
19 טז טבת TEVET 15	20 טז טבת TEVET 16	21 יז טבת TEVET 17	22 יח טבת TEVET 18	23 יט טבת TEVET 19	24 כ טבת TEVET 20 Light candles at 3:35pm	25 כא טבת TEVET 21 Shabbat ends at 4:56pm SHEMOT
26 כב טבת TEVET 22	27 כג טבת TEVET 23	28 כד טבת TEVET 24	29 כה טבת TEVET 25	30 כז טבת TEVET 26	31 כח טבת TEVET 27 Light candles at 3:41pm	Best Wishes from Family Haber

January 2022

TEVET/SHEVAT 5782
טבת / שבט תשפ"ב

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.

SHEVAT 22

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

SHABBAT AND FESTIVAL CANDLES

Throughout the ages, light has stirred the imagination of poets, mystics, scientists and psychologists. Because its nature is so different from other material entities, it is often used to describe spiritual insight. Shabbat is a day of light; its pattern and value-orientation is different from the other days of the week. Thus it is the lighting of the Shabbat Candles that ushers in this state of awareness and inspires us to feel the way it permeates our lives. The mystics call this day of light the Shabbat Queen, and the responsibility for lighting the candles and inducing this change of perspective is the woman's. It is she who welcomes the Shabbat Queen into the home.

Young girls, from the age of three or even younger, are encouraged to light their own candles, to involve and educate them in this profound and beautiful mitzvah.

The Shabbat Candles are lit 18 minutes before sunset.

Seven Fruits of Israel, by Aarah Aizman, www.AizmanArt.com



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MITZVAH TIDBITS
Any one mitzvah could take your life up to a whole new level

MEZUZAH

Every Jewish home should have a mezuzah on its doorposts. The mezuzah contains the Shema and is a sign that the home is sanctified for G-d and enjoys His protection.

LEARN MORE AT WWW.LCHAIM.ORG.UK/142433

DESTINY CORNER:

A small insight about the long awaited era of Moshiach.

It is the Purpose and Goal of Creation

In Tanya, we read: "It is known that the messianic era, especially the period after the Resurrection of the Dead, is indeed the ultimate purpose and the fulfillment of this world. It is for this [purpose] that [this world] was originally created."

Having G-d reveal Himself in our physical and mundane world is the achievement of creation's purpose. Every act of goodness that we do makes this world a little more ready for G-d's revelation.

January 2022

NEW MOON, SHEVAT: MONDAY, JANUARY 3, 2022, 2:23 (15/18) AM

TEVET/SHEVAT 5782

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHABBAT

THE FEDDY FAMILY
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IN ALL THEIR
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Best wishes from



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Best Wishes
from Dorothy
and Philip Langer

1 כ"ט טבת
TEVET 28

VAE'IRA
Blessing of
new month

Shabbat ends at 5:02pm

2 כ"ח טבת
TEVET 29

3 א' שבט
SHEVAT 1

ROSH CHODESH

4 ב' שבט
SHEVAT 2

5 ג' שבט
SHEVAT 3

6 ד' שבט
SHEVAT 4

7 ה' שבט
SHEVAT 5

Light candles at 3:50pm

8 ו' שבט
SHEVAT 6

80

Shabbat ends at 5:10pm

9 ז' שבט
SHEVAT 7

10 ח' שבט
SHEVAT 8

11 ט' שבט
SHEVAT 9

12 י' שבט
SHEVAT 10

13 י"א שבט
SHEVAT 11

14 י"ב שבט
SHEVAT 12

Light candles at 4:00pm

15 י"ג שבט
SHEVAT 13 BESHALACH
Shabbat Shirah

Shabbat ends at 5:20pm

16 י"ד שבט
SHEVAT 14

17 ט"ו שבט
SHEVAT 15



TU BISHVAT

18 ט"ז שבט
SHEVAT 16

19 י"ז שבט
SHEVAT 17

20 י"ח שבט
SHEVAT 18

21 י"ט שבט
SHEVAT 19

Light candles at 4:13pm

22 כ' שבט
SHEVAT 20 YITRO

Shabbat ends at 5:31pm

23 כ"א שבט
SHEVAT 21

24 כ"ב שבט
SHEVAT 22

25 כ"ג שבט
SHEVAT 23

26 כ"ד שבט
SHEVAT 24

27 כ"ה שבט
SHEVAT 25

28 כ"ו שבט
SHEVAT 26

Light candles at 4:26pm

29 כ"ז שבט
SHEVAT 27 MISHPATIM
Blessing of
new month

Shabbat ends at 5:42pm

30 כ"ח שבט
SHEVAT 28

31 כ"ט שבט
SHEVAT 29

February 2022

SHEVAT/ADAR I 5782
שבט/אדר א' תשפ"ב

THE JEWISH CALENDAR

The Jewish calendar is the only calendar in 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 the rebirth of the moon at the beginning of the 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 always declared leap years. This includes the 6th of year of the cycle, which is where we are this Jewish year (5782).

ADAR

Adar is the month during which we celebrate the joyous holiday of Purim. But it's not just Purim; "As soon as Adar enters", says the Talmud, "start increasing the joy". The joyous spirit continues beyond Purim, making Adar (this year: both Adars) the most joyous month in the Jewish calendar.

ADAR 7

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

Gratitude, by Chaya Hindy Newgartin, www.LevimArt.com



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MITZVAH TIDBITS

Any one mitzvah could take your life up to a whole new level

TORAH

Study a portion of Torah daily.
Even a few lines contain the infinite wisdom and will of G-d

LEARN MORE AT WWW.LCHAIM.ORG.UK/142433

DESTINY CORNER:

A small insight about the long awaited era of Moshiach.

We Will Be Occupied By Discovering G-d

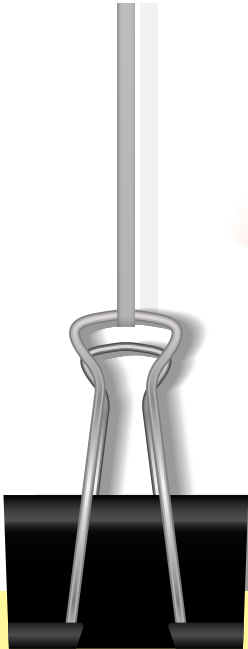
In the last law in his magnum opus Mishneh Torah, Maimonides concludes:

"The occupation of the entire world will be solely to know G-d.

Therefore, the Jews will be great sages and know the hidden matters, grasping the knowledge of their Creator according to the full extent of human potential, as Isaiah states: 'The world will be filled with the knowledge of G-d as the waters cover the ocean bed.

Let's do another Mitzvah to make this happen sooner!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
<p><i>Best Wishes</i> from Lynne Richmond THANK YOU FOR ALL YOU DO FOR THE COMMUNITY!</p>		<p>1 ל' שבט SHEVAT 30</p> <p>ROSH CHODESH</p>	<p>2 א' אדר א' ADAR I 1</p> <p>ROSH CHODESH</p>	<p>3 ב' אדר א' ADAR I 2</p>	<p>4 ג' אדר א' ADAR I 3</p> <p>Light candles at 4:40pm</p>	<p>5 ד' אדר א' ADAR I 4</p> <p>TERUMAH</p> <p>Shabbat ends at 5:55pm</p>
<p>6 ה' אדר א' ADAR I 5</p>	<p>7 ו' אדר א' ADAR I 6</p>	<p>8 ז' אדר א' ADAR I 7</p>	<p>9 ח' אדר א' ADAR I 8</p>	<p>10 ט' אדר א' ADAR I 9</p>	<p>11 י' אדר א' ADAR I 10</p> <p>Light candles at 4:53pm</p>	<p>12 י"א אדר א' ADAR I 11</p> <p>TETZAVEH</p> <p>Shabbat ends at 6:07pm</p>
<p>13 י"ב אדר א' ADAR I 12</p>	<p>14 י"ג אדר א' ADAR I 13</p>	<p>15 י"ד אדר א' ADAR I 14</p> <p>PURIM KATAN</p>	<p>16 ט"ו אדר א' ADAR I 15</p> <p>SHUSHAN PURIM KATAN</p>	<p>17 ט"ז אדר א' ADAR I 16</p>	<p>18 י"ז אדר א' ADAR I 17</p> <p>Light candles at 5:07pm</p>	<p>19 י"ח אדר א' ADAR I 18</p> <p>KI TISA</p> <p>Shabbat ends at 6:20pm</p>
<p>20 י"ט אדר א' ADAR I 19</p>	<p>21 כ' אדר א' ADAR I 20</p>	<p>22 כ"א אדר א' ADAR I 21</p>	<p>23 כ"ב אדר א' ADAR I 22</p>	<p>24 כ"ג אדר א' ADAR I 23</p>	<p>25 כ"ד אדר א' ADAR I 24</p> <p>Light candles at 5:21pm</p>	<p>26 כ"ה אדר א' ADAR I 25</p> <p>VAYAKHEIL Blessing of new month Purshat Shekalim</p> <p>Shabbat ends at 6:33pm</p>
<p>27 כ"ו אדר א' ADAR I 26</p>	<p>28 כ"ז אדר א' ADAR I 27</p>	<p>DEDICATED IN MEMORY OF MOSHE ALTER BEN MORDECHAI GERSHON YORTZEIT 22 SHEVAT</p> <p>DEDICATED IN MEMORY OF SARA BAS SARA YORTZEIT 23 ADAR I</p>		<p>Best Wishes from <i>Starlight Boutique</i></p> <p>BABY BOUTIQUE, CLOTHING, NURSERY ITEMS & GIFTS</p> <p>12 Crompton St, Bury, BL9 0AD 0161 260 1400 www.starlightultrasound.co.uk</p>		<p><i>Best Wishes</i> from Rose & Harvey Barret</p>



A diagram showing a vertical metal rod with a loop at its base. The rod is positioned above a black horizontal surface. The loop is in contact with the surface, and the rod extends upwards. A shadow is cast to the right of the rod.





THE FAST OF ESTHER

The Fast of Esther is observed on the 13th of Adar, when, during the story of Purim, the Persian king decreed all the Jews to be annihilated. Even after Haman's downfall, the decree was never rescinded, and the Jews gathered throughout the empire to defend themselves. Those who didn't participate in the fighting, including queen Esther, devoted the day to fasting and prayers for deliverance.

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.

HOW TO CELEBRATE PURIM:

- 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 (kosher) 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 Levyonim ("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.

Holding it Tight, by E. Maxwell, www.LevimArt.com



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MITZVAH TIDBITS
Any one mitzvah could take your life up to a whole new level

TZEDAKAH

Give charity daily. When you give to the needy, you are serving as G-d's emissary to provide for His creations.

LEARN MORE AT WWW.LCHAIM.ORG.UK/142433

DESTINY CORNER:

A small insight about the long awaited era of Moshiach.

The Third and Final Temple Will Be Built

The First Temple in Jerusalem was built by King Solomon and destroyed 410 years later by the Babylonians. The Second Temple was built by the Jewish community under the leadership of Ezra and Nehemiah and was destroyed 420 years later by the Romans.

The third and final Temple will be built by either G-d or the Moshiach himself (or both) and will never be destroyed. A vision of this Temple was shown to Ezekiel while in the Babylonian exile.

Let's do another Mitzvah to make this happen sooner!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
<p>OUR VERY BEST WISHES TO YOUR WONDERFUL ORGANISATION</p> <p>Ruth & Werner Lachs</p>	<p><i>Best Wishes</i></p> <p>from Jonny, Rachel Talia, Shoshi & Yossi Varley</p>	<p>1 כח אדר א' ADAR I 28</p>	<p>2 כס אדר א' ADAR I 29</p>	<p>3 ל אדר א' ADAR I 30</p> <p>ROSH CHODESH</p>	<p>4 א אדר ב' ADAR II 1</p> <p>ROSH CHODESH</p> <p>Light candles at 5:34pm</p>	<p>5 ב אדר ב' ADAR II 2</p> <p>PEKUDEI Shabbat Chazak</p> <p>Shabbat ends at 6:46pm</p>
<p>6 ג אדר ב' ADAR II 3</p>	<p>7 ד אדר ב' ADAR II 4</p>	<p>8 ה אדר ב' ADAR II 5</p>	<p>9 ו אדר ב' ADAR II 6</p>	<p>10 ז אדר ב' ADAR II 7</p>	<p>11 ח אדר ב' ADAR II 8</p> <p>Light candles at 5:48pm</p>	<p>12 ט אדר ב' ADAR II 9</p> <p>VAYIKRA Parshat Zachar</p> <p>Shabbat ends at 6:59pm</p>
<p>13 י אדר ב' ADAR II 10</p>	<p>14 יא אדר ב' ADAR II 11</p>	<p>15 יב אדר ב' ADAR II 12</p>	<p>16 יג אדר ב' ADAR II 13</p> <p>FAST OF ESTHER</p> <p>Fast begins at 4:31am</p> <p>Fast ends at 6:50pm</p>	<p>17 יד אדר ב' ADAR II 14</p> <p>PURIM</p>	<p>18 טו אדר ב' ADAR II 15</p> <p>SHUSHAN PURIM</p> <p>Light candles at 6:01pm</p>	<p>19 טז אדר ב' ADAR II 16</p> <p>TZAV</p> <p>Shabbat ends at 7:12pm</p>
<p>20 יז אדר ב' ADAR II 17</p>	<p>21 יח אדר ב' ADAR II 18</p>	<p>22 יט אדר ב' ADAR II 19</p>	<p>23 כ אדר ב' ADAR II 20</p>	<p>24 כא אדר ב' ADAR II 21</p>	<p>25 כב אדר ב' ADAR II 22</p> <p>Light candles at 6:13pm</p>	<p>26 כג אדר ב' ADAR II 23</p> <p>SHEMINI Blessing of new month Parshat Parah</p> <p>Shabbat ends at 7:26pm</p> <p>British Summer Time Begins</p>
<p>27 כד אדר ב' ADAR II 24</p>	<p>28 כה אדר ב' ADAR II 25</p>	<p>29 כו אדר ב' ADAR II 26</p>	<p>30 כז אדר ב' ADAR II 27</p>	<p>31 כח אדר ב' ADAR II 28</p>	<p>THE FED</p> <p>Caring for our Community</p> <p>Reg ch no:1117126</p> <p>Here to support the most vulnerable people, of all ages, in the Manchester Jewish Community</p> <p>0161 772 4800</p>	

April 2022

ADAR II/NISSAN 5782
אדר ב' / ניסן תשפ"ב

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 even owning) any foods which are chametz (leavened), and by participating in a Seder dinner on the first two nights of the holiday.

REMOVAL OF CHAMETZ

We prepare for Pesach by thoroughly cleaning any place we own, rent, or work at, and removing any trace of chametz we find. Sinks, tables, countertops, and dishes used throughout the year need to be koshered for Pesach use.

On the evening before Pesach begins (this year on Thursday evening, April 14), we formally search the entire home for any remaining chametz. Any chametz we don't plan on destroying is placed in a separate room or closet, sealed, and sold - through a competent Rabbi - to a non-Jew for the duration of the festival. Unsold chametz must be destroyed before the day before Passover, this year on Friday, April 15th, before the indicated time.

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 unleavened bread which isn'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.

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 day of the Exodus, during which our ancestors eagerly awaited the receiving of the Torah at Mount Sinai.

Splitting the Sea, by www.LevimArt.com ▶



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MITZVAH TIDBITS

Any one mitzvah could take your life up to a whole new level

A HOME FILLED WITH HOLY BOOKS

Furnish your home with as many holy books as possible. It impacts the whole home! At the very least, get a hold of a Chumash (Bible), Psalms, and a Prayer Book.

LEARN MORE AT WWW.LCHAIM.ORG.UK/142433

DESTINY CORNER:

A small insight about the long awaited era of Moshiach.

The Dead Will Be Resurrected

The 13th principle in Maimonides' 13 Principles of Faith states: "I believe with complete faith that there will be Resurrection of the Dead at the time when it will be the will of the Creator, blessed be His Name and exalted be His remembrance forever and ever."

Let's do another Mitzvah and make this happen sooner!

April 2022

NEW MOON, NISSAN: FRIDAY, APRIL 1, 2022, 4:36 PM

ADAR II/NISSAN 5782

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHABBAT



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W: sayada-accountants.eu

Best wishes from



info@dgdoweck.com

Simon Feingold

ANTIQUES
CONSULTANT

07973 471 185

1 כ"א ניסן
ADAR II 29

Light candles at 7:26pm

2 א' ניסן
NISSAN 1 Parshat Hachodesh

ROSH CHODESH
Shabbat ends at 8:40pm

3 ב' ניסן
NISSAN 2

4 ג' ניסן
NISSAN 3

5 ד' ניסן
NISSAN 4

6 ה' ניסן
NISSAN 5

7 ו' ניסן
NISSAN 6

8 ז' ניסן
NISSAN 7

Light candles at 7:39pm

9 ח' ניסן
NISSAN 8 METZORA
Shabbat Hagadol

10 ט' ניסן
NISSAN 9

11 י' ניסן
NISSAN 10

12 י"א ניסן
NISSAN 11

13 י"ב ניסן
NISSAN 12

14 י"ג ניסן
NISSAN 13

15 י"ד ניסן
NISSAN 14

FAST OF FIRST BORN
FIRST SEDER
Eat chometz until 10:47am
Destroy chometz by 11:58am
Light candles at 7:52pm

16 ט"ו ניסן
NISSAN 15

1ST DAY OF PASSOVER
SECOND SEDER
In the evening count Omer 1
Light candles after 9:09pm

17 ט"ז ניסן
NISSAN 16
Omer 1

18 י"ז ניסן
NISSAN 17
Omer 2

1ST INTERMEDIATE DAY OF PASSOVER
In the evening count Omer 3

19 י"ח ניסן
NISSAN 18
Omer 3

2ND INTERMEDIATE DAY OF PASSOVER
In the evening count Omer 4

20 י"ט ניסן
NISSAN 19
Omer 4

3RD INTERMEDIATE DAY OF PASSOVER
In the evening count Omer 5

21 כ' ניסן
NISSAN 20
Omer 5

Eruv Tavshilin
4TH INTERMEDIATE DAY OF PASSOVER
In the evening count Omer 6
Light candles at 8:03pm

22 כ"א ניסן
NISSAN 21
Omer 6

7TH DAY OF PASSOVER
In the evening count Omer 7
Light candles at 8:05pm

23 כ"ב ניסן
NISSAN 22
Omer 7

YIZKOR
8TH DAY OF PASSOVER
In the evening count Omer 8
Holiday ends at 9:24pm

24 כ"ג ניסן
NISSAN 23
Omer 8

25 כ"ד ניסן
NISSAN 24
Omer 9

In the evening count Omer 10

26 כ"ה ניסן
NISSAN 25
Omer 10

In the evening count Omer 11

27 כ"ו ניסן
NISSAN 26
Omer 11

In the evening count Omer 12

28 כ"ז ניסן
NISSAN 27
Omer 12

In the evening count Omer 13

29 כ"ח ניסן
NISSAN 28
Omer 13

In the evening count Omer 14
Light candles at 8:17pm

30 כ"ט ניסן
NISSAN 29
Omer 14
ACHAREI
Blessing of
new month
PRKEI-AVOT:
Chapter 1

In the evening count Omer 15
Shabbat ends at 9:39pm

ISRU CHAG
In the evening count Omer 9

May 2022

NISSAN/SIVAN 5782
ניסן/סיון תשפ"ב

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.

IT'S NEVER TOO LATE:

The eternal significance of the Second Passover, says the sixth Lubavitcher Rebbe, Rabbi Yosef Yitzchak Schneersohn, is the notion that it is never too late to rectify a past failing. Even if we have failed to the extent that the Torah calls us "contaminated by death" (i.e., in a state of disconnection from the divine source of life) or "on a distant road" from our people and G-d, there is always another chance. It's always possible to "Pass over" the past, and make good on what we have missed out.

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.

Lag Ba'Omer, by Mire Eisen www.LevimArt.com



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MITZVAH TIDBITS
*Any one mitzvah could take your life
up to a whole new level*

KASHRUT

Eating is one of the basics of life. Shouldn't it be done with intelligence? For a healthy and sound soul, eat only kosher foods, for when you eat differently, your Judaism is not just metaphysical, but part and parcel of your very being.

LEARN MORE AT WWW.LCHAIM.ORG.UK/142433

DESTINY CORNER:

A small insight about the long awaited era of Moshiach.

All Jews will live in the Holy Land

One of the most important aspects of the Redemption is the promise of the ingathering of the exiles from the Diaspora, with all Jews settling in their tribal portion of the Holy Land. We are assured that no Jew will be left behind – including the "10 Lost Tribes."

Let's do a Mitzvah and make it happen sooner!

May 2022

NEW MOON, IYAR: SUNDAY, MAY 1, 2022, 5:20 [1/18] AM
NEW MOON, SIVAN: MONDAY, MAY 30, 2022, 6:04 [2/18] PM

NISSAN/SIVAN 5782

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
1 ל' ניסן NISSAN 30 Omer 15 ROSH CHODESH In the evening count Omer 16	2 א' אייר IYAR 1 Omer 16 ROSH CHODESH In the evening count Omer 17	3 ב' אייר IYAR 2 Omer 17 In the evening count Omer 18	4 ג' אייר IYAR 3 Omer 18 In the evening count Omer 19	5 ד' אייר IYAR 4 Omer 19 In the evening count Omer 20	6 ה' אייר IYAR 5 Omer 20 In the evening count Omer 21 Light candles at 8:30pm	7 ו' אייר IYAR 6 Omer 21 KEDOSHIM PIRKEI-AVOT: Chapter 2 In the evening count Omer 22 Shabbat ends at 9:55pm
8 ז' אייר IYAR 7 Omer 22 In the evening count Omer 23	9 ח' אייר IYAR 8 Omer 23 In the evening count Omer 24	10 ט' אייר IYAR 9 Omer 24 In the evening count Omer 25	11 י' אייר IYAR 10 Omer 25 In the evening count Omer 26	12 י"א אייר IYAR 11 Omer 26 In the evening count Omer 27	13 י"ב אייר IYAR 12 Omer 27 In the evening count Omer 28 Light candles at 8:42pm	14 י"ג אייר IYAR 13 Omer 28 EMOR PIRKEI-AVOT: Chapter 3 In the evening count Omer 29 Shabbat ends at 10:10pm
15 י"ד אייר IYAR 14 Omer 29 PESACH SHEINI In the evening count Omer 30	16 ט"ו אייר IYAR 15 Omer 30 In the evening count Omer 31	17 ט"ז אייר IYAR 16 Omer 31 In the evening count Omer 32	18 י"ז אייר IYAR 17 Omer 32 In the evening count Omer 33	19 י"ח אייר IYAR 18 Omer 33 LAG BA'OMER In the evening count Omer 34	20 י"ט אייר IYAR 19 Omer 34 In the evening count Omer 35 Light candles at 8:53pm	21 כ' אייר IYAR 20 Omer 35 BEHAR PIRKEI-AVOT: Chapter 4 In the evening count Omer 36 Shabbat ends at 10:26pm
22 כ"א אייר IYAR 21 Omer 36 In the evening count Omer 37	23 כ"ב אייר IYAR 22 Omer 37 In the evening count Omer 38	24 כ"ג אייר IYAR 23 Omer 38 In the evening count Omer 39	25 כ"ד אייר IYAR 24 Omer 39 In the evening count Omer 40	26 כ"ה אייר IYAR 25 Omer 40 In the evening count Omer 41	27 כ"ו אייר IYAR 26 Omer 41 In the evening count Omer 42 Light candles at 9:03pm	28 כ"ז אייר IYAR 27 Omer 42 BECHUKOTAI Shabbat Chazak Blessing of new month PIRKEI-AVOT: Chapter 5 In the evening count Omer 43 Shabbat ends at 10:40pm
29 כ"ח אייר IYAR 28 Omer 43 In the evening count Omer 44	30 כ"ט אייר IYAR 29 Omer 44 In the evening count Omer 45	31 א' סיון SIVAN 1 Omer 45 ROSH CHODESH In the evening count Omer 46	<div>  <p>HOWARDS & HENRY'S SOLICITORS</p> <p><i>Specialising in</i></p> <ul style="list-style-type: none"> • Personal Injury • Road Traffic • Criminal Law <p>p: 0161 872 9999 e: law@howardssolicitors.co.uk</p> <p>www.howardssolicitors.co.uk</p> </div>		<div> <p><i>Hatzlocha Rabba!</i></p> <p>From Adrian Ruben</p> </div>	<div> <p>Wishing the entire community all the very best.</p> <p>The Fabry's</p> </div>

June 2022

SIVAN/TAMMUZ 5782
סיון/תמוז תשפ"ב

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. What a great preparation for receiving the Torah!
- Reading of the Ten Commandments in the synagogue on the first day of Shavuot. Bring your children along – the guarantors for a proper Jewish future!
- 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!

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 lifestyle 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.

For more information about Kosher, or if you need help koshering your kitchen, please contact our office.

Shabbos, by Anne Bleicher, www.neretartgallery.com



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MITZVAH TIDBITS

Any one mitzvah could take your life up to a whole new level

LOVE YOUR FELLOW

"Love your fellow as yourself," said the great Jewish sage Rabbi Akiva, is a most basic principle in the Torah. Reaching out to your fellow Jew with patience, love, concern and unity is among the greatest mitzvot a Jew can do.

LEARN MORE AT WWW.LCHAIM.ORG.UK/142433

DESTINY CORNER:

A small insight about the long awaited era of Moshiach.

There Will Be a Perfect World

In the messianic age, Jews and gentiles will live in peace and harmony. All Jews will adhere to the 613 commandments and the non-Jews will follow the 7 Noahide laws for all humanity.

Let's do another Mitzvah to make this happen sooner!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
BEST WISHES  <i>Starlight</i> Diagnostic Ultrasound Scans 12 Crompton Street, Bury, BL9 0AD 0161 260 1400 Starlightultrasound.co.uk		<i>Good Wishes</i> to all our relatives and friends from Sara & David Gremson	1 ב' סיון SIVAN 2 Omar 46 In the evening count Omar 47	2 ג' סיון SIVAN 3 Omar 47 In the evening count Omar 48	3 ד' סיון SIVAN 4 Omar 48 In the evening count Omar 49 Light candles at 9:12pm	4 ה' סיון SIVAN 5 Omar 49 Light candles after 10:52pm BAMIDBAR PIRKEI-AVOT: Chapter 6
5 ו' סיון SIVAN 6 1ST DAY OF SHAVUOT Light candles after 10:53pm	6 ז' סיון SIVAN 7 YIZKOR 2ND DAY OF SHAVUOT Holiday ends at 10:55pm	7 ח' סיון SIVAN 8 ISRU CHAG	8 ט' סיון SIVAN 9	9 י' סיון SIVAN 10	10 י"א סיון SIVAN 11 Light candles at 9:19pm	11 י"ב סיון SIVAN 12 Shabbat ends at 11:01pm NASO PIRKEI-AVOT: Chapter 1
12 י"ג סיון SIVAN 13	13 י"ד סיון SIVAN 14	14 ט"ו סיון SIVAN 15	15 ט"ז סיון SIVAN 16	16 י"ז סיון SIVAN 17	17 י"ח סיון SIVAN 18 Light candles at 9:23pm	18 י"ט סיון SIVAN 19 Shabbat ends at 11:06pm BEHAALOTCHA PIRKEI-AVOT: Chapter 2
19 כ' סיון SIVAN 20	20 כ"א סיון SIVAN 21	21 כ"ב סיון SIVAN 22	22 כ"ג סיון SIVAN 23	23 כ"ד סיון SIVAN 24	24 כ"ה סיון SIVAN 25 Light candles at 9:24pm	25 כ"ו סיון SIVAN 26 Shabbat ends at 11:07pm SHELACH Blessing of new month PIRKEI-AVOT: Chapter 3
26 כ"ז סיון SIVAN 27	27 כ"ח סיון SIVAN 28	28 כ"ט סיון SIVAN 29	29 ל' סיון SIVAN 30 ROSH CHODESH	30 א' תמוז TAMMUZ 1 ROSH CHODESH	<div> David Jacobs Physiotherapy BSc (HONS), MCSP, HPC, AACP 07779 132 157 davidphysio2000@gmail.com Available for home visits or at my practice. Room 7, 1st floor, MJCC, Bury Old Rd, M7 4QY Recognised by most major health insurance companies. www.firstchoicephysio.com </div> <div> WHAT WE TREAT <ul style="list-style-type: none"> • Back and Neck Pain • Work Related Pain • Muscles, Tendons and Ligaments • Sports Injuries • Arthritis • Elderly Rehab • Biomechanical Problems • Fractured Broken Bones • Neurological Problems </div>	

July 2022

TAMMUZ/AV 5782
תמוז / אב תשפ"ב

TAMMUZ 3

Hiluk 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.

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.

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 is since celebrated throughout the Jewish world as a victory for Jewry and Judaism.

A PERIOD OF MOURNING

The 17th of Tammuz is observed as 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 Av 7. The Beit HaMikdash, the Holy Temple, was torched late on Av 9. The entire period, totaling 21 days, is observed as a period of semi-mourning, including by not scheduling any weddings, as well as avoiding festive music and dancing.

Elevating Sparks, by Shoshana M. Schwartz 720-237-7004 ►



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MITZVAH TIDBITS

Any one mitzvah could take your life up to a whole new level

EDUCATION

Every Jewish boy and girl should receive a Jewish education. Teach your children everything you know about your faith, and provide them with a quality Jewish education — you will be ensuring Jewish integrity, Jewish identity and a Jewish future.

LEARN MORE AT WWW.LCHAIM.ORG.UK/142433

DESTINY CORNER:

A small insight about the long awaited era of Moshiach.

There Will Be No More Disease or Death

During the messianic era, we will witness ultimate physical and spiritual bliss. All will be healed. The blind, the deaf and the dumb, the lame, anyone with any blemish or disability, shall be healed: "The eyes of the blind shall be clear-sighted, and the ears of the deaf shall be opened... the lame shall leap as a hart and the tongue of the dumb shall sing..." Death itself shall cease, as it is written, "Death shall be swallowed up forever and G-d shall wipe the tears from every face..."

Let's do a Mitzvah and make this happen sooner!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHABBAT

**Happy Birthday
Asher Goldstone!**
July 17

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1 תמוז ב' TAMMUZ 2

Light candles at 9:23pm 

2 תמוז ג' TAMMUZ 3

KORACH
Pirkei-Avot: Chapter 4

Shabbat ends at 11:03pm

3 תמוז ד' TAMMUZ 4

4 תמוז ה' TAMMUZ 5

5 תמוז ו' TAMMUZ 6

6 תמוז ז' TAMMUZ 7

7 תמוז ח' TAMMUZ 8

8 תמוז ט' TAMMUZ 9

Light candles at 9:19pm 

9 תמוז י' TAMMUZ 10

CHUKAT
Pirkei-Avot: Chapter 5

Shabbat ends at 10:56pm

10 תמוז יא' TAMMUZ 11

11 תמוז יב' TAMMUZ 12

12 תמוז יג' TAMMUZ 13

13 תמוז יד' TAMMUZ 14

14 תמוז טו' TAMMUZ 15

15 תמוז טז' TAMMUZ 16

Light candles at 9:12pm 

16 תמוז יז' TAMMUZ 17

BALAK
Pirkei-Avot: Chapter 6

Shabbat ends at 10:45pm

17 תמוז יח' TAMMUZ 18

FAST OF 17TH TAMMUZ
Fast begins at 1:15am
Fast ends at 10:17pm

18 תמוז יט' TAMMUZ 19

19 תמוז כ' TAMMUZ 20

20 תמוז כא' TAMMUZ 21

21 תמוז כב' TAMMUZ 22

22 תמוז כג' TAMMUZ 23

Light candles at 9:03pm 

23 תמוז כד' TAMMUZ 24

PINCHAS
Blessing of new month
Pirkei-Avot: Chapter 1

Shabbat ends at 10:32pm

24 תמוז כה' TAMMUZ 25

25 תמוז כו' TAMMUZ 26

26 תמוז כז' TAMMUZ 27

27 תמוז כח' TAMMUZ 28


28 תמוז כט' TAMMUZ 29

29 אב א' AV 1

30 אב ב' AV 2

MATOT-MASS'EI
Shabbat Chazek
Pirkei-Avot: Chapter 2

31 אב ג' AV 3

ROSH CHODESH
Light candles at 8:53pm 

Shabbat ends at 10:17pm

August 2022

AV/ELUL 5782
אב/אלול תשפ"ב

TISH'A B'AV - THE NINTH OF AV

The Ninth of Av has been a sad day on the Jewish calendar since our earliest days 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 Ninth 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 is customary for a mourner during Shiva.

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

AV 15

The Mishnah recounts: "There were no greater holidays for the Jewish people than that of the 15th of Av and of Yom Kippur."

Several joyful events have occurred on this date, including the end of the 40-year decree upon the Jewish people to wander and die out 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.

Ani Le'Dodi, by Yehoshua Weissman, www.nertartgallery.com



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MITZVAH TIDBITS

*Any one mitzvah could take your life
up to a whole new level*

OBSERVE FAMILY PURITY

Observance of the Jewish marital laws allows you to make the most of your marriage, bringing you and your spouse to new, undiscovered depths of intimacy and sacredness in your relationship.

LEARN MORE AT WWW.LCHAIM.ORG.UK/142433

DESTINY CORNER:

A small insight about the long awaited era of Moshiach.

What We Can Do.

Each act of goodness and kindness performed by any person helps bring this Era closer.

In particular, charity stands out and is a catalyst for redemption. Let's do our bit!

Let's do a Mitzvah and make this happen sooner!

August 2022

NEW MOON, ELUL: SATURDAY, AUGUST 27, 2022, 8:16 | 5/19 | AM

AV/ELUL 5782

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
 <p>Happy Birthday Naftali McCarthy! August 1</p>	<p>1 ד אב AV 4</p>	<p>2 ה אב AV 5</p>	<p>3 ו אב AV 6</p>	<p>4 ז אב AV 7</p>	<p>5 ח אב AV 8</p>	<p>6 ט אב AV 9</p> <p>DEVARIM Shabbat Chazon</p> <p>Light candles at 8:40pm</p> <p>Fast begins at 8:56pm Shabbat ends at 10:00pm</p>
<p>7 י אב AV 10</p> <p>FAST OF 9TH OF AV Fast ends at 9:36pm</p>	<p>8 יא אב AV 11</p>	<p>9 יב אב AV 12</p>	<p>10 יג אב AV 13</p>	<p>11 יד אב AV 14</p>	<p>12 טו אב AV 15</p> <p>Light candles at 8:26pm</p>	<p>13 טז אב AV 16</p> <p>VA'ETCHANAN Shabbat Nachamu PRAELAVOT: Chapter 3</p> <p>Shabbat ends at 9:43pm</p>
<p>14 יז אב AV 17</p>	<p>15 יח אב AV 18</p>	<p>16 יט אב AV 19</p>	<p>17 כ אב AV 20</p>	<p>18 כא אב AV 21</p>	<p>19 כב אב AV 22</p> <p>Light candles at 8:11pm</p>	<p>20 כג אב AV 23</p> <p>EIKEV Blessing of new month PRAELAVOT: Chapter 4</p> <p>Shabbat ends at 9:25pm</p>
<p>21 כד אב AV 24</p>	<p>22 כה אב AV 25</p>	<p>23 כו אב AV 26</p>	<p>24 כז אב AV 27</p>	<p>25 כח אב AV 28</p>	<p>26 כט אב AV 29</p> <p>Light candles at 7:55pm</p>	<p>27 ל אב AV 30</p> <p>RE'EH PRAELAVOT: Chapter 5</p> <p>ROSH CHODESH Shabbat ends at 9:07pm</p>
<p>28 א אלול ELUL 1</p> <p>ROSH CHODESH</p>	<p>29 ב אלול ELUL 2</p>	<p>30 ג אלול ELUL 3</p>	<p>31 ד אלול ELUL 4</p>	<div>  <p>Offices in Manchester & Edgware T: 0161 795 1212 M: 07771 876 969 E: avner@sayada-accountants.eu W: sayada-accountants.eu</p> </div>		 <p>Happy BIG birthday to ZALMY KINN on ג' אב Happy birthday to CHAYA KINN on כ"ו אלול</p>

September 2022

ELUL 5782/TISHREI 5783
אלול תשפ"ב/תשרי תשפ"ג

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 Beil Shem Tov (1898), 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 weekday 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 Moshiah, whose arrival will be heralded by the "Great Shofar". This year, due to Shabbos observances, the Shofar is sounded only on the 2nd day of Rosh Hashanah.

Shofar, by Ari Zeigler, www.LevimArt.com



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MITZVAH TIDBITS

Any one mitzvah could take your life up to a whole new level

GET YOUR LETTER IN A TORAH SCROLL

The Jewish nation is one Torah scroll. Every individual — big or small, scholar or unlearned — is one letter. We are all one, interdependent and equally important. You can purchase a letter in the Torah for yourself or on behalf of a family member or friend. Special Children's Sefer Torahs are written in the Old City of Jerusalem- where all the letters are owned by Jewish children from around the globe!

LEARN MORE AT WWW.LCHAIM.ORG.UK/142433

DESTINY CORNER:

A small insight about the long awaited era of Moshiah.

We Can All Help!

According to Maimonides, we should view the world as a balanced scale. "If one performs one mitzvah, he tips his balance and that of the entire world to the side of merit and brings deliverance and salvation to himself and others."

All it takes is one action, one good word or one positive thought that can tip the scale and bring salvation to us all.

September 2022

ELUL 5782/ TISHREI 5783

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SHABBAT

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1 ה' אלול
ELUL 5

2 ו' אלול
ELUL 6

3 ז' אלול
ELUL 7

SHOFTIM
Pirkei-Avot:
CHAPTER 6

Light candles at 7:39pm



Shabbat ends at 8:49pm

4 ח' אלול
ELUL 8

5 ט' אלול
ELUL 9

6 י' אלול
ELUL 10

7 י"א אלול
ELUL 11

8 י"ב אלול
ELUL 12

9 י"ג אלול
ELUL 13

10 י"ד אלול
ELUL 14

KI TEITZEI
Pirkei-Avot:
Chapters 1 & 2

Light candles at 7:22pm



Shabbat ends at 8:31pm

11 ט"ו אלול
ELUL 15

12 ט"ז אלול
ELUL 16

13 י"ז אלול
ELUL 17

14 י"ח אלול
ELUL 18

15 י"ט אלול
ELUL 19

16 כ' אלול
ELUL 20

17 כ"א אלול
ELUL 21

KI TAVO
Shabbat Salichot
Pirkei-Avot:
CHAPTER 3 & 4

Light candles at 7:05pm



Shabbat ends at 8:13pm

18 כ"ב אלול
ELUL 22

19 כ"ג אלול
ELUL 23

20 כ"ד אלול
ELUL 24

21 כ"ה אלול
ELUL 25

22 כ"ו אלול
ELUL 26

23 כ"ז אלול
ELUL 27

24 כ"ח אלול
ELUL 28

NITZAVIM
Pirkei-Avot:
CHAPTER 5 & 6

Light candles at 6:47pm



Shabbat ends at 7:55pm

25 כ"ט אלול
ELUL 29

26 א' תשרי
TISHREI 1

27 ב' תשרי
TISHREI 2

28 ג' תשרי
TISHREI 3

29 ד' תשרי
TISHREI 4

30 ה' תשרי
TISHREI 5

1ST DAY OF
ROSH HASHANAH

Light candles after 7:50pm

2ND DAY OF
ROSH HASHANAH DAY 1

Holiday ends at 7:47pm

FAST OF GEDALIAH

Fast begins at 5:14am

Fast ends at 7:28pm

Light candles at 6:43pm



Happy birthday to
MALKA KINN on
'א' בתשרי

Happy birthday to
MENDY KINN on
'ח' תשרי

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