



N"JUJ 2010-2011







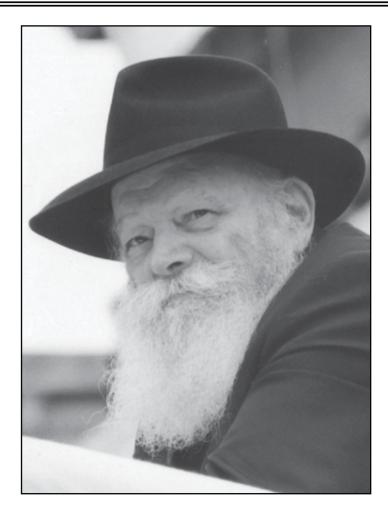












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The Four Kinds, by Art Levin, www.artlevin.com

ELUL 25-26

After midnight, we recite Selichot (special penitential prayers). We continue to recite Selichot every weekday from Monday 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. On the day he was created, Adam acknowledged G-d's kingship over the entire universe. Each Rosh Hashanah, we reaffirm this with our renewed 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". One who missed the Shofar in synagogue should make sure to hear at least the thirty prescribed Shofar sounds before the end of the day.

TASHLICH

On Rosh Hashanah, or on one of the following days, it is customary to visit a body of water containing fish and to recite the Tashlich prayer. At this service, we symbolically "cast away our sins" as we start the year anew, assured that G-d will "cast all their sins into the depth of the sea." (Micah 7:9).

FAST OF GEDALIAH

The day after Rosh Hashanah is a public fast day, commemorating the slaying of Gedaliah. Gedaliah was the leader of the small Jewish community which remained in Israel at the beginning of the Babylonian exile. Tragically, these last remnants were then dispersed as well.

YOM KIPPUR

Yom Kippur, the Day of Atonement, is the holiest day in the Jewish calendar. On this day, we acknowledge and regret our past sins and resolve to improve in the future. In return, G-d promises us forgiveness. This day is one of spiritual cleansing; we refrain from working, eating and drinking, washing, anointing with oils or lotions, marital relations and wearing leather shoes.

SUKKOT

After a period of sober and reverent reflection during the Days of Awe, we are ready for the joyous holiday of Sukkot, "the Season of our Joy", rejoicing in the knowledge that G-d has inscribed us for a good and healthy new year. 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.

THE FOUR KINDS

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 all play their part in forming the Jewish nation.

PIANO LESSONS

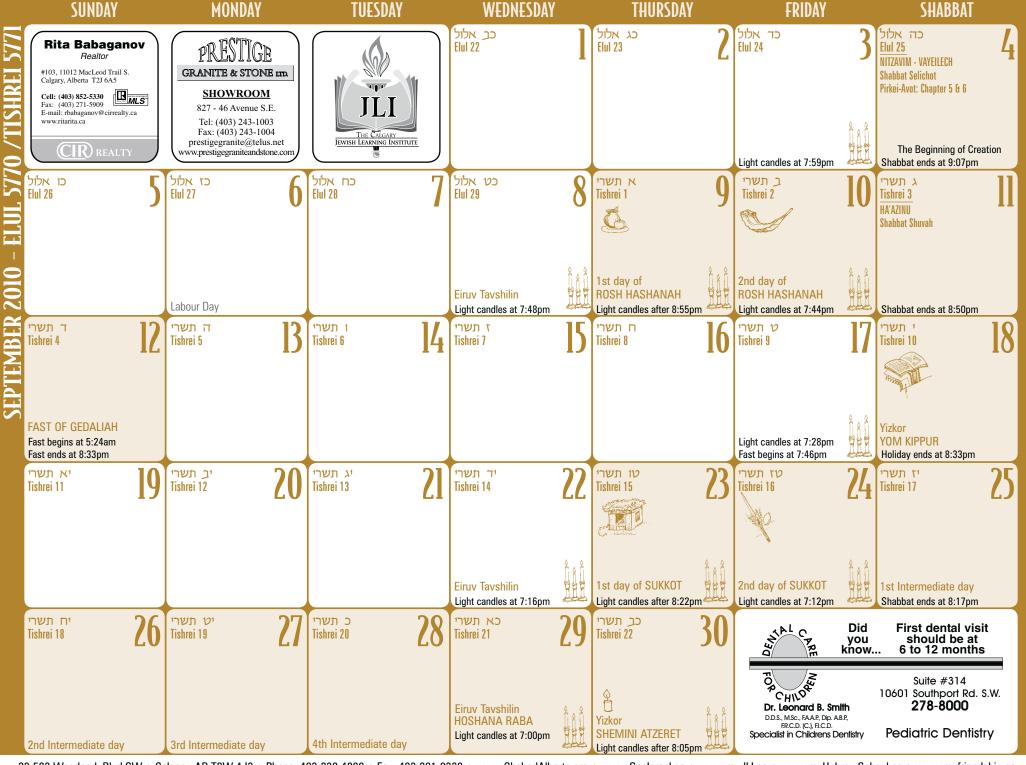
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SIMCHAT TORAH

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

CHESHVAN 7

In Israel, this is considered the first day of the official rain season. Prayers for rain were held off until this day, in deference to those making their way back from Jerusalem where they spent the holidays.

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 (1860), fifth leader of Chabad-Lubavitch.

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."

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/CHESHVAN 5771	GRANITE & STONE IND SHOWROOM 827 - 46 Avenue S.E. Tel: (403) 243-1003 Fax: (403) 243-1004 prestigegranite@telus.net www.prestigegranite@telus.net	Did you know. Dr. Leonard B. Smith DDS., MSC., FAAP, Dip, ABP, FRCD, C.J. FICD. Specialist in Childrens Dentistry	First dental visit should be at 6 to 12 months Suite #314 10601 Southport Rd. S.W. 278-8000 Pediatric Dentistry	Rita Babaganov Realtor #103, 11012 MacLeod Trail S. Calgary, Alberta T21 6AS Cell: (403) 852-5330 Fax: (403) 271-5909 E-mail: Tbabaganov@cirrealty.ca www.ritarita.ca		כג תשרי Tishrei 23 SIMCHAT TORAH Light candles at 6:56pm	בד תשרי To Tishrei 24 BEREISHIT Blessing of new month Isru Chag Shabbat ends at 8:01pm
2010 - TISHR	כה תשרי Tishrei 25	נו תשרי Tishrei 26	כז תשרי Tishrei 27	כח תשרי Tishrei 28 б	כט תשרי Tishrei 29	ל תשרי 15 Tishrei 30 New moon: 8:20 2/18 AM Rosh Chodesh Light candles at 6:40pm	Cheshvan 1 NOACH Rosh Chodesh Shabbat ends at 7:46pm
	ב חשון Cheshvan 2 10	ג רושון Cheshvan 3	ד חשון Cheshvan 4 2	ה חשון Cheshvan 5	ו רושון Cheshvan 6	ר חשון ל Cheshvan 7	ר חשרו ה Cheshvan 8 LECH LECHA Shabbat ends at 7:31pm
	ט חשון Cheshvan 9] 7	י רושון Cheshvan 10 18	יא חשון Cheshvan 11]	יב חשון Cheshvan 12 20	יג חשון Cheshvan 13 2	די רושון Cheshvan 14 22	טו רושון Cheshvan 15 VAYEIRA Shabbat ends at 7:18pm
	טז חשון Cheshvan 16 24 24 24 25 25 24 25 26 25 26 25 26 25 25 25 25 25 25 25 25 25 25 25 25 25	יז חשון Cheshvan 17 25	יח חשון Cheshvan 18 26	יט רושון Cheshvan 19 27	כ חשון כ Cheshvan 20 28	בא חשון 20 Cheshvan 21 Cheshvan 21	בב חשון Cheshvan 22 CHAYEI SARAH 30



"Living Judaism", based on work by Michael Khundiashvili, art@chabadhousecalendar.com

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.

KOSHER

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
AN /KISLEV 5771	Community Menorah Lighting	כד רושון Cheshvan 24	כה חשון Cheshvan 25	כו חשון Cheshvan 26	בז חשון Cheshvan 27		11世 いった Cheshvan 29 New moon: 9:04 3/18 PM TOLDOT Blessing of new month Shabbat ends at 6:54pm
R 2010 - CHESHVAN	ל חשון ל Cheshvan 30 7 Rosh Chodesh Standard Time	א כסלו Kislev 1 8 Yom Habahir Rosh Chodesh	ב כסלז Kislev 2 9	ג כטלו Kislev 3 lO	ד כטלו Kislev 4	ה כסלו Kislev 5 12	1 COCI Shabbat ends at 5:45pm
NOVEMBER	ז כסלו Kislev 7 4	ח כטלו Kislev 8	ט כסלו Kislev 9 16	י כסלו Kislev 10]	יא כטלו Kislev 11 18	ב כטלו Kislev 12 lg Alter Rebbe, founder of the Lubavitch Movement, was released from the St. Petersburg Jail in 1798	יג כטלו Kislev 13 YAYISHLACH 20
	יד כסלו Kislev 14 2	טו כסלו Kislev 15 22	טז כסלו (Kislev 16 23	יז כסלו Kislev 17 24	יח כסלו Kislev 18 25	יט כסלו Kislev 19 26	כ כסלו Shabbat ends at 5:32pm
	כא כסלו Kislev 21 28	בב כסלו Kislev 22 29	בג כסלו (Kislev 23 30)	PRESTICE GRANITE & STONE LTD. SHOWROOM 827 - 46 Avenue S.E. Tel: (403) 243-1003 Fax: (403) 243-1004 prestigegranite@telus.net www.prestigegraniteandstone.com	Did you know. TO CHIVE B. Smith DDS., MSc., FAAR, Dip. ABR, FR.C.D., C.J., FI.C.D. Specialist in Childrens Dentistry	Suite #314 10601 Southport Rd. S.W. 278-8000 Pediatric Dentistry	Rita Babaganov Realtor #103, 11012 MacLeod Trail S. Calgary, Alberta T21 6A5 Cell: (403) 852-5330 Fax: (403) 271-5909 E-mail: rbabaganov@cirrealty.ca www.ritarita.ca



"Jerusalem", by Art Levin, www.artlevin.com

CELEBRATING 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 Wednesday evening, December 1st.

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. However, due to Shabbat observance, the Menorah is lit before the Shabbat candles on Friday evening and after the Havdalah ceremony at the end of Shabbat.

Prepare the Menorah so that the candles will remain lit for at least a half-hour after dark. Gather all family members and light the Shamash, the service candle. Recite the proper blessings and light the candles beginning from the left. Finally, place the Shamash at its designated place.

OTHER CHANUKAH OBSERVANCES:

In addition to the kindling of the Menorah, special prayers are added to the regular services during the eight days of the holiday. Additional customs include preparing oil-rich dishes such as doughnuts or latkes; playing with the dreidel (spin-top); and the giving of Chanukah-gelt (cash gifts) to the young.

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).

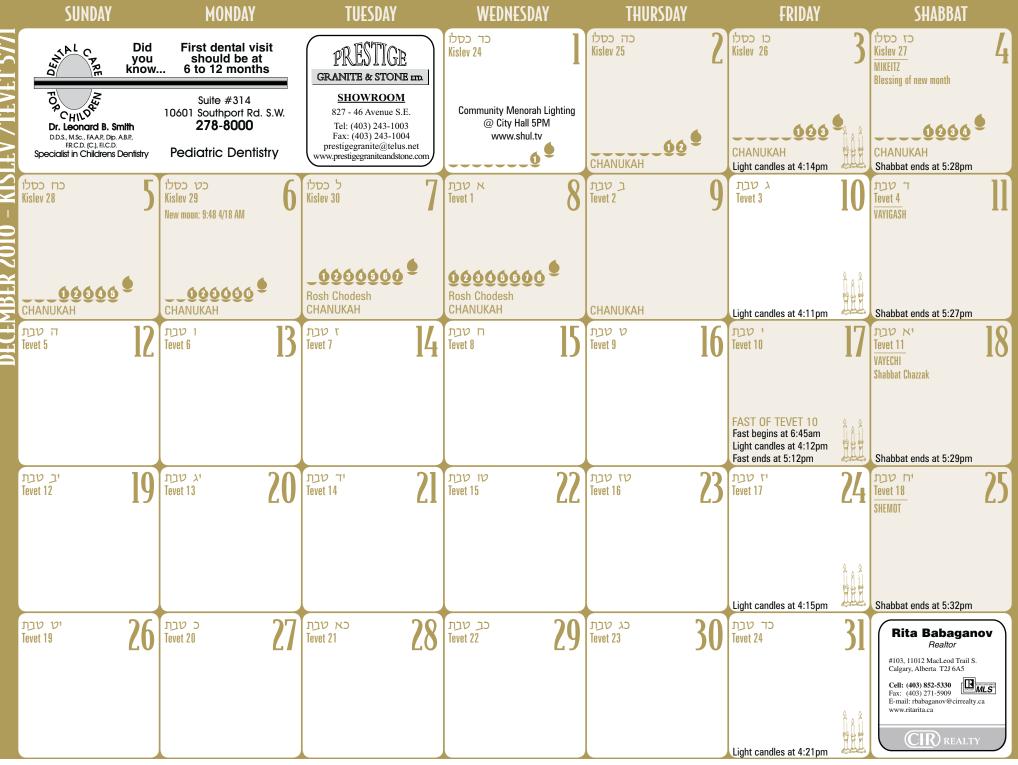
TEVET 24

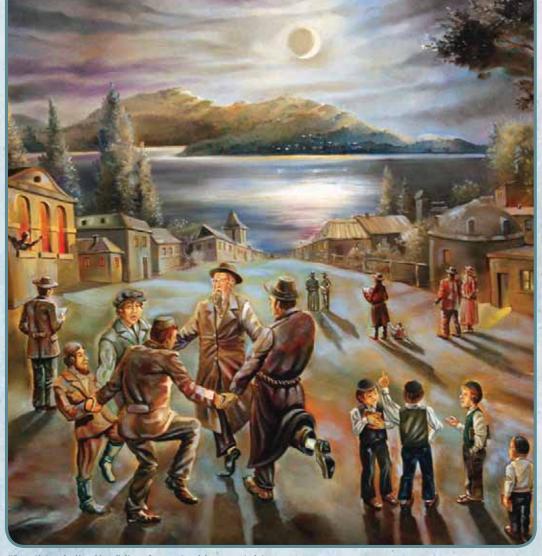
Yartzeit of Rabbi Schneur Zalman of Liadi, founder of the Chabad movement (1813).





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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 is the "New Year" of the trees, opening the season in which trees begin to bud in the Holy Land of Israel. Just as Rosh Hashanah, the New Year for all creation, is the day on which man is judged, so too is Tu B'Shevat the day of judgment for earth's trees.

To commemorate this special day, Jews throughout the world eat the distinctive foods that are characteristic of the Holy Land, especially the five fruits mentioned in the Torah: Grapes, Figs, Pomegranates, Olives, and Dates.

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 about the age of three, are encouraged to light their own candles, to involve and educate them in this profound and beautiful mitzyah

The Shabbat Candles are lit 18 minutes before sunset

SHEVAT 22

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

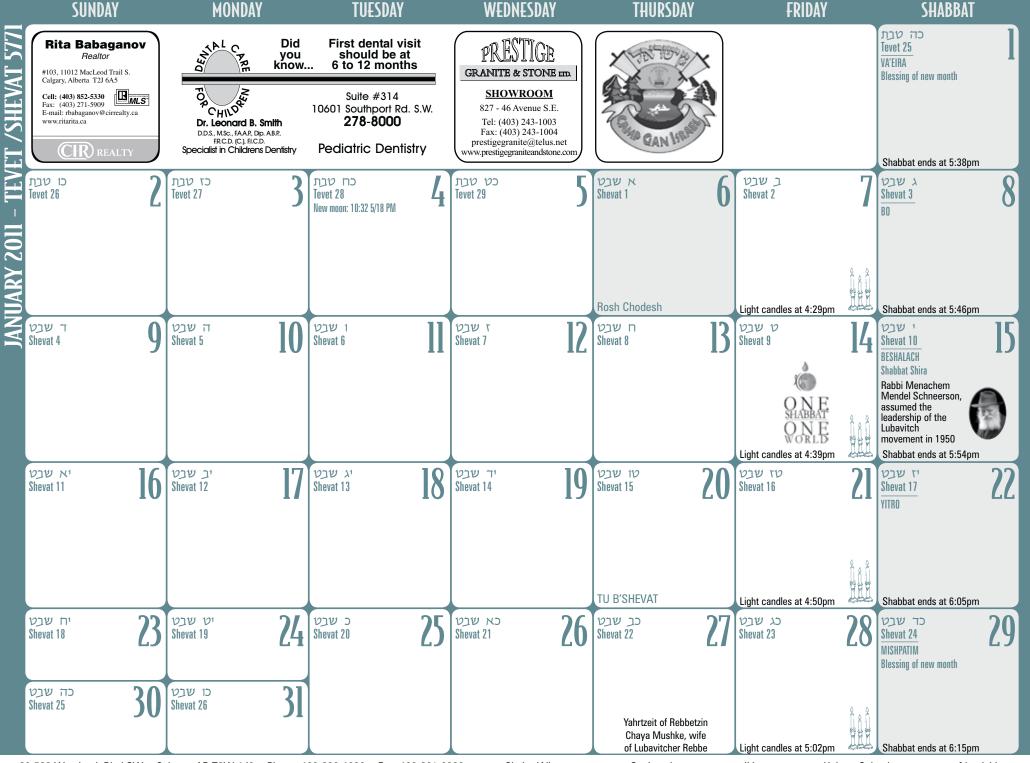
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ADAR 7

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

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.



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"Purim Gifts to the Rabbi", based on work by Boris Dubrov, art@chabadhousecalendar.com

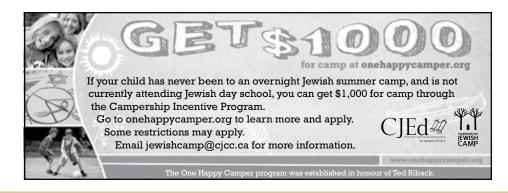
PURIM

The actual story of Purim, as told in the Scroll of Esther, is as fascinating and spell-binding 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 Al-mighty.

THE MITZVOT OF PURIM ARE:

- The Fast of Esther, held before Purim, to commemorate the day of prayer and fasting which the Jews held before their victory.
- Listen to the reading of Megillat Esther (the Scroll of Esther) at night and day, recounting the story of Purim.
- Send gifts containing at least two types of ready-to-eat food to one
 or more friends on the day of Purim. These gifts, called Mishloach
 Manot ("sending portions"), should preferably be sent via a third
 party.
- Give Matanot L'evyonim ("gifts of charity to the poor"). While
 Tzedakah (charity) is a year-round responsibility, it is a particularly
 special Mitzvah on Purim. Give to at least two needy individuals on
 Purim day.
- Celebrate with a special festive and joyous meal.
- It is traditional to give 3 half dollar coins to charity before Purim, to commemorate the annual half-shekel given by each Jew in the times of the Holy Temple. This mitzvah is usually performed in the synagogue.

WE WISH YOU ALL A JOYOUS PURIM!





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NISAN 11

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

CELEBRATING PESACH (PASSOVER)

Pesach is celebrated by refraining from eating or owning any chametz foods for the duration of the holiday, and by participating in a Seder dinner on the first two nights of the holiday.

REMOVAL OF CHAMETZ

Chametz (leaven) is defined as wheat, barley, oats, rye or spelt which have been mixed with water and then had time to rise. During Pesach it is forbidden to eat, derive benefit or even own chametz, or any mixture containing chametz.

We prepare for Pesach by thoroughly cleaning our home, workplace or other place we own, and removing any trace of chametz we may find. Sinks, tables, countertops, and dishes not used exclusively for Pesach need to be koshered. All food products used on Pesach must be certified Kosher for Passover.

On the evening before Pesach begins (this year on Sunday evening, April 17), we formally search the entire home for any remaining chametz. Any chametz we don't plan on destroying is placed in a special room or closet, sealed, and sold - through a Rabbi - to a non-Jew for the duration of the festival. Unsold chametz must be destroyed the morning before the Festival.

THE SEDER

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

DURING THE SEDER, WE:

- Drink four cups of wine (or grape juice), reminding us of the redemption and its four
- · Ask the Four Questions and recite the Haggadah, which tells the story of Passover and describes the miracles of our redemption.
- · Eat Matzah, the plain unleavened bread which symbolizes both the simple bread of slaves and the swiftness of the redemption from Egypt, which did not give our ancestors time to let their dough rise.
- Eat Maror (bitter herbs), which reminds us of the bitterness of the enslavement.

THE LAST DAY OF PESACH

The eighth and final day of Pesach is associated with Moshiach and our fervent hope for his 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 night of the Exodus, during which our ancestors eagerly awaited the receiving of the Torah at Mount Sinai.



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IYAR 14 - PESACH SHENI

When the Holy Temple stood in Jerusalem, this day offered a second chance to offer the Passover sacrifice for those who, because of distance or ritual impurity, 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 that it is never too late to rectify a past failing. Even if a person has failed to fulfill an aspect of his/her mission in life, so that the Torah calls him/her "contaminated by death" (i.e., in a state of disconnection from the divine source of life) or "on a distant road" from his people and G-d, there is always another chance, a second "Pass-over", in which s/he can make good on what s/he has 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 Miron, site of Rabbi Shimon's resting place.



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	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SHABBAT	
/IYAR 577I	כז ניסן Nissan 27 Omer 12	l	רט ניטן Nissan 28 Omer 13	2	1סט ניסן Nissan 29 Omer 14 New moon: 1:28 9/18 AM	3	ל ניסן Nissan 30 Omer 15	4	א אייר Iyar 1 Omer 16	5	ב אייר lyar 2 Omer 17	6	א איני Iyar 3 <u>Omer 18</u> EMOR Pirkei-Avot: Chapter 2	7
ISSAN,	Yom Hasho'a In the evening count Omer 13		In the evening count Omer 14		In the evening count Omer 15		Rosh Chodesh In the evening count Omer 16		Rosh Chodesh In the evening count Omer 17		In the evening count Omer 18 Light candles at 8:48pm		In the evening count Omer 19 Shabbat ends at 10:08pm	
MAY 2011 - NI	ד אייר Iyar 4 Omer 19	8	דה אייר Iyar 5 Omer 20	9	אייר 1 Iyar 6 Omer 21	10	אייר Iyar 7 Omer 22	ll`	רז אייר Iyar 8 Omer 23	12	ט אייר Iyar 9 Omer 24	B	ו אינר Iyar 10 Omer 25 BEHAR Pirkei-Avot: Chapter 3	14
\sum_{i}	Mother's Day In the evening count Omer 20		Yom Hazikaron In the evening count Omer 21		Israel Day In the evening count Omer 22		In the evening count Omer 23		In the evening count Omer 24		In the evening count Omer 25 Light candles at 8:59pm		In the evening count Omer 26 Shabbat ends at 10:21pm	
	וא אייר lyar 11 Omer 26	15	יב אייר lyar 12 Omer 27	16	רג אייר lyar 13 Omer 28	17	איר די Iyar 14 Omer 29 PESACH SHEINI	18	טו אייר Iyar 15 Omer 30	19	איר דט lyar 16 Omer 31	20	The state of the s	21
	In the evening count Omer 27 Iyar 18 Omer 33 LAG B'OMER In the evening count Omer 34	22	In the evening count Omer 28 יט אייר lyar 19 Omer 34 Victoria Day In the evening count Omer 35	23	In the evening count Omer 29 אייר lyar 20 Omer 35 In the evening count Omer 36	24	In the evening count Omer 30 Iyar 21 Omer 36 In the evening count Omer 37	25	In the evening count Omer 31 CE אייר Iyar 22 Omer 37 In the evening count Omer 38	26	Light candles at 9:09pm 711/K 30 lyar 23 Omer 38 In the evening count Omer 39 Light candles at 9:18pm	27	Shabbat ends at 10:34pm TO Iyar 24 Omer 39 BAMIDBAR Blessing of new month Pirkei-Avot: Chapter 5 In the evening count Omer 40 Shabbat ends at 10:46pm	28
	נה אייר lyar 25 Omer 40	29	כו אייר lyar 26 Omer 41	30	אייר די אייר lyar 27 Omer 42	31	Rita Babagan Realtor #103, 11012 MacLeod Trail S. Calgary, Alberta T2J 6A5 Cell: (403) 852-5330 Fax: (403) 271-5909 E-mail: rbabaganov@cirrealty.www.ritarita.ca	MLS [*]	PRESTICE GRANITE & STONE : SHOWROOM 827 - 46 Avenue S.E. Tel: (403) 243-1003 Fax: (403) 243-1004 prestigegranite@telus.n www.prestigegraniteandstone	aet	ATAL C	Did you know	First dental visit should be at	W.



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THE HOLIDAY OF SHAVUOT:

The festival of Shavuot celebrates the giving of the Torah - G-d's gift to every single Jew. The Torah provides humankind with directives to lead a meaningful, productive life. It gives us the insight to see beyond the outer layers of our physical existence and behold the G-dliness within, and the means with which we can refine our lives and the world around us.

SHAVUOT OBSERVANCES:

- · All-night Torah-study on the first night of Shavuot. This is the best preparation for receiving the Torah!
- · Reading of the Ten Commandments in the synagogue on the first day of Shavuot. Bring your children too!
- · A festive dairy meal is served on the first day of Shavuot. Our ancestors had not yet learned to prepare Kosher meat!

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TAMMUZ 3 - THE REBBE'S DAY

A day that encourages us to bond with the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson. Even with the lack of his physical presence since 1994, the Rebbe continues to have an immeasurable impact on Jews and Judaism. Under his leadership and guidance, thousands of young couples continue to dedicate and devote their lives, through the global networks of Chabad-Lubavitch institutions, to spread Yidishskeit, goodness and kindness throughout the world. The Rebbe's vision and promise of an imminent redemption, and a world filled with G-dlines, peace and harmony continues to inspire millions throughout the world. Soon it shall surely become a reality.

TAMMUZ 12

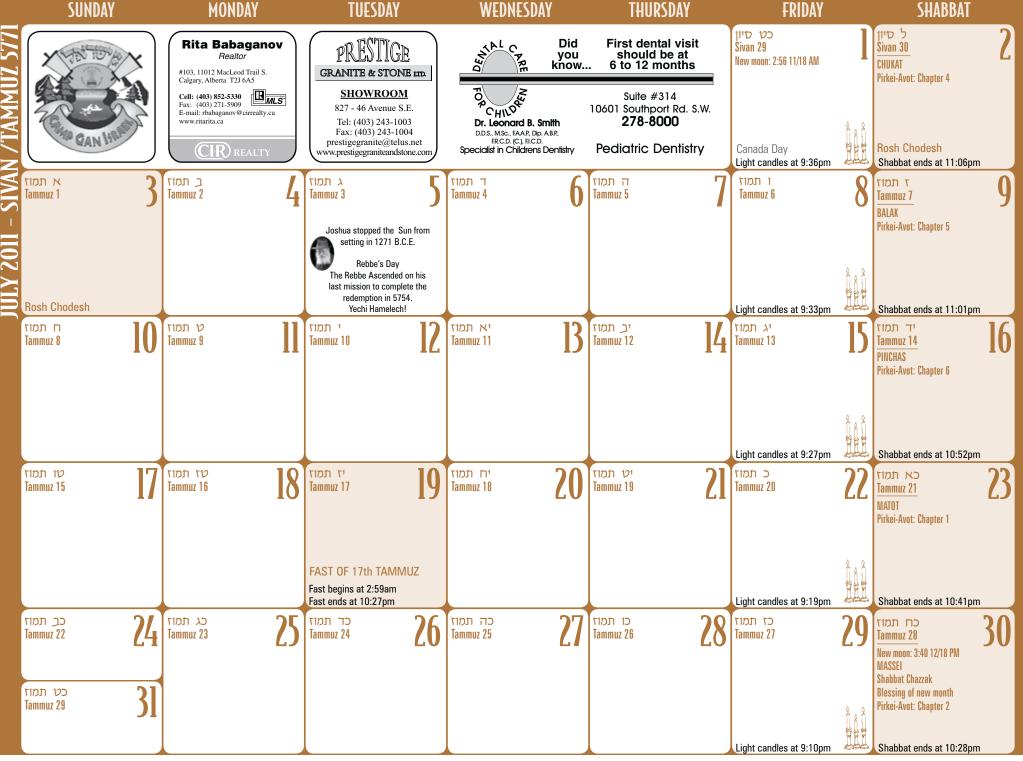
Birthday of Rabbi Yosef Yitzchak, sixth leader of Chabad-Lubavitch (1880), and his release from Bolshevik imprisonment (1927). He was imprisoned and threatened with his life for his struggle to preserve Judaism in the Soviet Union. His release was celebrated throughout the Jewish world as a victory for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

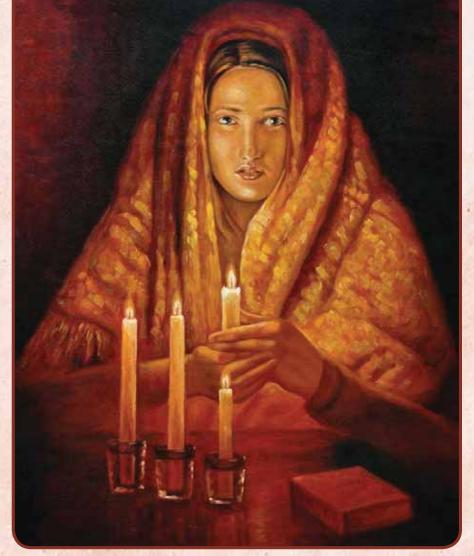
FAST OF TAMMUZ 17

The 17th of Tammuz marks the beginning of a three-week period of mourning. This is a tragic time on our calendar during which many calamities befell our nation in the course of history. On the 17th of Tammuz in particular, after years of siege, the walls of Jerusalem were breached. The Jewish forces continued to defend the Temple Mount for another 19 days, until it too fell on the 7th of Av. The Beit HaMikdash, the Holy Temple, was torched late on Av 9. Thus the "Three Weeks" begins with a fast on the 17th of Tammuz and concludes with a full day (25-hour) fast on the Ninth of Av. During this period, we do not celebrate weddings and in general hold no festivities.



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"Kindling the Shabbat Candle", based on work by Boris Dubroy, art@chabadhousecalendar.com

THE NINE DAYS OF MOURNING

While the mourning period begins on Tammuz 17, it intensifies when the month of Av enters. From the First of Av until after the Ninth of Av (excluding Shabbat), we refrain from consuming meat or wine and from various pleasurable activities as a sign of additional mourning.

TISH'A B'AV - THE NINTH OF AV

The Ninth of Av has been a sad day on the Jewish calendar from the earliest days of our history as a people. Just one year after our forefathers left Egypt, it was on this date that G-d punished that generation, decreeing that they would wander the desert for forty years, never entering into the Holy Land. Much more recently, World War I began on Av 9. 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). The observances of the fast of Tish'a B'Av are similar to those of Yom Kippur. These include refraining from any food or drink, wearing leather shoes, washing or showering, anointing oneself with oils or lotions, and from marital relations. Additionally, on the eve of the fast, the scroll of Eichah (Lamentations) is read in the synagogue in a unique chant, melancholy yet reassuring. Until noon we sit on low seats only, as a mourner does during Shiva.

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

Av 15

The Mishnah (Tractate Ta'anit) 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 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.

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!



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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
M AV /ELUL 5771	Rita Babaganov Realtor #103, 11012 MacLeod Trail S. Calgary, Alberta T2J 6A5 Cell: (403) 852-5330 Fax: (403) 271-5909 E-mail: rbabaganov@cirrealty.ca www.ritarita.ca	א אג Av 1 Heritage Day Rosh Chodesh	ב אב Av 2	ג אב Av 3	ד אב Av 4 4	Av 5	Av 6 DEVARIM Shabbat Chazon Pirkei-Avot: Chapter 3 Shabbat ends at 10:14pm
2011 - MENAC	ז אב 147 7	ח אב Av 8	FAST OF 9th OF AV Fast ends at 9:50pm	י אב ¹ Av 10 10	יא אב Av 11	יב אב Av 12 12	אר אל Av 13 VA'ETCHANAN Shabbat Nachamu Pirkei-Avot: Chapter 4 Shabbat ends at 9:59pm
	יד אב av 14]	טו אב Av 15]	טז אב Av 16 16	יז אב Av 17 17	יח אב Av 18 18	Av 19 TY	Av 20 EIKEV Pirkei-Avot: Chapter 5 Shabbat ends at 9:43pm
	כא אם Av 21 21	כב אב Av 22 22	כג אב Av 23 23	כד אב Av 24 24	כה אכ Av 25 25	Av 26	Av 27 RE'EH Blessing of new month Pirkei-Avot: Chapter 6 Shabbat ends at 9:26pm
	רח אב Av 28 28	20 אב Av 29 New moon: 4:24 13/18 AM	ל אב do Av 30 Rosh Chodesh	א אלול Blul 1 31 Rosh Chodesh	PRESTIGE GRANITE & STONE LTD. SHOWROOM 827 - 46 Avenue S.E. Tel: (403) 243-1003 Fax: (403) 243-1004 prestigegranite@telus.net www.prestigegraniteandstone.com	Did you know Dr. Leonard B. Smith DD.S., M.Sc., FAAR, Dp., ABR, FR.C.D. (C.), FLC.D. Specialist in Childrens Dentistry	Suite #314 10601 Southport Rd. S.W. 278-8000 Pediatric Dentistry



"Reaching out to Heaven", based on work by David Gafni, Israel, art@chabadhousecalendar.com

ELUL

The month of Elul, the last of the Jewish calendar, is the time to reflect on our actions of the passing year, and to find ways to correct any shortcomings. In synagogues around the world, extra prayers are recited daily and the Shofar is sounded every weekday.

ELUL 18

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

ELUL 25-26

After midnight, we recite Selichot (special penitential prayers). We continue doing so every weekday morning until the eve of Rosh Hashanah.

Elul 25

According to Jewish tradition, this was the first of the Six Days of Creation. Rosh Hashana is celebrated on day six, when Adam & Eve were created.

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. On the day he was created, Adam acknowledged G-d's kingship over the entire universe. Each Rosh Hashanah, we reaffirm this with our renewed 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".

One who missed the Shofar in synagogue should make sure to hear at least the thirty prescribed Shofar sounds before the end of the day.

TASHLICH

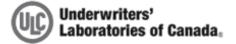
On Rosh Hashanah, or on one of the following days, it is customary to visit a body of water containing fish and to recite the Tashlich prayer. At this service, we symbolically "cast away our sins" as we start the year anew, assured that G-d will "cast all their sins into the depth of the sea." (Micah 7:9).



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