

בס"ד. מוצאי יום הבהיר, ה' טבת, תשע"ז.

To the families of *Anash* שיהיו of the community at the EU – Brussels
And virtualcommunity@sichosacademy.org

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Reminders for Sunday, *Asoro Beteves* 5777 (Jan. 8).

With best wishes that this year we will celebrate *Asoro Beteves* in the third *Bais Hamikdosh*!!

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Please post this on the refrigerator or in a central location.

The fast:

1. Pregnant or nursing women and people who are ill do not need to fast.
2. One who is not feeling well or finds it difficult to fast, should please contact the *Rov* and not wait for the last minute...
3. The fast starts at *Alos Hashachar* (dawn) – (see times in the local calendar. In NY: 5:47 am).
4. One who wants to get up before dawn to eat or drink something (to alleviate the fast), they must make a condition, on *Motzoei Shabbos*, before going to sleep, that they are planning to do so (and they must finish eating and drinking before dawn!). However, if the condition has not been made, it is not permitted to eat after one goes to sleep.

***Shacharis*:**

1. *Davening* is regular until after *Tachanun* (“*Mikoil Avoinisov*”), [the *chazzan* says *Anenu* in the repetition of the *Amida*].
2. After “*Mikoil Avoinisov*”, before *Ovinu Malkenu*, *Slichos* is recited. Even one who doesn't fast says *Slichos*.

3. Then the long *Ovinu Malkeinu* and *Vaanachnu lo Neda* are recited. [*Kadish* and reading of the *Torah - Vayechal*, **no** *maftir*] followed by *Ashrei Uvo Letzion* till the end of *Davening*.

Tzedokoh:

During the day we give *tzedoko* equivalent to the estimated amounts of the meals that we are fasting. (*Hisvaaduyos* 5749 vol. 2 pg. 460).

Mincha:

Since *Mincha* is longer than regular because there is also the reading of the *Torah* and *maftir*, special consideration should be made to *daven* with enough time before the *Shkiya* (sundown).

The order of *Mincha:*

1. *Korbonois* and *Ashrei (Kadish)*.
2. *Krias Hatorah (Vayechal)* and *Maftir, Kadish*.
3. The *Amidah*:
 - a. *Tachanun* is recited.
 - b. Those who are fasting add “*Aneinu*” in the blessing of “*Shomea Tefila*”. If one forgot and remembered after saying *Hashem’s* Name of “(Boruch Ato) *Hashem Shomea Tefila*”, it should be said after “*Elokai Netzor*” before the second “*Yihyu Leratzon*”. If the *Amidah* was completed, (started taking three steps back) the *Amidah* is not repeated.
4. [In the repetition of the *Amidah*, the *Chazan* says *Aneinu* and *Birchas Kohanim*].
5. Then, *Tachanun* and the long *Ovinu Malkeinu* and *Vaanachnu lo neda* are recited followed by *Oleinu Leshabeach*.
6. After *Mincha* the Rebbe would say a *Sicha (Divrei Kivushin)*.

The fast ends: (see times in the local calendar. In NY: 5:17).

May these days be transformed to days of joy immediately!!!

ויהפכו ימים אלו לששון ולשמחה ולמועדים טובים!