

Elul 5779

To my dear fellow members of Anas"h, at the community at the EU -Brussels  
and virtualcommunity@sichosacademy.org

**We should be Zoche to hear the Shofar Godol through Moshiach Tzidkeinu immediately.**

Rabbi Levi Y. Garelik  
[Rabbigarelik@sichosonline.org](mailto:Rabbigarelik@sichosonline.org)

### **Reminders for ראש השנה and עשרת ימי תשובה—5780**

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The following list of “Reminders” (not a substitute for learning the *Halochois*...) are written primarily for the family. Experience has shown that it is best if both husband and wife review each day thoroughly so that miscommunications and last-minute panics can be avoided, and Yom Tov can be truly celebrated joyfully.

#### **Things to buy (and take care of) in the days before ראש השנה:**

1. **Machzorim:** For the whole family.
2. A **Shofar:** For use at home, *Chabad house* and *Mivtzoim*.
3. **Baal tokeia** (most *Shluchim*): A new *beqed* for the *shehecheyonu* of the second day of *Rosh Hashono Tekiyos*.
4. **Wine:** For Rosh Hashono and Sukos (9 days).
5. **Honey** (Enough for the entire month of *Tishrei*).
6. **Sweet Apples** For the first night of *Yom Tov*.
7. **Pomegranate - Rimon** For the first night of *Yom Tov*.
8. **Head of a Ram, Sheep, or Fish** For the first night of *Yom Tov*.
9. **Carrots (Mehren)**--For the first night of *Yom Tov*.
10. **A New Fruit** - For the second night of *Yom Tov*.
11. **Challos:** Many have the custom to have **Round Challos** on Rosh Hashono.
12. **Long-lasting candles:** Those who do not have a gas flame lit over *Yom Tov* should light a long-lasting candle (like a *yortzeit licht*) to be able to light candles on the second night of *Yom Tov* (or the gas range). However, those who have household help should light one even if there is a gas flame lit, for sometimes the maid turns off the flame.
13. **Carbon monoxide detector:** Those who have the gas on for a prolonged time during *YomTov* should ensure that they have proper ventilation and that they have a proper carbon monoxide alarm system in place. Make sure to test it a couple of days before *YomTov*.
14. **2-5 Yortzeit licht:** for those who have the custom light a “*Tshuva licht*” for *Shabbos Shuva* [*Minhag Chabad* is to light 3 *Tshuva Licht*] and a “*Lebedike licht*” (and a “*Ner Neshama*” for each departed soul) for *Yom Kippur*.

15. **Candles and Neironim:** Prepare enough candles for both days of *YomTov*. If one uses glass holders for candles that must be cleaned in between each use, make sure there are enough to use for both days of *Yom Tov*.
16. **Kittel:** Ensure that one who needs, has a **Kittel** (for *Yom Kippur*).
17. **Daled Minim (Lulav etc.):** ensure that the father has arranged for the buying of the *Daled Minim*.
18. **Tzedaka:** Give extra **Tzedaka** for those who do not have basic needs for *Yom Tov* (like *Maos Chitim* before *Pesach*).
19. **Important notice regarding Yom Kippur:** Pregnant or nursing women (or someone who is ill ל"ע) who have a hard time fasting should **first consult their doctor** regarding their situations **and only then** consult the *Rav*. This should be taken into account enough time before *Yom Kippur* so that it can be properly taken care of. Anyone who is on medication that must be taken every day should do the same. **PLEASE DO NOT WAIT FOR THE LAST MINUTE TO ASK A SHAILA.....**

### **From Chof Hay (25) Elul through Rosh Hashono**

The Frierdiker Rebbe recounted that the earlier *Chasidim* used to learn every day, from *Chof Hay Elul* until *Rosh Hashono* the portion in *Bereishis* that discusses the creation that corresponds to that day. On *Chof hay* until יום אחד; on *chof vov* till יום שני etc.

### **Shabbos Parshas Nizovim – Shabbos Mevorchim**

- \* **Tehillim:** we say the whole *Tehillim* in the morning like every *Shabbos Mevorchim*.
- \* However we do **not** “*bentch*” the month before *Musaf* (see in the *Hayom Yom* the explanation in the name of the Alter Rebbe, that this month is *Bentched* by Hashem etc.)
- \* **Av Harachmim:** Before *Musaf* we say *Av Harachmim*.
- \* **Tzidkoscho:** In *Mincha* we say “*Tzidkoscho*”.
- \* **Pirkei Avos:** We say Chapters 5-6. We say the *Mishna* of “*Kol Yisroel*” and “*Rabbi Chananya ben Akashia*” before and after each perek.

### **Motzoei Shabbos**

- \* In *Maariv* we say “*Ato Chonantanu*”.
- \* We do not say “*Vihi Noam*” nor “*Veato Kodoish*”.

### **Sunday - Erev Rosh Hashono (Birthday of the Tzemach Tzedek) – 29 Elul:**

#### **1. Slichos, Shacharis, Hatoras Nedorim:**

- \* **Longer Slichos and Hatoras Nedorim:** One should remember that *Slichos* in the morning are longer than usual, and *Hatoras Nedorim* (which is performed after *Shacharis*) can take at least half an hour.
- \* After *Slichos*, *Tachanun* is not recited and the *Shofar* is not blown.

#### **2. Pan to the Rebbe**

- \* א"פ (Pidyon) is sent to the Rebbe. Those who are in proximity of the *Ohel*, go to the *Ohel* on *Erev Rosh Hashono*.

#### **3. Tzedaka**

- \* Additional *Tzedaka* is given specifically to assist those in need with the necessities for *Yom Tov* (similar to “*Maos Chitim*”).

#### **4. Foods for Rosh Hashono:**

- \* Ensure that all items in the list above were bought.
- \* We do not cook the fish in vinegar (and we do not eat acidic foods like lemon etc. however spices and onions may be added to cooked foods).
- \* Many have the custom to have round *Challos* for Rosh Hashono.
- \* Nuts are not eaten on Rosh Hashono.

#### **5. Additional Hidur**

- \* One should take upon himself an additional הידור for the year.

#### **6. Tekiyas Shofar**

- \* Arrange where the mother and children will hear *Shofar* tomorrow.

#### **7. Shabbos clocks**

- \* Ensure that the “shabbos clocks” are set for two days of Yomtov.
- \* **Tehillim:** From one hour before *Mincha* every spare moment of both days of Yom Tov should be used for saying *Tehillim*.
- \* **Mincha** is davened as usual. Being that it is the last *Tefillah* of the year, a *Cheshbon Hanefesh* should be made.

#### **The first evening of Rosh Hashono:**

##### **Before lighting candles:**

1. Light the Long-lasting candle (if there is no gas fire lit), to last for two days, and it should be put in a safe place.
2. Ensure that the “shabbos clocks” are set for two days.
3. If you are using a gas flame, ensure that it is lit.
4. Extra *Tzedaka* is given, for two days of Yom Tov.

##### **Candle lighting:**

- \* Candles should be lit 18 minutes before sunset (see local calendar). However, if one missed the correct time they may light later from a pre-existing flame.
- \* Two *Brachos* are said when lighting candles: **1.** של יום הזכרון **2.** שהחיינו.
- \* A man who is lighting candles does not recite “*Shehecheyanu*” now, he will do it later at *Kidush*.
- \* **Women and girls that are eating elsewhere should not forget to light candles.** (Check with the Rov where is the proper place to light).
- \* **Smoking:** Those who usually smoke, refrain from doing so on Rosh Hashono.

### **Maariv:**

1. Some *Tehillim* is said before *Maariv*. Many times, in the Rebbe's minyan, they sang *Ovinu Malkeinu* before *Maariv*.
  2. *Davening* begins with המעלות שיר.
  3. In the *Amidah* we add (the *Nusach* described in the *Machzor*, which also includes) :  
זכרנו לחיים, מי כמוך, המלך הקדוש, וכתוב, ובספר חיים, עושה השלום.
    - If one forgot ובספר וכתוב, מי כמוך, ובספר חיים – if they remember before they say "ה" (of ברוך אתה ה' that concludes that Brocho) the additional phrases are then said. If one remembers after saying Hashem's name, one does not go back.
    - If one said הא-ל הקדוש (or isn't sure) and immediately remembered - correctly say המלך הקדוש
    - If one said הא-ל הקדוש (or isn't sure) and remembered a little bit after (after דיבור תוך כדי דיבור), or already began to say אתה בחרתנו, he returns to the beginning of the *Amidah*.
    - If one said "הא-ל" and did not yet say "הקדוש" one can correct himself.
    - If one said "לדור ודור...וקדושים בכל יום יהללוך סלה ברוך אתה ה' המלך הקדוש" and forgot to say ודור ודור "one does not need to go back, and continues *davening*. (If one is unsure, he can continue *davening*).
- \* Before *Oleinu* we say *Ledovid Mizmor*.
- \* After *Maariv* we wish each other "לשנה טובה תכתבי ותחתמי". To women: "לשנה טובה תכתבי ותחתמי".

### **Kidush and meal:**

\* Before the meal begins, ensure that all women have lit candles. If there are not enough candles, do not rely on lighting after the meal, rather borrow candles from a neighbor so that all the women can light candles before beginning the meal.

- \* The pomegranate/*Rimon* is placed on the table before *Kidush*, (if it is new fruit for this year - one may have it in mind when saying the *Brocho* of "שהחיינו" of *Kidush*).
- \* [If a (man or) woman is making *Kidush* and (he) she already said *Brocho* of "שהחיינו" when (he) she lit the candles (he) she does not say the *Brocho* of "שהחיינו" now in *Kidush*].
- \* The *Challah* is dipped in honey. [Salt should also be placed on the table. It is said that the Rebbe would eat the first piece of *Challah* with honey and then dip an additional piece in salt.]
- \* After eating *Challah*, the apple is cut and dipped in honey and we say the *Brocho* פרי העץ (having in mind that this *Brocho* will suffice also for dessert) and then recite the "יהי רצון וכו'" and the apple is eaten.
- \* After this, the pomegranate is eaten.
- \* During the meal the head of the fish and carrots are eaten as well.
- \* In *Birchas Hamazon* we add "*Yaale veyavo*" and "*Horachamon*" of *Yomtov* and of *Rosh Hashono*.
- \* If one forgot to say יעלה ויבא:
  1. If one has not yet said "ברוך" of the *Brocho* of הטוב והמטיב, then say ברוך...אשר נתן ימים טובים...ויום "ברוך" of the *Brocho* of הטוב והמטיב, then say "ברוך" as printed in the *Sidur*.
  2. If one already said "ברוך" of הטוב והמטיב, then one returns to the beginning of *Birchas Hamazon*.

### **Monday - The first day of Rosh Hashono**

- \* Only those in good health should not eat before hearing the *Shofar*. (This generally would **exclude** women, especially since they may have to wait until after davening to hear the *Shofar*).

- \* After *Shacharis* and *Krias Hatorah*, the *Shofar* is blown.
- \* If possible, arrangements should be made to bring children to *shul* for *Birchas Kohanim* which is recited at the end of *Musaf*.
- \* If someone is blowing *Shofar* for a woman (or for a man who has not heard *Shofar*, but can make the *Brocho* himself), and he himself has already heard *Shofar*, the woman (or the man) should say the *Brocho*.

#### **Kidush and the meal**

- \* *Kiddush* today is תקעו וגו'.
- \* The *Challah* should be dipped as last night.
- \* In *Birchas Hamazon* we add “*Yaale veyovo*” and “*Horachamon*” of *Yomtov* and *Rosh Hashono*.
- \* If one forgot to say יעלה ויבא ויבא:
  1. If one has not yet said “ברוך” of the *Brocho* of הטוב והמטיב, then say “ברוך...אשר נתן ימים טובים...ויום” as printed in the *Sidur*.
  2. If one already said “ברוך” of הטוב והמטיב, then one does **not** need to go back to the beginning.

#### **During the day**

- \* Our custom is, to go on “*Mivtza Shofar*” to blow *Shofar* for people who did not have the opportunity to hear it yet (hospitals, old-age-homes, private individuals etc.)

#### **Preparations for the second day**

- \* Today, during the first day of *Yom Tov* until after *Tzeis Hakochovim/nightfall* (see local calendar for times), one is not permitted to prepare anything for tonight or tomorrow, the second day of *Yom Tov*.

#### **Mincha**

- \* The order is as follows: *Korbonois, Ashrei, Uvo Lezion, Amida* of *Rosh Hashono, Ledovid Ori, Oleinu*.

#### **Tashlich**

- \* **Tashlich**: After *Mincha*, before the *Shkiah* (sundown) we go to *Tashlich*. [If someone couldn't make it, they can go during *Aseres Yemei Tshuva* – on 8 Tishrei].

### **Monday evening - The Second Night of Rosh Hashonoh**

- \* Women can begin preparing for the meal after *Tzeis Hakochovim/nightfall* (See local calendar for times).
- \* *Maariv* is the same as yesterday.

#### **Candle Lighting:**

- \* The new fruit is placed on the table (or a new dress is put on) before lighting candles, and one should have it in mind when saying the *Brocho* of שהחיינו. If the fruit (or dress) is not available, the *Brocho* is still said.
- \* There are those that light candles after nightfall, however many have the custom to light right before *Kiddush*.

- \* Light candles **from a pre-existing flame**.
- \* The *Brochos* are the same as yesterday.
- \* **Those that are not eating at home should not forget to light candles.**

### ***Kidush and meal***

- \* The new fruit is placed where it can be seen by those making *Kiddush*, so they can have it in mind when saying the *Brocho* of שההיינו. If the fruit is not available, the *Brocho* is still said.
- \* After *Kiddush* the new fruit is eaten (and שההיינו is not said). If one ate a כזית (as is the custom) a *Brocho Achrona* is said (on the fruit, but not on the wine.) Then we go to wash for *Challah*.
- \* The *Challah* should be dipped as in the previous meals.
- \* In *Birchas Hamazon* we add “Yaale veyavo” and “Horachamon” of *Yomtov* and *Rosh Hashono*.
- \* If one forgot to say יעלה ויבא:
  1. If one has not yet said “ברוך” of the *Brocho* of הטוב והמטיב, then say "ברוך...אשר נתן ימים טובים...ויום הזכרון". as printed in the *Sidur*.
  2. If one already said "ברוך" of הטוב והמטיב, then one returns to the beginning of *Birchas Hamazon*.

## **Tuesday - The Second Day of Rosh Hashono**

- \* Those in good health should not eat before hearing the *Shofar*. (This generally would **exclude** women, especially since they may have to wait until after *davening* to hear the *Shofar*).
- \* After *Shacharis* and *Torah* reading, the *Shofar* is blown.
- \* At the end of *Musaf* is *Birchas Kohanim*.
- \* If someone is blowing *Shofar* for a woman (or for a man who has not heard *Shofar*, but can make the *Brocho* himself), and he himself has already heard *Shofar*, the woman (or the man) should say the *Brocho*.

### ***Kidush and the meal***

- \* ***Kiddush***: תקעו וגו'
- \* The *Challah* should be dipped as last night.
- \* In *Birchas Hamazon* we add “Yaale vayavo” “Horachamon” of *Yomtov* and *Rosh Hashono*.
- \* If one forgot to say יעלה ויבא:
  1. If one has not yet said “ברוך” of the *Brocho* of הטוב והמטיב, then say "ברוך...אשר נתן ימים טובים...ויום הזכרון". As printed in the *Sidur*.
  2. If one already said "ברוך" of הטוב והמטיב, then one does **not** need to go back to the beginning.

### **During the day**

- \* We again go on “*Mivtza Shofar*” like yesterday

### ***Mincha***

- \* Like yesterday.

### ***Farbrengen***

- \* The Rebbe generally washes before *Shkiah*/sundown for the *Farbrengen*; they (mention the names and) sing the *niggunim* of all the *Rabbeim*; The Rebbe (generally) says a *Maamor*, *Sichos*, *Birchas Hamazon*, *Maariv*, makes *Havdalah* followed by כוס של ברכה.

### **Maariv**

- \* In *Maariv* after *Yom Tov*, remember to say 8 things:
- \* זכרנו לחיים, מי כמוך, המלך הקדוש, אתה חוננתנו, המלך המשפט, וכתוב, ובספר חיים, עושה שלום (עשי"ת" look further to )
- \* We do not say ויהי נעם nor ואתה קדוש .
- \* We greet each other with: א. גוט יאר . During *Aseres Yemei Tshuva* we say חתימה טובה .

### **Havdalah**

*Havdalah* is recited without *Besamim* nor a candle (and those *Brachos* are not said.) We do not say ויתן לך.

### **Aseres Yemei Teshuvah**

- \* Between *Rosh Hashono* and *Yom Kippur* there are seven consecutive days, including one of each of the days of the week. These days should be used for rectifying and completing the *avodah* that was done in the past year, and as a preparation for the *avodah* that will be done in the coming new year. Sunday corresponds to all the Sundays of the year, etc., and *Shabbos Shuva* corresponds to all the *Shabbosos* of the year.

### **Shacharis**

- \* After ישתבה we add "שיר המעלות".
- \* In *Shemone Esrei* we add seven things: זכרנו לחיים, מי כמוך, המלך הקדוש, המלך המשפט, וכתוב, ובספר חיים, עושה שלום.
  1. If one forgot ובספר חיים, וכתוב, מי כמוך, – if they remember before they say "ה'" (of ברוך אתה ה' that concludes that *Brocho*) the additional phrases are then said. If one remembers after saying *Hashem's* name, one does not go back.
  2. If one said הא-ל הקדוש (or isn't sure) and immediately remembered - correctly say המלך הקדוש .
  3. If one said הא-ל הקדוש (or isn't sure) and remembered a little bit after (after כדי דיבור), or already began to say אתה חונן, he returns to the beginning of the *Amidah*.
  4. If one said "הא-ל" and did not yet say "הקדוש" one can correct himself.
  5. If one is unsure if he said המלך הקדוש he should return to the beginning.
  6. If one said "מלך אהב צדקה ומשפט" and immediately remembered –he should say המלך המשפט .
  7. If one said "מלך אהב צדקה ומשפט" and remembered a little later, or started ולמלשינים, or forgot totally, he finishes the *Amidah*. However, it is best if he repeats the *Amidah* as a תפלת נדבה .
- \* ***Ovinu Malkeinu***: The full *Ovinu Malkeinu* is said each day of *Aseres Yemei Teshuvah* during *Shacharis* and *Mincha* (besides for Friday afternoon, *shabbos* and *Erev Yom Kipur*).

### **Wednesday - Tzom Gedaliah (Fast of Gedaliah)**

- \* Pregnant and nursing women do not need to fast. Anyone who is not feeling well or finds it difficult to fast, should please contact the *Rov* **ahead of time**.
- \* After one goes to sleep, even if he wakes up in middle of the night, is not permitted to eat. If it is difficult to fast, and it is easier if he eats early in the morning (before dawn), then one must declare his intentions (before he goes to sleep) to wake up early and eat.
- \* The fast begins at *Alos Hashachar*/dawn. (See local calendar).





[Loose translation]

1962

Garelik Family שיחיו

Greetings and blessings,

I received the letter and the pictures. Thank you.

The children are sweet and beautiful. You should have

from them much *nachas* in all aspects as you wish for yourselves. Levi Yitzchok, *bli ayin horo* a full-fledged bochur.

With blessings for all good.

Wishing you much *Hatzlocho*

[Rebetzen] *Chana Schneerson*

Regards and best wishes to Miss Posner [now Mrs. Soro Rivkah Sasonkin]

### ***Motzoei Shabbos Shuva***

\* We do not say ויהי נועם and ואתה קדוש.

\* *Havdala* is recited as usual and ויתן לך is also recited.

### **Monday – 8 Tishrei – “Shlosh Esrei Midos”:**

\* If one didn't manage to go to *Tashlich* until today, it should be done today.

- To Be Continued-

**With best wishes for a *Ksiva vachasima Tova – Leshana Tova Umesuka* and may we hear the *Shofar Gadol* this year!**

*Rabbi Levi Y. Garelik*

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