

Elul 5780

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

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

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Reminders for ראש השנה and עשרת ימי תשובה—5781

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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 (and children...) 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. **Listening to blowing of the Shofar:** To arrange where everyone in the family will be hearing *Shofar*. (Especially if there is a member of the family who is not well ר"ל etc.)
4. **[Baal Tokeia (most Shluchim):** This year, as the first day of *Rosh Hashono* occurs on *Shabbos*, there is no need to purchase a new *Beged* (garment) for the *Shehecheyonu* of the second day of *Rosh Hashono Tekiyos*.]
5. **Wine:** For *Rosh Hashono* and *Sukos* (9 days).
6. **Honey:** Enough for the entire month of *Tishrei*.
7. **Sweet Apples:** For the first night of *Yom Tov*.
8. **Pomegranates – Rimonim:** For the first night of *Yom Tov*.
9. **Head of a Ram, Sheep, or Fish:** For the first night of *Yom Tov*.
10. **Carrots (Mehren):** For the first night of *Yom Tov*.
11. **A New Fruit** - For the second night of *Yom Tov*.
12. **Challos:** Many have the custom to have **round challos** on *Rosh Hashono*.
13. **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 flame is inadvertently turned off.
14. **Carbon monoxide detector:** Those who have the gas on for a prolonged time during *Yom Tov* 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 *Yom Tov*.

15. **4-5 Yortzeit licht:** for those who have the custom to 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*.
16. **Candles and Neironim:** Prepare enough candles for both days of *Yom Tov*. 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* (as there is a *Shailo* whether you are permitted to remove the metal washer on *Yom Tov*).
17. **Kittel:** Ensure that one who needs has a **Kittel** (for *Yom Kippur*).
18. **Daled Minim (Lulav etc.):** ensure that the father has arranged for the buying of the *Daled Minim*.
19. **Tzedaka:** Give extra **Tzedaka** for those who do not have basic needs for *Yom Tov* (like *Maos Chitim* before *Pesach*).
20. **Keren Hashono:** Sometimes the Rebbe encouraged to give to the “*Keren Hashono*” before *Rosh Hashono*. In the year תשפ"א there will be a total of 353 days.
21. **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* (at least a week or two) 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.....**

Chai Elul

12 Days: Each of the 12 days from *Chai Elul* to *Rosh Hashono* represent one of the previous 12 months. So *Chai Elul* is the day of *Cheshbon Hanefesh* for the previous *Tishrei* etc.

Shabbos Parshas Nitzovim/Vayelech – Shabbos Mevorchim – 23 Elul *Yahrzeit* of Reb Meir Shlomo Yanovsky – Rebbetzin Chana’s father.

1. The Rebbe would say *Kaddish*.
2. **Tehillim:** we say the whole *Tehillim* in the morning like every *Shabbos Mevorchim*.
3. 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.)
4. **Av Harachamim:** Before *Musaf* we say *Av Harachamim*.
5. **Tzidkoscho:** In *Mincha* we say “*Tzidkoscho*”.
6. **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 say “*Vihi Noam*” and “*Veato Kodoish*”.
- * After midnight we go to recite **Slichos** and continue to do so every morning until *Erev Rosh Hashono*.

25th of Elul

The Rebbe would say *Kadish* (presently it’s not clear for whom).

From Chof Hei (25) Elul through Rosh Hashono: The *Friediker* Rebbe recounted that the earlier *Chasidim* used to learn every day, from *Chof Hei Elul* until *Rosh Hashono* the portion in *Bereishis* that discusses the creation that corresponds to that day. On *Chof hay* until יום אהד; on *Chof Vov* till יום שני etc.

Friday - 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

- * A פ"נ (*Pidyon*) is sent to the Rebbe and we also sign the *Pa"n Kloli* (communal *Pa"n*). 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.
- * Many have the custom to have round *Challos* for *Rosh Hashono*.
- * We do not cook the fish in vinegar (and we do not eat acidic foods like lemon etc. Spices and onions may be added to cooked foods to give them a good taste so long as the final food does not taste acidic).
- * Nuts are not eaten on *Rosh Hashono*.

5. Additional Hidur: One should take upon himself an additional הידור for the year ["*Bli Neder*"].

6. Tekiyas Shofar: Arrange where the mother and children will hear *Shofar* on *Rosh Hashono*.

7. Shabbos clocks: Ensure that the "*Shabbos* clocks" are set for two days of *Yom Tov*.

Tehillim: From one hour before *Mincha* every spare moment of both days of *Yom Tov* should be used for saying *Tehillim*. The *Frierdiker* Rebbe said that on *Rosh Hashono*, one should be careful not to speak any דיבור חול עד קצת האחרון and every spare moment one has should be utilized to saying *Tehillim*. On *Rosh Hashono* (and *Aseres Yemei Teshuva*) *Tehillim* may be recited at night as well.

* **Mincha:** Being that it is the last *Tefillah* of the year, a *Cheshbon Hanefesh* should be made.

The order of *Mincha* is like Friday: *Hodu, Posach Eliyohu, Yedid Nefesh, Korbonois, Ashrei, Amidah, Ledovid Hashem Oiri, Oleinu*.

The first evening of Rosh Hashono/Friday night

Before Shabbos/Yom Tov begins:

1. The *Rabeim* had a custom that on *Erev Rosh Hashono*, some time before the *Yom Tov* began, they would go and converse with their *Rebbitzen*. *Chassidim* should do the same.
2. 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.
3. Ensure that the "*Shabbos* clocks" are set for two days.
4. If you are using a gas flame, ensure that it is lit to be used for the *Blech* for *Shabbos* and for the cooking of the second day of *Yom Tov*.

(First Evening of *Rosh Hashono/Shabbos* – cont.)

Candle lighting:

1. Candles should be lit 18 minutes before sunset (see local calendar) like every *Erev Shabbos*.
2. Extra *Tzedaka* is given for two days of Yom Tov.
3. Two *Brachos* are said when lighting candles: **1.** ששהיינו **2.** של שבת ושל יום הזכרון.
4. A man who is lighting candles does not recite “*Shehecheyanu*” now, he will do it later at *Kiddush*.
5. **Women and girls that are eating elsewhere should not forget to light candles.** (Check with the Rov where is the proper place to light, at home or at their host).

* **Smoking:** Those who usually smoke refrain from doing so on *Rosh Hashono* and encourage their acquaintances to refrain as well.

Maariv:

1. Some *Tehillim* is said before *Maariv*.
 2. Many times, in the Rebbe’s *Minyan*, the Rebbe would encourage the singing of *Ovinu Malkeinu* before *Maariv*¹ [and sometimes also before the other *Tfilos*]. However, when *Rosh Hashono* occurred on *Shabbos*, there were times when the Rebbe did not.
 3. *Davening* begins with מזמור לדוד.
 4. In *Lecha Dodi*, in the *Boi Vesholom* section, we say *Gam Berina Uvetzoholo* (not *Besimcha* as every *Yom Tov*).
 5. In the *Amidah* we add (the *Nusach* described in the *Machzor*, which also includes 6 items) :
 1. זכרנו לחיים 2. מי כמוך 3. המלך הקדוש 4. וכתוב 5. ובספר חיים 6. עושה השלום.
 - If one forgot ובספר וכתוב, וכתוב, ובספר חיים – if they remember **before** they say “*Hashem*” (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 המלך 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 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 and say המלך הקדוש.
 - If one said "לדור ודור וכו'" and forgot to say "...וקדושים בכל יום יהללוך סלה ברוך אתה ה' המלך הקדוש" one does not need to go back, and continues *Davening*. (If one is unsure, he can continue *Davening*).
 - If one is unsure if he said המלך הקדוש but he did say the paragraphs of לדור ודור etc. it is assumed that he said המלך הקדוש.
- * After the *Amida* we recite (like every Friday night) *Vayechulu, Brocho Me’ein Sheva, Mogen Ovois* (don’t forget to say **Hamelech Hakodosh**) until *Mekadesh Hashabos*.
- * **Before** *Kadish Tiskabel* we recite **Ledovid Mizmor**. The Rebbe Rasha”b said: The *Keili* for the material השפעות for the entire year is through the *Kavono* during the recitation of *Ledovid Mizmor* on the night of *Rosh Hashono* and the additional *Simcha* with the Torah on *Simchas Torah*.
- * After *Ledovid Mizmor* – we recite *Kadish Tiskabel, Mizmor ledovid, Chatzi Kadish, Borchu, Oleinu*.
- * After *Maariv* we wish each other “לשנה טובה ותחתם”. To women: “לשנה טובה ותחתמי” in singular form.

¹ See the Hebrew section of the reminders for the reason for this.

(First Evening of *Rosh Hashono/Shabbos* – cont.)

Kiddush and meal:

- * The **honey**, the (already cut) **apples**, the **pomegranate/Rimon** and the salt are all placed on the table before *Kiddush*. (If the pomegranate is a new fruit for this year - one should have it in mind when saying the *Brocho* of "שהחיינו" of *Kiddush*).
- * *Sholom Aleichem, Ki Malochov, Eishes Chayil, Do hi Seudoso* and *Askinu* are all said quietly.
- * [If a (man or) woman is making *Kiddush* and (he) she already said the *Brocho* of "שהחיינו" when (he) she lit the candles, (he) she does not say the *Brocho* of "שהחיינו" now in *Kiddush*].
- * **The order of *Kiddush*:** *Yom Hashishi, Savri Moronon...Bore Pri Hagofen, Asher Bochar bonu mikol Om, Shehecheyonu* (as above – if needed – have in mind the *Rimon*).
- * The *Challah* is dipped in honey. [Salt should also be placed on the table. It is said that the Rebbe would first dip the piece of *Challah* in the honey three times and then dip an additional piece of *Challah* in the salt three times.]
- * After eating *Challah*, the apple is cut (if it wasn't cut before) and dipped in honey [it is said that the Rebbe dipped it three times] and we say the *Brocho* בורא פרי העץ (having in mind **two** things: 1. The *Rimon* and 2. 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.
- * [Regarding the acidic foods that are or are not eaten – see above in the "Foods for *Rosh Hashono*" section on page 3].

In *Birchas Hamazon*: we add: 1. "*Retzei*", 2. "*Yaale veyovo*", 3. "*Horachamon*" of *Shabbos*, 4. "*Horachamon*" of *Yom Tov*. and 5. *Horachamon* of *Rosh Hashono*.

If one forgot to say either "*Retzei*" or "*Yaale Veyovo*" or both, there are two scenarios :

- A. If **he has not yet** said "*Boruch*" of the next *Brocho* ("*Hatov Vehameitiv*"), then:
1. If he forgot only "*Retzei*", he says: ברוך אתה ה' מקדש השבת (see in the *Siddur*).
 2. If one forgot only "*Yaale Veyovo*", he says: ברוך אתה ה'...ברוך אתה ה' מקדש ימים טובים...ברוך אתה ה' מקדש ישראל ויום הזכרון (see in the *Siddur*).
 3. If one forgot both, he says: ברוך אתה ה'...שנתן שבתות למנוחה...וימים טובים לזכרון...ברוך אתה ה' מקדש השבת וישראל ויום הזכרון.
- B. **However**, if one already started the next *Brocho* (*Hatov Vehameitiv*), even if he only said the word "*Boruch*", then: Whether one forgot "*Retzei*" or "*Yaale Veyovo*" or both - one returns to the beginning of *Birchas Hamazon* and says it again and says both: "*Retzei*" and "*Yaale Veyovo*".

Shabbos - The first day of *Rosh Hashono*

- * Men go to the *Mikvah*.
- * As it is *Shabbos*, we do not blow the *Shofar* today.
- * Therefore, one may eat before *Davening* as he would do on any *Shabbos* or *Yom Tov* morning.
- * If possible, arrangements should be made to bring children to *Shul* for *Birchas Kohanim* which is recited at the end of *Musaf*.
- * *Avinu Malkeinu* is not recited.
- * [After בנסוע ויהי we say the יג מדות even if it is *Shabbos*].

(First Day of Rosh Hashono – cont.)

- * At the end of *Mussaf* is *Birchas Kohanim*.
- * After the recitation of *Tehillim* we recite: “*Velokachto Soles*” and “*Sheish Zechiros*”.

Kiddush and the meal

- * From “*Mizmor Ledovid*” until “*Vayekadsheihu*” is said quietly.
- * Then we recite out loud: “*Tiku Bachodesh*” etc. “*Savri Moronon... Hagofen*”.
- * The *Challah* should be dipped as last night.

In *Birchas Hamazon*: we add: 1. “*Retzei*” 2. “*Yaale Veyovo*” 3. “*Horachamon*” of *Shabbos* 4. “*Horachamon*” of *Yom Tov* and 5. *Horachamon* of *Rosh Hashono*.

If one forgot to say either “*Retzei*” or “*Yaale Veyovo*” or both, there are two scenarios :

A. He has not yet said “*Boruch*” of the next *Brocho* (“*Hatov Vehameitiv*”), then:

1. If he forgot only “*Retzei*”, he says: ברוך אתה...שנתן שבתות למנוחה...ברוך אתה ה' מקדש השבת (see in the *Siddur*).
2. If one forgot only “*Yaale Veyovo*”, he says: ברוך אתה ה'...אשר נתן ימים טובים...ברוך אתה ה' מקדש ישראל ויום הזכרון (see in the *Siddur*).
3. If one forgot both, he says: ברוך אתה ה'...שנתן שבתות למנוחה...וימים טובים לזכרון...ברוך אתה ה' מקדש השבת וישראל ויום הזכרון.

B. **However**, if one already started the next *Brocho* (*Hatov Vehameitiv*), even if he only said the word “*Boruch*”, then:

1. If he forgot “*Retzei*” or both - one returns to the beginning of *Birchas Hamazon* and says it again and says both: “*Retzei*” and “*Yaale Veyovo*”.
2. If he forgot only “*Yaale Veyovo*”, he does not have to repeat the *Birchas Hamazon* and just continues.

Preparations for the second day

* Today, during the first day of *Yom Tov* (*Shabbos*) until after *Tzeis Hakochovim*/nightfall (see local calendar for the 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*, *Vaani Sefilosi*, [*Krias Hatorah* (*Haazinu*)], *Amida* of *Rosh Hashono*, (*Tzidkoscho* and *Ovinu Malkenu* are not recited), *Ledovid Hashem Ori*, *Oleinu*.

Tashlich

As today is *Shabbos*, we do not go to *Tashlich*, rather it is postponed to tomorrow after *Mincha*.

(Second Evening of Rosh Hashono/Motzoei Shabbos – cont.)

Motzoei Shabbos - The Second Evening of Rosh Hashonoh

- * Women may begin preparing for the meal after *Tzeis Hakochovim*/nightfall (See local calendar for the times). **However:** They must first either *Daven Maariv* or at minimum say "***Boruch Hamavdil Bein Kodesh Lekoidesh***".

Maariv

1. Many times the Rebbe would instruct to sing *Ovinu Malkeinu* prior to *Maariv*.
2. *Maariv* starts from *Shir Hamaalos*.
3. In the *Amida* we add "*Vatodienu*". If one forgot to say "*Vatodienu*" he does not have to repeat the *Amida*, but before doing any *Melochois* he must say "***Boruch Hamavdil Bein Kodesh Lekoidesh***".
4. **Ledovid Mizmor** is added (see in last nights instructions).
5. Then *Kadish Tiskabel* is recited and *Oleinu Leshabeiach*.

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 reciting the *Brocho* of שֶׁהָיִינוּ. If the fruit (or dress) is not available, the *Brocho* is still recited.
- * The custom is to light the candles right before *Kiddush* (so the *Shehecheyonu* on the candles will also apply to the new fruit).
- * Light candles only **from a pre-existing flame**.
- * The two *Brochos* for tonight are: 1. *Shel Yom Hazikoroin*. 2. *Shehecheyonu*.
- * **Those that are not eating at home should not forget to light candles. Do not make *Kiddush* until all women and girls lit the candles.**

Kiddush and meal

- * The new fruit is placed where it can be seen by those making *Kiddush*, so they can have it in mind when reciting the *Brocho* of שֶׁהָיִינוּ. If the fruit is not available, the *Brocho* is still recited.
- * The order of *Kiddush* for tonight is יִקְנֶה"ו, which means: *Borei Pri Hagofen, Asher Bochar Bonu, Borei Meorei Hoish, Hamavdil* and *Shehecheyonu*.
- * When reciting *Borei Meorei Hoesh* we do not put the candles together or look at the nails. We just gaze at the candles.
- * After *Kiddush* (before washing hands for *Challah*) the new fruit is eaten (and שֶׁהָיִינוּ is not said). We eat a כזית (as is the custom) and a *Brocho Acharona* is recited (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.
- * The apple in honey, the *Simonim* and the *Rimon* are eaten only on the first night.

In *Birchas Hamazon*: We add: 1. "*Yaale Veyavo*", 2. "*Horachamon*" of *Yom Tov* and 3. "*Horachamon*" of *Rosh Hashono*. If one forgot to say *Yaale Veyovo*:

1. If one has not yet said "*Boruch*" of the next *Brocho* of *Hatov Vehametiv*, he says: "ברוך...אשר נתן ימים טובים...ויום הזכרון". as printed in the *Siddur*.
2. If one already said "*Boruch*" of the next *Brocho* of *Hatov Vehametiv*, then one returns to the beginning of *Birchas Hamazon* and repeats it.

(Second Day of Rosh Hashono/Sunday – cont.)

Sunday - The Second Day of Rosh Hashono

- * Men go to the Mikvah.
- * Today we will blow the *Shofar*. Therefore, 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*).
- * We recite *Ovinu Malkeinu*.
- * After *Shacharis* and *Torah* reading, the *Shofar* is blown.
- * **Yizkor**: On the second day of *Rosh Hashono*, the Friediker Rebbe use to say *Yizkor* quietly to Himself after the *Haftoro* before *Tkiyos*. Because it is said quietly there is no need to walk out of *Shul*.
- * The *Baal Tokea* does not need to put on a new garment for *Shehecheyonu* because today is the first time that he says *Shehecheyonu* on the *Shofar*.
- * At the end of *Musaf* is *Birchas Kohanim*.
- * If someone who was already *Yotze Shofar*, is blowing *Shofar* for a man who has not yet heard *Shofar*, the listener should make the *Brocho*. If he can't, the blower may make the *Brocho* (if possible, the listener should repeat after him). However, if it's for a woman or women, they have to make the *Brocho* (one makes for all) and he may not say the *Brocho*, and if they can't say it (or read it) he should blow without a *Brocho*.

Kiddush and the meal

- * **Kiddush**: The *Nusach* for *Kiddush* is: תקעו וגו'.
- * The *Challah* should be dipped as last night.
- * In *Birchas Hamazon* we add: 1. "Yaale Veyavo" 2. "Horachamon" of *Yom Tov* and 3. "Horachamon" 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" as printed in the *Siddur*.
 2. If one already said "ברוך" of הטוב והמטיב, then one does **not** need to go back to the beginning and just continues *Bentching*.

During the day

- * Chabad 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.)

Mincha

- * *Korbonois, Ashrei, Uvo Letzion, Amidah* of *Rosh Hashono, Ovinu Malkeinu, Ledovid Hashem Ori, Oleinu*.

Tashlich

- * **Tashlich**: After *Mincha*, before the *Shkiah* (sundown) we go to *Tashlich*.

Farbrengen

- * The Rebbe would generally wash before *Shkiah*/sundown for the *Farbrengen*; the names of the *Rabbeim* would be mentioned and their *Niggunim* would be sung; The Rebbe would (generally) say a *Maamor, Sichos, Birchas Hamazon, Maariv*, make *Havdalah* followed by כוס של ברכה.

6. If one said "מלך אוהב 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.

(*Aseres Yemei Teshuva* – cont.)

* ***Ovinu Malkeinu***: The long *Ovinu Malkeinu* is recited each day of *Aseres Yemei T'shuvah* during *Shacharis* and *Mincha* (besides for Friday afternoon, *Shabbos* and *Erev Yom Kippur*).

Monday - Tzom Gedaliah (Fast of Gedaliah)

* Pregnant and nursing women (or someone who is ill) 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**.

* The fast begins at *Alos Hashachar*/dawn. (See local calendar for the times).

* After one goes to sleep, even if he wakes up in middle of the night, he 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 (verbally) his intentions (before he goes to sleep) to wake up early and eat. He has to arrange it in a manner that he should be finished eating and drinking prior to *Alos Hashachar*.

Shacharis

* We add ***Shir Hamaalos*** before *Yishtabach*.

* In the ***Shemone Esrei*** we add **seven** additions:

זכרנו לחיים, מי כמוך, המלך הקדוש, המלך המשפט, וכתוב, ובספר חיים, עושה השלום.

If one forgot any of them, see above in *Aseres Yemei T'shuvah*.

* ***Selichos*** are recited in middle of *Shacharis*, towards the end *Vehu Rachum* (which is recited on Mondays and Thursdays), before *Shomer Yisroel*.

* ***Ovinu Malkeinu*** is recited after *Slichos*. We say "כתבנו" as in all of the *Aseres Yemei Teshuva*.

* [We read the *Torah* – *Vayechal. Chatzi Kadish* but no *Haftorah*. Then we recite *Ashrei Uvo Letzion* etc.].

Mincha

* In *Mincha*, we read in the *Torah Vayechal* with the *Haftorah* and then *Chatzi Kadish*.

* Those who are fasting add ענו in the *Amidah* (in שומע תפלה).

* If one forgot and remembered after saying the word *Hashem* of *Boruch Ato Hashem Shomeia Tefilo*, he should say it after אלקי נצור before the second יהיו לרצון. If one finished the *Amida*, he does not have to repeat it.

* After *Tachanun*, the long *Ovinu Malkeinu* is recited. We say "כתבנו" as in all of the *Aseres Yemei Teshuva*.

* After *Mincha* the Rebbe would say a *Sicha*.

Vov Tishrei: Yahrtzeit of Rebbitzin Chana, the Rebbe's mother

* The Rebbe would conduct a *Farbrengen* on this day and would generally make a *Siyum* on a *Masechte*. In honor of *Vov Tishrei*, here is a copy of a letter that our family merited to receive from the *Rebbitzin*:

ב"ה [אייר תשכ"ב]
משפחת גארעליק הנכבדה יחיו
שלום וברכה!
המכתב והתמונות קבלתי במועדם. תודה.
הילדים נעימים ויפים תקבלו מהם רב נחת בכל הפרטים
כחפצכם. לוי-יצחק בלי עה"ר [עין הרע] א גאנצער בחור.
בברכת כל טוב אסיים.
ד"ש והצלחתכם
חנה שניאורסאהן
ד"ש ואיחולים טובים להעלמה פאזנער

הרה"ק
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ד"ש והצלחתכם
חנה שניאורסאהן
ד"ש ואיחולים טובים להעלמה פאזנער

[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]

Shabbos Shuva – (see local calendar for candle lighting times)

- * In the Rebbe's household, on Friday before candle lighting, (in honor of *Shabbos Shuva*), they would light (3 or at least) a "*T'shuva Licht*".
- * *Davening* is like regular Shabbos but do not forget in the *Amidah* the additions of *Aseres Yemei T'shuva*.
- * In מגן אבות we say המלך הקדוש.
- * Before Musaf, *Ov Horachamim* is recited.

Motzoei Shabbos Shuva (see local calendar for the times)

- * We do not say ויהי נועם and ואתה קדוש.
- * *Havdala* is recited as usual and ויתן לך is also recited.

- 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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