

Yom Kippur - First Days of Sukkot

September 21 - 29, 2007

See inside for candle-lighting times

Volume II, Issue 1

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## New! Beginner's Minyan this Yom Kippur

In response to requests from several of our members, Chabad will be offering a beginner's program for both men and women on **Yom Kippur, September 22, 11:00 - 12:00 a.m.**

Join **Rabbis Meir Ossey** and **Chayim Alevsky** for an interactive program designed to make the prayers of Yom Kippur personally relevant and inspirational.

The Beginner's Program will incorporate an overview of the significance of Yom Kippur, prayers, and selected readings. Rabbi Alevsky will be singing and chanting several of the signature prayers of the day, and participants are invited to share their insights throughout the program.

"The prayers that we say have developed over thousands of years, and provide us with a tried and true path to our connection with G-d. However, their complexity make the service somewhat difficult to follow," **Rabbi Shlomo Kugel** said. "Our goal is to help all the participants find meaning and connection to the words of the prayers and to the holiness of the day itself."

Rabbi Meir Ossey envisions the learner's service as an informal group, rather than a formal service. "I'd like to open up the floor for your input and discussion as we explore the significance of Yom Kippur together," Rabbi Ossey said.

If the pilot program is met with success, a similar program will be instituted on Shabbats during the year.

For more information, please call Rabbi Ossey at 212.864.5010, ext. 16.

## MOSHIACH MATTERS

The final shofar blast at Neilah is a foretaste of the ultimate shofar blast of Moshiach when we will enter a new age of complete freedom.

*The Mittler Rebbe, Second Rebbe of Lubavitch, Ateres Rosh*



# CHABAD YOM TOV SCHEDULE

Yom Kippur, September 21 - 22 ~ First Days of Sukkot, September 29

## YOM KIPPUR

### Friday, September 21

Mincha	3:45 pm
Candle Lighting	<b>6:37 pm</b>
<i>Begin fasting a few minutes before 6:55 pm</i>	
Kol Nidrei	6:55 pm
Kids Shul & Jr. Minyan	6:55- 7:30 pm

*followed by supervised play*

### Shabbat, September 22

Shacharit	9:45 am
Kids Shul & Junior Minyan	11:00 am - 12:30 pm
Supervised Play	12:30 - 2:00
Yizkor	approx. 12:30 pm

Rambam with Rabbi Fried	4:35 pm
Mincha	5:35 pm
Kids Shul & Junior Minyan	7:00 pm
Neilah	6:35 pm
Fast ends	<b>7:35 pm</b>
Ma'ariv and Havdala	7:35 pm

### Important Yom Tov Information

Earliest Tefillin of the Week is 5:53 am  
Latest Morning Shema of the Week is 9:44 am  
The earliest time for taking Lulav and Etrog throughout Sukkot is 6:54 am.

**\*Eiruv Tavshillin** - On Wednesday, September 26, we make an Eiruv Tavshillin. Take a boiled egg and challah (or matzah) and put it aside, reciting the appropriate bracha and text as printed in the siddur.

An Eiruv Tavshillin permits us to prepare on Friday, the second day of Rosh Hashana, for Shabbat. However, it is important to make sure that all foods prepared for Shabbat are totally cooked and edible well before Shabbat arrives. This is unlike a regular Friday afternoon when food that is prepared for Shabbat does not necessarily need to be entirely cooked beforehand.

## SUKKOT

### Sukkot Eve, Wednesday, September 26

*Make an Eiruv Tavshillin\**

Candle Lighting	6:28 pm
Mincha	6:35 pm
Ma'ariv	7:15 pm
Dinner in the Sukkah	7:30 pm (RSVP)

### 1st Day of Sukkot, Thursday, September 27

Shacharit	9:45 am
Kids Shul & Junior Minyan	11:00am - 12:00 pm
Lunch in the Sukkah	1:00 pm (RSVP)

Rambam with Rabbi Fried	5:35 pm
Mincha	6:35 pm

*Light candles from a pre-existing flame after 7:26 pm*  
*Begin preparing for the 2nd day of Yom Tov after 7:26 pm*

Maariv	7:26 pm
Dinner in the Sukkah	7:45 pm (RSVP)

### 2nd Day of Sukkot, Friday, September 28

Shacharit	9:45 am
Kids Shul & Junior Minyan	11:00am - 12:00 pm
Lunch in the Sukkah	1:00 pm (RSVP)

Rambam with Rabbi Fried	5:35 pm
Mincha	6:35 pm

*Light candles from a pre-existing flame before 6:25 pm*

Kabbalat Shabbat	7:15 pm
Dinner in the Sukkah	7:45 pm (RSVP)

### Shabbat Chol HaMoed Sukkot, September 29

Shacharit	9:45 am
Kids Shul & Junior Minyan	11:00am - 12:00 pm

*Kiddush sponsored by Manny and Mindy Poliakoff*

*in memory of the Yabzeit of his mother,*

**Sarah Rachel Bat Moshe**

Lunch in the Sukkah	1:00 pm (RSVP)
Rambam with Rabbi Fried	5:25 pm
Mincha	6:25 pm
Ma'ariv and Havdallah	7:23 pm

Chabad of the West Side's

# SUKKOT *in the city*

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Please call 212.864.5010, ext. 10  
or reserve online at [www.chabadwestside.org](http://www.chabadwestside.org).

## SUKKOT MEALS SCHEDULE

### First Days of Sukkot

Wednesday - Shabbat, September 26 - 29

### Wednesday Evening, September 26

Dinner at 7:30 pm

### Thursday, September 27

Lunch at 1:00 pm

### Thursday Evening, September 27

Dinner at 7:45 pm

### Friday, September 28

Lunch at 1:00 pm

### Friday Evening, September 28

Dinner at 7:45 pm

### Shabbat, September 29

Lunch at 1:00 pm

### Shemini Atzeret

Wednesday - Thursday, October 3 - 4

### Wednesday night, October 3

Dinner at 9:00 pm

### Thursday, October 4

Lunch at 1:00 pm

*Our Sukkah fills up very quickly; ensure seating by  
placing your reservations today!*

If you enjoy our Sukkot dinners, you will  
**LOVE** our **Shabbat dinners!**

### Field Report: Judaism on the Canadian Prairies

with Rabbis Yisrael Kugel and Shmueli Raitman

October 12 at 7:30 p.m. at Talia's Steak House

### Kashrut in the 21st Century

with Rabbi Yitzchok Hanoka

October 19 at 7:30 p.m. at Kasbah

### Shabbat Dinner with Chabad of the 60s

Rabbi Yehuda Lipskier

October 19 at 7:30 p.m. at Mikes Bistro@72nd St.

\$36/person; \$15/child

RSVP to [ryf@chabadwestside.org](mailto:ryf@chabadwestside.org) or  
online at [www.chabadwestside.org](http://www.chabadwestside.org).



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Hosted by a Chabad Rabbi and his family  
Guest speakers and spirited singing  
Bring your friends and family!

**FRIDAY NIGHTS OUT**  
*Shabbat Dinners with Chabad!*

## Happy Birthday to...

Joshua David Broome	16 Tishrei, 5768
Alexander Donald	16 Tishrei, 5768
Sofia Goldstein	16 Tishrei, 5768
Jordan Levine	16 Tishrei, 5768
Rachel Meyer	11 Tishrei, 5768
Jonah Pomerantz	9 Tishrei, 5768
Raquel Shadan	18 Tishrei, 5768
Jonathan Shadan	18 Tishrei, 5768
Rachel Shela	10 Tishrei, 5768
Emma Jonas	12 Tishrei, 5768
Chana Rivka Radensky	9 Tishrei, 5768
Isabel Tsesarsky	15 Tishrei, 5768
Leila Gurland	16 Tishrei, 5768
Sarah Phillips	17 Tishrei, 5768
Shira Leah Shasha	15 Tishrei, 5768
Talia Waxman	12 Tishrei, 5768
Atara Friedman	15 Tishrei, 5768
Liam Levy	11 Tishrei, 5768
Dylan Mann	18 Tishrei, 5768

## ONGOING CLASSES FOR ADULTS

**In-Depth Tanya with Rabbi Meir Ossey**  
Monday Evenings, 8:15 pm at the Chabad Shul

**Pathways to the Soul with Rabbi Shlomo Kugel**  
Wednesday Mornings, 10:45 - 11:30 am  
At the Shimko home, 500 West End Ave. #8C @ 84th

**Practical Halacha with Rabbi Yisroel Fried**  
Wednesday Evenings, 8:30 pm  
at the home of Naava & Danny Eckstein, 20 West 87th St. , 1B

**The Chassidic Parsha with Rabbi Yisroel Fried**  
Shabbat Mornings, 9:00 am in the Chabad Shul

**Rambam Shiur with Rabbi Yisroel Fried**  
Shabbat Afternoons , 1 hour before Mincha services  
in the Chabad Shul

## CHABAD CHILDREN'S PROGRAMS

*The stories, songs, prayers and themes  
of Yom Kippur come alive at our*

### KIDS SHUL JR. MINYAN

FRIDAY NIGHT, SEPTEMBER 21

**KOL NIDREI NIGHT**

6:55 - 7:30 p.m.  
for children ages 2 - 11

SHABBAT, SEPTEMBER 22

**YOM KIPPUR MORNING PROGRAM**

11:00 a.m. - 12:30 p.m.,  
for children ages 2 - 11

Supervised play from 12:30 - 2:00 p.m.

**NEILAH/CLOSING OF THE GATE!**

7:00 p.m. - end of services



Get a head start in rejoicing with the Torah this year,  
Come with your dancing shoes and the kids to Chabad for...

## Shemini Atzeret Live!

Wednesday, October 3 at 7:15 p.m.

Make your own Sandy Candy Flags!  
Kids Hakafah with Torah  
Delicious Kiddush

It is a Chabad custom to rejoice with the Torah and dance Hakafot on Shemini Atzeret.

and bring the whole family to celebrate  
**Simchat Torah**  
Friday, October 5 at 11:00 a.m.

*Special kid's program, Hakafot & Kiddush  
at Chabad of the West Side, 101 West 92nd Street, NYC*

# recent events@chabad

(If you have any pictures of Chabad events you'd like to share, please email them to us!)



An Evening of Safrut and Mezuzah Checking in the home of Danny and Naava Eckstein.



Rabbi Alevsky shows and blows a variety of Shofars to CELC students



Jewish Women's Circle on September 18 at the home of Beverly Nerenberg

Our Past as an Essential Link in our Lives, with Mrs. Chana Sharfstein and suspended bead necklace making with Debbie Soussan

Stay tuned for the complete  
**Simchat Torah Schedule**  
in next week's edition  
of the  
**Chabad News Bulletin!**

# LIVE FOR THE PRESENT

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Preparations for Yom Kippur are traditionally begun during the month before Rosh Hashannah, Elul. That entire month is devoted to introspection and stocktaking of our spiritual state. In addition to that, the Torah gives us the Days of Repentance, starting with Rosh Hashannah, followed by seven intermediate days of Teshuvah, each day corresponding to a day of the week of the past year.

After all of that intense preparation we finally arrive at the Day of Atonement. What is there about this day that we didn't have before? If an entire month, and then some, did not suffice for us to mend our ways and make sincere resolutions for the future, what more can we be expected to accomplish on Yom Kippur?

To answer this question, let us refer to an unusual statement in the Midrash: "The expression "now" refers exclusively to Teshuvah. What does that mean? Why is the word "now" specifically connected with Teshuvah? When a person repents, there are two elements that are most pronounced: Regret for one's behavior in the past and a sincere resolution for the future. There is, however a third element that unifies the two others.

To explain: Some people will always be sorry they did something wrong, but they do not have the spiritual strength to make changes for the future. In the words of our Sages: The wicked are always full of regrets." These people, though well intentioned, are not able to muster enough determination to translate their sincere and genuine remorse into an improved behavior for the future.

Conversely, there are some who find it relatively easy to make resolutions, especially at the beginning of the year. They do have difficulty in truly feeling contrite about their past, but that is not their main concern. They have no interest in understanding why they did what they did, or uncovering the "root causes" of their actions. But they are steadfast in their resolve with regard to the future: they will not repeat those deeds again. The problem with this approach is that notwithstanding their sincere resolve for the future, such people have not entirely eradicated their desire for their errant behavior, they may very well suc-

cumb to temptation the next time around.

The month of Elul is primarily for dealing with the past. Rosh Hashannah, the day that we accept G-d as our King, and the days that follow add the dimension of resolution for the future. It can be suggested that on Yom Kippur we deal with the here and now.

Instead of simply focusing on our past misdeeds or on resolving for the future, on Yom Kippur we discover who we really are now. Our essential bond with G-d is revealed. And when we begin to appreciate our deep, soul connection with G-d, our regret for the past and our resolve for the future become much more attainable. With the power

of our soul and its G-dly power revealed, we can transcend above the entanglements of the past and we do not need to make resolutions to guarantee an improved future. Those changes will come naturally, almost automatically.

With this premise we can better understand the significance of the Kol Nidrei prayer, in which we renounce our vows, recited at the beginning of Yom Kippur. Many have asked, what

does the renunciation of vows have to do with Yom Kippur? And why is it such a solemn prayer, considering that it is just a legal formula to guarantee that we will not be guilty of breaking our vows?

The answer lies in the foregoing premise that Teshuvah- especially on Yom Kippur - goes beyond remorse for the past and resolution for the future. It is about the present attachment to G-d. As such, we no longer need to make vows and commitments for the future because we have risen to a point where our present attachment to G-d- revealed and actualized throughout Yom Kippur - will distance us from our errant past and keep us straight in the future. We therefore renounce our vows as a way of saying we can easily live a more G-dly life in the coming year, even without the help of a vows, by allowing our spiritual essence to be actualized on Yom Kippur.

This is one interpretation of the statement in this week's Parsha of Ha'azinu: "See now, for I am indeed He and there is no other G-d with Me." When we realize our G-

*When we begin to appreciate our deep soul connection with G-d, our regret for the past and our resolve for the future become much more attainable.*

# LAWS AND CUSTOMS OF YOM KIPPUR

**HONEY CAKE** It is a holy and well established custom to request one another a piece of "Lekach," honey cake, on Erev (the eve of) Yom Kippur, September 21.

**MIKVAH** Men and boys customarily go to the Mikvah before Yom Kippur (9/2).

**FOOD ON YOM KIPPUR EVE** On Erev Yom Kippur, only light and easily digestible food should be eaten. It is also customary to avoid eating garlic, eggs and sesame seeds. Chicken is eaten but not red meat. Erev Yom Kippur is considered a Yom Tov and two meat (chicken) meals should be eaten on that day. Kreplach are traditionally eaten and the Challah is dipped in honey.

**TZEDAKAH** We increase in the giving of Tzedakah on Erev Yom Kippur, especially in the afternoon before Mincha, more than every other day of the year.

**EARLY MINCHA** Mincha is prayed early in the afternoon, leaving time for the final meal to be eaten afterwards. The service is the regular weekday Mincha service with the Viduy (confession) added to it.

**CANDLE FOR THE LIVING** Many people light a "Lebedike Licht," a 24-hour candle, for one's own soul before the onset of Yom Kippur. This should not be confused at all with the Yahrzeit candles that some people light on Erev Yom Kippur for those that have passed away.

**EXTRA VIDUY** A confession is said again immediately before sundown, 6:55 pm.

**KITTEL** Married men wear a Kittel and daven with a Talit for all services on Yom Kippur, beginning with Kol Nidrei. If one wants to say a Bracha on his Talit, care

should be taken that it be put on before sundown, 6:55 pm.

**BARUCH SHEM** Whenever we say the Shema during Yom Kippur, we also say the second verse, Baruch Shem, aloud. (During the rest of the year, this verse is intentionally said in an undertone.)

**FIVE PROHIBITIONS** The five prohibitions of Yom Kippur are: eating and drinking, wearing leather shoes, washing, anointing oneself with oil and marital relations.

**WASHING HANDS** When washing hands after using the bathroom and in the morning upon arising, wash only until the point where the fingers meet the palm of the hand. The blessing of Al Netilat Yadayim is still recited. After the fast, hands must be completely washed until the wrist, as is done every morning throughout the year. A blessing is not recited at that point.

**LAST BLAST** The Shofar is blown after Neilah right before the end of the fast, on 9/22. The Shofar can be blown any time after sundown, 6:54 pm. It does not symbolize the end of Yom Kippur and one must continue to fast until after Havdala, at 7:35 pm. Similarly, no work or Melachah may be done until 7:35 pm, though one may have already heard the Shofar.

**KIDDUSH LEVANA** A prayer sanctifying the moon is traditionally said immediately after Yom Kippur.

**BREAK FAST** After Yom Kippur, a festive meat meal is eaten. The challah is dipped in honey at this meal.

**FIRST MITZVAH** Many people begin building their Sukkah, or at least begin discussing building their Sukkah, right after Yom Kippur.

dly identity, that I, the person, is indeed imbued with "He" - G-d, then one can "see" and appreciate the "here and now," the powerful connection we have with G-d which will help us transcend all of our past shortcomings and guarantee we reach all our future goals.

One of the characteristics of living in an imperfect world is that we can rarely focus on the now of life, because we are burdened by the past and we worry about the future. This preoccupation with the past and the future often robs us of the ability to experience fully the present. Our life, in effect, becomes a series of fleeting and elusive

moments. This is one of the major obstacles of exile.

On Yom Kippur we are given a respite from the obsession with the past and the anxiety over the future. We can live in the here and now. But this is only a 24-hour period. To show how much we cherish these precious moments, we sound the shofar at the end of the day and declare "Next year in Jerusalem!" We thereby declare that when G-d will herald the future Redemption by sounding the Great Shofar, we will be in a perpetual state of here and now, where every moment will be lived to the fullest extent.



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or call 212-864-5010 x14

Chabad of the West Side- 101 West 92nd Street

### **YOM KIPPUR IN A NUTSHELL,** from [chabad.org](http://chabad.org)

Yom Kippur is the holiest day of the year--the day on which we are closest to G-d and to the quintessence of our own souls. It is the Day of Atonement -- "For on this day He will forgive you, to purify you, that you be cleansed from all your sins before G-d" (Leviticus 16:30).

For twenty-six hours--from several minutes before sunset on Tishrei 9 to after nightfall on Tishrei 10--we "afflict our souls": we abstain from food and drink, do not wash or anoint our bodies, do not wear leather shoes, and abstain from marital relations.

Before Yom Kippur we perform the Kaparot atonement service; we request and receive honey cake, in acknowledgement that we are all recipients in G-d's world and in prayerful hope for a sweet and abundant year; eat a festive meal, immerse in a mikvah, and give extra charity. Late afternoon we eat the pre-fast meal, following which we bless our children, light a memorial candle as well as the holiday candles, and go to the synagogue for Kol Nidrei services.

In the course of Yom Kippur we hold five prayer services: Maariv, with its solemn Kol Nidrei service, on the eve of Yom Kippur; Shacharit--the morning prayer; Musaf, which includes a detailed account of the Yom Kippur Temple service; Minchah, which includes the reading of the Book of Jonah; and Ne'illah, the "closing of the gates" service at sunset. We say the Al Chet confession of sins ten times in the course of Yom Kippur, and recite Psalms every available moment.

The day is the most solemn of the year, yet an undertone of joy suffuses it: a joy that revels in the spirituality of the day and expresses the confidence that G-d will accept our repentance, forgive our sins, and seal our verdict for a year of life, health and happiness. When the closing Ne'illah service climaxes in the resounding cries of "Hear O Israel... G-d is one" and a single blast of the shofar, followed by the proclamation, "Next year in Jerusalem." Then joy erupts in song and dance (a Chabad custom is to sing the lively "Napoleon's March"), followed by the festive after-fast meal, making the evening after Yom Kippur a Yom Tov (festival) in its own right.