BJCC
yourbjcc.org
BUKHARIAN JEWISH
COMMUNITY CENTER

Jewish Calendar

5787 | 2026/27



106-16 70th Ave, Forest Hills,
NY 11375 (3rd Floor)

www.yourbjcc.org



Rabbi
Asher Vaknin,
3rd floor

As we prepare to welcome Rosh Hashanah, we pray that Hashem bless you and your family with abundant health, happiness, peace, parnassah, and success in all that you do.
May the coming year be filled with renewed faith, spiritual growth, and countless blessings.
May you and your loved ones be inscribed and sealed in the Book of Life for a sweet, healthy, and joyous year.
On behalf of our entire synagogue family, we extend our warmest wishes for a Shanah Tovah U'Metukah.
May we continue to grow together in Torah, mitzvot, and unity, and may we merit to celebrate together L'Shanah Haba'ah B'Yerushalayim. May Hashem bring peace, redemption, and only blessings to our community and to all of Klal Yisrael.



Rabbi
Yitzchak Ambalu,
Assistant Rabbi

Active Members



David Nektalov
Interim President
of Bukharian Jewish Community Center



Abo Pinkhasov



Jonathan Yunatanov



Moshe Khiyaev



Daniel Abramov



Yoseph Aronbayev



Michael Samandarov



Simcha Muratov



Jonathan Shalom



Aharon Alexander Borukhov



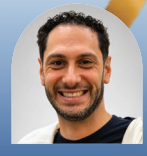
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Otar Datiashvili



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Aaron Yusupov

Yona Davidov

Natan Matatov

Yonathan Matatov

Please make an effort to join the youth Minyan and programs at the BJCC 3rd Floor place to be

Weekly Prayer Schedule

Sunday.....8:30am
Teen Minyan 9:30am
Monday 7:20am
Tuesday.....7:30am
Wednesday.....7:30am
Thursday.....7:20am
Friday.....7:30am
*Rosh chodesh..... 7:00am
Shabbat 3rd floor 8:15am
Teen Minyan 2nd floor 9:45am

Weekly Program Schedule

Sunday

Halacha.....9:30am
Teen Shiur w/ breakfast and prizes.....10:30am
Torah reading class ages 8+.....5:45pm

Monday

Halacha.....8:30am
Singles & young professionals....8:00pm
Ladies Class.....7:30pm

Tuesday

Halacha.....8:30am
Chavrutah Program.....8:30pm

Wednesday

Halacha.....8:30am
Torah Study & Judo class
Summer time.....7:30pm
Winter time.....7:00pm
Couples class....9:00pm

Thursday

Halacha.....8:30am
Torah & Chess.....7:00pm
Zera Shimshon.....8:00pm

Friday

Halacha.....8:30am

Shabbat

Shiur 7:30am with Rabbi Shushan

Shiur 9:00am with Rabbi Shushan

Shiur with haham Shlomo Niyazov
2 hours before Mincha

Shiur with Rabbi Vaknin
1 hour before mincha

Tehillim Program with Rabbi Isaac Ambalu
1 hour before mincha for young boys 8+

Chavruta program
1 hour before mincha

Sponsorship Opportunities

To sponsor a Rosh Chodesh monthly event, singles event or couples event or any other event in honor or memory of a loved one, or to celebrate a special occasion, please contact:

David Davidov: 347-328-7765

Asher Yatzar — אֲשֶׁר יָצַר

The Blessing After Using the Bathroom — Sephardic Tradition





Asher Yatzar is the blessing recited after using the bathroom and properly washing one's hands. It is one of the most meaningful everyday berachot, thanking Hashem for the extraordinary way He created the human body and for allowing it to function properly.

In the Sephardic nusach, the blessing concludes "Rofeh chol basar umafli la'asot" — "Who heals all flesh and acts wondrously."

Hebrew

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה, וּבָרָא בּוֹ
נְקָבִים נְקָבִים, חֲלוּלִים חֲלוּלִים. גָּלוּי
וְיָדוּעַ לִפְנֵי כִסֵּא כְבוֹדֶךָ, שֶׁאִם יִסָּתֵם
אֶחָד מֵהֶם, אוֹ אִם יִפָּתֵחַ אֶחָד מֵהֶם, אִי
אֶפְשָׁר לְהִתְקַיֵּם אֶפְלּוּ שָׁעָה אַחַת.
בָּרוּךְ אַתָּה ה', רוֹפֵא כָל בָּשָׂר
וּמַפְלִיא לַעֲשׂוֹת.

Transliteration

Baruch Atah Adonai, Eloheinu
Melech ha'olam, asher yatzar et
ha'adam bechochmah, uvara vo
nekavim nekavim, chalulim chalulim.
Galui veyadua lifnei chisei chevodecha,
she'im yisatem echad meihem, o im
yipate'ach echad meihem, i efshar
lehitkayem afilu sha'ah achat.
Baruch Atah Adonai,
rofeh chol basar umafli la'asot.

English Translation

Blessed are You, Hashem our God, King of the universe, Who formed man with wisdom and created within him many openings and cavities. It is revealed and known before Your Throne of Glory that if even one of them were to become blocked, or one of them were to open improperly, it would be impossible to survive even for a short time. Blessed are You, Hashem, Who heals all flesh and acts wondrously.





Why Is Asher Yatzar So Important?

Asher Yatzar teaches us to never take the human body for granted. Something as ordinary as using the bathroom becomes an opportunity to recognize the wisdom and kindness of Hashem.

The words "Asher yatzar et ha'adam bechochmah" — "Who formed man with wisdom" remind us of the incredible complexity of the human body. Systems that we rarely think about must work together constantly for us to live.

Gratitude for Our Health

The blessing makes us stop for a moment and appreciate something we often notice only when it stops working properly: our health.

By saying Asher Yatzar with kavanah — intention — we thank Hashem for the ability of our bodies to function normally. It transforms an ordinary moment into an expression of Hakarat HaTov — gratitude.

"Rofeh Chol Basar" — Healer of All Flesh

We conclude:

רוֹפֵא כָל בָּשָׂר

Rofeh chol basar

"Who heals all flesh."

We recognize that our health and the continued functioning of our bodies are gifts that deserve our appreciation every day.

"Umafli La'asot" — Who Acts Wondrously

The final words are:

וּמַפְלִיא לַעֲשׂוֹת

Umafli la'asot

"And acts wondrously."

Our sages explain these words as recognizing the wonder of Hashem's creation of the human being—the remarkable connection of the physical body and the spiritual soul.

A Small Blessing With a Powerful Message

Asher Yatzar takes less than a minute to say, yet its message can remain with us throughout the day.

It teaches us to appreciate our bodies, value our health, recognize Hashem's wisdom, and be thankful for blessings that can easily go unnoticed.





כתיבה וחתימה טובה ושנה טובה ומתוקה

Ketivah V'Chatimah Tovah, V'Shanah Tovah U'Metukah.

May we all be inscribed and sealed for a good, sweet, and blessed New Year.

Modeh Ani – מוֹדֶה אֲנִי

The First Words of the Morning

Modeh Ani is traditionally said immediately upon waking, before beginning the day. It is a simple but powerful expression of gratitude to Hashem for returning our soul and giving us the gift of another day.



Hebrew

מוֹדֶה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיָּם,
שֶׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה,
רַבָּה אֱמוּנָתֶךָ.

Transliteration

Modeh ani lefanecha, Melech chai vekayam,
shehechezarta bi nishmati bechemlah,
rabbah emunatecha.

English Translation

I thank You, living and everlasting King,
for compassionately returning my soul to me.
Great is Your faithfulness.

Why Is *Modeh Ani* Important?

Before checking our phone, beginning work, or thinking about the responsibilities of the day, our first words are "Modeh Ani" — "I thank You."

It teaches us to begin every morning with Hakarat HaTov — gratitude.

Waking up is not something to take for granted; each new day is another opportunity to pray, perform mitzvot, help others, spend time with family, and bring goodness into the world.

מוֹדֶה אֲנִי

Modeh Ani

A Jewish day begins with two simple words: "Thank You."

Kriat Shema Al HaMitah – קריאת שְׁמַע שֶׁעַל הַמִּיטָה

Sephardic Bedtime Shema

Just as we begin the morning by thanking Hashem, we end our day by placing ourselves in Hashem's care.

Forgiving Others Before Sleep

An especially meaningful part of the Sephardic bedtime prayers is to forgive anyone who may have wronged us during the day.

We do not want to go to sleep carrying anger, resentment, or hatred in our hearts. Ending the day with forgiveness encourages us to seek peace with others and begin tomorrow with a cleaner heart.

Shema Yisrael

שְׁמַע יִשְׂרָאֵל, ה' אֱלוֹקֵינוּ, ה' אֶחָד.

Shema Yisrael, Adonai Eloheinu, Adonai Echad.
Hear, O Israel: Hashem is our God, Hashem is One.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch shem kevod malchuto le'olam va'ed.
Blessed is the name of His glorious kingdom forever and ever.

V'Ahavta – וְאָהַבְתָּ

וְאָהַבְתָּ אֵת ה' אֱלֹהֶיךָ, בְּכָל לְבָבְךָ
וּבְכָל נַפְשְׁךָ וּבְכָל מְאֹדֶךָ.

Ve'ahavta et Adonai Elohecha,
bechol levavecha, uvechol nafshecha,
uvechol me'odecha.

"You shall love Hashem your God with all your heart, with all your soul, and with all your might."

Hamapil – הַמַּפִּיל

Before going to sleep, Birkat Hamapil thanks Hashem for bringing sleep upon us and asks that we awaken to life, peace, and well-being.

In Sephardic practice, Hamapil is recited with Hashem's Name, though details regarding timing and what may be said afterward should follow one's family or rabbinic custom.

Protection Through the Night

The bedtime Shema includes verses asking Hashem for protection. A particularly well-known passage invokes the angels:

מִימִינִי מִיכָאֵל, וּמִשְּׂמֹאלִי גַּבְרִיאֵל,
וּמִלְּפָנַי אוּרִיאֵל, וּמֵאֲחוֹרַי רְפָאֵל,
וְעַל רֹאשִׁי שְׁכִינַת אֵל.

Mimini Michael, umismoli Gavriel,
umilfanai Uriel, ume'achorai Rafael,
ve'al roshi Shechinat El.

"At my right is Michael, at my left is Gabriel, before me is Uriel, behind me is Raphael, and above my head is the Divine Presence of God.

Ending the Day With Hashem

Kriat Shema Al HaMitah teaches us to end each day with faith, forgiveness, reflection, and trust.

We think about how we lived that day, forgive others, say the Shema, and place ourselves and our families in Hashem's protection before going to sleep.

Morning:
מוֹדֶה אֲנִי – *Modeh Ani*
Thank You for another day.

Night:
שְׁמַע יִשְׂרָאֵל – *Shema Yisrael*
I place my faith and trust in You.

- Gratitude
- Faith
- Forgiveness
- Protection
- Peace

Rosh Hashanah

	תָּמָרִים Dates	בָּרִיךְ אַתָּה ה' אֱלֹקֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרִי הָעֵץ יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹקֵינוּ וֵאלוֹקֵי אֲבוֹתֵינוּ שֶׁיִּתַּמּוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ וְכָל מְבַקְשֵׁי רָעָתֵנוּ	*Blessed are You, Hashem our G-d, King of the universe, who creates the fruit of the tree.* *May it be Your will, Hashem our G-d and G-d of our fathers, that our enemies, haters, and all who wish us harm may be silenced.*
	רוֹבְיָא – לוּבְיָא Black Eye Peas	יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹקֵינוּ וֵאלוֹקֵי אֲבוֹתֵינוּ שֶׁיִּרְבּוּ זְכִיּוֹתֵינוּ וְתִלְבַּבְנוּ	*May it be Your will, Hashem our G-d and G-d of our fathers, that our merits increase and our hearts be understanding.*
	כֵּרְתִי Leek or Carrot	יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹקֵינוּ וֵאלוֹקֵי אֲבוֹתֵינוּ שֶׁיִּכָּרְתוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ וְכָל מְבַקְשֵׁי רָעָתֵנוּ	*May it be Your will, Hashem our G-d and G-d of our fathers, that our enemies, haters, and all who wish us harm may be cut off.*
	סְלֵק Chards or Beets	יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹקֵינוּ וֵאלוֹקֵי אֲבוֹתֵינוּ שֶׁיִּסְתַּלְקוּ אוֹיְבֵינוּ וְשׂוֹנְאֵינוּ וְכָל מְבַקְשֵׁי רָעָתֵנוּ	*May it be Your will, Hashem our G-d and G-d of our fathers, that our enemies, haters, and all who wish us harm may be removed.*
	קְרַעְא – דֶּלַעַת Squash or Pumpkin	יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹקֵינוּ וֵאלוֹקֵי אֲבוֹתֵינוּ שֶׁתִּקָּרַע רוֹעַ גְּזַר דִּיננוּ וְיִקָּרֵאוּ לְפָנֶיךָ זְכִיּוֹתֵינוּ	*May it be Your will, Hashem our G-d and G-d of our fathers, that the harsh decree concerning us be torn up, and that our merits be called before You.*
	רִמּוֹן Pomegranate	יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹקֵינוּ וֵאלוֹקֵי אֲבוֹתֵינוּ שֶׁנִּהְיֶה מְלֵאִים מִצְוֹות כְּרִמּוֹן	*May it be Your will, Hashem our G-d and G-d of our fathers, that we be filled with mitzvot like a pomegranate.*
	תֻּפּוּחַ בִּדְבָשׁ Apple in Honey	יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹקֵינוּ וֵאלוֹקֵי אֲבוֹתֵינוּ שֶׁתְּחַדֵּשׁ עָלֵינוּ שָׁנָה טוֹבָה וּמְתוּקָה מֵרֵאשִׁית הַשָּׁנָה עַד אַחֲרִית הַשָּׁנָה	*May it be Your will, Hashem our G-d and G-d of our fathers, that You renew for us a good and sweet year from the beginning of the year until the end of the year.*
	רֹאשׁ Head	יְהִי רָצוֹן מִלְּפָנֶיךָ ה' אֱלֹקֵינוּ וֵאלוֹקֵי אֲבוֹתֵינוּ שֶׁנִּהְיֶה לְרֹאשׁ וְלֹא לְזָנָב	*May it be Your will, Hashem our G-d and G-d of our fathers, that we be at the head and not at the tail.*



Tishrei
The Month of Renewal

Tishrei reminds us that life is renewed each year and that we are always given the opportunity to begin again. Through sincere repentance, gratitude, and faith, we cleanse our hearts, strengthen our connection to Hashem, and begin the year with renewed purpose and endless possibility.



Elul - Tishrei — September 2026 — 5786 - 5787

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	19 Elul **1**	20 Elul **2**	21 Elul **3**	22 Elul **4** 7:05pm Candle lighting	23 Elul **5** **Nitzavim-Vayelech** Shabbat Ends 8:02pm
24 Elul **6**	24 Elul **7**	26 Elul **8**	27 Elul **9**	28 Elul **10**	29 Elul **11** **Erev Rosh Hashanah** 6:53pm Candle lighting	1 Tishrei **12** **Rosh Hashanah** Shabbat Ends 7:50pm
2 Tishrei **13** **Rosh Hashanah** Ends 7:49pm	3 Tishrei **14** **Fast of Gedaliah** Fast begins 5:10am Fast ends 7:34pm	4 Tishrei **15**	5 Tishrei **16**	6 Tishrei **17**	7 Tishrei **18** 6:41pm Candle lighting	8 Tishrei **19** **Ha'azinu** Shabbat Ends 7:38pm
9 Tishrei **20** **Erev Yom Kippur** 6:38pm Candle lighting	10 Tishrei **21** **Yom Kippur** Ends 7:35pm	11 Tishrei **22**	12 Tishrei **23**	13 Tishrei **24**	14 Tishrei **25** **Erev Sukkot** 6:29pm Candle lighting	15 Tishrei **26** **Sukkot I** Shabbat Ends 7:26pm
16 Tishrei **27** **Sukkot II** Ends 7:24pm	17 Tishrei **28** **Sukkot III (CH''M)**	18 Tishrei **29** **Sukkot IV (CH''M)**	19 Tishrei **30** **Sukkot V (CH''M)**			

Weekday Minyan Schedule

SUN	MON	TUE, WED	THU	FRI
8:30AM	7:20AM	7:30AM	7:20AM	7:30AM

Sukkot

Sephardic Arba Minim — Step by Step

1 Hold the lulav bundle in your right hand.
The lulav should be upright, with its spine facing you. The bundle contains the lulav, 3 hadassim (myrtle), and 2 aravot (willow).

2 Before taking the etrog, say the blessing:

Hebrew:
בָּרוּךְ אַתָּה ה' אֱלוֹקֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת לוּלָב.

Transliteration:
Baruch Atah Adonai, Eloheinu Melech ha'olam,
asher kideshanu bemitzvotav vetzivanu al netilat lulav.

English:
Blessed are You, Hashem our God, King of the universe,
Who sanctified us with His commandments and
commanded us concerning the taking of the lulav.

★ A widespread Sephardic practice is to make the beracha while holding the lulav bundle, before picking up the etrog.

3 Take the etrog in your left hand.
Hold it in its normal growing orientation: stem (וְקָא / oketz) down and pitom up. Bring the etrog together with the lulav bundle.

4 On the first day, say Shehecheyanu:

בָּרוּךְ אַתָּה ה' אֱלוֹקֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהֶחֱיָנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לַזְּמַן הַזֶּה.

Baruch Atah Adonai, Eloheinu Melech ha'olam,
shehecheyanu vekiyemanu vehigiyanu lazman hazeh.

Sephardic Order of the Shaking

For the widespread Arizal/Sephardic order, wave in this sequence:

5. SOUTH — 3 times
6. NORTH — 3 times
7. EAST — 3 times
8. UP — 3 times
9. DOWN — 3 times
10. WEST — 3 times

So an easy way to remember it is:
SOUTH → NORTH → EAST → UP → DOWN → WEST



This order is specifically identified as the custom of the Arizal and widely followed among Sephardim.

For each of the three movements, bring the Four Species from near your chest out toward that direction and back toward you. Keep the etrog together with the lulav bundle throughout the movements.

Cheshvan
The Month of Quiet Faith

Cheshvan teaches us that spiritual growth does not always happen during moments of celebration. It is often in the quiet routines of everyday life that our values become strongest. Through consistency, patience, and faith, we learn to carry holiness into the ordinary moments of our lives.



Tishrei - Cheshvan — October 2026 — 5787

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Weekday Minyan Schedule

SUN	MON	TUE, WED	THU	FRI
8:30AM	7:20AM	7:30AM	7:20AM	7:30AM



				20 Tishrei **1** **Sukkot VI (CH''M)** Ends 7:16pm	21 Tishrei **2** **Sukkot VII (Hoshana Raba)** 6:18pm Candle lighting	22 Tishrei **3** **Shemini Atzeret** Shabbat Ends 7:14pm
23 Tishrei **4** **Simchat Torah** 7:13pm Candle lighting	24 Tishrei **5**	25 Tishrei **6**	26 Tishrei **7**	27 Tishrei **8**	28 Tishrei **9** 6:06pm Candle lighting	29 Tishrei **10** **Bereishit** Shabbat Ends 7:03pm
30 Tishrei **11** **Rosh Chodesh**	1 Cheshvan **12** **Rosh Chodesh**	2 Cheshvan **13**	3 Cheshvan **14**	4 Cheshvan **15**	5 Cheshvan **16** 5:55pm Candle lighting	6 Cheshvan **17** **Noah** Shabbat Ends 6:53pm
7 Cheshvan **18**	8 Cheshvan **19**	9 Cheshvan **20**	10 Cheshvan **21**	11 Cheshvan **22**	12 Cheshvan **23** 5:45pm Candle lighting	13 Cheshvan **24** **Lech-Lecha** Shabbat Ends 6:43pm
14 Cheshvan **25**	15 Cheshvan **26**	16 Cheshvan **27**	17 Cheshvan **28**	18 Cheshvan **29**	19 Cheshvan **30** 5:35pm Candle lighting	20 Cheshvan **31** **Vayeira** Shabbat Ends 6:35pm

Rosh Chodesh Kislev — ראש חודש כסלו

Sephardic Traditions & Customs



Rosh Chodesh Kislev marks the beginning of the month of Kislev, the month that leads us toward Hanukkah. It is a time associated with renewal, prayer, gratitude, and preparing for the light and miracles of the coming holiday.

Special Prayers for Rosh Chodesh

On Rosh Chodesh, we add Ya'aleh V'Yavo — יעלה ויבוא in the Amidah and in Birkat Hamazon.

We also recite Hallel, followed by the special Rosh Chodesh Torah reading and Musaf.

In Sephardic communities, these prayers are often accompanied by beautiful traditional melodies.

A Day of Renewal

Rosh Chodesh represents a new beginning.

The renewal of the moon reminds us that even after darkness, there is always the possibility of renewal, growth, and greater light.

This message is especially meaningful during Kislev as we prepare for Hanukkah.

Preparing for Hanukkah

Kislev is the month of Hanukkah — חנוכה.

As the month begins, families may start preparing the menorah, reviewing the traditions of Hanukkah, and teaching children about the miracles associated with the Maccabees and the Beit HaMikdash.

Torah, Tehillim & Prayer

Rosh Chodesh is a beautiful opportunity to add Torah learning, Tehillim, prayer, and tzedakah.

It is also an appropriate time to pray for berachah, protection, peace, livelihood, health, and success during the coming month.

A Special Rosh Chodesh Meal

There is a traditional custom to honor Rosh Chodesh by making the meal a little more special.

A family might add a favorite dish, dessert, fruit, or another special food to distinguish the day and celebrate the beginning of the new month.

A Special Connection for Women

Rosh Chodesh has a special association with Jewish women.

Tradition connects this honor with the women of Israel who did not participate in the sin of the Golden Calf.

In some families and communities, women refrain from certain types of work on Rosh Chodesh according to their custom.

Kislev
The Month of Light

Kislev reminds us that even a small amount of light has the power to overcome great darkness. It is a month of faith, hope, and trust in Hashem, encouraging us to recognize the light within ourselves and share it with others. Through kindness and courage, we can bring greater light into the world.



Cheshvan-Kislev — November 2026 — 5787

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 Cheshvan 1	22 Cheshvan 2	23 Cheshvan 3	24 Cheshvan 4	25 Cheshvan 5	26 Cheshvan 6 4:28pm Candle lighting	27 Cheshvan 7 Chayei Sarah Shabbat Ends 5:27pm
28 Cheshvan 8	29 Cheshvan 9	30 Cheshvan 10 Rosh Chodesh	1 Kislev 11 Rosh Chodesh	2 Kislev 12	3 Kislev 13 4:21pm Candle lighting	4 Kislev 14 Toldot Shabbat Ends 5:21pm
5 Kislev 15	6 Kislev 16	7 Kislev 17	8 Kislev 18	9 Kislev 19	10 Kislev 20 4:16pm Candle lighting	11 Kislev 21 Vayeitzei Shabbat Ends 5:17pm
12 Kislev 22	13 Kislev 23	14 Kislev 24	15 Kislev 25	16 Kislev 26	17 Kislev 27 4:12pm Candle lighting	18 Kislev 28 Vayishlach Shabbat Ends 5:14pm
19 Kislev 29	20 Kislev 30					



Weekday Minyan Schedule

SUN	MON	TUE, WED	THU	FRI
8:30AM	7:20AM	7:30AM	7:20AM	7:30AM

HANUKKAH

SEPHARDIC HANUKKAH MENORAH GUIDE

HOW TO LIGHT

- PLACE: Begin on the RIGHT. Each night, add the new candle to the LEFT.
- LIGHT: Light the newest candle first, then continue LEFT → RIGHT.
- Say the blessings before lighting.

1 BLESSING FOR LIGHTING

Hebrew:
בָּרוּךְ אַתָּה ה' אֱלֹקֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר חֲנֻכָּה.

Transliteration:
Baruch Atah Adonai, Eloheinu Melech ha'olam,
asher kideshanu bemitzvotav vetzivanu
lehadlik ner Chanukah.

English:
Blessed are You, Hashem our God, King of the universe, Who sanctified us with His commandments and commanded us to kindle the Hanukkah light.

2 BLESSING FOR THE MIRACLES

Hebrew:
בָּרוּךְ אַתָּה ה' אֱלֹקֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁעָשָׂה נִסִּים לַאֲבוֹתֵינוּ
בַּיָּמִים הָהֵם בַּזְּמַן הַזֶּה.

Transliteration:
Baruch Atah Adonai, Eloheinu Melech ha'olam,
she'asah nissim la'avoteinu bayamim
hahem bazman hazeh.

English:
Blessed are You, Hashem our God, King of the universe, Who performed miracles for our ancestors in those days, at this time.

3 SHEHECHEYANU — FIRST NIGHT ONLY

Hebrew:
בָּרוּךְ אַתָּה ה' אֱלֹקֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהֶחֱיָנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ
לַזְּמַן הַזֶּה

Transliteration:
Baruch Atah Adonai, Eloheinu Melech ha'olam,
shehecheyanu vekiyemanu vehigiyanu
lazman hazeh.

English:
Blessed are You, Hashem our God, King of the universe, Who has kept us alive, sustained us, and enabled us to reach this occasion.

Night 1: Say all 3 blessings.

Nights 2–8: Say blessings 1 & 2.

HANEROT HALLALU — AFTER LIGHTING

Hebrew:
הַנֵּרוֹת הַלָּלוּ אָנוּ מַדְלִיקִין עַל הַנִּסִּים,
וְעַל הַנִּפְלָאוֹת וְעַל הַתְּשׁוּעוֹת
שֶׁעָשִׂיתָ לַאֲבוֹתֵינוּ עַל יְדֵי כֹּהֲנֶיךָ הַקְּדוֹשִׁים. וְכָל שְׁמוֹנַת יְמֵי חֲנֻכָּה
הַנֵּרוֹת הַלָּלוּ קֹדֶשׁ הֵם, וְאֵין לָנוּ רְשׁוּת לְהִשְׁתַּמֵּשׁ בָּהֶם, אֶלָּא לִרְאוֹתָם בִּלְבַד,
כְּדֵי לְהוֹדוֹת לִשְׁמְךָ עַל נִסֶּיךָ וְעַל נִפְלְאוֹתֶיךָ וְעַל יְשׁוּעוֹתֶיךָ.

Transliteration:
Hanerot hallalu anachnu madlikin al hanissim, ve'al hateshu'ot,
ve'al hanifla'ot, she'asita la'avoteinu al yedei kohanecha hakedoshim.
Vechol shemonat yemei Chanukah, hanerot hallalu kodesh hem,
ve'ein lanu reshut lehishtamesh bahem, ella lir'otam bilvad,
kedei lehodot lishmecha al nissecha venifle'otecha vishu'otecha.

English:
We kindle these lights for the miracles, deliverances, and wonders that You performed for our ancestors through Your holy priests. Throughout the eight days of Hanukkah, these lights are sacred. We may not use them, but only look upon them, in order to give thanks to Your Name for Your miracles, wonders, and deliverances.

Tevet
The Month of Inner Strength

Tevet arrives during the darkness of winter and reminds us of the importance of inner strength. Even when the path ahead feels uncertain, faith gives us the ability to remain steady and continue forward. Through patience, perseverance, and trust in Hashem, we discover strength within ourselves.

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Kislev-Tevet — December 2026 — 5787

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weekday Minyan Schedule SUN 8:30AM | MON 7:20AM | TUE, WED 7:30AM | THU 7:20AM | FRI 7:30AM	21 Kislev **1**	22 Kislev **2**	23 Kislev **3**	24 Kislev **4** Chanukah 1 Candle 4:10pm Candle lighting	25 Kislev **5** Chanukah 2 Candles Vayeishev Shabbat Ends 5:13pm
26 Kislev **6** Chanukah 3 Candles	27 Kislev **7** Chanukah 4 Candles	28 Kislev **8** Chanukah 5 Candles	29 Kislev **9** Chanukah 6 Candles	30 Kislev **10** Chanukah 7 Candles Rosh Chodesh	1 Tevet **11** Chanukah 8 Candles Rosh Chodesh 4:10pm Candle lighting	2 Tevet **12** Chanukah: 8th Day Mikeitz Shabbat Ends 5:14pm
3 Tevet **13**	4 Tevet **14**	5 Tevet **15**	6 Tevet **16**	7 Tevet **17**	8 Tevet **18** 4:12pm Candle lighting	9 Tevet **19** Vayigash Shabbat Ends 5:16pm
10 Tevet **20** Asara B'Tevet 10 Fast begins 5:42am Fast ends 5:02pm	11 Tevet **21**	12 Tevet **22**	13 Tevet **23**	14 Tevet **24**	15 Tevet **25** 4:15pm Candle lighting	16 Tevet **26** Vayechi Shabbat Ends 5:20pm
17 Tevet **27**	18 Tevet **28**	19 Tevet **29**	20 Tevet **30**	21 Tevet **31**	• Comprehensive Exam • Full Mouth X-Rays • Professional Cleaning COMPLETE SMILES DENTAL NEW PATIENT SPECIAL Dr. Albert Ilyayev & Dr. Danny Benjamin NEW PATIENT SPECIAL CHECK-UP | CLEANING | X-RAYS CALL TO BOOK YOUR APPOINTMENT 718-275-9800	



Tu BiShvat ט"ו בשבט

Sephardic Traditions & Customs



Tu BiShvat, the 15th of Shevat, is known as the New Year of the Trees — רֹאשׁ הַשָּׁנָה לְאִילָנוֹת
In Sephardic communities, the day is traditionally celebrated with fruits, blessings, Torah, songs, and gratitude to Hashem for the abundance of the Land of Israel.

1 Eating Many Different Fruits

One of the most beloved Sephardic customs is to set a beautiful table with an assortment of fresh and dried fruits.

Some families try to eat 15 different kinds of fruit in honor of the 15th of Shevat, while others have traditions of eating even more varieties.



2 The Seven Species — שִׁבְעַת הַמִּינִים

Special importance is given to the Seven Species for which the Land of Israel is praised:

- חִטָּה — Chitah — Wheat
- שְׂעוֹרָה — Se'orah — Barley
- גֶּפֶן — Gefen — Grapes
- תְּאֵנָה — Te'enah — Figs
- רִמּוֹן — Rimon — Pomegranate
- זַיִת — Zayit — Olives
- תָּמָר — Tamar — Dates

These connect the celebration directly to the Land of Israel.

3 Tu BiShvat Seder

Many Sephardic communities hold a special Tu BiShvat Seder, sometimes called a Seder Perot — סדר פירות.



Family and friends gather around a table filled with fruits and recite berachot, passages from Torah, Tehillim, and other traditional readings and prayers.

Customs vary among Sephardic communities and families.

4 Saying the Proper Blessings

Tu BiShvat is a wonderful opportunity to focus on saying the proper berachot over fruits.

For fruit that grows on a tree:

Hebrew:

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
בּוֹרֵא פְּרִי הָעֵץ.

Transliteration:

Baruch Atah Adonai, Eloheinu Melech ha'olam, borei peri ha'etz.

English:

Blessed are You, Hashem our God, King of the universe, Who creates the fruit of the tree.

5 Shehecheyanu on a New Fruit

Some families serve a new seasonal fruit that they have not yet eaten that season.

When appropriate, Shehecheyanu is recited:

Hebrew:

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהֶחֱיָנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ
לַזְּמַן הַזֶּה

Transliteration:

Baruch Atah Adonai, Eloheinu Melech ha'olam, shehecheyanu vekiyemanu vehigiyanu lazman hazeh.

English:

Blessed are You, Hashem our God, King of the universe, Who has kept us alive, sustained us, and enabled us to reach this occasion.



Shevat
The Month of Deep Roots

Shevat teaches us that growth often begins long before it can be seen. Just as the roots of a tree strengthen beneath the earth, our own spiritual growth begins through small and consistent acts of goodness. With patience, gratitude, and strong roots, we prepare ourselves to blossom.



Tevet-Shevat — January 2027 — 5787

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				22 Tevet **1** 4:21pm Candle lighting	23 Tevet **2** **Shemot** Shabbat Ends 5:25pm
24 Tevet **3**	25 Tevet **4**	26 Tevet **5**	27 Tevet **6**	28 Tevet **7**	29 Tevet **8** 4:27pm Candle lighting	1 Shevat **9** **Rosh Chodesh** **Va'eira** Shabbat Ends 5:31pm
2 Shevat **10**	3 Shevat **11**	4 Shevat **12**	5 Shevat **13**	6 Shevat **14**	7 Shevat **15** 4:34pm Candle lighting	8 Shevat **16** **Bo** Shabbat Ends 5:38pm
9 Shevat **17**	10 Shevat **18**	11 Shevat **19**	12 Shevat **20**	13 Shevat **21**	14 Shevat **22** 4:43pm Candle lighting	15 Shevat **23** **Tu BiShvat** Beshalach Shabbat Shirah Shabbat Ends 5:45pm
16 Shevat **24**	17 Shevat **25**	18 Shevat **26**	19 Shevat **27**	20 Shevat **28**	21 Shevat **29** 4:51pm Candle lighting	22 Shevat **30** **Yitro** Shabbat Ends 5:53pm
23 Shevat **31**						

Weekday Minyan Schedule

SUN	MON	TUE, WED	THU	FRI
8:30AM	7:20AM	7:30AM	7:20AM	7:30AM

Rosh Chodesh Adar I — ראש חודש אדר א׳

Sephardic Traditions & Customs

In a Jewish leap year, an additional month of Adar is added to the calendar. The first is called Adar I — אדר א׳, followed by Adar II — אדר ב׳.
The main celebration of Purim takes place in Adar II, while Adar I contains the special days known as Purim Katan and Shushan Purim Katan.



Rosh Chodesh Adar I

On Rosh Chodesh, we add **Ya'aleh V'Yavo — יעלה ויבוא** to the Amidah and Birkat Hamazon.

We recite Hallel, read the special **Rosh Chodesh Torah reading**, and pray Musaf.

Rosh Chodesh is a time of renewal and an opportunity to increase prayer, Torah, tzedakah, and gratitude.



Entering the Month of Adar

Adar is especially associated with **Simcha — שמחה**, joy.
Our Sages teach:

משנכנס אדר מרבין בשמחה

Mishenichnas Adar marbin b'simcha.
"When Adar enters, we increase in joy."

There are different discussions concerning how this teaching relates to Adar I, but the spirit of increased joy is certainly appropriate during a leap year's first Adar as we begin the journey toward Purim.



Purim Katan — פורים קטן

Purim Katan, meaning "Little Purim," occurs on the **14th of Adar I.**

The full mitzvot of Purim—such as reading the **Megillah, Mishloach Manot, Matanot La'Evyonim,** and the **Purim Seudah**—are observed **one month later** on Purim in Adar II, not on Purim Katan.

Nevertheless, **Purim Katan** is considered a day with a special element of joy.



A Little Extra Celebration

A beautiful custom is to make Purim Katan slightly more festive by enjoying a special meal or adding something special to the regular meal.

There is no requirement for a full **Purim Seudah**, but the day should reflect happiness rather than mourning.

A well-known verse associated with this spirit is:

וטוב לב משתה תמיד

V'tov lev mishteh tamid.
"One who is of good heart is always celebrating."



Changes in Prayer

On Purim Katan, **Tachanun — תחנון** is omitted.

We do not add **Al HaNissim**, because the primary Purim celebration takes place in Adar II.

There is also **no special Megillah reading** for Purim Katan.



Shushan Purim Katan — שושן פורים קטן

The following day, **the 15th of Adar I**, is known as Shushan Purim Katan.

It corresponds to **Shushan Purim**, which is celebrated in Adar II by cities traditionally surrounded by walls from the time of Yehoshua, most notably Jerusalem.

Like Purim Katan, it is not celebrated with the full mitzvot of Purim.

Tachanun is omitted, and the day carries a lighter, joyful character.

Adar I
The Month of Added Joy

Adar I brings an added measure of **Simcha** *into the Jewish year. It reminds us to welcome joy with gratitude, strengthen our faith, and recognize the blessings Hashem places in our lives. It is a time to lift our spirits, share happiness with others, and approach each day with a generous and joyful heart.*

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Shevat - Adar 1 — February 2027 — 5787

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	24 Shevat 1	25 Shevat 2	26 Shevat 3	27 Shevat 4	28 Shevat 5 5:00pm Candle lighting	29 Shevat 6 Mishpatim Shabbat Ends 6:01pm
30 Shevat 7 Rosh Chodesh	1 Adar 1 8 Rosh Chodesh	2 Adar 1 9	3 Adar 1 10	4 Adar 1 11	5 Adar 1 12 5:08pm Candle lighting	6 Adar 1 13 Terumah Shabbat Ends 6:09pm
7 Adar 1 14	8 Adar 1 15	9 Adar 1 16	10 Adar 1 17	11 Adar 1 18	12 Adar 1 19 5:17pm Candle lighting	13 Adar 1 20 Tetzaveh Shabbat Ends 6:17pm
14 Adar 1 21 Purim Katan	15 Adar 1 22 Shushan Purim Katan	16 Adar 1 23	17 Adar 1 24	18 Adar 1 25	19 Adar 1 26 5:25pm Candle lighting	20 Adar 1 27 Ki Tisa Shabbat Ends 6:25pm
21 Adar 1 28						

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Weekday Minyan Schedule

SUN	MON	TUE, WED	THU	FRI
8:30AM	7:20AM	7:30AM	7:20AM	7:30AM

Sephardic Purim Traditions



1. Hear the Megillah

The Megillah of Esther is read twice:

- **Purim Night** — after nightfall
- **Purim Day** — during the daytime

It is important to listen carefully and hear **every word** of the Megillah.



2. Mishloach Manot — משלוח מנות

On Purim day, send a gift containing at least **two different** ready-to-eat foods or drinks to at least **one person.**

Sephardic families often prepare beautiful trays filled with traditional sweets, pastries, nuts, fruits, and other foods.

3. Matanot La'Evyonim — מתנות לאביונים

One of the most important Purim traditions is giving generously to those in need.

On Purim day, give money or food to at least **two people in need**, giving a gift to each person.

Purim emphasizes making sure everyone can celebrate the holiday with dignity and joy.



4. Seudat Purim — סעודת פורים

Enjoy a festive Purim meal during the day with family and friends.

The meal traditionally includes bread, wine, meat and special Purim foods, depending on the family's Sephardic background.

Songs, words of Torah, laughter and celebrating the miracle of Purim are all part of the Seudah.



5. Machatzit HaShekel — מחצית השקל

Before Purim, there is a custom to give money in remembrance of the **half-shekel** that was contributed to the Beit HaMikdash.

The exact amount and manner of observing this custom can vary among Sephardic communities.



6. Al HaNissim — על הנסים

On Purim, **Al HaNissim** is added to the Amidah and Birkat Hamazon to thank Hashem for the miracles and salvation of Purim.



7. Celebrating with Joy

Purim is a day of exceptional **simcha** — joy.

Many Sephardic communities celebrate with **music, festive clothing, family gatherings, costumes, special foods and visiting friends and relatives.**



8. Remembering the Miracle

At the heart of all the celebrations is the Purim story: Esther and Mordechai, the defeat of Haman's plan, and the miraculous salvation of the Jewish people.

A beautiful theme for the family is:

משכנס אדר מרבין בשמחה

Mishenichnas Adar marbin b'simcha.

"When Adar enters, we increase in joy."

Adar II – The Month of Joy

Adar II carries the spirit of **Simcha, blessing, and hope.** *It reminds us that true joy comes through faith in Hashem, gratitude for our blessings, and kindness toward others. It is a month to strengthen our happiness from within and bring that joy into our families and communities.*



Adar I - Adar II — March 2027 — 5787

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	22 Adar 1 **1**	23 Adar 1 **2**	24 Adar 1 **3**	25 Adar 1 **4**	26 Adar 1 **5** 5:33pm Candle lighting	27 Adar 1 **6** **Shekalim** Shabbat Ends 6:33pm
28 Adar 1 **7**	29 Adar 1 **8**	30 Adar 1 **9** **Rosh Chodesh**	1 Adar II **10** **Rosh Chodesh**	2 Adar II **11**	3 Adar II **12** 5:41pm Candle lighting	4 Adar II **13** **Pekudei** Shabbat Ends 6:40pm
5 Adar II **14**	6 Adar II **15**	7 Adar II **16**	8 Adar II **17**	9 Adar II **18**	10 Adar II **19** 6:48pm Candle lighting	11 Adar II **20** **Vayikra** Shabbat Ends 7:48pm
12 Adar II **21**	13 Adar II **22** **Ta'anit Esther** Erev Purim Fast begins 5:30am Fast ends 7:37pm	14 Adar II **23** **Purim**	15 Adar II **24** **Shushan Purim**	16 Adar II **25**	17 Adar II **26** 6:56pm Candle lighting	18 Adar II **27** **Tzav** Shabbat Ends 7:56pm
19 Adar II **28**	20 Adar II **29**	21 Adar II **30**	22 Adar II **31**			

Weekday Minyan Schedule

SUN	MON	TUE, WED	THU	FRI
8:30AM	7:20AM	7:30AM	7:20AM	7:30AM



Pesach

BEDIKAT CHAMETZ — SEARCHING FOR CHAMETZ

On the night before Pesach, we search the home for any remaining *chametz*. The *blessing* is said before beginning the search.

Blessing Before the Search

Hebrew:

בריך אתה ה׳ אלקינו מלך העולם,
אשר קדשנו במצותיו וצונו על בעור מץ

Transliteration:

Baruch Atah Adonai, Eloheinu Melech ha'olam,
asher kideshanu bemitzvotav vetzivanu al bi'ur chametz.

English:

Blessed are You, Hashem our God, King of the universe, Who has sanctified us with His commandments and commanded us concerning the removal of chametz.

After the Search — Bitul Chametz

After completing the search, we declare any *chametz* we may not have found to be nullified.

Aramaic:

כל חמירא וחמיעא דאיכא ברשותי,
דלא חֲמיתיה ודלא בערתיה,
לבטיל ולהוי כעפרא דארעא.

Transliteration:

Kol chamira vachami'a de'ika virshuti, dela chamiteih udela vi'arteih, livtil velehevei ke'afra de'ara.

English:

Any chametz or leaven that is in my possession, which I have not seen and have not removed, shall be nullified and considered like the dust of the earth.

BIUR CHAMETZ — BURNING THE CHAMETZ

The following morning, the *chametz* collected during the search is burned by the proper time.



Important: There is no new blessing recited before burning the chametz. The blessing said the previous night at Bedikat Chametz covers the process of removing and destroying the chametz.

After the chametz is burned, a second, broader declaration of nullification is recited:

Aramaic:

כל חמירא וחמיעא דאיכא ברשותי,
דחזמיה ודלא חזתיה, דבערתיה ודלא בערתיה,
לבטיל ולהוי הפקר כעפרא דארעא.

Transliteration:

Kol chamira vachami'a de'ika virshuti, dachaziteih udela chaziteih, devi'arteih udela vi'arteih, livtil velehevei hefker ke'afra de'ara.

English:

Any chametz or leaven that is in my possession, whether I have seen it or not, whether I have removed it or not, shall be nullified, ownerless, and considered like the dust of the earth.

EASY ORDER TO REMEMBER:

NIGHT:
Blessing →
Search →
First Bitul

MORNING:
Burn Chametz →
Final Bitul

Nissan
The Month of Freedom

Nisan represents renewal, freedom, and the beginning of something new. It reminds us that Hashem can lead us beyond the limitations that hold us back and open paths we could not imagine. Through faith, courage, and gratitude, we learn that true freedom begins within.

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Adar II - Nissan — April 2027 — 5787

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Weekday Minyan Schedule

SUN	MON	TUE, WED	THU	FRI
8:30AM	7:20AM	7:30AM	7:20AM	7:30AM

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				23 Adar II **1**	24 Adar II **2** 7:03pm Candle lighting	25 Adar II **3** **Shabbat HaChodesh Shemini** Shabbat Ends 8:03pm
26 Adar II **4**	27 Adar II **5**	28 Adar II **6**	29 Adar II **7**	1 Nissan **8** **Rosh Chodesh**	2 Nissan **9** 7:10pm Candle lighting	3 Nissan **10** **Tazria** Shabbat Ends 8:11pm
4 Nissan **11**	5 Nissan **12**	6 Nissan **13**	7 Nissan **14**	8 Nissan **15**	9 Nissan **16** 7:18pm Candle lighting	10 Nissan **17** **Shabbat HaGadol Metzora** Shabbat Ends 8:19pm
11 Nissan **18**	12 Nissan **19**	13 Nissan **20**	14 Nissan **21** **Ta'anit Bechorot** Finish eating chametz Biur Chametz Erev Pesach Fast begins 4:35 am 7:22pm	15 Nissan **22** **Pesach I** 8:25pm Candle lighting	16 Nissan **23** **Pesach II (CH''M)** Omer: Day 1 7:25pm Candle lighting	17 Nissan **24** **Pesach III (CH''M)** Omer: Day 2 Shabbat Ends 8:28pm
18 Nissan **25** **Pesach IV (CH''M)** Omer: Day 3	19 Nissan **26** **Pesach V (CH''M)** Omer: Day 4	20 Nissan **27** **Pesach VI (CH''M)** Omer: Day 5 7:29pm Candle lighting	21 Nissan **28** **Pesach VII (CH''M)** Omer: Day 6 8:33pm Candle lighting	22 Nissan **29** **Pesach VIII (CH''M)** Omer: Day 7 8:34pm Candle lighting	23 Nissan **30** Omer: Day 8 7:32pm Candle lighting	

Lag BaOmer — ל"ג בעומר

Sephardic Traditions & Customs



Lag BaOmer is celebrated on the 33rd day of the Omer, the 18th of Iyar.
It is a joyful day during the period of Sefirat HaOmer.

1. Rabbi Shimon Bar Yochai

Lag BaOmer is especially associated with **Rabbi Shimon Bar Yochai (Rashbi)**, one of the great sages of the Mishnah and traditionally associated with the teachings of the **Zohar and Kabbalah.**

According to tradition, Lag BaOmer marks the day of his passing — his ***Hilula*** — which is commemorated with joy.

2. Bonfires

One of the most recognizable Lag BaOmer customs is lighting **bonfires.**

The fire symbolizes the spiritual light and Torah associated with Rabbi Shimon Bar Yochai.

Families and communities gather with **music, singing, dancing, food and celebration.**

Lighting a Candle for Rashbi

Many Sephardic families light a candle or oil lamp in honor of Rabbi Shimon Bar Yochai.

Hebrew:
לְכבוד התנא האלקי רבי שמעון בר יוחאי

Transliteration:
Lichvod HaTanna HaEloki Rabbi Shimon Bar Yochai.

English:
"In honor of the holy Tanna, Rabbi Shimon Bar Yochai."

This is a traditional dedication, not a formal blessing.

4. Bar Yochai

A beloved Sephardic tradition is singing the famous piyut:

בר יוחאי —
Bar Yochai

The song praises Rabbi Shimon Bar Yochai and his spiritual teachings and is especially associated with Sephardic and Kabbalistic communities.

5. Message of Lag BaOmer

Lag BaOmer celebrates Torah, unity, spiritual light and joy.

A central lesson of the Omer period is to increase **Ahavat Yisrael** — אהבת ישראל, **love, respect and unity among the Jewish people.**

Iyar
The Month of Healing

Iyar is traditionally associated with **healing and steady spiritual growth.** *It reminds us that transformation often happens one day at a time rather than all at once. Through patience, prayer, and trust in Hashem, we strengthen ourselves physically and spiritually as we continue moving forward.*



Nissan - Iyar — May 2027 — 5787

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					24 Nissan **1** **Acharei** Omer: Day 9 Shabbat Ends 8:36pm
25 Nissan **2** Omer: Day 10	26 Nissan **3** Omer: Day 11	27 Nissan **4** Omer: Day 12	28 Nissan **5** Omer: Day 13	29 Nissan **6** Omer: Day 14	30 Nissan **7** **Rosh Chodesh** Omer: Day 15 7:40pm Candle lighting	1 Iyar **8** **Rosh Chodesh Kedoshim** Omer: Day 16 Shabbat Ends 8:44pm
2 Iyar **9** Omer: Day 17	3 Iyar **10** Omer: Day 18	4 Iyar **11** Omer: Day 19	5 Iyar **12** Omer: Day 20	6 Iyar **13** Omer: Day 21	7 Iyar **14** Omer: Day 22 7:47pm Candle lighting	8 Iyar **15** **Emor** Omer: Day 23 Shabbat Ends 8:53pm
9 Iyar **16** Omer: Day 24	10 Iyar **17** Omer: Day 25	11 Iyar **18** Omer: Day 26	12 Iyar **19** Omer: Day 27	13 Iyar **20** Omer: Day 28	14 Iyar **21** **Pesach Sheini** Omer: Day 29 7:53pm Candle lighting	15 Iyar **22** **Behar** Omer: Day 30 Shabbat Ends 9:00pm
16 Iyar **23** Omer: Day 31	17 Iyar **24** Omer: Day 32	18 Iyar **25** **Lag BaOmer** Omer: Day 33	19 Iyar **26** Omer: Day 34	20 Iyar **27** Omer: Day 35	21 Iyar **28** Omer: Day 36 7:59pm Candle lighting	22 Iyar **29** **Bechukotai** Omer: Day 37 Shabbat Ends 9:07pm
23 Iyar **30** Omer: Day 38	24 Iyar **31** Omer: Day 39					

Weekday Minyan Schedule

SUN	MON	TUE, WED	THU	FRI
8:30AM	7:20AM	7:30AM	7:20AM	7:30AM

Shavuot שבועות

Sephardic Traditions & Customs

Shavuot is celebrated on the 6th of Sivan and commemorates Matan Torah — מתן תורה, the giving of the Torah at Mount Sinai. It is a celebration of Torah, faith, learning, and our covenant with Hashem.



1 Tikkun Leil Shavuot — תיקון ליל שבועות

A very important Sephardic tradition is to remain awake on Shavuot night studying Torah.

Many Sephardic communities follow the traditional Tikkun Leil Shavuot, which includes selections from the Torah, Prophets, Writings, Mishnah, and Zohar.

The night is spent learning, praying, and preparing spiritually to receive the Torah anew.



2 The Ten Commandments

On Shavuot morning, we go to synagogue and hear the reading of the Aseret HaDibrot — עֲשֶׂרֶת הַדְּבָרוֹת the Ten Commandments.

Families make a special effort to bring children to hear the Torah reading, emphasizing that the Torah belongs to every generation.



3 Megillat Ruth — מגילת רות

The Book of Ruth is traditionally associated with Shavuot.

Ruth's story represents faith, kindness, loyalty, and acceptance of the Torah. King David, Ruth's descendant, is also traditionally associated with Shavuot.

The precise custom and timing of reading Ruth varies among Sephardic communities.



4 Flowers & Greenery

Some families decorate their homes and synagogues with flowers, greenery, and fragrant plants in honor of Shavuot.

This recalls the tradition that Mount Sinai blossomed with greenery when the Torah was given.



5 Dairy Foods

A popular Shavuot custom is eating dairy foods, such as cheeses, pastries, and other milk-based dishes.

There are many explanations for this tradition, and different Sephardic communities have their own special Shavuot foods and customs.



6 Children & Torah

Shavuot is a beautiful opportunity to teach children that they are part of the chain of Torah from generation to generation.

Parents and grandparents can share Torah teachings, family traditions, and stories around the holiday table.



7 Candle Lighting

Women traditionally welcome the holiday by lighting candles, as on other Yom Tov days.

Hebrew:
ברוך אתה ה' אלהינו מלך העולם,
אשר קדשנו במצותיו וצונו
להדליק נר של יום טוב.

Transliteration:
Baruch Atah Adonai, Eloheinu Melech ha'olam,
asher kideshanu bemitzvotav vetzivanu
lehadlik ner shel Yom Tov.

English:
Blessed are You, Hashem our God, King of the universe,
Who sanctified us with His commandments and commanded us to kindle the light of the Festival.

Message of Shavuot

Shavuot is not only about remembering when our ancestors received the Torah. It is a time when each generation accepts and embraces the Torah anew.

נעשה ונשמע

Na'aseh V'Nishma

"We will do, and we will listen."

Sivan
The Month of Torah

Sivan represents our connection to **Torah, wisdom, and spiritual purpose.** *It reminds us that Torah is not simply something we receive, but something we continually choose to bring into our lives. Through learning, commitment, and faith, we strengthen the values that guide ourselves and future generations.*

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Iyar - Sivan — June 2027 — 5787

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	25 Iyar **1** Omer: Day 40	26 Iyar **2** Omer: Day 41	27 Iyar **3** Omer: Day 42	28 Iyar **4** Omer: Day 43 8:04pm Candle lighting	29 Iyar **5** **Bamidbar** Omer: Day 44 Shabbat Ends 9:13pm
1 Sivan **6** **Rosh Chodesh** Omer: Day 45	2 Sivan **7** Omer: Day 46	3 Sivan **8** Omer: Day 47	4 Sivan **9** Omer: Day 48	5 Sivan **10** **Erev Shavuot** Omer: Day 49 8:08pm Candle lighting	6 Sivan **11** **Shavuot** 8:09pm Candle lighting	7 Sivan **12** **Shavuot** Shabbat Ends 9:17pm
8 Sivan **13**	9 Sivan **14**	10 Sivan **15**	11 Sivan **16**	12 Sivan **17**	13 Sivan **18** 8:11pm Candle lighting	14 Sivan **19** **Naso** Shabbat Ends 9:20pm
15 Sivan **20**	16 Sivan **21**	17 Sivan **22**	18 Sivan **23**	19 Sivan **24**	20 Sivan **25** 8:13pm Candle lighting	21 Sivan **26** **Behaalotecha** Shabbat Ends 9:21pm
22 Sivan **27**	23 Sivan **28**	24 Sivan **29**	25 Sivan **30**			

Weekday Minyan Schedule

SUN	MON	TUE, WED	THU	FRI
8:30AM	7:20AM	7:30AM	7:20AM	7:30AM



Fast of Tammuz — י"ז בתמוז

Shivah Asar B'Tammuz — שבעה עשר בתמוז

Sephardic Traditions & Customs



The 17th of Tammuz is a Jewish fast day commemorating tragedies that befell the Jewish people, particularly the breaching of the walls of Jerusalem before the destruction of the Second Beit HaMikdash. It also begins the mourning period known as "Bein HaMetzarim — בין המצרים, the Three Weeks," leading up to Tisha B'Av.

1 The Fast



- The fast begins at dawn (Alot HaShachar) and continues until nightfall.
- During the fast, we refrain from eating and drinking.

Unlike Tisha B'Av and Yom Kippur, the additional restrictions such as wearing leather shoes and washing do not apply to the fast itself.



Those who are ill, pregnant, nursing, or have other health considerations should follow appropriate rabbinic and medical guidance.

2 What Happened on the 17th of Tammuz?



Jewish tradition remembers five tragedies on this day:

1. The Tablets were broken by Moshe Rabbeinu after the sin of the Golden Calf.
2. The daily Korban Tamid offering in the Beit HaMikdash was interrupted.
3. The walls of Jerusalem were breached, leading toward the destruction of the Temple.
4. Apostomos burned a Sefer Torah.
5. An idol was placed in the Beit HaMikdash.

3 Prayer & Selichot



- The fast is a time for teshuvah — repentance, prayer, and reflection.
- In Sephardic communities, special Selichot — סליחות are traditionally incorporated into the morning prayers on communal fast days.
- The Torah is also read during Shacharit and Mincha with the special reading for a fast day.

4 Beginning of the Three Weeks



The 17th of Tammuz begins the Three Weeks of mourning for the destruction of Jerusalem and the Beit HaMikdash.

This period continues until Tisha B'Av — תשעה באב.

5 Customs During the Three Weeks



- Beginning on the 17th of Tammuz, mourning practices gradually increase as Tisha B'Av approaches.
- A widespread custom is to avoid weddings and festive dancing or music during the Three Weeks.
- However, Sephardic customs differ from Ashkenazi customs regarding haircuts, shaving, laundry, and other restrictions. Many Sephardic restrictions become more stringent during the week of Tisha B'Av rather than applying throughout the entire Three Weeks.

Meaning of the Fast

The fast is not only about mourning events of the past. It is a day for teshuvah, improving our relationships, increasing kindness and remembering Jerusalem.

The Three Weeks take us on a journey:

י"ז בתמוז — 17th of Tammuz → בין המצרים — Three Weeks → תשעה באב — Tisha B'Av



Reflection • Teshuvah • Jerusalem • Remembrance • Hope

Tammuz
The Month of Awareness

Tammuz reminds us to pay attention to the spiritual foundations of our lives. It is a time for greater awareness, reflection, and guarding what is precious before it becomes weakened. Through mindfulness, responsibility, and Teshuvah, we can repair what needs strengthening and protect the holiness within us.



Sivan - Tammuz — July 2027 — 5787

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Weekday Minyan Schedule

SUN	MON	TUE, WED	THU	FRI
8:30AM	7:20AM	7:30AM	7:20AM	7:30AM

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		26 Sivan 1	27 Sivan 2 8:12pm Candle lighting	28 Sivan 3 Shlach Shabbat Ends 9:20pm
29 Sivan 4	30 Sivan 5 Rosh Chodesh	1 Tammuz 6 Rosh Chodesh	2 Tammuz 7	3 Tammuz 8	4 Tammuz 9 8:10pm Candle lighting	5 Tammuz 10 Korach Shabbat Ends 9:17pm
6 Tammuz 11	7 Tammuz 12	8 Tammuz 13	9 Tammuz 14	10 Tammuz 15	11 Tammuz 16 8:07pm Candle lighting	12 Tammuz 17 Chukat-Balak Shabbat Ends 9:13pm
13 Tammuz 18	14 Tammuz 19	15 Tammuz 20	16 Tammuz 21	17 Tammuz 22 Tzom Tammuz Fast begins 4:00am Fast ends 8:53pm	18 Tammuz 23 8:02pm Candle lighting	19 Tammuz 24 Pinchas Shabbat Ends 9:06pm
20 Tammuz 25	21 Tammuz 26	22 Tammuz 27	23 Tammuz 28	24 Tammuz 29	25 Tammuz 30 7:55pm Candle lighting	26 Tammuz 31 Matot-Massei Shabbat Ends 8:58pm



Tisha B'Av
תשעה באב

Sephardic Traditions & Customs



Tisha B'Av, the **9th day of Av**, is the most solemn day of mourning in the Jewish calendar. We mourn the destruction of the **First and Second Beit HaMikdash** in Jerusalem and other tragedies that have affected the Jewish people throughout history.

1 The Fast



Tisha B'Av is a full fast, beginning at sunset the evening before and ending after nightfall the following day.

Five principal restrictions are observed:

- No eating or drinking
- No washing for pleasure
- No anointing with creams or oils for pleasure
- No wearing leather shoes
- No marital relations

Those who are ill, pregnant, nursing, elderly, or otherwise medically vulnerable should follow appropriate rabbinic and medical guidance regarding fasting.

2 Seudah HaMafseket — סעודה המפסקת



Before the fast begins, a simple final meal is eaten.

When Tisha B'Av falls on the usual weekday schedule, the traditional meal immediately before the fast is deliberately modsst.

A widespread Sephardic custom includes bread and a hard-boiled egg, sometimes with the egg dipped in ashes as a symbol of mourning.

Specific customs vary among Sephardic communities.

3 Synagogue at Night



The synagogue atmosphere is kept dim and solemn.

We sit on the floor or on low seats, as mourners traditionally do, and refrain from ordinary greetings and unnecessary conversation.

4 Megillat Eicha — מגילת איכה



At night, we read Megillat Eicha — the Book of Lamentations, traditionally attributed to the prophet Jeremiah.

Eicha describes the destruction of Jerusalem and expresses the profound grief of the Jewish people.

איכה ישבה בדד

Eicha yashva vadad...

"How she sits alone..."

5 Kinot — קינות



Special mournful poems called Kinot are recited on Tisha B'Av.

Sephardic communities have their own beautiful and deeply emotional melodies and Kinot remembering the Beit HaMikdash, Jerusalem, and tragedies, throughout Jewish history.

6 Torah Study



Because regular Torah study brings joy, we generally refrain from ordinary Torah learning on Tisha B'Av.

Instead, study focuses on subjects appropriate to the day, such as Eicha, Iyov (Job), the destruction of the Temples, mourning, and related passages of the Talmud and Midrash.

7 Sitting Low



From the beginning of the fast through the morning, it is customary to sit on the floor or a low stool/chair, similar to the practice of a mourner.

Later in the day, regular seating is resumed according to the community's custom.

8 Remembering Jerusalem



Tisha B'Av is not simply about remembering ancient destruction. It reminds us that the loss of the Beit HaMikdash and the spiritual completeness of Jerusalem are still felt today.

The day encourages teshuvah, reflection, compassion, and greater unity among the Jewish people.

9 From Mourning to Hope



As the day progresses, the mood gradually moves from intense mourning toward hope and redemption.

Jewish tradition teaches that the same Jerusalem whose destruction we mourn will ultimately be rebuilt.

לשנה הבאה בירושליים הבנויה

Leshanah haba'ah biYerushalayim habenuyah.

"Next year in rebuilt Jerusalem."

Av
The Month of Comfort & Hope

Av teaches us that even within sorrow, there is the promise of comfort and renewal. It reminds us that pain does not have the final word and that from difficult moments can come greater strength, unity, and hope. Through faith in Hashem, we look toward healing and a brighter future.



Tammuz - Av — August 2027 — 5787

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Tammuz 1	28 Tammuz 2	29 Tammuz 3	1 Av 4 Rosh Chodesh Av	2 Av 5	3 Av 6 7:47pm Candle lighting	4 Av 7 Shabbat Chazon Devarim Shabbat Ends 8:49pm
5 Av 8	6 Av 9	7 Av 10	8 Av 11 Erev Tishah B'Av Fast begins 7:59am	9 Av 12 Tishah B'Av Fast ends 8:28am	10 Av 13 7:38pm Candle lighting	11 Av 14 Shabbat Nachamu Va'etchanan Shabbat Ends 8:39pm
12 Av 15	13 Av 16	14 Av 17	15 Av 18 Tu B'Av	16 Av 19	17 Av 20 7:28pm Candle lighting	18 Av 21 Eikev Shabbat Ends 8:28pm
19 Av 22	20 Av 23	21 Av 24	22 Av 25	23 Av 26	24 Av 27 7:17pm Candle lighting	25 Av 28 Re'eh Shabbat Ends 8:17pm
26 Av 29	27 Av 30	28 Av 31					

Weekday Minyan Schedule

SUN	MON	TUE, WED	THU	FRI
8:30AM	7:20AM	7:30AM	7:20AM	7:30AM



Rosh Chodesh Elul — ראש חודש אלול

Sephardic Traditions & Customs



Rosh Chodesh Elul begins one of the most spiritually significant months of the Jewish year. Elul is a time of Teshuvah, prayer, forgiveness, and preparation for Rosh Hashanah and Yom Kippur. For Sephardic communities, Elul is especially known for the beautiful tradition of rising early to recite Selichot throughout the month.

The Month of Teshuvah

Elul begins a period of reflection and returning to Hashem.

Teshuvah — תשובה means more than repentance; it means "return."

We look at the past year, recognize where we can improve, ask forgiveness, and prepare ourselves spiritually for the new year.

Selichot — סליחות

One of the most important Sephardic traditions of Elul is the recitation of Selichot.

Sephardim traditionally begin Selichot after Rosh Chodesh Elul and continue throughout the month and the Aseret Yemei Teshuvah — Ten Days of Repentance, through Yom Kippur.

Selichot include prayers asking Hashem for mercy, forgiveness, and compassion.

Many communities gather before dawn, while others recite Selichot late at night.

Adon HaSelichot — אדון הסליחות

One of the most beloved parts of Sephardic Selichot is Adon HaSelichot.

Its familiar melody brings families and communities together and has become one of the defining sounds of Elul in Sephardic tradition.

אדון הסליחות
בוחן לבבות
גולת עמקות
דובר צדקות

Adon HaSelichot,
Bochein Levavot,
Goleh Amukot,
Dover Tzedakot.

Master of forgiveness, Who examines hearts, reveals the hidden, and speaks righteousness.

The Thirteen Attributes of Mercy

Central to Sephardic Selichot are the 13 Attributes of Hashem's Mercy — י"ג מידות הרחמים

They begin:

ה ה אל רחום וחנון

Hashem, Hashem,
El Rachum VeChanun...
"Hashem, Hashem, God, compassionate and gracious..."

They express our trust in Hashem's mercy and His willingness to forgive those who sincerely return to Him.

Ani L'Dodi V'Dodi Li

Elul is traditionally connected to the beautiful verse:

אני לדודי ודודי לי

Ani L'Dodi V'Dodi Li.
"I am my beloved's, and my beloved is mine."
The first letters of these four Hebrew words spell אלול — ELUL.

The verse symbolizes the special closeness between Hashem and the Jewish people during this month.

Teshuvah, Tefillah & Tzedakah

Elul is a time to increase three important areas of Jewish life:

- **Teshuvah — תשובה** — Returning to Hashem and improving our actions.
- **Tefillah — תפילה** — Increasing prayer and asking Hashem for mercy and blessing.
- **Tzedakah — צדקה** — Giving generously and increasing acts of kindness.

Asking Forgiveness

Elul is also about repairing our relationships with other people.

Before Yom Kippur, we make an effort to ask forgiveness from anyone we may have hurt, resolve disagreements, and enter the new year with greater peace and unity.

Preparing for the High Holidays

Throughout Elul, families begin preparing spiritually for Rosh Hashanah and Yom Kippur.

It is a time for greater Torah learning, Tehillim, mitzvot, kindness, and reflection on the year that has passed.

Elul
The Month of Reflection

Elul invites us to look inward and prepare our hearts for a new beginning. It is a month of closeness to Hashem, when prayer, reflection, and sincere repentance help us recognize where we can grow. Through humility, forgiveness, and faith, we prepare ourselves to enter the coming year with greater purpose.



Av - Elul — September 2027 — 5787

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Weekday Minyan Schedule SUN 8:30AM | MON 7:20AM | TUE, WED 7:30AM | THU 7:20AM | FRI 7:30AM	29 Av 1	30 Av 2 Rosh Chodesh	1 Elul 3 Rosh Chodesh 7:07pm Candle lighting	2 Elul 4 Shoftim Shabbat Ends 8:05pm		
3 Elul 5	4 Elul 6	5 Elul 7	6 Elul 8	7 Elul 9	8 Elul 10 6:55pm Candle lighting	9 Elul 11 Ki Teitzei Shabbat Ends 7:52pm
10 Elul 12	11 Elul 13	12 Elul 14	13 Elul 15	14 Elul 16	15 Elul 17 6:43pm Candle lighting	16 Elul 18 Ki Tavo Shabbat Ends 7:40pm
17 Elul 19	18 Elul 20 Chai Elul	19 Elul 21	20 Elul 22	21 Elul 23	22 Elul 24 6:31pm Candle lighting	23 Elul 25 Nitzavim-Vayelech Shabbat Ends 7:28pm
24 Elul 26	25 Elul 27	26 Elul 28	27 Elul 29	28 Elul 30		



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