

B”H  
**DAVENING TIMES AT WCC**  
**TISHREI 5785 | OCT-NOV**

SUN	MON	TUES	WED	THURS	FRI	SHABBOS
				תשרי 1 <b>ROSH HASHANA</b> OCT 3	תשרי 2 <b>ROSH HASHANA</b> OCT 4	תשרי 3 <b>HA'AZINU</b> SHABBOS SHUVA OCT 5
				SHACHARIS: 9:30 AM SHOFAR: 12:00 PM MINCHA & TASHLICH: 6:30 MAARIV: 7:35 CANDLES AFTER: 7:44	SHACHARIS: 9:30 AM SHOFAR: 12:00 PM CANDLES: 6:43 MINCHA: 6:45 KABSHAB: 7:20	CHASSIDUS: 9:00 AM SHACHARIS: 10:00 AM KIDDUSH: 12:15 PM MINCHA: 6:25 PM MAARIV/END: 7:41 PM
תשרי 4 <b>TZOM GEDALIAH</b> OCT 6	תשרי 5 ASRERES YEMEI TESHUVA OCT 7	תשרי 6 ASRERES YEMEI TESHUVA OCT 8	תשרי 7 ASRERES YEMEI TESHUVA OCT 9	תשרי 8 ASRERES YEMEI TESHUVA OCT 10	תשרי 9 EREV YOM KIPPUR OCT 11	תשרי 10 <b>YOM KIPPUR</b> OCT 12
FAST STARTS: 5:45 AM SHACHARIS: 7:45 AM MINCHA: 6:30 MAARIV/FAST ENDS: 7:30	SHACHARIS: 7/8 AM MINCHA: 6:40 MAARIV: 7:25	SHACHARIS: 7/8 AM MINCHA: 6:40 MAARIV: 7:23  Yahrzeit of Rebbetzin Chana	SHACHARIS: 7/8 AM MINCHA: 6:40 MAARIV: 7:22	SHACHARIS: 7/8 AM MINCHA: 6:40 MAARIV: 7:20	SHACHARIS: 7/8 AM MINCHA: 3:15 CANDLES/FAST STARTS: 6:32 KOL NIDREI: 6:45	SHACHARIS: 9:30 AM YIZKOR: 12:00 PM MINCHA: 5:00 PM FAST ENDS: 7:30 PM
תשרי 11 OCT 13	תשרי 12 OCT 14	תשרי 13 OCT 15	תשרי 14 OCT 16	תשרי 15 <b>SUKKOS</b> OCT 17	תשרי 16 <b>SUKKOS</b> OCT 18	תשרי 17 <b>SUKKOS</b> OCT 19
SHACHARIS: 8:00 AM MINCHA: 6:30 MAARIV: 7:16	SHACHARIS: 7/8 AM MINCHA: 6:30 MAARIV: 7:14	SHACHARIS: 7/8 AM MINCHA: 6:30 MAARIV: 7:13  Yahrzeit of the Rebbe Maharash	SHACHARIS: 7/8 AM CANDLES: 6:24 MINCHA: 6:30 MAARIV: 7:15	SHACHARIS: 10:00 AM MINCHA: 6:30 MAARIV: 7:15 CANDLES AFTER: 7:23	SHACHARIS: 10:00 AM CANDLES: 6:21 MINCHA: 6:30 KABSHAB: 7:05	CHASSIDUS: 9:00 AM SHACHARIS: 10:00 AM MINCHA: 6:10 PM MAARIV/END: 7:20 PM
תשרי 18 <b>CHOL HAMOED</b> OCT 20	תשרי 19 <b>CHOL HAMOED</b> OCT 21	תשרי 20 <b>CHOL HAMOED</b> OCT 22	תשרי 21 HOSHANA RABA OCT 23	תשרי 22 <b>SHEMINI ATZERES</b> OCT 24	תשרי 23 <b>SIMCHAS TORAH</b> OCT 25	תשרי 24 <b>BERESHEIS</b> SHABBOS MEVORCHIM OCT 26
SHACHARIS: 8:00 AM MINCHA: 6:20 MAARIV: 7:05	SHACHARIS: 7/8 AM MINCHA: 6:20 MAARIV: 7:04	SHACHARIS: 7/8 AM MINCHA: 6:20 MAARIV: 7:02 TEHILLIM: 1:10 AM	SHACHARIS: 7/8 AM CANDLES: 6:14 MINCHA: 6:20 MAARIV: 7:05	SHACHARIS: 10:00 AM YIZKOR: 12:00 PM MASHIV HARUACH UMORID HAGESHEM MINCHA: 6:25 MAARIV: 7:05 CANDLES AFTER: 7:13	SHACHARIS: 10:00 AM CANDLES: 6:11 MINCHA: 6:20 KABSHAB: 6:50	TEHILLIM: 8:00 AM SHACHARIS: 10:00 AM KIDDUSH: 12:15 PM MINCHA: 5:55 PM MAARIV/END: 7:11 PM
תשרי 25 OCT 27	תשרי 26 OCT 28	תשרי 27 OCT 29	תשרי 28 OCT 30	תשרי 29 OCT 31	תשרי 30 <b>ROSH CHODESH</b> NOV 1	<b>ROSH CHODESH</b>
SHACHARIS: 8:00 AM MINCHA: 6:10 MAARIV: 6:56	SHACHARIS: 7/8 AM MINCHA: 6:10 MAARIV: 6:54	SHACHARIS: 7/8 AM MINCHA: 6:10 MAARIV: 6:53	SHACHARIS: 7/8 AM MINCHA: 6:10 MAARIV: 6:52	SHACHARIS: 7/8 AM MINCHA: 6:10 MAARIV: 6:51	SHACHARIS: 7/8 AM CANDLES: 6:02 MINCHA: 6:05 KABSHAB: 6:40	

## TISHREI SCHEDULE 5785/2024

## תשרי תשפ"ה

**PRACTICAL ADVICE IN PREPARING FOR THE YOMIM TOVIM:**

1. Buy a pomegranate.
2. Buy a new fruit to say the blessing of “She’he’cheyanu.”
3. Since it is not permissible to prepare candles on Yom Tov by melting them into holders, it is recommended to use pre-made foil candleholders.
4. Prepare a flame, from which to light candles for the 2<sup>nd</sup> night of Yom Tov.
5. It is recommended to prepare a 24-hour Yartzeit Licht for Yom Kippur. (See note on p.3)

PLEASE NOTE: Page numbers refer to Siddur Tehillas Hashem – with English Translation – ANNOTATED EDITION.

**Saturday Night:**           **SEPTEMBER 28**  
**1:10 AM**                   **SELICHOS**

**Monday & Tuesday:**   **SEPTEMBER 30 & OCTOBER 1**  
**6:30 AM**                   **SELICHOS are said before Davening.**  
**7:30 AM**                   **SELICHOS are said before Davening.**

## ראש השנה

**Wednesday, OCT 2**       **EREV ROSH HASHANA/ FIRST NIGHT OF ROSH HASHANA**  
**6:00 AM/ 7:00 AM**       **SELICHOS** (Followed by Shacharis and Annulment of Vows)  
See (Siddur, p.358) for Annulment of Vows.

**EIRUV TAVSHILIN:** To be made before Yom Tov to permit cooking on the second day of Yom Tov for Shabbos. See Siddur, p.327 for blessing and details.

**6:47 PM**                   **CANDLE LIGHTING:** Recite two blessings: “L’hadlik Ner Shel Yom Hazikaron” and “She’he’cheyanu” (Siddur, p.153)

**6:55 PM**                   **MINCHA**  
**7:35 PM**                   **MA’ARIV**

**Kiddush:** (Siddur, p.360). Begin with “Savri Moronon.” Add “She’he’cheyanu.”

**Wash for Hamotzi:** Dip the challah in honey three times. Eat a כזית (½ ounce) of challah before eating the other customary fruits (apple in honey, pomegranate, etc.).

**Note:** Honey, not salt, is used for Hamotzi on Rosh Hashana, Erev Yom Kippur, Motzei Yom Kippur (when breaking the Fast), Succos and Hoshana Rabba. On Chol Hamoed Succos (intermediate days), honey is optional. **At all these occasions, salt should still be on the table.**

**After Hamotzi:** Take a piece of an apple, and dip in honey three times. Recite the blessing, “Borei Pri Ha’etz.” Before eating the apple, say “Yehi Ratzon Milfanecha, She’tchadesh Aleinu Shana Tova U’mesukah.” (May it be Thy will to renew us for a good and sweet year.) After eating the apple, it is customary to eat a pomegranate. It is also customary to start the meal by eating a piece of a cooked head of fish.

**Bentching:** (Siddur, p.88). Add “Ya’a’leh V’yavo” for Yom Tov, with the additions of “Yom Hazikaron” (Siddur, p.92), and third and fourth “Harachomon” for Yom Tov and Rosh Hashana (Siddur, p.95).

*(Please note: In the Annotated Siddur, the fourth Harochomon corresponds to Rosh Hashana, and the fifth to Succos. However, in Chabad Bentchers, the fourth Harochomon corresponds to Succos, and the fifth to Rosh Hashana.)*

**Thursday, OCT 3**

**FIRST DAY OF ROSH HASHANA/ SECOND NIGHT OF ROSH HASHANA**

It is preferable to go to the Mikveh before Davening

**9:30 AM**

**SHACHARIS SERVICE**

**12:00 NOON**

**SHOFAR BLOWING.** (Following Mussaf, additional Shofar blasts are blown.)

**6:30 PM**

**MINCHA and TASHLICH.** Bring your family and friends.

**7:35 PM**

**MA’ARIV**

**After 7:43 PM**

**CANDLE LIGHTING:** Before lighting candles, a new fruit should be on the table and/or wear new clothes. Light from a pre-existing flame. Recite two blessings: “L’hadlik Ner Shel Yom Hazikaron” and “She’he’cheyanu.” (Siddur, p.153)

**KIDDUSH:** Begin aloud with “Savri Moronon” (Siddur, p.360). Look at the new fruit while saying, “She’he’cheyanu.” After completing Kiddush and drinking the wine, we eat the new fruit. Men who have recited “She’he’cheyanu” while saying Kiddush, and women who have recited “She’he’cheyanu” while lighting candles do not say it on the new fruit; they recite only the blessing, “Borei Pri Ha’eitz.” All others, who did not light candles or make their own Kiddush, recite the blessing “She’he’cheyanu” and then the blessing “Borei Pri Ha’eitz before eating the fruit. One should try to eat a כזית (one ounce) of the new fruit, in order to make an After-Blessing before washing for challah.

**Bentching:** Same as the previous night.

**Friday, OCT 4**

**SECOND DAY OF ROSH HASHANA**

It is preferable to go to the Mikveh before Davening

**9:30 AM**

**SHACHARIS SERVICE**

**12:00 NOON**

**SHOFAR BLOWING.** (Following Mussaf, additional Shofar blasts are blown.)

**6:43 PM**

**CANDLE LIGHTING FOR SHABBOS:** Light from an existing flame. Say one blessing: “L’hadlik Ner Shel Shabbos Kodesh.”

**6:45 PM**

**MINCHA**

**7:20 PM**

**MAARIV:** Begin with “Mizmor L’Dovid,” (Siddur, p.156)

**The 10 days between Rosh Hashana and Yom Kippur are called “Aseres Yemei Teshuva.”**  
We add several verses in our daily prayers and increase in Torah, prayer, and tzedakah (charity).

**SHABBOS, OCT 5**

**SHABBOS SHUVA**

**6:25 PM**

**MINCHA**

**7:42 PM**

**MA’ARIV. SHABBOS ENDS. HAVDALAH** as usual. (Siddur, p.297)

**Avinu Malkeinu is said from Sunday, October 6<sup>th</sup> through Thursday, October 10<sup>th</sup>.**

**Sunday, OCT 6**  
**5:45 AM**  
**7:45 AM**  
**FAST OF GEDALIAH**  
**FAST BEGINS**  
**SHACHARIS. SELICHOS** are said during Davening.

**6:30 PM**  
**7:30 PM**  
**MINCHA and TORAH READING**  
**FAST ENDS**

**Tuesday, OCT 8**  
**ו' תשרי SIXTH OF TISHREI**  
 Yartzeit of the Rebbe's mother, the saintly Rebbetzin Chana, of blessed memory

**From Friday, October 11 until the end of the month of Tishrei,**  
**no Tachanun is said during davening.**

## יום כפור

**Friday, OCT 11**  
**EREV YOM KIPPUR**

**MORNING: KAPPOROS.** (Siddur, p.362 or see Machzor for Yom Kippur). Men use a rooster, and women use a hen; pregnant women use a rooster and two hens. The money value of the chicken should be given to Tzedakah.

**7:00 AM/ 8:00 AM**  
**SHACHARIS**

**It is customary to eat a holiday meal before midday.**

**Lekach:** It is a custom to ask for Lekach (honey cake) from friends and family, to eat a portion, and bless one another with the words, "L'shana Tova U'mesukah" (for a good and sweet year).

**MALKOS (Lashes):** It is a custom that before Mikveh and Mincha, one receives 39 "lashes" as a reminder to do Teshuvah. The procedure is done with a partner. The whippee gets down on his knees, prostrating and facing north. The whippee should be wearing a Gartel. The whipper takes a leather belt and LIGHTLY TAPS on the whippee's back. First on the right shoulder, then on the left shoulder, then towards the lower-middle back, forming a triangle. The total number of lashes is 39; hence, 13 triangles. As each lash is given, the whipper and whippee say one word of the verse:

**"Vehu Rachum Ye'chaper Avon, V'lo Yashchis V'hirba Le'hashiv Apo V'lo Ya'ir Kol Chamaso."**

*(Loosely: He, being merciful, forgives sin, and does not stir up all His wrath.)*

**Mikveh before Mincha and then dress in Yom Tov clothes.**

**3:15 PM**  
**MINCHA**

**SE'UDAH HAMEFSEKES: Meal before the Fast.** We eat only easily-digestible foods, such as boiled chicken and soup. Avoid meat, spicy or salty foods and drinks. **Fish is NOT eaten at this meal. It is a custom to eat Kreplach** (dough filled with ground chicken) at this meal and also when breaking the Fast.

**BLESSING THE CHILDREN:** It is customary for fathers to bless their children after the Se'udah. This blessing is found on the final page of this guide, in both Hebrew and English with the appropriate blessings for boys and girls. The blessing expresses that the child should be sealed for a good year and for a long and healthy life. One can then add to this according to the inspiration of the heart.

**PLEASE NOTE:**

**Unlike on other holidays, igniting fire (even from an existing flame) is forbidden on Yom Kippur. To show this, only a flame that burned throughout the holiday may be used to light the Havdala candle afterwards.** Therefore, before lighting the Yom Tov candles, prepare a 24-hour candle or flame to be used to light the Havdala candle immediately following the end of Yom Kippur.

Every head of his family should also take a 24-hour candle to Shul and someone else will light this candle for him. This is called “Lebedike Licht,” a light for life. In addition, those saying Yizkor should light a Yartzeit candle at home.

**6:32 PM**

**CANDLE LIGHTING:** Recite two blessings: “L’hadlik Ner Shel Shabbos v’Shel Yom HaKippurim” and “She’he’cheyanu” (Siddur, p.153).

**NOTE:** Women who have a heter from the Rav of their community to light candles and not accept Yom Kippur (because they will be driving to Shul) should NOT say the blessing “She’he’cheyanu” at candle lighting, but should say it in Shul together with the congregation, after Kol Nidre.

**6:45 PM**

**KOL NIDRE**

**YOM KIPPUR RESTRICTIONS:** We fast, refrain from wearing leather clothes, and from washing ourselves, even with cold water. (For Negel Vasser and after using the bathroom, one should wash only to the knuckles.) Perfumes, lotions, and oils may not be used. Marital relations are likewise, forbidden.

**Shabbos, OCT 12**

**YOM KIPPUR**

**9:30 AM**

**SHACHARIS SERVICE**

**12:00 NOON**

**YIZKOR**

**5:00 PM**

**MINCHA**

**7:30 PM**

**FAST ENDS.** Wash Negel Vasser before Havdala. Wash complete hand.

**HAVDALA** as on Motzei Shabbos. Light candle from the existing flame, lit the day before. Eat a festive, non-dairy meal with Kreplach.

**On this night, it is customary to begin building one’s Succah, or at least discuss plans for its construction.**

**Tuesday, OCT 15**

**13<sup>TH</sup> OF TISHREI**

Yartzeit of the fourth Lubavitcher Rebbe, the Rebbe Maharash, Harav Shmuel. “L’chatchila Ariber” was the Rebbe Maharash’s mantra to supersede limitation and persevere in one’s observance of Torah and Mitzvos.

## **SUCCOS, SHEMINI ATZERES & SIMCHAS TORAH 5785**

# **סוכות, שמיני עצרת ושמחת תורה תשפ"ה**

**Wednesday, OCT 16**

**EREV SUCCOS/ FIRST NIGHT OF SUCCOS  
AFTERNOON: MIKVEH**

**EIRUV TAVSHILIN:** To be made before Yom Tov to permit cooking on the second day of Yom Tov for Shabbos. See Siddur, p.327 for blessing and details.

**6:24 PM** **CANDLE LIGHTING:** Light candles in the Succah, if possible. Recite two blessings: “L’hadlik Ner Shel Yom Tov” and “She’he’cheyanu.” (Siddur, p.152).

**6:30 PM** **MINCHA**

**7:15 PM** **MAARIV:** Begin on (Siddur, p.161). **AMIDAH** for Yom Tov (Siddur, p.331).

**Kiddush:** (Siddur, p.329) Begin with “Savri Moronon.” Recite “Leisheiv B’Succah” and then She’he’cheyanu.”

**Hamotzi:** First dip the challah into honey. (Salt should still be on the table.) Those who listened to Kiddush recite two blessings on the challah. First “Hamotzi” and then “Leisheiv b’Succah.” (On Chol Hamoed, the honey is optional.)

**Bentching:** (Siddur, p.88) Add “Ya’aleh V’yavo” for Yom Tov, with the additions for “b’Yom Chag HaSuccos Hazeh, b’Yom Tov Mikra Kodesh Hazeh” (Siddur, p. 92). Add the third and fifth “Harachomon” for Yom Tov and Succos (Siddur, p.95). Throughout all of Succos, say “Ya’aleh V’yavo” and the fifth “Harachomon.” (On the last two days of Succos, however, the fifth “Harachomon” is not said.)

**Thursday, OCT 17**

**FIRST DAY OF SUCCOS/ SECOND NIGHT OF SUCCOS**

It is preferable to go to the Mikveh in the morning before bentching Lulav and Esrog.

**Bentch Lulav and Esrog, preferably in the Succah** (Siddur, p.306).

**10:00 AM** **SHACHARIS**

**6:30 PM** **MINCHA**

**7:15 PM** **MAARIV:** Begin on Siddur, p.161. Amidah for Yom Tov (Siddur, p.331).

**After 7:23 PM** **CANDLE LIGHTING:** Light candles in the Succah, if possible. Light from an existing flame. Recite two blessings: “L’hadlik Ner Shel Yom Tov” and “She’he’cheyanu” (Siddur, p.152).

**Kiddush:** Siddur, p.329. Begin with “Savri Moronon.” Finish with “She’he’cheyanu” and then “Leisheiv B’Succah” (**opposite order of the first night**).

**Bentching:** Same as the previous night.

**Friday, OCT 18**

**SECOND DAY SUCCOS/ EREV SHABBOS**

**Bentch Lulav and Esrog, preferably in the Succah** (Siddur, p.306).

**10:00 AM** **SHACHARIS**

**6:21 PM** **CANDLE LIGHTING**

**6:30 PM** **MINCHA**

**7:05 PM** **MA’ARIV.** Begin with “Mizmor L’Dovid,” (Siddur, p.156). In “Boi V’shalom,” the last verse of “Lecha Dodi,” (Siddur, p.158), replace the word “B’rena” with the word “B’simcha.” Add “Ya’aleh V’yavo.”

**Kiddush:** Recite “Shalom Aleichem” and “Aishes Chayil” in an undertone. Begin Kiddush on (Siddur, p.179). Add “Leishev B’Succah.”

**Bentching:** (Siddur, p.88) Add “Reitzei” and “Ya’aleh V’yavo” (Siddur, p.92). Add the first (**omit the third**) and fifth “Harachomon” for Shabbos and Succos (Siddur, p.95)

**SHABBOS, OCT 19**

**SHABBOS CHOL HAMOED**

- 10:00 AM**                    **SHACHARIS**
- 6:10 PM**                    **MINCHA**
- 7:20 PM**                    **MA'ARIV. SHABBOS ENDS. HAVDALA in the Succah.** Use spices and candle. "Leisheiv b'Succah" is said before drinking wine. "V'yiten Lecho" is said in an undertone.

**Remember to Bentsh on the Lulav and Esrog everyday of Succos, except Shabbos.  
Complete Hallel and Musaf are said each day of Succos.**

**Tuesday, OCT 22**            **TEHILLIM – Chabad House at 1:10 AM**

**Wednesday, OCT 23**        **HOSHANA RABBA/ EREV YOM TOV**

**HOSHANOS (Willow Twigs):** (Siddur, p.382) Each member of the family takes a bundle of five willow twigs and strikes it on the ground five times to sweeten and temper the five severities. Recite the accompanying prayer.

**YOM TOV MEAL AT MIDDAY:** We dip challah in honey. It is customary to eat Kreplach (This meal is eaten in the Succah).

**EIRUV TAVSHILIN:** To be made before Yom Tov to permit cooking on the second day of Yom Tov for Shabbos. See Siddur, p.327 for blessing and details.

**6:14 PM**                    **CANDLE LIGHTING:** Light candles in the Succah. Recite two blessings: "L'hadlik Ner Shel Yom Tov" and "She'he'cheyanu." (Siddur, p.152)

**6:20 PM**                    **MINCHA**  
**7:05 PM**                    **MA'ARIV:** Begin on Siddur, p.161. Amidah for Yom Tov (Siddur, p.331).  
**HAKAFOS IN SHUL.**

**Kiddush:** In the Succah (Siddur, p.329). Begin with "Savri Moronon." We do not recite the blessing "Lesheiv B'Succah," but we do recite "She'he'cheyanu."

**Bentshing:** (Siddur, p.88). Add "Ya'aleh V'yavo" for Yom Tov, with the additions for "Shmini Atzeres Hachag Hazeh" (Siddur, p.92). Add the third "Harachomon" for Yom Tov (Siddur, p.95). The fifth "Harachomon" is omitted.

**Thursday, OCT 24**        **SHEMINI ATZERES**  
**10:00 AM**                    **SHACHARIS SERVICE**  
**12:00 NOON**                **YIZKOR**

**PRAYER FOR RAIN – Geshem** (Siddur, p.355), after which "Mashiv Haruach Umorid HaGeshem" is recited throughout the winter in the Amidah.

**Note:** Toward evening, we bid farewell to the Succah by eating something in the Succah.

**6:20 PM**                    **MINCHA**  
**7:05 PM**                    **MA'ARIV:** Begin on Siddur, p.161. Amidah for Yom Tov (Siddur, p.331).

**After 7:13 PM**            **CANDLE LIGHTING:** Light from an existing flame. Recite two blessings: "Lehadlik Ner Shel Yom Tov" and "She'he'cheyanu" (Siddur, p.152).  
**HAKAFOS IN SHUL**

**Kiddush:** Siddur, p.329. Begin with "Savri Moronon." End off with a "She'he'cheyanu."

**Bentshing:** Same as the previous night.

**Friday, OCT 25**  
**10:00 AM**                    **SIMCHAS TORAH/ EREV SHABBOS**  
**SHACHARIS**  
**HAKAFOS and TORAH READING:** All men and boys are called to the Torah.

**6:11 PM**                    **CANDLE LIGHTING**

**6:20 PM**                    **MINCHA**  
**6:50 PM**                    **MA'ARIV**

**SHABBOS, OCT 26**            **SHABBOS BEREISHIS**  
**TEHILLIM:** Complete entire Tehillim before Shacharis for Shabbos Mevarchim.

We bless the new month, Mar Cheshvan.

**5:55 PM**                    **MINCHA**  
**7:11 PM**                    **MA'ARIV. SHABBOS ENDS. HAVDALA** as usual.

**Fri & Shabbos, NOV 1-2**      **רֵאשׁ חֹדֶשׁ חֶשְׁוֹן**    **ROSH CHODESH CHESHVAN**



# בְּרַכַּת הַבָּנִים וְהַבָּנוֹת BLESSING THE CHILDREN

For a son

Y'simcha elo-him  
K'Efrayim V'chimnasheh

יְשִׁימְךָ אֱלֹ-הִים  
כְּאֶפְרַיִם וְכַמְנַשֶּׁה

(May G-d make you like Ephraim and Menashe)

For a daughter

Y'simaich Elohim k'Sara,  
Rivka, Rochel, v'Leah

יְשִׁימְךָ אֱלֹ-הִים כְּסָרָה,  
רִבְקָה, רָחֵל וְלֵאָה.

(May G-d make you like Sarah, Rivka, Rachel and Leah)

וַיְדַבֵּר ה' אֶל מֹשֶׁה לֵאמֹר : דַּבֵּר אֶל אֶהְרֹן וְאֶל בְּנָיו לֵאמֹר,  
כֹּה תְבָרְכוּ אֶת בְּנֵי יִשְׂרָאֵל אָמֹר לָהֶם:

Y'vorech'cha Ad-do-noy V'yishme'reh-cha  
Ya' air Ad-do-noy panav ay-leh-cha  
vee-choo-neh-kah  
Yi-sah Ad-do-noy panav ay-leh-cha  
V'yah-saim Le-cha Shalom.

יְבָרְכֶךָ ה' וַיְשִׂמְרֶךָ:  
יָאֵר ה' פָּנָיו אֵלֶיךָ וַיַּחַנֶּנֶךָ  
יִשָּׂא ה' פָּנָיו אֵלֶיךָ  
וַיִּשֶׂם לְךָ שְׁלוֹם .

וְשִׂמוּ אֶת שְׁמֵי עַל בְּנֵי יִשְׂרָאֵל וְאֲנִי אֲבָרְכֶם :

## INSTRUCTIONS FOR BENTCHING LULAV & ESROG

Take *Lulav* in the right hand (or left hand, if left handed) so that the spine is facing you. Say brocho (Siddur, p.301) “**Al Netilas Lulav.**” When bentching on the holiday for the first time, make a second brocho. Take the *Esrog* in the left hand (or the right hand, if left handed) and say “**She’he’cheyanu.**” During “She’he’cheyanu, bring the *Lulav and Esrog* together towards the end of the brocho. Bring *Lulav and Esrog* together, so that the upper third of the *Esrog* is touching the near bottom of the *Lulav* (3 rings). *Pitom* should point upwards, stem downwards.

NOTE: The *Esrog* should be covered with your hand during the movements of shaking, except during the entire last shaking, when one reveals some of the *Esrog*.

## INSTRUCTIONS FOR SHAKING THE LULAV

Shaking the *Lulav* takes place in the morning, after bentching and during Hallel (Siddur, p.307). When lending a *Lulav and Esrog*, the owner should say, “This is a gift on condition that it will be returned.” It is a tremendous *Mitzvah* to lend your *Lulav and Esrog*. Shaking is always the same way, and in *Hallel*, it is done while saying certain *Pesukim*. The procedure of shaking is as follows:

Face East: Each shake starts by holding the *Lulav* by the heart. The arms are extended, about  $\frac{3}{4}$  of the way outward. *Lulav* is Shaken lightly and gently and returned to original position.

Three Shakes for Each:	(1) 3 to the right front	(4) 3 to the front center, raising
	(2) 3 to the left front	(5) 3 to the front center, lowering
	(3) 3 to the front center	(6) 3 backwards over the right shoulder

Then 2 shakes to the SW corner while facing East, over the right shoulder, 1 shake to the center (West) and over the right shoulder

## INSTRUCTIONS FOR RAISING AND LOWERING LULAV

**Raising as follows:** (1) Extend arms as above; *Lulav* is raised approximately 1’ (foot), and then (2) brought straight down a little bit lower than original heights, then (3) raised back to original height, and (4) brought to the heart.

**Lowering as follows:** The same as raising, only reverse the direction once the *Lulav* is extended outward.

## INSTRUCTIONS FOR SHAKING LULAV DURING HALLEL

During *Hallel*, hold only the *Lulav*. Add the *Esrog* only by the 4 shakings. The only difference is that shaking is coordinated to a certain *Possuk* of *Hallel*. There are 4 such shakings (Siddur, p.309 near the bottom). The first “**Hodu Lahashem Ki Tov.**”

There are 6 steps in shaking the *Lulav*, corresponding with 6 words of the *Possuk*. They are as follows:

<b>Hodu</b> ..... 3 to the right front	<b>Ki</b> ..... 3 to the front center, raising
<b>Ki</b> ..... 3 to the left front	<b>L’olam</b> ..... 3 to the front center, lowering
<b>Tov</b> ..... 3 to the front center	<b>Chasdo</b> ..... 3 backwards over the right shoulder

Then, 2 shakes to the SW corner while facing east, over the right shoulder; 1 shake to center (west) over the right shoulder.  
NO shaking for the word La’Hashem.

Siddur, p. 311 – the first and second “**Ohnah Hashem Hoshea Nah.**” There are 6 syllables in the *Possuk* (omitting Hashem’s name)

<b>Oh</b> ..... 3 to the right front	<b>She</b> ..... 3 to the front center, raising
<b>Nah</b> ..... 3 to the left front	<b>Ah</b> ..... 3 to the front center, lowering
<b>Ho</b> ..... 3 to the front center	<b>Nah</b> ..... 3 backwards over the right shoulder

(Then, as above instructions). There are two “*Hodu*’s” (Siddur, p.311). The first “*Hodu*” you make movements. The second “*Hodu*” you do not make movements with the *Lulav*. The order of the first “*Hodu*” is the same as “*Hodu*” on (Siddur, p.309).