

TISHREI SCHEDULE 5786/2025**תשרי תשפ"ו****PRACTICAL ADVICE IN PREPARING FOR THE YOMIM TOVIM:**

1. Buy a pomegranate.
2. Buy a new fruit to say the blessing of "Shehecheyanu."
3. It is advisable to use pre-made foil candleholders for Yom Tov, as one may not melt the candles into their holders on Yom Tov.
4. Before each Yom Tov, prepare a long-lasting flame from which to light candles for the 2nd night of Yom Tov.
5. Purchase 24-hour Yartzeit Licht for Erev Yom Kippur. (See note on p. 3)

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

Motzei Shabbos, SEP 14:

1:15 AM SELICHOS

Monday - Friday:

SEPTEMBER 15 through SEPTEMBER 19

6:30 AM 1st Minyan - SELICHOS are said before Davening (7:00 am)

7:30 AM 2nd Minyan - SELICHOS are said before Davening (8:00 am)

Sunday, SEP 21

7:30 AM SELICHOS are said before Davening (8:00 am)

ראש השנה**Monday, SEP 22**

EREV ROSH HASHANA/ FIRST NIGHT OF ROSH HASHANA

6:00 AM 1st Minyan - SELICHOS (Followed by Shacharis and Annulment of Vows)

7:00 AM 2nd Minyan - SELICHOS (Followed by Shacharis and Annulment of Vows)
(See Siddur, p. 358 for Annulment of Vows)

7:05 PM CANDLE LIGHTING: Recite two blessings: "L'hadlik Ner Shel Yom Hazikaron" and "Shehecheyanu" (Siddur, p. 153)

7:10 PM MINCHA

7:55 PM MA'ARIV

Kiddush: (Siddur, p. 360). Begin with "Savri Maranan." Add "Shehecheyanu."

Wash for Hamotzi

Hamotzi: Dip the challah in honey three times. Eat a Kezayis (an ounce) of challah before eating the 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 (the intermediate days of) Succos, honey is optional. **At all these occasions, salt should still be on the table.**

After partaking of challah: Take a piece of an apple, and dip in honey three times. Recite the blessing, "Borei Pri Ha'etz." Immediately following the blessing, before eating the apple, say "Yehi Ratzon Milfanecha, Shetechadesh Aleinu Shana Tova U'mesukah." (May it be Your will

to renew for us 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’aleh V’yavo” for Yom Tov, with the additions of “b’Yom Hazikaron Hazeh, b’Yom Tov Mikra Kodesh Hazeh” (Siddur, p. 92), and the third and fourth additional “Harachaman” for Yom Tov and Rosh Hashana (Siddur, p. 95).

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

Tuesday, SEP 23

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 PM

SHOFAR BLOWING. (Additional Shofar blasts are blown during Musaf.)

6:45 PM

MINCHA and TASHLICH. Bring your family and friends.

7:55 PM

MA’ARIV

After 8:02 PM

CANDLE LIGHTING: Before lighting candles, a new fruit should be placed on the table and/or the one lighting the candles should wear a new article of clothing. Light from a pre-existing flame. Recite two blessings: “L’hadlik Ner Shel Yom Hazikaron” and “Shehecheyanu.” (Siddur, p. 153)

Kiddush: (Siddur, p. 360). The new fruit should be placed on the table before Kiddush. Begin with “Savri Maranan.” Look at the new fruit while saying, “Shehecheyanu.” After completing Kiddush and drinking the wine, we eat the new fruit. Men who have recited “Shehecheyanu” while saying Kiddush, and women who have recited “Shehecheyanu” while lighting candles do not say it on the new fruit; they recite only the blessing, “Borei Pri Ha’eitiz.” All others, who did not light candles or make their own Kiddush, recite the blessing “Shehecheyanu” (while having Yom Tov in mind as well as the fruit), and then the blessing “Borei Pri Ha’eitiz” before eating the fruit. One should try to eat a Kezayis (one ounce) of the new fruit, in order to make an After-Blessing before washing for challah.

Washing and Hamotzi: Challah dipped in honey as the previous night.

Bentching: Same as the previous night.

Wednesday, SEP 24

SECOND DAY OF ROSH HASHANA

It is preferable to go to the Mikveh before Davening.

9:30 AM

SHACHARIS SERVICE

12:00 PM

SHOFAR BLOWING. (Additional Shofar blasts are blown during Mussaf.)

6:45 PM

MINCHA, followed by a short **FARBRENGEN** to close the Yom Tov.

8:00 PM

YOM TOV ENDS. HAVDALA with neither spices nor candle. “V’yiten Lecha” is not said.

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).
 Avinu Malkeinu is said in Shacharis and Mincha from Thursday, SEP 25 through Tuesday, SEP 30
 (except for Friday at Mincha, as well as Shabbos).

Thursday, SEP 25 FAST OF GEDALIAH

5:20 AM FAST BEGINS
 7:00/8:00 AM SHACHARIS. SELICHOS are said during Davening.
 6:45 PM MINCHA and TORAH READING
 7:46 PM MA'ARIV/FAST ENDS

Friday, SEP 26 EREV SHABBOS

6:58 PM CANDLE LIGHTING as usual

SHABBOS, SEP 27 SHABBOS SHUVA

7:55 PM SHABBOS ENDS. HAVDALAH as usual. (Siddur, p. 297)

Sunday, SEP 28 יוֹם תִּשְׁרֵי SIXTH OF TISHREI
 Yartzeit of the Rebbe's mother, the saintly Rebbetzin Chana, of blessed memory

From Wednesday, October 1 until the end of the month of Tishrei,
 Tachanun is not recited during davening.

יום כפור

Wednesday, OCT 1 EREV YOM KIPPUR

MORNING: KAPPOROS. (Siddur, p. 363 or Machzor for Yom Kippur). Men use a rooster, and women use a hen; pregnant women use a rooster and two hens. The chicken or its monetary value should be given to Tzedakah.

7:00/8:00 AM SHACHARIS. We do **not** recite Mizmor L'sodah (Siddur, p. 30).

It is customary to eat a holiday meal before midday.

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

MALKOS (Lashes): It is customary that before Mikveh and Mincha, one receives 39 “lashes” as a reminder to do Teshuvah. The procedure is done with a partner. The one receiving the lashes should be wearing a Gartel. He gets down on his knees and prostrates facing north. The one administering the lashes takes a leather belt and LIGHTLY TAPS thirty nine times on the other'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,

both the one administering and the one receiving the lashes say one word of the verse (repeating it three times):

“Vehu Rachum Yechaper Avon V’lo Yashchis, V’hirba Lehashiv Apo V’lo Ya’ir Kol Chamaso.”

(Loosely: He, being merciful, forgives sin, and does not destroy and 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 when breaking the fast.

BLESSING THE CHILDREN: It is customary for fathers to bless their children after the Se’udah. This blessing is found at the end 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 demonstrate this, the Havdala candle after Yom Kippur may only be lit from a flame that burned throughout the holiday. Therefore, before lighting the Yom Tov candles, prepare and light 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 a “Lebedike Licht,” a candle for life. In addition, those saying Yizkor should light a Yartzeit candle at home.

6:49 PM

CANDLE LIGHTING: Recite two blessings: “L’hadlik Ner Shel Yom Hakippurim” and “Shehecheyanu” (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 “Shehecheyanu” at candle lighting, but should say it in Shul together with the congregation, after Kol Nidrei.

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

7:00 PM

KOL NIDREI and MA’ARIV

Thursday, OCT 2

YOM KIPPUR

9:30 AM

SHACHARIS SERVICE

12:00 PM

YIZKOR

In the Yizkor prayer, you pledge Tzedakah on behalf of the neshama/s (soul/s) for whom you are praying. We are obligated to honor the pledge immediately.

5:15 PM

MINCHA

7:47 PM

FAST ENDS. Wash Negel Vasser before Havdala. Wash complete hands.**HAVDALA** as on Motzei Shabbos. Light candle from the flame lit prior to the start of Yom Kippur. No spices in Havdalah. V'yiten Lecha is not said.

Eat a festive, non-dairy meal with Kreplach.

It is customary to begin building one's Succah, or at least discuss plans for its construction.

Friday, OCT 3

EREV SHABBOS

6:46 PM

CANDLE LIGHTING

SHABBOS, OCT 4

7:43 PM

SHABBOS ENDS. HAVDALA as usual.

Sunday, OCT 5

13TH OF TISHREI. Yartzeit of the fourth Lubavitcher Rebbe, the Rebbe Maharash, Harav Shmuel. "L'chatchila Aribor" was the Rebbe Maharash's mantra to supersede limitation and persevere in one's observance of Torah and Mitzvos.

SUCCOS, SHEMINI ATZERES & SIMCHAS TORAH 5786

סוכות, שמיני עצרת ושמחת תורה תשפ"ו

Monday, OCT 6

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

6:41 PM

CANDLE LIGHTING: Light candles in the Succah, if possible. Recite two blessings: "L'hadlik Ner Shel Yom Tov" and "Shehecheyanu." (Siddur, p. 152).

6:45 PM

MINCHA

7:30 PM

MA'ARIV: Begins on p. 161 in the Siddur. For the Amidah, we recite the **AMIDAH** for Yom Tov (Siddur, p. 331).

Kiddush: (Siddur, p. 329) Begin aloud with "Savri Maranan." Kiddush concludes with "Leishev ba'Succah," followed by "Shehecheyanu." Those who only listen to Kiddush but do not recite it themselves should recite the blessing of Leishev ba'Succah after Hamotzi, as explained in the next paragraph.

Hamotzi: The challah is dipped in honey. (Salt should still be on the table.) Upon receiving a piece of challah, dip it in honey before reciting the blessing. Those who listened to Kiddush recite two blessings on the challah: first "Hamotzi" and then "Leishev ba'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 Ha’Succos Hazeh, b’Yom Tov Mikra Kodesh Hazeh” (Siddur, p. 92). Add the third and fifth “Harachaman” for Yom Tov and Succos (Siddur, p. 95). Throughout all of Succos, say “Ya’aleh V’yavo” and the fifth “Harachaman.” (On Shemini Atzeres and Simchas Torah, however, the fifth “Harachomon” is not said.)

Tuesday, OCT 7

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

6:45 PM

MINCHA

7:30 PM

MA’ARIV: Begins on p. 161 in the Siddur. For the Amidah we recite the **AMIDAH** for Yom Tov (Siddur p. 331).

After 7:38 PM

CANDLE LIGHTING: Light candles from an existing flame. If possible, light in the Succah. Recite two blessings: “L’hadlik Ner Shel Yom Tov” and “Shehecheyanu” (Siddur, p. 152).

Kiddush: Siddur, p. 329. Begin aloud with “Savri Maranan.” Finish with “Shehecheyanu” **and then** “Leisheiv ba’Succah” (**in reverse order of the first night**).

Bentching: Same as the previous night.

Wednesday, OCT 8

SECOND DAY OF SUCCOS

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

10:00 AM

SHACHARIS

6:45 PM

MINCHA

7:37 PM

MA’ARIV. YOM TOV ENDS. HAVDALA in the Succah with neither spices nor candle. “Leisheiv ba’Succah” is said before drinking the wine. V’yiten Lecha is not said.

Remember to Bentch on the Lulav and Esrog every day of Succos, except Shabbos.

Complete Hallel and Musaf are said each day of Succos.

Friday, OCT 10

EREV SHABBOS

6:34 PM

CANDLE LIGHTING

6:40 PM

MINCHA

7:15 PM

KABBALAS SHABBOS/MA’ARIV: Begin with “Mizmor L’Dovid,” (Siddur, p. 156). In “Bo’i V’shalom,” the last verse of “Lecha Dodi,” (Siddur, p. 158), replace the word “B’rina” with the word “B’simcha.” Add “Ya’aleh V’yavo” in the Amidah.

Kiddush: Recite “Shalom Aleichem” and “Aishes Chayil” in an undertone. After reciting Kiddush (Siddur, p. 179), add “Leisheiv ba’Succah.”

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

SHABBOS, OCT 11

SHABBOS CHOL HAMOED

10:00 AM

SHACHARIS

6:20 PM

MINCHA

7:32 PM

MA’ARIV. SHABBOS ENDS. HAVDALA in the Succah. Use spices and candle. “Leisheiv ba’Succah” is said before drinking the wine. “V’yiten Lecha” is said in an undertone.

SUNDAY NIGHT, OCT 13 AFTER MIDNIGHT: The entire Tehillim is recited, with the special Yehi Ratzons for Hoshana Rabba found printed at the end of the Tehillim.

Monday, OCT 13

HOSHANA RABBA, EREV YOM TOV

HOSHA’ANOS: Each member of the family takes their own bundle of five willow twigs and strikes it on the ground five times to sweeten and temper the five severities. Recite the accompanying prayer (Siddur, p. 382).

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

6:30 PM

CANDLE LIGHTING: Light candles in the Succah. Recite two blessings: “L’hadlik Ner Shel Yom Tov” and “Shehecheyanu.” (Siddur, p. 152)

6:30 PM

MINCHA

7:20 PM

MA’ARIV: Begins on p. 161 in the Siddur. For the Amidah we recite the **AMIDAH** for Yom Tov (Siddur, p. 331)

HAKAFOS IN SHUL

Kiddush: In the Succah (Siddur, p. 329). Begin aloud with “Savri Maranan.” We do not recite the blessing “Leisheiv ba’Succah,” but we do recite “Shehecheyanu.”

Bentching: (Siddur, p. 88). Add “Ya’aleh V’yavo” for Yom Tov, with the additions for “b’Yom Shemini Atzeres Hachag Hazeh, b’Yom Tov Mikra Kodesh Hazeh” (Siddur, p. 92). Add the third “Harachaman” for Yom Tov (Siddur, p. 95). **The fifth “Harachaman” is omitted.**

Tuesday, OCT 14

SHEMINI ATZERES

10:00 AM

SHACHARIS

12:00 PM

YIZKOR

In the Yizkor prayer, you pledge Tzedakah on behalf of the Neshama/s (soul/s) for whom you are praying. We are obligated to honor the pledge immediately.

PRAYER FOR RAIN – Geshem (Siddur, p. 355), after which “Mashiv Haruach U’morid Hageshem” is recited in the Amidah throughout the winter.

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

6:30 PM

MINCHA

7:20 PM

MA'ARIV: Begins on p. 161 in the Siddur. For the Amidah we recite the **AMIDAH** for Yom Tov (Siddur, p. 331).

After 7:27 PM

CANDLE LIGHTING: Light from an existing flame. Recite two blessings: "L'hadlik Ner Shel Yom Tov" and "Shehecheyanu" (Siddur, p.152).

HAKAFOS IN SHUL

Kiddush: Siddur, p. 329. Begin aloud with "Savri Maranan." Conclude with "Shehecheyanu."

Bentching: Same as the previous night.

Wednesday, OCT 15

SIMCHAS TORAH

10:00 AM

SHACHARIS

HAKAFOS and TORAH READING: All men and boys are called to the Torah.

6:15 PM

MINCHA, followed by a short **FARBRENGEN** to close the Yom Tov.

7:26 PM

YOM TOV ENDS. HAVDALAH with neither spices nor candle. V'yiten Lecha is not said.

Friday, OCT 17

EREV SHABBOS

6:23 PM

CANDLE LIGHTING

SHABBOS, OCT 18

SHABBOS BEREISHIS

TEHILLIM: Before Shacharis, complete entire Tehillim for Shabbos Mevarchim. We bless the new month, Mar-Cheshvan.

7:21 PM

SHABBOS ENDS. HAVDALA as usual.

Wed/Thu, OCT 22 & 23

ROSH CHODESH CHESHVAN

בְּרַכַּת הַבָּנִים וְהַבָּנוֹת BLESSING THE CHILDREN

For a son

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

יְשִׁימְךָ אֱלֹ-הִים
כְּאֶפְרַיִם וְכִמְנַשֶּׁה

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

For a daughter

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

יְשִׁימְךָ אֱלֹ-הִים כְּשָׂרָה,
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 תְבַרְכוּ 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.

יְבַרְכֶךָ ה' וַיְשִׁמְרֶךָ:
יָאֵר ה' פָּנָיו אֵלֶיךָ וַיַּחַנְנֶךָ
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 bracha (Siddur, p. 306) “**Al Netilas Lulav.**” [When bentching on the holiday for the first time, make a second bracha, as follows: Take the *Esrog* in the left hand (or the right hand, if left handed) and say “**Shehecheyanu.**” During “Shehecheyanu,” bring the *Lulav* and *Esrog* together towards the end of the bracha.] Bring *Lulav* and *Esrog* together, so that the upper third of the *Esrog* is touching near the 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 front right	(4) 3 to the front center, raising
	(2) 3 to the front left	(5) 3 to the front center, lowering
	(3) 3 to the front center	(6) 3 backward over the right shoulder (while facing East): 2 to the SW corner; and 1 to the West (center)

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 the original height, 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. The first is at “**Hodu La’Hashem Ki Tov.**” (Siddur, p. 309 near the bottom)

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

Hodu3 to the front right	Ki 3 to the front center, raising
Ki3 to the front left	L’olam 3 to the front center, lowering
Tov3 to the front center	Chasdo 3 backward over the right shoulder (while facing East): 2 to the SW corner; and 1 to the West (center)

NO shaking for the word *La’Hashem*.

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

A3 to the front right	Shi 3 to the front center, raising
Nah3 to the front left	Ah 3 to the front center, lowering
Ho3 to the front center	Nah 3 backward over the right shoulder (while facing East): 2 to the SW corner; and 1 to the West (center)

Siddur, p. 311 further down – There are two “*Hodu*’s.” During the first “*Hodu*” you make movements with the *Lulav*. During 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).