

# mind Wellness

5780 / 2019-2020 JEWISH CALENDAR

## Discover 12 secrets to living life best.

Try our new  
monthly exercises

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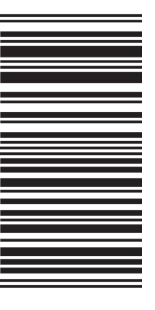
### ALSO INSIDE

- LEARNING FORUMS
- SERVICES AND EVENTS
- JEWISH HOLIDAYS

CHABAD FLAMINGO.  
WELLNESS LIVES HERE.

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**Chabad Flamingo is Delighted to Present** this latest edition of our colourful, annual calendar filled with meaningful messages for the New Hebrew Year 5780.

**An Exquisite Cultural Tapestry**, our Thornhill Jewish Community is woven of diverse individuals from a broad and colourful spectrum of backgrounds, nationalities and affiliations. We strive to remain elastic, eclectic and agile, with lots of room for everyone.

**In Our Modern Age**, people have unprecedented material plenty and are more globally connected than ever; yet too many of us suffer with profound unhappiness and depression; experiencing loneliness, emotional distress, and inner dysfunction.

**Mission, Purpose and Meaning** are the key elements in building the happiness and inner balance we all desperately crave. This is the essence of applied Yiddishkeit: a life well lived is punctuated with a real a sense of service and meaning!

**Wellness Lives Here at Chabad Flamingo!** Now, in our third decade of continued growth and development, we've thank G-d, successfully created a centre for **Mind** (emotional and spiritual) **Wellness**, employing ancient yet timeless Jewish spirituality.

**We Welcome Everyone!** Choosing to be nonjudgmental, open-minded and accepting; no prior affiliation, background or preconditions are required. Here, every Jew is Family – with room for everybody in our big tent. You're warmly invited to discover for yourselves.

**Find Balance, Happiness and Emotional Health** on pathways of contemporary Yiddishkeit, made relevant for people embracing modernity, yet seeking to maintain faithful, sacred traditional values. Everyone is treated as family. Together we will live Judaism joyfully.

**I Look Forward to Meeting** you in person. Please accept our very warmest wishes for **Shana Tova u'Metukah** - A very Happy and Sweet New Year filled with peace, good health for you and your loved ones, much Nachas and abundant prosperity for all.

Sincerely,



**Rabbi Mendel Kaplan**



## IN TRIBUTE TO OUR BELOVED REBBE יו"ר **RABBI MENACHEM M. SCHNEERSON** OF RIGHTEOUS MEMORY

Truly, he was a Heaven-sent angel in our people's greatest time of need, The Eternal One, נ"ר, gifted our post-Holocaust generation this millennial visionary Torah Leader. Responding to catastrophic fires that ravaged our nation, the Rebbe reignited hopeful sparks of Yiddishkeit renewal across the globe. With brilliant Torah ideas and incredible energy, he birthed an unprecedented wave of Jewish renaissance and rejuvenation.

By inspiring thousands of Rabbis and Rebbetzins to transcend their comfort zones, to kindle sleeping souls in far flung nations, the Rebbe created an international army of Shluchim; optimistic ambassadors of Yiddishkeit's enduring faithful hope, strength and courage, who enhance spiritual, educational and social wellness around the globe. Blessed with intellectual and emotional genius of the highest order, the Rebbe was a inspirational and tireless leader decades ahead of his time, ceaselessly speaking about the critical need for providing faithful, emotional and spiritual wellness for all people.

He brilliantly and boldly confronted the challenges of modernity by turning Judaism inside out. He ingeniously illustrated how ageless cherished Torah teachings could and should illuminate life to cultivate healthy inner balance in this post-modern era.

The staggering volume of his sage teachings, selfless commitment, visionary and profoundly insightful advice were matched only by the unconditional love he embodied. The ripple effect of his larger-than-life presence continues to educate, engage and inspire millions the world over – accelerating the process of universal redemption.

We prayerfully yearn for the fulfillment of his inspired vision; a world completely healed and perfected eternally with the coming of Moshiach – speedily and in our days. Amen!



# mind wellness

## OPPORTUNITIES & LEARNING FORUMS

### The Chassidic Reader

**SHABBAT: 8:30 AM** RABBI MENDEL KAPLAN

These mind expanding insights of the weekly Parsha with mystical inspiration.

### Tanya Teachings

**SUNDAY: 8:30 AM** RABBI MENDEL KAPLAN

Ancient Kabbalah wisdom in raw, real and relevant terms to catalyze personal growth and transformation.

### Parsha Perspectives

**MONDAY TO THURSDAY: 6:30 AM**

RABBI MENDEL KAPLAN

Weekly Parsha elucidated to provide guidance for navigating life's contemporary complications.

### Redemption Songs:

#### Women's Torah Study

**MONDAY: 10:30 AM** RABBI MENDEL KAPLAN

Book of Psalms and seasonal Biblical Scrolls, inspiring and eternal wonders hidden in our foundational Torah texts.

### The Bat Mitzvah Club

**SELECT MONDAYS AND TUESDAYS: 6:30 PM**

GOLDY GROSSBAUM

Pre-teen discovery of what "Bat Mitzvah" really means. New responsibilities and privileges are dynamically framed with Jewish pride and joy!

### Rosh Chodesh Society:

#### Women's Torah Study

#### Larger Than Life Weaving G-D

#### Into The Details

**SELECT MONDAYS: 8:00 PM**

REBBETZIN FAYGIE KAPLAN

Discover Jewish values and ethos with insights infused with the Wisdom of the Lubavitcher Rebbe.

### פרשת השבוע בעברית מיוחד ל ישראלים

**יום שני 8:00 בערב** הרב מנדל קפלן

רעיונות מתוך הפרשת בהרחת הדעות שמצוינים המפרשים בנושא. כולל תורת של הרבי על הסוגיה. שיעור מאלף ומעורר השראה.

### Beyond Bat Mitzvah Club

**SELECT TUESDAYS: 8:00 PM** GOLDY GROSSBAUM

Inspiring BMC Alumni, toward higher order thinking, with the enduring relevance of Timeless Torah ideals as they journey into adulthood.

### Costums and Convention

**TUESDAY: 8:00 PM**

RABBI MENDEL KAPLAN

An intriguing discovery about historic origins, rhyme and reasons illuminating the "How, When and Why" of our cherished Torah traditions.

### Tom's Talmud Tisch

**THURSDAY: 8:30 PM**

RABBI MENDEL KAPLAN

Explore the very core and essence of traditional Jewish scholarship. Following the annual cycle of holidays, alternating five relevant tractates.

### The Rebbe's

#### Maamer Moment

**FRIDAY: 6:30 AM** RABBI MENDEL KAPLAN

The Rebbe's brilliant mystical teachings translate Parsha into an uplifting spiritual perspective on life.





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## THIS MONTH'S SCHEDULE

### SERVICES

#### SHACHARIT

Sunday/Holiday 8:00 & 9:15 am  
Mon - Fri 6:35 & 7:00 am  
Shabbat 9:15 am

#### MINCHA & MAARIV

Sun - Thurs 7:00 pm  
Friday 10 min after  
Candle Lighting  
Shabbat 45 min. before  
Candle Lighting

### CLASSES

Tanya Teachings	Sunday 8:30 am
Parsha Perspectives	Mon-Thurs 6:30 am
Redemption Songs	Monday 10:30 am
פרשה בעברית	Monday 8:00 pm
Torah Studies	Tuesday 8:00 pm
Customs & Convention	Thursday 8:30 pm
Maamar Moment	Friday 6:30 am
The Chassidic Reader	Shabbat 8:30 am

### EVENTS

Apple Picking  
Selichot Ohel Shabbaton  
Honey Cake Bake  
Rosh Hashana Services & Programs



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I am committed  
to being a better  
person today than  
I was yesterday:  
better thoughts,  
better decisions,  
better actions.

THE REBBE

**As a new unprecedented energy enters your life in this New Year, open yourself up to new possibilities and begin to examine your life in a new way. Can you meet the challenge?**

Every spiritual moment in life becomes immortalized. Act like a new person, and you will see yourself as a new person. Instead of seeing yourself as a material being, connect with your soul. If you are too immersed in your material job, now is the time to introduce spirituality into your life. Find ways to help make the world a better place. Infuse your work with a refined sense of ethics. Be a good person.



**TAKE A DEEP LOOK INTO YOURSELF**  
ASK YOURSELF THESE QUESTIONS

*Am I working on becoming  
the best version of myself?*

*What kind of life am I leading;  
a materialistic or spiritual one?*

*How can I capture the  
inspiration from the New Year  
and turn it into action?*

# SEPTEMBER 2019

ELUL 5779 -  
TISHREI 5780

CHABADFLAMINGO.COM ■ 905-763-4040

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 א אלול Elul 1  ראש חודש אלול Rosh Chodesh Elul	2 ב אלול Elul 2  Statutory Holiday	3 ג אלול Elul 3	4 ד אלול Elul 4	5 ה אלול Elul 5	6 ו אלול Elul 6  CANDLE LIGHTING 7:27 pm שופטים Shoftim AVOT Chapter 6 SHABBAT ENDS 8:26 pm	7 ז אלול Elul 7
8 ח אלול Elul 8	9 ט אלול Elul 9	10 י אלול Elul 10	11 יא אלול Elul 11	12 יב אלול Elul 12  CANDLE LIGHTING 7:14 pm כי תצא Ki Teitzei AVOT Chapter 1-2 SHABBAT ENDS 8:13 pm	13 יג אלול Elul 13	14 יד אלול Elul 14
15 טו אלול Elul 15	16 טז אלול Elul 16	17 יז אלול Elul 17	18 יח אלול Elul 18	19 יט אלול Elul 19	20 כ אלול Elul 20  CANDLE LIGHTING 7:01 pm כי תבוא Ki Tavo AVOT Chapter 3-4 SHABBAT ENDS 8:00 pm	21 כא אלול Elul 21
22 כב אלול Elul 22	23 כג אלול Elul 23	24 כד אלול Elul 24	25 כה אלול Elul 25	26 כו אלול Elul 26	27 כז אלול Elul 27  CANDLE LIGHTING 6:48 pm נצבים Nitzavim AVOT Chapter 5-6 SHABBAT ENDS 7:47 pm	28 כח אלול Elul 28
29 כט אלול Elul 29  ערב ראש השנה Erev Rosh Hashanah CANDLE LIGHTING 6:44 pm	30 א תשרי Tishrei 1  יום א דראש השנה Rosh Hashanah Day 1 CANDLE LIGHTING AFTER 7:43 pm	<b>The Tech Experts</b> • Computer support and training • Word, Excel & Outlook expert • Systems integration (416) 992-3337 www.TheTechExperts.ca Support@TheTechExperts.ca		<b>BOGOROCH &amp; ASSOCIATES LLP</b> LAWYERS 150 KING STREET WEST, SUITE 1901 TORONTO, ON M5H 1J9 416-599-1700 • bogoroch.com Dedicated to Improving the Lives of Injured Victims and Their Families		<b>Ian &amp; Sarah Maged</b> 416.739.7200 MagedPartners.com MagedPartners@rogers.com Look to the experts



I am committed to being a better person today than I was yesterday: better thoughts, better decisions, better actions.

THE REBBE



WELLNESS LIVES HERE.



The Ernest Manson Lubavitch Centre

WELLNESS LIVES HERE.

THIS MONTH'S  
SCHEDULE

## SERVICES

## SHACHARIT

Sunday/Holiday 8:00 & 9:15 am  
 Mon – Fri 6:35 & 7:00 am  
 Shabbat 9:15 am

## MINCHA &amp; MAARIV

Sun – Thurs 6:00 pm  
 Friday 10 min after  
 Candle Lighting  
 Shabbat 45 min. before  
 Candle Lighting

## CLASSES

Tanya Teachings	Sunday 8:30 am
Parsha Perspectives	Mon-Thurs 6:30 am
Redemption Songs	Monday 10:30 am
פרשה בעברית	Monday 8:00 pm
Torah Studies	Tuesday 8:00 pm
Customs & Convention	Thursday 8:30 pm
Maamar Moment	Friday 6:30 am
The Chassidic Reader	Shabbat 8:30 am

## EVENTS

Yom Kippur Services, & Programs  
 Sukkot Services & Programs  
 Members' Meet 'n Greet  
 Sukkah Hops  
 Grand Hakafot Celebrations



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 A Sound and  
 Healthy Body  
 is Dependent  
 on a Sound and  
 Healthy Soul.

THE REBBE

**Think of what it means to be alive. What does it feel like to just exist, to be? What does life feel like? Health has no sensation. When things go wrong, we feel something.**

Life means to be, to exist. Being has no sensations. It can experience a sensation, but on its own it just is. As soon as you feel you exist, you are not experiencing existence itself; only a manifestation of it. Fascinatingly — and counter-intuitively — the more you are aware of yourself the less you are actually being. Simply put: You are at our best when you are least conscious of yourself.



**TAKE A DEEP LOOK INTO YOURSELF**  
**ASK YOURSELF THESE QUESTIONS**

*Am I actively aware of my feelings of self consciousness?*

*Are my feelings of pleasure or pain serving as a catalyst to access my soul and spiritual consciousness?*

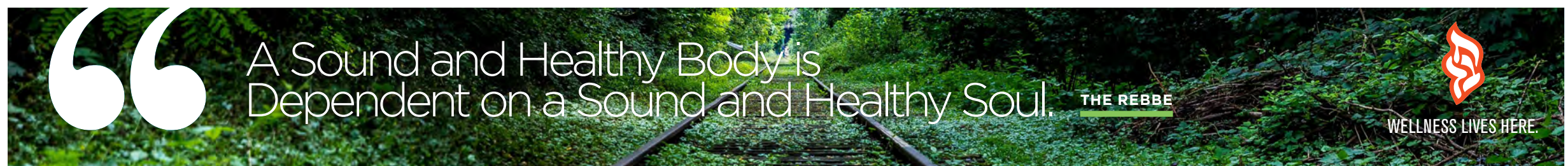
*Am I using these opportunities to challenge the way I look at life?*

# OCTOBER 2019

TISHREI -  
CHESHVAN 5780

CHABADFLAMINGO.COM ■ 905-763-4040

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div><div>Sutton</div><div>416.739.7200</div><div>MagedPartners.com</div><div>MagedPartners@rogers.com</div></div><div><div>Ian &amp; Sarah Maged</div><div>AND PARTNERS</div></div><div><div></div><div>Ian &amp; Sarah Maged</div><div>SALES REPRESENTATIVES</div></div><div><div></div><div>LOOK to the experts</div></div></div>		<div>1<div>ב תשרי</div><div>Tishrei 2</div></div> <div>יום ב דראש השנה</div> <div>Rosh Hashanah Day 2</div> <div>YOM TOV ENDS 7:41 pm</div>	<div>2<div>ג תשרי</div><div>Tishrei 3</div></div> <div>צום גדלי'</div> <div>Fast of Gedaliah</div> <div>FAST BEGINS 5:46 am</div> <div>FAST ENDS 7:26 pm</div>	<div>3<div>ד תשרי</div><div>Tishrei 4</div></div>	<div>4<div>ה תשרי</div><div>Tishrei 5</div></div> <div>CANDLE LIGHTING 6:35 pm</div> <div></div>	<div>5<div>ו תשרי</div><div>Tishrei 6</div></div> <div>וילך</div> <div>Vayelech</div> <div>SHABBAT ENDS 7:34 pm</div>
<div>6<div>ז תשרי</div><div>Tishrei 7</div></div>	<div>7<div>ח תשרי</div><div>Tishrei 8</div></div>	<div>8<div>ט תשרי</div><div>Tishrei 9</div></div> <div>ערב יום כפור</div> <div>Erev Yom Kippur</div> <div>FAST BEGINS 6:28 pm</div> <div>CANDLE LIGHTING 6:28 pm</div> <div></div>	<div>9<div>י תשרי</div><div>Tishrei 10</div></div> <div>יום כפור</div> <div>Yom Kippur</div> <div>Yizkor / יזכור</div> <div>FAST ENDS 7:27 pm</div>	<div>10<div>יא תשרי</div><div>Tishrei 11</div></div>	<div>11<div>יב תשרי</div><div>Tishrei 12</div></div> <div>CANDLE LIGHTING 6:23 pm</div> <div></div>	<div>12<div>יג תשרי</div><div>Tishrei 13</div></div> <div>האזינו</div> <div>Ha'azinu</div> <div>SHABBAT ENDS 7:22 pm</div>
<div>13<div>יד תשרי</div><div>Tishrei 14</div></div> <div>ערב סוכות</div> <div>Erev Sukkot</div> <div>CANDLE LIGHTING 6:20 pm</div> <div></div>	<div>14<div>טו תשרי</div><div>Tishrei 15</div></div> <div>יום א דחג הסוכות</div> <div>Sukkot Day 1</div> <div>CANDLE LIGHTING AFTER 7:19 pm</div> <div></div>	<div>15<div>טז תשרי</div><div>Tishrei 16</div></div> <div>יום ב דחג הסוכות</div> <div>Sukkot Day 2</div> <div>YOM TOV ENDS 7:17 pm</div>	<div>16<div>יז תשרי</div><div>Tishrei 17</div></div> <div>א דחול המועד סוכות</div> <div>1st Intermediate Day of Sukkot</div>	<div>17<div>יח תשרי</div><div>Tishrei 18</div></div> <div>ב דחול המועד סוכות</div> <div>2nd Intermediate Day of Sukkot</div>	<div>18<div>יט תשרי</div><div>Tishrei 19</div></div> <div>ג דחול המועד סוכות</div> <div>3rd Intermediate Day of Sukkot</div> <div>CANDLE LIGHTING 6:11 pm</div> <div></div>	<div>19<div>כ תשרי</div><div>Tishrei 20</div></div> <div>ד דחול המועד סוכות</div> <div>4th Intermediate Day of Sukkot</div> <div>SHABBAT ENDS 7:11 pm</div>
<div>20<div>כא תשרי</div><div>Tishrei 21</div></div> <div>הושענא רבה</div> <div>Hoshanah Rabbah</div> <div>CANDLE LIGHTING 6:08 pm</div> <div></div>	<div>21<div>כב תשרי</div><div>Tishrei 22</div></div> <div>שמיני עצרת</div> <div>Shemini Atzeret</div> <div>Yizkor / יזכור</div> <div>CANDLE LIGHTING AFTER 7:08 pm</div> <div></div>	<div>22<div>כג תשרי</div><div>Tishrei 23</div></div> <div>שמחת תורה</div> <div>Simchat Torah</div> <div>YOM TOV ENDS 7:06 pm</div>	<div>23<div>כד תשרי</div><div>Tishrei 24</div></div>	<div>24<div>כה תשרי</div><div>Tishrei 25</div></div>	<div>25<div>כו תשרי</div><div>Tishrei 26</div></div> <div>CANDLE LIGHTING 6:00 pm</div> <div></div>	<div>26<div>כז תשרי</div><div>Tishrei 27</div></div> <div>בראשית</div> <div>Bereishit</div> <div>Blessing of New Moon</div> <div>SHABBAT ENDS 7:00 pm</div>
<div>27<div>כח תשרי</div><div>Tishrei 28</div></div>	<div>28<div>כט תשרי</div><div>Tishrei 29</div></div>	<div>29<div>ל תשרי</div><div>Tishrei 30</div></div> <div>ראש חודש חשוון</div> <div>Rosh Chodesh Cheshvan</div>	<div>30<div>א חשוון</div><div>Cheshvan 1</div></div> <div>ראש חודש חשוון</div> <div>Rosh Chodesh Cheshvan</div>	<div>31<div>ב חשוון</div><div>Cheshvan 2</div></div>	<div><div><div>BOGOROCH</div><div>&amp; ASSOCIATES LLP</div><div>LAWYERS</div></div><div><div>150 KING STREET WEST, SUITE 1901</div><div>TORONTO, ON M5H 1J9</div><div>416-599-1700 • bogoroch.com</div></div><div><div>Dedicated to Improving the Lives of Injured Victims and Their Families</div></div></div>	



“A Sound and Healthy Body is Dependent on a Sound and Healthy Soul.”

THE REBBE

WELLNESS LIVES HERE.

# NOVEMBER 2019

CHESHVAN -  
KISLEV 5780

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## THIS MONTH'S SCHEDULE

### SERVICES

#### SHACHARIT

Sunday/Holiday 8:00 & 9:15 am  
Mon – Fri 6:35 & 7:00 am  
Shabbat 9:15 am

#### MINCHA & MAARIV

Sun – Thurs 4:30 pm  
Friday 10 min after  
Candle Lighting  
Shabbat 45 min. before  
Candle Lighting

### CLASSES

Tanya Teachings	Sunday 8:30 am
Parsha Perspectives	Mon-Thurs 6:30 am
Redemption Songs	Monday 10:30 am
פרשה בעברית	Monday 8:00 pm
Torah Studies	Tuesday 8:00 pm
Customs & Convention	Thursday 8:30 pm
Maamar Moment	Friday 6:30 am
The Chassidic Reader	Shabbat 8:30 am

### EVENTS

RCS: A World Abloom in Goodness  
Friday night Shabbaton  
Laser Tag  
NYC Ohel Trip  
Holocaust Education Lecture



“The flame  
of G-d is  
the soul  
of man.

THE REBBE

**Like a flame, a soul always reaches upward, only to be restrained by the wick grounding the flame to the earth. Will your soul's fire defy the confines of life; always reaching for the heavens? Or will the fire consume and burn you out?**

Each of us contains a powerful soul with fire in its belly. We will encounter spiritual opportunities; passionate moments which will entice and light up our fires, craving transcendence – the need to get beyond the daily grind. We must channel the passion toward transforming our material world into a Divine home.



**TAKE A DEEP LOOK INTO YOURSELF**  
ASK YOURSELF THESE QUESTIONS

*How will I act when the flames of my soul are ablaze?*

*Will I indulge myself in the fire?  
Or will I allow it to lift me  
and the world around me  
to greater places?*

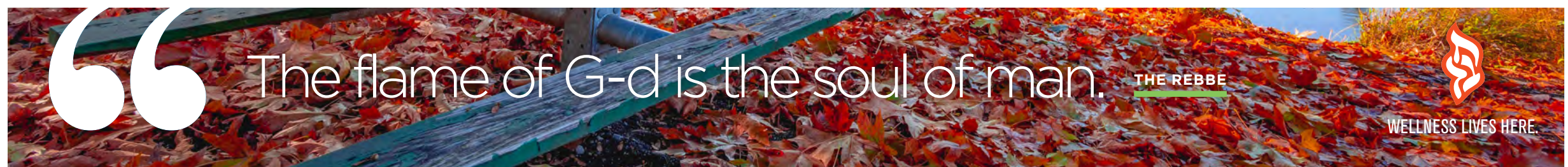
*Will I harness these flames  
for constructive purposes?*

# NOVEMBER 2019

**CHESHVAN -  
KISLEV 5780**

**CHABADFLAMINGO.COM ■ 905-763-4040**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Ian &amp; Sarah Maged</b> AND PARTNERS 416.739.7200 MagedPartners.com MagedPartners@rogers.com  <b>Look to the experts</b>		<b>The Tech Experts</b> • Computer support and training • Word, Excel & Outlook expert • Systems integration (416) 992-3337 www.TheTechExperts.ca Support@TheTechExperts.ca	 Serving The Community For Over 14 Years! <b>LINDASAIET.COM</b> REAL ESTATE SALES REPRESENTATIVE SUITON GROUP ADMIRAL REALTY INC., BROKERAGE 1206 CENTRE STREET THORNHILL, ON L4J 3M9 647 405 0400   LindaRealEstate1@gmail.com		1 ג' חשוון Cheshvan 3  <b>CANDLE LIGHTING</b> 5:50 pm	2 ד' חשוון Cheshvan 4  <b>נח</b> <b>Noach</b> <b>SHABBAT ENDS</b> 6:51 pm
3 ה' חשוון Cheshvan 5  Standard Time Begins	4 ו' חשוון Cheshvan 6	5 ז' חשוון Cheshvan 7	6 ח' חשוון Cheshvan 8	7 ט' חשוון Cheshvan 9	8 י' חשוון Cheshvan 10  <b>CANDLE LIGHTING</b> 4:41 pm	9 י"א חשוון Cheshvan 11  <b>לך לך</b> <b>Lech Lecha</b> <b>SHABBAT ENDS</b> 5:43 pm
10 י"ב חשוון Cheshvan 12	11 י"ג חשוון Cheshvan 13	12 י"ד חשוון Cheshvan 14	13 ט"ו חשוון Cheshvan 15	14 ט"ז חשוון Cheshvan 16	15 י"ז חשוון Cheshvan 17  <b>CANDLE LIGHTING</b> 4:34 pm	16 י"ח חשוון Cheshvan 18  <b>וירא</b> <b>Vayeira</b> <b>SHABBAT ENDS</b> 5:37 pm
17 י"ט חשוון Cheshvan 19	18 כ' חשוון Cheshvan 20	19 כ"א חשוון Cheshvan 21	20 כ"ב חשוון Cheshvan 22	21 כ"ג חשוון Cheshvan 23	22 כ"ד חשוון Cheshvan 24  <b>CANDLE LIGHTING</b> 4:28 pm	23 כ"ה חשוון Cheshvan 25  <b>חיי שרה</b> <b>Chayei Sarah</b> Blessing of New Moon <b>SHABBAT ENDS</b> 5:32 pm
24 כ"ו חשוון Cheshvan 26	25 כ"ז חשוון Cheshvan 27	26 כ"ח חשוון Cheshvan 28	27 כ"ט חשוון Cheshvan 29	28 ל' חשוון Cheshvan 30  ראש חודש כסלו Rosh Chodesh Kislev	29 א' כסלו Kislev 1  ראש חודש כסלו Rosh Chodesh Kislev <b>CANDLE LIGHTING</b> 4:24 pm	30 ב' כסלו Kislev 2  <b>תולדות</b> <b>Toldot</b> <b>SHABBAT ENDS</b> 5:29 pm



The flame of G-d is the soul of man.

THE REBBE



WELLNESS LIVES HERE.



WELLNESS LIVES HERE.

## THIS MONTH'S SCHEDULE

### SERVICES

<b>SHACHARIT</b>	
Sunday/Holiday	8:00 & 9:15 am
Mon – Fri	6:35 & 7:00 am
Shabbat	9:15 am
<b>MINCHA &amp; MAARIV</b>	
Sun – Thurs	4:30 pm
Friday	10 min after Candle Lighting
Shabbat	45 min. before Candle Lighting

### CLASSES

<b>Tanya Teachings</b>	Sunday 8:30 am
<b>Parsha Perspectives</b>	Mon-Thurs 6:30 am
<b>Redemption Songs</b>	Monday 10:30 am
<b>פרשה בעברית</b>	Monday 8:00 pm
<b>Torah Studies</b>	Tuesday 8:00 pm
<b>Customs &amp; Convention</b>	Thursday 8:30 pm
<b>Maamar Moment</b>	Friday 6:30 am
<b>The Chassidic Reader</b>	Shabbat 8:30 am

### EVENTS

RCS: Your Unconditional Potential  
Musical Havdalla Service & Melava Malka  
Yud Tes Kislev Event  
Chanukah Menorah Lightings



**Your soul was sent to earth with a purpose. Are you living up to it? No Business can function without a mission statement. Can you?**

A mission defines what you stand for and where you're headed. It serves as a source of direction, a kind of compass that creates focus, unifying all elements that make up your life, directing all your diverse activities toward a goal, and helping guide your decisions about priorities, actions, and responsibilities. A mission statement is clear, concise, and unique to you.





**TAKE A DEEP LOOK INTO YOURSELF**  
ASK YOURSELF THESE QUESTIONS

*How would I define my life mission? The reason I exist?*

*What makes me stand out? How am I unique?*

*What particular skills and experiences do I have that can make a difference?*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ג כסלו Kislev 3	2 ד כסלו Kislev 4	3 ה כסלו Kislev 5	4 ו כסלו Kislev 6	5 ז כסלו Kislev 7	6 ח כסלו Kislev 8  CANDLE LIGHTING 4:22 pm ויצא Vayeitzei SHABBAT ENDS 5:28 pm	7 ט כסלו Kislev 9
8 י כסלו Kislev 10	9 יא כסלו Kislev 11	10 יב כסלו Kislev 12	11 יג כסלו Kislev 13	12 יד כסלו Kislev 14	13 טו כסלו Kislev 15  CANDLE LIGHTING 4:22 pm וישלח Vayishlach SHABBAT ENDS 5:29 pm	14 טז כסלו Kislev 16
15 יז כסלו Kislev 17	16 יח כסלו Kislev 18	17 יט כסלו Kislev 19	18 כ כסלו Kislev 20	19 כא כסלו Kislev 21	20 כב כסלו Kislev 22  CANDLE LIGHTING 4:24 pm וישב Vayeishev Blessing of New Moon SHABBAT ENDS 5:31 pm	21 כג כסלו Kislev 23
22 כד כסלו Kislev 24 Chanukah - חנוכה After nightfall Blessings 1, 2 & 3	23 כה כסלו Kislev 25 Chanukah - חנוכה After nightfall Blessings 1 & 2	24 כו כסלו Kislev 26 Chanukah - חנוכה After nightfall Blessings 1 & 2	25 כז כסלו Kislev 27 Chanukah - חנוכה After nightfall Blessings 1 & 2 Statutory Holiday	26 כח כסלו Kislev 28 Chanukah - חנוכה After nightfall Blessings 1 & 2 Statutory Holiday	27 כט כסלו Kislev 29 Chanukah - חנוכה After nightfall Blessings 1 & 2 CANDLE LIGHTING 4:28 pm	28 ל כסלו Kislev 30 Chanukah - חנוכה After Shabbat ends and Havdalah is recited, Blessings 1 & 2 Rosh Chodesh Tevet מקץ - Mikeitz SHABBAT ENDS 5:35 pm
29 א טבת Tevet 1 Chanukah - חנוכה After nightfall Blessings 1, 2 & 3	30 ב טבת Tevet 2 Chanukah - חנוכה	31 ג טבת Tevet 3	<b>Lee A. Schaffer, PFP, CIM, FCSI</b> Vice-President and Portfolio Manager  Schaffer Wealth Management of RBC Dominion Securities 905-764-5013 lee.schaffer@rbc.com  Wealth Management Dominion Securities 19_90416_JB7_001		Serving The Community For Over 14 Years!  <b>LINDASAEI.COM</b> REAL ESTATE SALES REPRESENTATIVE SUTTON GROUP ADMIRAL REALTY INC., BROKERAGE 1206 CENTRE STREET THORNHILL, ON L4J 3M9 647 405 0400   LindaRealEstate1@gmail.com	





WELLNESS LIVES HERE.

## THIS MONTH'S SCHEDULE

### SERVICES

<b>SHACHARIT</b>	
Sunday/Holiday	8:00 & 9:15 am
Mon - Fri	6:35 & 7:00 am
Shabbat	9:15 am
<b>MINCHA &amp; MAARIV</b>	
Sun - Thurs	4:45 pm
Friday	10 min after Candle Lighting
Shabbat	45 min. before Candle Lighting

### CLASSES

<b>Tanya Teachings</b>	Sunday 8:30 am
<b>Parsha Perspectives</b>	Mon-Thurs 6:30 am
<b>Redemption Songs</b>	Monday 10:30 am
<b>פרשה בעברית</b>	Monday 8:00 pm
<b>Torah Studies</b>	Tuesday 8:00 pm
<b>Customs &amp; Convention</b>	Thursday 8:30 pm
<b>Maamar Moment</b>	Friday 6:30 am
<b>The Chassidic Reader</b>	Shabbat 8:30 am

### EVENTS

**RCS: When Failure Inspires Fruition**  
**Book Fair & Story Hour**  
**New Year, New Books & Farbrengen**



Your home should become a light that illuminates the entire street and community.

THE REBBE

**A healthy home is a macrocosm of the entire universe, helping make the entire world a divine home. When there is no harmony between family, how can we expect to create harmony between strangers?**

The ultimate beauty in a home is its emotional and spiritual warmth, created by inviting G-d into it. When you are comfortable with your outer and inner self; when you radiate from within, you warm your entire home, filling it with a peace and gentleness that will be felt by all those that enter. Our home is a secure base that gives us the confidence to explore the terrain of an unpredictable world.



**TAKE A DEEP LOOK INTO YOURSELF**  
**ASK YOURSELF THESE QUESTIONS**

*Do I truly feel at home?  
How can I enhance the home  
I have already built?*


*Am I doing everything  
possible to build a healthy  
family and home where all  
can feel welcome?*

*Above all, does G-d feel  
comfortable in my home?*

# JANUARY 2020

TEVET -  
SHEVAT 5780

CHABADFLAMINGO.COM ■ 905-763-4040

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ד טבת Tevet 4  Statutory Holiday	2 ה טבת Tevet 5	3 ו טבת Tevet 6  CANDLE LIGHTING 4:34 pm	4 ז טבת Tevet 7  ויגש Vayigash SHABBAT ENDS 5:41 pm
5 ח טבת Tevet 8	6 ט טבת Tevet 9	7 י טבת Tevet 10  תענית עשרה בטבת Fast of Tevet 10 FAST BEGINS 6:14 am FAST ENDS 5:29 pm	8 יא טבת Tevet 11	9 יב טבת Tevet 12	10 יג טבת Tevet 13  CANDLE LIGHTING 4:41 pm	11 יד טבת Tevet 14  ויחי Vayechi SHABBAT ENDS 5:48 pm
12 טו טבת Tevet 15	13 טז טבת Tevet 16	14 יז טבת Tevet 17	15 יח טבת Tevet 18	16 יט טבת Tevet 19	17 כ טבת Tevet 20  CANDLE LIGHTING 4:50 pm	18 כא טבת Tevet 21  שמות Shemot SHABBAT ENDS 5:56 pm
19 כב טבת Tevet 22	20 כג טבת Tevet 23	21 כד טבת Tevet 24	22 כה טבת Tevet 25	23 כו טבת Tevet 26	24 כז טבת Tevet 27  CANDLE LIGHTING 4:59 pm	25 כח טבת Tevet 28  וארא Va'eira Blessing of New Moon SHABBAT ENDS 6:04 pm
26 כט טבת Tevet 29	27 א שבט Shevat 1  ראש חודש שבט Rosh Chodesh Shevat	28 ב שבט Shevat 2	29 ג שבט Shevat 3	30 ד שבט Shevat 4	31 ה שבט Shevat 5  CANDLE LIGHTING 5:08 pm	<div>The Tech Experts</div> <ul style="list-style-type: none"> <li>• Computer support and training</li> <li>• Word, Excel &amp; Outlook expert</li> <li>• Systems integration</li> </ul> <p>(416) 992-3337 www.TheTechExperts.ca Support@TheTechExperts.ca</p>



Your home should become a light that illuminates the entire street and community.

THE REBBE



WELLNESS LIVES HERE.



The Ernest Manson Lubavitch Centre

WELLNESS LIVES HERE.

## THIS MONTH'S SCHEDULE

### SERVICES

#### SHACHARIT

Sunday/Holiday 8:00 & 9:15 am  
Mon - Fri 6:35 & 7:00 am  
Shabbat 9:15 am

#### MINCHA & MAARIV

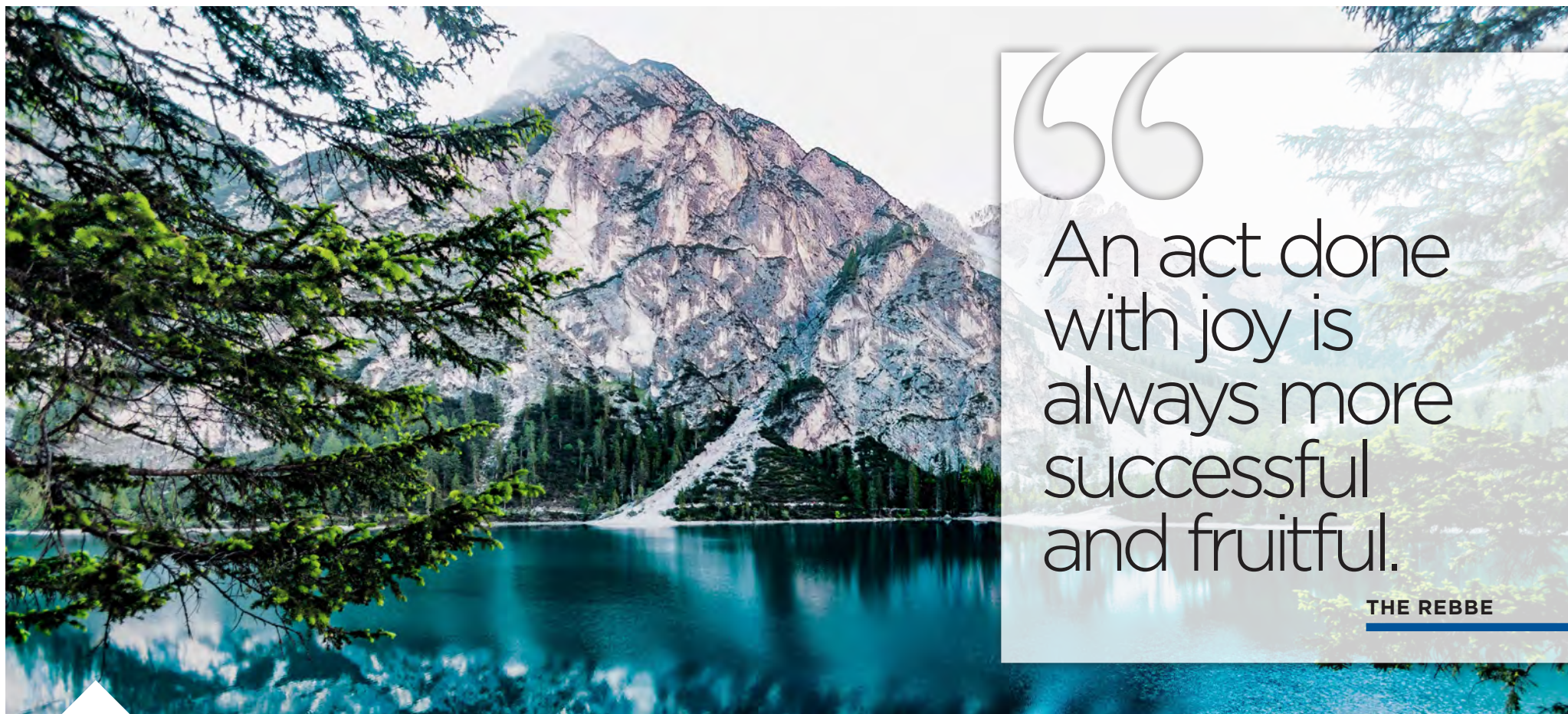
Sun - Thurs 5:15 pm  
Friday 10 min after  
Candle Lighting  
Shabbat 45 min. before  
Candle Lighting

### CLASSES

Tanya Teachings	Sunday 8:30 am
Parsha Perspectives	Mon-Thurs 6:30 am
Redemption Songs	Monday 10:30 am
פרשה בעברית	Monday 8:00 pm
Torah Studies	Tuesday 8:00 pm
Customs & Convention	Thursday 8:30 pm
Maamar Moment	Friday 6:30 am
The Chassidic Reader	Shabbat 8:30 am

### EVENTS

RCS: Blending Celestial Spirit  
and Mundane Matters  
Paint Night  
Yud Shvat Farbrengen  
Tribute to Jewish Women



“An act done  
with joy is  
always more  
successful  
and fruitful.”

THE REBBE

**Joy is a revealed expression of the soul's innate celebration of life. Being aware of your indispensable purpose in life, by being connected to your Divine mission, is true cause for natural celebration.**

We celebrate life not because we are oblivious to the realities facing us, but because we know that we will prevail and triumph. Joy gives us that power to transcend our uncertainties, our fears and vulnerabilities. Doubt is demoralizing; joy is victorious - it arms us with absolute conviction and hope that we will succeed.



**TAKE A DEEP LOOK INTO YOURSELF**  
ASK YOURSELF THESE QUESTIONS

*What gives me true joy?*










*What blessings  
do I have in my life?  
Do I fully appreciate them?*

*With all the uncertainties  
of life hanging over us,  
what is worth celebrating?*

# FEBRUARY 2020

**SHEVAT -  
ADAR 5780**

**CHABADFLAMINGO.COM ■ 905-763-4040**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Ian &amp; Sarah Maged</b> 416.739.7200 MagedPartners.com MagedPartners@rogers.com  <b>Look to the experts</b>		<b>Lee A. Schaffer, PFP, CIM, FCSI</b> Vice-President and Portfolio Manager  Schaffer Wealth Management of RBC Dominion Securities 905-764-5013 lee.schaffer@rbc.com  <b>Wealth Management</b> Dominion Securities <small>19_90416_JB7_001</small>		 Serving The Community For Over 14 Years! <b>LINDASAIET.COM</b> REAL ESTATE SALES REPRESENTATIVE <small>SUTTON GROUP ADMIRAL REALTY INC., BROKERAGE 1204 CENTRE STREET THORNHILL, ON L4J 3M9</small> <b>647 405 0400</b>   LindaRealEstate1@gmail.com 		<b>1</b> י' שבט Shevat 6  <b>בא</b> <b>Bo</b> <b>SHABBAT ENDS 6:13 pm</b>
<b>2</b> ז' שבט Shevat 7	<b>3</b> ח' שבט Shevat 8  Statutory Holiday	<b>4</b> ט' שבט Shevat 9	<b>5</b> י' שבט Shevat 10	<b>6</b> י"א שבט Shevat 11	<b>7</b> י"ב שבט Shevat 12  <b>CANDLE LIGHTING 5:18 pm</b> 	<b>8</b> י"ג שבט Shevat 13  <b>בשלח</b> <b>Beshalach</b> <b>SHABBAT ENDS 6:22 pm</b>
<b>9</b> י"ד שבט Shevat 14	<b>10</b> ט"ו שבט Shevat 15  ראש השנה לאילנות New Year for Trees	<b>11</b> ט"ז שבט Shevat 16	<b>12</b> י"ז שבט Shevat 17	<b>13</b> י"ח שבט Shevat 18	<b>14</b> י"ט שבט Shevat 19  <b>CANDLE LIGHTING 5:28 pm</b> 	<b>15</b> כ' שבט Shevat 20  <b>יתרו</b> <b>Yitro</b> <b>SHABBAT ENDS 6:31 pm</b>
<b>16</b> כ"א שבט Shevat 21	<b>17</b> כ"ב שבט Shevat 22	<b>18</b> כ"ג שבט Shevat 23	<b>19</b> כ"ד שבט Shevat 24	<b>20</b> כ"ה שבט Shevat 25	<b>21</b> כ"ו שבט Shevat 26  <b>CANDLE LIGHTING 5:37 pm</b> 	<b>22</b> כ"ז שבט Shevat 27  <b>משפטים - Mishpatim</b> פרשת שקלים Parshat Shekalim Blessing of New Moon <b>SHABBAT ENDS 6:39 pm</b>
<b>23</b> כ"ח שבט Shevat 28	<b>24</b> כ"ט שבט Shevat 29	<b>25</b> ל' שבט Shevat 30  ראש חודש אדר Rosh Chodesh Adar	<b>26</b> א' אדר Adar 1  ראש חודש אדר Rosh Chodesh Adar	<b>27</b> ב' אדר Adar 2	<b>28</b> ג' אדר Adar 3  <b>CANDLE LIGHTING 5:46 pm</b> 	<b>29</b> ד' אדר Adar 4  <b>תרומה</b> <b>Terumah</b> <b>SHABBAT ENDS 6:48 pm</b>



An act done with joy is always more successful and fruitful.

**THE REBBE**

 **WELLNESS LIVES HERE.**

# MARCH 2020

ADAR -  
NISSAN 5780

CHABADFLAMINGO.COM ■ 905-763-4040



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## THIS MONTH'S SCHEDULE

### SERVICES

#### SHACHARIT

Sunday/Holiday 8:00 & 9:15 am  
Mon - Fri 6:35 & 7:00 am  
Shabbat 9:15 am

#### MINCHA & MAARIV

Sun - Thurs 5:30 pm / 7:00 pm  
Friday 10 min after  
Candle Lighting  
Shabbat 45 min. before  
Candle Lighting

### CLASSES

Tanya Teachings	Sunday 8:30 am
Parsha Perspectives	Mon-Thurs 6:30 am
Redemption Songs	Monday 10:30 am
פרשה בעברית	Monday 8:00 pm
Torah Studies	Tuesday 8:00 pm
Customs & Convention	Thursday 8:30 pm
Maamar Moment	Friday 6:30 am
The Chassidic Reader	Shabbat 8:30 am

### EVENTS

RCS: The Essence of the Feminine Role  
Hamantash Bake  
Purim Megilla Readings  
and Children's Programs  
Masquerade Dinner



**Freedom is not merely the absence of slavery – getting away from the past and escaping the negative. True freedom is a state of being on its own – the ability to be true to yourself.**

When we allow ourselves to be subjected and enslaved to man-made conventions – money, power, connections, social status – we are subjugating our freedom and ultimately annihilating our inner dignity. Ultimate freedom is to not be bound to human devices, but to discover your Divine calling and serve it with all your faculties and resources. Only then can you call yourself a free man or woman.



**TAKE A DEEP LOOK INTO YOURSELF**  
ASK YOURSELF THESE QUESTIONS

*Do my problems define me?*



*Am I enslaved to my needs and desires, my inner fears and inhibitions?  
How can I escape?*

*How can I shift my thinking towards a path of true freedom?*

# MARCH 2020

ADAR -  
NISSAN 5780

CHABADFLAMINGO.COM ■ 905-763-4040

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ה אדר Adar 5	2 ו אדר Adar 6	3 ז אדר Adar 7	4 ח אדר Adar 8	5 ט אדר Adar 9	6 י אדר Adar 10  תצוה Tetzaveh פרשת זכר Parshat Zachor CANDLE LIGHTING 5:55 pm SHABBAT ENDS 6:57 pm	7 יא אדר Adar 11
8 יב אדר Adar 12  Daylight Savings Begins	9 יג אדר Adar 13  תענית אסתר Fast of Esther FAST BEGINS 6:10 am FAST ENDS 7:46 pm	10 יד אדר Adar 14  פורים Purim	11 טו אדר Adar 15  שושן פורים Shushan Purim	12 טז אדר Adar 16	13 יז אדר Adar 17  CANDLE LIGHTING 7:04 pm	14 יח אדר Adar 18  כי תשא Ki Tisa פרשת פרה Parshat Parah SHABBAT ENDS 8:06 pm
15 יט אדר Adar 19	16 כ אדר Adar 20	17 כא אדר Adar 21	18 כב אדר Adar 22	19 כג אדר Adar 23	20 כד אדר Adar 24  CANDLE LIGHTING 7:12 pm	21 כה אדר Adar 25  ויקהל-פקודי Vayak'hel-Pekudei פרשת החודש Parshat Hachodesh Blessing of New Moon SHABBAT ENDS 8:14 pm
22 כו אדר Adar 26	23 כז אדר Adar 27	24 כח אדר Adar 28	25 כט אדר Adar 29	26 א ניסן Nissan 1  ראש חודש ניסן Rosh Chodesh Nissan	27 ב ניסן Nissan 2  CANDLE LIGHTING 7:21 pm	28 ג ניסן Nissan 3  ויקרא Vayikra SHABBAT ENDS 8:23 pm
29 ד ניסן Nissan 4	30 ה ניסן Nissan 5	31 ו ניסן Nissan 6				





The Ernest Manson Lubavitch Centre

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## THIS MONTH'S SCHEDULE

### SERVICES

#### SHACHARIT

Sunday/Holiday 8:00 & 9:15 am  
Mon - Fri 6:35 & 7:00 am  
Shabbat 9:15 am

#### MINCHA & MAARIV

Sun - Thurs 7:30 pm  
Friday 6:30 pm  
Shabbat 45 min. before  
Candle Lighting

### CLASSES

Tanya Teachings	Sunday 8:30 am
Parsha Perspectives	Mon-Thurs 6:30 am
Redemption Songs	Monday 10:30 am
פרשה בעברית	Monday 8:00 pm
Torah Studies	Tuesday 8:00 pm
Customs & Convention	Thursday 8:30 pm
Maamar Moment	Friday 6:30 am
The Chassidic Reader	Shabbat 8:30 am

### EVENTS

RCS: Open Your Eyes  
to an Augmented Reality  
Shmura Matza Distribution  
11 Nissan Ohel Trip  
Pop Up Restaurant  
Public Seder  
Pesach Services & Programs  
Moshiach Feast



Love is the  
transcendence  
of the soul  
over the body.

THE REBBE

**What is love? True love is one soul greeting another. It is both giving and receiving; it allows us to experience another person and lets that person experience us on the deepest level.**

All too often we look at love selfishly, as something we want and need; but true love, because it is part of our relationship with G-d, is selfless. Selfish love is conditional and is bound to be mercurial. Selfless love means going outside of yourself, truly connecting with another person's soul, and that is constant and eternal.



**TAKE A DEEP LOOK INTO YOURSELF**  
ASK YOURSELF THESE QUESTIONS

*Do I have the capacity  
to love unconditionally  
and selflessly?*





*Do I allow myself to be  
truly loved? Is my soul  
receptive to it?*

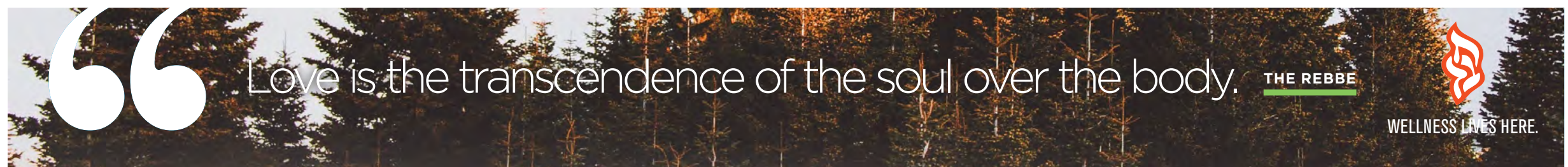
*How can I improve my  
relationship with G-d  
and with my loved ones?*

# APRIL 2020

# NISSAN - IYAR 5780

CHABADFLAMINGO.COM ■ 905-763-4040

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Ian &amp; Sarah Maged</b> 416.739.7200 MagedPartners.com MagedPartners@rogers.com  <b>Look to the experts</b>		<b>The Tech Experts</b> • Computer support and training • Word, Excel & Outlook expert • Systems integration (416) 992-3337 www.TheTechExperts.ca Support@TheTechExperts.ca	1 ז' ניסן Nissan 7	2 ח' ניסן Nissan 8	3 ט' ניסן Nissan 9   <b>CANDLE LIGHTING</b> 7:29 pm	4 י' ניסן Nissan 10  <b>צו Tzav</b> שבת הגדול Shabbat HaGadol <b>SHABBAT ENDS</b> 8:32 pm
5 יא' ניסן Nissan 11	6 יב' ניסן Nissan 12	7 יג' ניסן Nissan 13  בדיקת חמץ Search for Chametz at 822pm	8 יד' ניסן Nissan 14  ערב פסח - Erev Pesach Eat chometz until 11:06 am Burn chometz until 12:13 pm First Seder <b>CANDLE LIGHTING</b> 7:35 pm	9 טו' ניסן Nissan 15  יום א' דחג פסח First Day of Pesach Second Seder Tonight Count 1 Omer <b>CANDLE LIGHTING AFTER</b> 8:39 pm	10 טז' ניסן Nissan 16  יום ב' דחג פסח Second Day of Pesach Tonight Count 2 Omer <b>CANDLE LIGHTING</b> 7:38 pm	11 יז' ניסן Nissan 17  א' דחול המועד פסח 1st intermediate day of Pesach Tonight Count 3 Omer <b>SHABBAT ENDS</b> 8:42 pm
12 יח' ניסן Nissan 18  ב' דחול המועד פסח 2nd intermediate day of Pesach Tonight Count 4 Omer	13 יט' ניסן Nissan 19  ג' דחול המועד פסח 3rd intermediate day of Pesach Tonight Count 5 Omer	14 כ' ניסן Nissan 20  ד' דחול המועד פסח 4th intermediate day of Pesach Tonight Count 6 Omer <b>CANDLE LIGHTING</b> 7:43 pm	15 כא' ניסן Nissan 21  יום ז' דחג פסח Seventh Day of Pesach Tonight Count 7 Omer <b>CANDLE LIGHTING AFTER</b> 8:47 pm	16 כב' ניסן Nissan 22  יום ח' דחג פסח Eighth Day of Pesach Tonight Count 8 Omer <b>YOM TOV ENDS</b> 8:48 pm	17 כג' ניסן Nissan 23  <b>CANDLE LIGHTING</b> 7:46 pm Tonight Count 9 Omer	18 כד' ניסן Nissan 24  <b>שמיני Shemini</b> AVOT Chapter 1 Tonight Count 10 Omer Blessing of New Moon <b>SHABBAT ENDS</b> 8:51 pm
19 כה' ניסן Nissan 25  Tonight Count 11 Omer	20 כו' ניסן Nissan 26  Tonight Count 12 Omer	21 כז' ניסן Nissan 27  Tonight Count 13 Omer	22 כח' ניסן Nissan 28  Tonight Count 14 Omer	23 כט' ניסן Nissan 29  Tonight Count 15 Omer	24 ל' ניסן Nissan 30  <b>CANDLE LIGHTING</b> 7:55 pm Tonight Count 16 Omer	25 א' אייר Iyar 1  <b>תזריע-מצורע Tazria-Metzorah</b> Rosh Chodesh Iyar AVOT Chapter 2 Tonight Count 17 Omer <b>SHABBAT ENDS</b> 9:00 pm
26 ב' אייר Iyar 2  Tonight Count 18 Omer	27 ג' אייר Iyar 3  Tonight Count 19 Omer	28 ד' אייר Iyar 4  Tonight Count 20 Omer	29 ה' אייר Iyar 5  Tonight Count 21 Omer	30 ו' אייר Iyar 6  Tonight Count 22 Omer	 Serving The Community For Over 14 Years! <b>LINDASAIET.COM</b> REAL ESTATE SALES REPRESENTATIVE SUTTON GROUP ADMIRAL REALTY INC., BROKERAGE 1206 CENTRE STREET THORNHILL, ON L4J 3M9 647 405 0400   LindaRealEstate1@gmail.com	



# MAY 2020

IYAR -  
SIVAN 5780

CHABADFLAMINGO.COM ■ 905-763-4040



The Ernest Manson Lubavitch Centre

WELLNESS LIVES HERE.

## THIS MONTH'S SCHEDULE

### SERVICES

#### SHACHARIT

Sunday/Holiday 8:00 & 9:15 am  
Mon - Fri 6:35 & 7:00 am  
Shabbat 9:15 am

#### MINCHA & MAARIV

Sun - Thurs 7:30 pm  
Friday 6:30 pm  
Shabbat 45 min. before  
Candle Lighting

### CLASSES

Tanya Teachings	Sunday 8:30 am
Parsha Perspectives	Mon-Thurs 6:30 am
Redemption Songs	Monday 10:30 am
פרשה בעברית	Monday 8:00 pm
Torah Studies	Tuesday 8:00 pm
Customs & Convention	Thursday 8:30 pm
Maamar Moment	Friday 6:30 am
The Chassidic Reader	Shabbat 8:30 am

### EVENTS

RCS: Be a Leader. Create Leaders.  
Cooking Competition  
Lag B'Omer Event  
Cheesecake Bake  
Shavuot Services & Programs  
Late Night Learning  
Ice Cream Party  
Dairy Kiddush



“

Miracles are  
all around us;  
we must open  
our eyes to  
see them.

THE REBBE

**Every moment in life contains the opportunity  
for a miracle; it is up to us to keep our eyes open,  
to reveal the sublime within the quotidian.**

The difference between a miracle and act of nature is the frequency. If the sun were to rise only once in our lifetime, everyone would rush to see it, proclaiming it miraculous. We take it for granted. Look around; life itself is a miracle. To see a miracle simply means to appreciate the uncommon within the common, the extraordinary within the ordinary.



**TAKE A DEEP LOOK INTO YOURSELF  
ASK YOURSELF THESE QUESTIONS**

*Do I seek out the miracles  
in my life or do I deny them?*




*Do I appreciate that life  
itself is a miracle? Do I take  
for granted that my very  
existence is miraculous?*

*How can I learn to recognize  
and appreciate the sublime  
moments in my daily life?*

# MAY 2020

IYAR -  
SIVAN 5780

CHABADFLAMINGO.COM ■ 905-763-4040

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Ian &amp; Sarah Maged</b> 416.739.7200 MagedPartners.com MagedPartners@rogers.com  <b>Look to the experts</b>		<b>The Tech Experts</b> • Computer support and training • Word, Excel & Outlook expert • Systems integration (416) 992-3337 www.TheTechExperts.ca Support@TheTechExperts.ca	 Serving The Community For Over 14 Years! <b>LINDASAIET.COM</b> REAL ESTATE SALES REPRESENTATIVE SUTTON GROUP ADMIRAL REALTY INC., BROKERAGE 1206 CENTRE STREET THORNHILL, ON L4J 3M9 647 405 0400   LindaRealEstate1@gmail.com		1 ז אייר Iyar 7 <b>CANDLE LIGHTING</b> 8:03 pm Tonight Count 23 Omer	2 ח אייר Iyar 8 <b>אחרי-קדושים</b> <b>Acharei - Kedoshim</b> <b>AVOT</b> Chapter 3 Tonight Count 24 Omer <b>SHABBAT ENDS</b> 9:10 pm
3 ט אייר Iyar 9 Tonight Count 25 Omer	4 י אייר Iyar 10 Tonight Count 26 Omer	5 יא אייר Iyar 11 Tonight Count 27 Omer	6 יב אייר Iyar 12 Tonight Count 28 Omer	7 יג אייר Iyar 13 Tonight Count 29 Omer	8 יד אייר Iyar 14 פסח שני Pesach Sheni <b>CANDLE LIGHTING</b> 8:11 pm Tonight Count 30 Omer	9 טו אייר Iyar 15 <b>אמור</b> <b>Emor</b> <b>AVOT</b> Chapter 4 Tonight Count 31 Omer <b>SHABBAT ENDS</b> 9:19 pm
10 טז אייר Iyar 16 Tonight Count 32 Omer	11 יז אייר Iyar 17 Tonight Count 33 Omer	12 יח אייר Iyar 18 לג בעומר Lag BaOmer Tonight Count 34 Omer	13 יט אייר Iyar 19 Tonight Count 35 Omer	14 כ אייר Iyar 20 Tonight Count 36 Omer	15 כא אייר Iyar 21 <b>CANDLE LIGHTING</b> 8:19 pm Tonight Count 37 Omer	16 כב אייר Iyar 22 <b>בהר-בחוקתי</b> <b>Behar-Bechukotai</b> <b>AVOT</b> Chapter 5 Tonight Count 38 Omer <b>SHABBAT ENDS</b> 9:29 pm
17 כג אייר Iyar 23 Tonight Count 39 Omer	18 כד אייר Iyar 24 Tonight Count 40 Omer	19 כה אייר Iyar 25 Tonight Count 41 Omer	20 כו אייר Iyar 26 Tonight Count 42 Omer	21 כז אייר Iyar 27 Tonight Count 43 Omer	22 כח אייר Iyar 28 <b>CANDLE LIGHTING</b> 8:26 pm Tonight Count 44 Omer	23 כט אייר Iyar 29 <b>במדבר - Bamidbar</b> <b>AVOT</b> Chapter 6 Tonight Count 45 Omer Blessing of New Moon <b>SHABBAT ENDS</b> 9:37 pm
24 א סיון Sivan 1 Rosh Chodesh Sivan Tonight Count 46 Omer	25 ב סיון Sivan 2 Tonight Count 47 Omer	26 ג סיון Sivan 3 Tonight Count 48 Omer	27 ד סיון Sivan 4 Tonight Count 49 Omer	28 ה סיון Sivan 5 ערב שבוועות Erev Shavuot <b>CANDLE LIGHTING</b> 8:32 pm	29 ו סיון Sivan 6 יום א דשבוועות Shavuot Day 1 <b>CANDLE LIGHTING</b> 8:33 pm	30 ז סיון Sivan 7 יום ב דשבוועות Shavuot Day 2 <b>SHABBAT ENDS</b> 9:45 pm
31 ח סיון Sivan 8						

“

Miracles are all around us; we must open our eyes to see them.

THE REBBE



WELLNESS LIVES HERE.



The Ernest Manson Lubavitch Centre

WELLNESS LIVES HERE.

THIS MONTH'S  
SCHEDULE

## SERVICES

## SHACHARIT

Sunday/Holiday 8:00 & 9:15 am  
 Mon – Fri 6:35 & 7:00 am  
 Shabbat 9:15 am

## MINCHA &amp; MAARIV

Sun – Thurs 7:30 pm  
 Friday 6:45 pm  
 Shabbat 45 min. before  
 Candle Lighting

## CLASSES

Tanya Teachings	Sunday 8:30 am
Parsha Perspectives	Mon-Thurs 6:30 am
Redemption Songs	Monday 10:30 am
פרשה בעברית	Monday 8:00 pm
Torah Studies	Tuesday 8:00 pm
Customs & Convention	Thursday 8:30 pm
Maamar Moment	Friday 6:30 am
The Chassidic Reader	Shabbat 8:30 am

## EVENTS

BMC Graduation Dinner  
 Baseball Game & BBQ  
 Gimmel Tammuz Event  
 Hillula Ohel Shabbaton



“  
 Everyone  
 must be  
 a leader.”

THE REBBE

**What is a true leader? A true leader does not desire followers. A true leader inspires others to find leadership within themselves. Leaders are not worshipped. Leaders worship a higher power.**

We all have the potential to be a leader. A person does not have to be a leadership expert to lead, just as a person does not have to be an optical expert to see. A leader simply has to share what he has, contribute what he can, bring out the best in the people around him. When you choose to live by example and positively influence your surroundings – you are leading.



**TAKE A DEEP LOOK INTO YOURSELF**  
**ASK YOURSELF THESE QUESTIONS**

*Am I a follower or a leader?  
 Am I compelled to initiate,  
 or would I rather follow the  
 status quo?*


*Am I positively impacting my  
 family/friends and contributing  
 my strengths to society?*

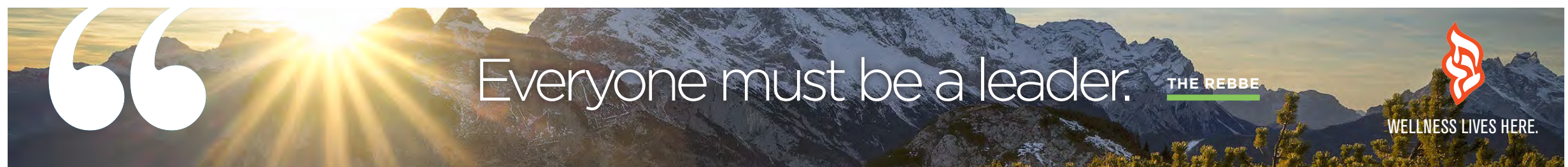
*Do people look up to me?  
 Do I take that responsibility  
 seriously?*

# JUNE 2020

SIVAN -  
TAMMUZ 5780

CHABADFLAMINGO.COM ■ 905-763-4040

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>The Tech Experts</b> • Computer support and training • Word, Excel & Outlook expert • Systems integration  (416) 992-3337 <a href="http://www.TheTechExperts.ca">www.TheTechExperts.ca</a> <a href="mailto:Support@TheTechExperts.ca">Support@TheTechExperts.ca</a>	1 ט' סיון Sivan 9	2 י' סיון Sivan 10	3 י"א סיון Sivan 11	4 י"ב סיון Sivan 12	5 י"ג סיון Sivan 13	6 י"ד סיון Sivan 14
7 ט"ו סיון Sivan 15	8 ט"ז סיון Sivan 16	9 י"ז סיון Sivan 17	10 י"ח סיון Sivan 18	11 י"ט סיון Sivan 19	12 כ' סיון Sivan 20 CANDLE LIGHTING 8:38 pm	13 כ"א סיון Sivan 21 נשא Naso AVOT Chapter 1 SHABBAT ENDS 9:51 pm
14 כ"ב סיון Sivan 22	15 כ"ג סיון Sivan 23	16 כ"ד סיון Sivan 24	17 כ"ה סיון Sivan 25	18 כ"ו סיון Sivan 26	19 כ"ז סיון Sivan 27 CANDLE LIGHTING 8:42 pm	20 כ"ח סיון Sivan 28 בהעלותך Behaalotecha AVOT Chapter 2 SHABBAT ENDS 9:56 pm
21 כ"ט סיון Sivan 29	22 ל' סיון Sivan 30 ראש חודש תמוז Rosh Chodesh Tammuz	23 א' תמוז Tammuz 1 ראש חודש תמוז Rosh Chodesh Tammuz	24 ב' תמוז Tammuz 2	25 ג' תמוז Tammuz 3	26 ד' תמוז Tammuz 4 CANDLE LIGHTING 8:45 pm	27 ה' תמוז Tammuz 5 שלח Shlach AVOT Chapter 3 Blessing of New Moon SHABBAT ENDS 9:58 pm
28 ו' תמוז Tammuz 6	29 ז' תמוז Tammuz 7	30 ח' תמוז Tammuz 8	<b>Lee A. Schaffer, PFP, CIM, FCSI</b> Vice-President and Portfolio Manager  Schaffer Wealth Management of RBC Dominion Securities 905-764-5013 <a href="mailto:lee.schaffer@rbc.com">lee.schaffer@rbc.com</a>		Serving The Community For Over 14 Years!  <b>LINDASAIET.COM</b> REAL ESTATE SALES REPRESENTATIVE SUTTON GROUP ADMIRAL REALTY INC., BROKERAGE 1206 CENTRE STREET THORNHILL, ON L4J 3M9 647 405 0400   <a href="mailto:LindaRealEstate1@gmail.com">LindaRealEstate1@gmail.com</a>	



# JULY 2020

TAMMUZ  
AV 5780

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The Ernest Manson Lubavitch Centre

WELLNESS LIVES HERE.

## THIS MONTH'S SCHEDULE

### SERVICES

#### SHACHARIT

Sunday/Holiday 8:00 & 9:15 am  
Mon – Fri 6:35 & 7:00 am  
Shabbat 9:15 am

#### MINCHA & MAARIV

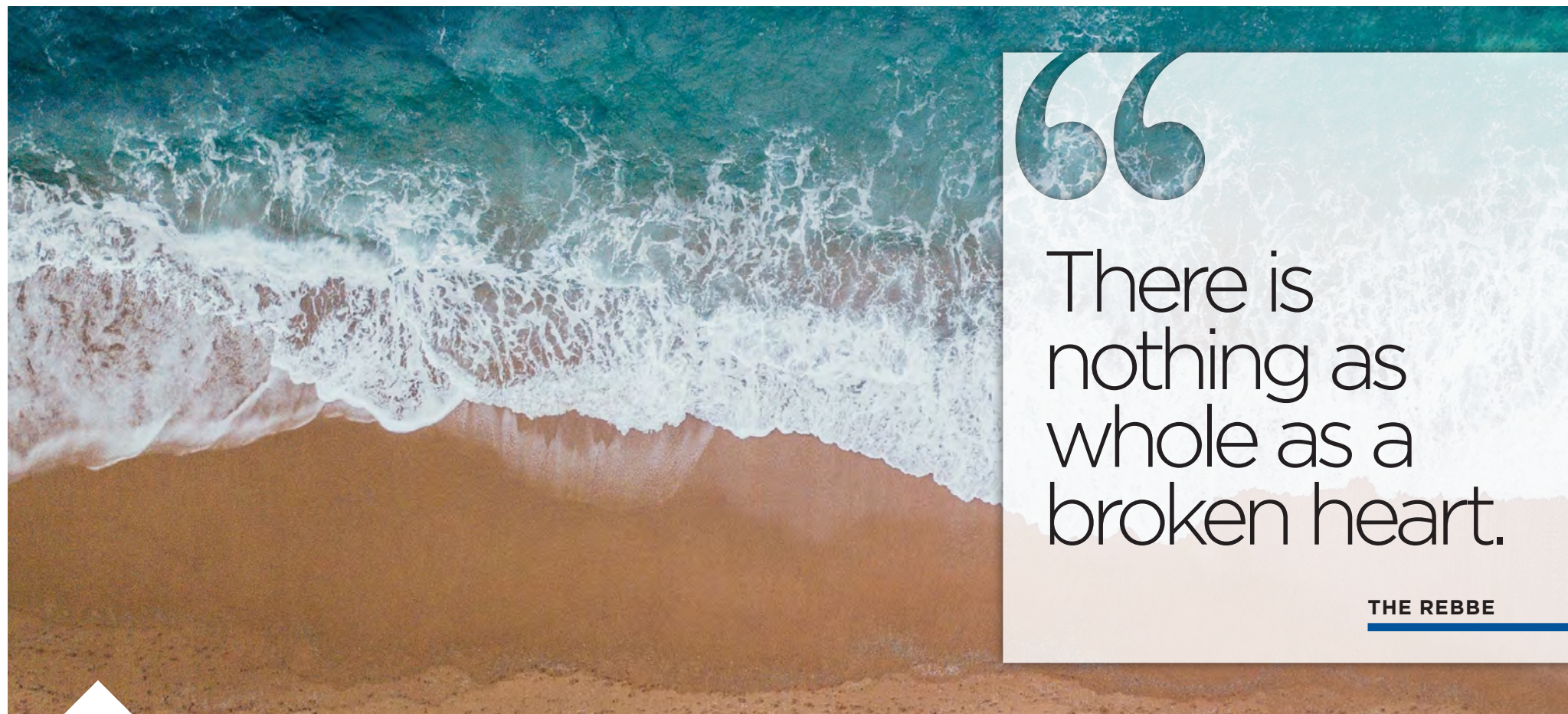
Sun – Thurs 7:30 pm  
Friday 6:45 pm  
Shabbat 45 min. before  
Candle Lighting

### CLASSES

Tanya Teachings	Sunday 8:30 am
Parsha Perspectives	Mon-Thurs 6:30 am
Redemption Songs	Monday 10:30 am
פרשה בעברית	Monday 8:00 pm
Torah Studies	Tuesday 8:00 pm
Customs & Convention	Thursday 8:30 pm
Maamar Moment	Friday 6:30 am
The Chassidic Reader	Shabbat 8:30 am

### EVENTS

Yud Bais Tammuz FarBQ  
Shabbat Under the Stars  
Holy Temple Studies



“  
There is  
nothing as  
whole as a  
broken heart.

THE REBBE

**Cracks are the pathways to the greatest achievements; darkness is a springboard to the deepest forms of light and illumination. Dig deep and tap into these forces to transform your life and relationships.**

Forgiveness and moving forward are the fundamental ingredients that birth hope. The hope that there is healing after loss; that there is rebirth after destruction; that we can always rebuild what was broken and make it stronger than ever before. The circle of life encompasses all our experiences and relationships seamlessly. When someone hurts, the circle is broken. Forgiveness mends the fracture.



**TAKE A DEEP LOOK INTO YOURSELF**  
ASK YOURSELF THESE QUESTIONS

*Whom have I hurt?  
Who and what has hurt me?*








*Will I have the strength  
to forgive and ask for  
forgiveness?*

*Can I learn from my past  
and move forward, stronger  
and healthier?*

# JULY 2020

TAMMUZ -  
AV 5780

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div><div><div>Serving The Community For Over 14 Years!</div><div><div>LINDASAIET.COM REAL ESTATE SALES REPRESENTATIVE</div><div><small>SUTTON GROUP ADMIRAL REALTY INC., BROKERAGE 1206 CENTRE STREET THORNHILL, ON L4J 3M9</small></div><div>647 405 0400   LindaRealEstate1@gmail.com</div></div></div></div>			1 <div>ט תמוז Tammuz 9</div> <div>Statutory Holiday</div>	2 <div>י תמוז Tammuz 10</div>	3 <div>יא תמוז Tammuz 11</div> <div>CANDLE LIGHTING 8:45 pm<div></div></div>	4 <div>יב תמוז Tammuz 12</div> <div>חוקת-בלק Chukat-Balak AVOT Chapter 5 SHABBAT ENDS 9:57 pm</div>	
	5 <div>יג תמוז Tammuz 13</div>	6 <div>יד תמוז Tammuz 14</div>	7 <div>טו תמוז Tammuz 15</div>	8 <div>טז תמוז Tammuz 16</div>	9 <div>יז תמוז Tammuz 17</div> <div>תענית יז תמוז Fast of Tammuz 17 FAST BEGINS 3:39 am FAST ENDS 9:36 pm</div>	10 <div>יח תמוז Tammuz 18</div> <div>CANDLE LIGHTING 8:42 pm<div></div></div>	11 <div>יט תמוז Tammuz 19</div> <div>פנחס Pinchas AVOT Chapter 6 SHABBAT ENDS 9:53 pm</div>
	12 <div>כ תמוז Tammuz 20</div>	13 <div>כא תמוז Tammuz 21</div>	14 <div>כב תמוז Tammuz 22</div>	15 <div>כג תמוז Tammuz 23</div>	16 <div>כד תמוז Tammuz 24</div>	17 <div>כה תמוז Tammuz 25</div> <div>CANDLE LIGHTING 8:37 pm<div></div></div>	18 <div>כו תמוז Tammuz 26</div> <div>מטות-מסעי Matot-Massei AVOT Chapter 1 Blessing of New Moon SHABBAT ENDS 9:46 pm</div>
	19 <div>כז תמוז Tammuz 27</div>	20 <div>כח תמוז Tammuz 28</div>	21 <div>כט תמוז Tammuz 29</div>	22 <div>א אב Av 1</div> <div>ראש חודש אב Rosh Chodesh Av</div>	23 <div>ב אב Av 2</div>	24 <div>ג אב Av 3</div> <div>CANDLE LIGHTING 8:31 pm<div></div></div>	25 <div>ד אב Av 4</div> <div>דברים Devarim AVOT Chapter 2 SHABBAT ENDS 9:39 pm</div>
26 <div>ה אב Av 5</div>	27 <div>ו אב Av 6</div>	28 <div>ז אב Av 7</div>	29 <div>ח אב Av 8</div> <div>FAST BEGINS 8:44 pm</div>	30 <div>ט אב Av 9</div> <div>תענית ט אב Fast of 9th of Av FAST ENDS 9:16 pm</div>	31 <div>י אב Av 10</div> <div>CANDLE LIGHTING 8:23 pm<div></div></div>	<div>The Tech Experts</div> <div><div><div>• Computer support and training</div><div>• Word, Excel &amp; Outlook expert</div><div>• Systems integration</div></div><div><div>(416) 992-3337</div><div>www.TheTechExperts.ca</div><div>Support@TheTechExperts.ca</div></div></div>	

“

There is nothing as whole as a broken heart.

THE REBBE



WELLNESS LIVES HERE.



WELLNESS LIVES HERE.

THIS MONTH'S  
SCHEDULE

## SERVICES

## SHACHARIT

Sunday/Holiday 8:00 & 9:15 am  
 Mon – Fri 6:35 & 7:00 am  
 Shabbat 9:15 am

## MINCHA &amp; MAARIV

Sun – Thurs 7:30 pm  
 Friday 6:30 pm  
 Shabbat 45 min. before  
 Candle Lighting

## CLASSES

Tanya Teachings	Sunday 8:30 am
Parsha Perspectives	Mon-Thurs 6:30 am
Redemption Songs	Monday 10:30 am
פרשה בעברית	Monday 8:00 pm
Torah Studies	Tuesday 8:00 pm
Customs & Convention	Thursday 8:30 pm
Maamar Moment	Friday 6:30 am
The Chassidic Reader	Shabbat 8:30 am

## EVENTS

Chof Av Farbrengen  
 Membership Renewal



“

How we  
 account for  
 the past is how  
 we prepare  
 for the future.

THE REBBE

**As the Jewish year comes to an end, it is time to reflect on the past and prepare for the future. What is trapping and preventing me from moving forward?**

We can be certain that if G-d created life, He gave us the power to change life. If G-d gave us the ability to get into patterns and habits, then He must have given us the power of the soul to get out of the habits. We must have faith that we will be forgiven for past mistakes and faith that we can grow and change to create a better future.



**TAKE A DEEP LOOK INTO YOURSELF**  
 ASK YOURSELF THESE QUESTIONS

*Do I believe that  
 self-transformation  
 is truly possible?*

*Do I really want to change?*

*Am I prepared to take  
 the necessary steps and  
 invest the effort to create  
 the change?*

# AUGUST 2020

AV -  
ELUL 5780

CHABADFLAMINGO.COM ■ 905-763-4040

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lee A. Schaffer, PFP, CIM, FCSI</b> Vice-President and Portfolio Manager  Schaffer Wealth Management of RBC Dominion Securities 905-764-5013 lee.schaffer@rbc.com	 <b>Wealth Management</b> Dominion Securities 19_90416 JB7_001	 Serving The Community For Over 14 Years!  LINDASAIET.COM REAL ESTATE SALES REPRESENTATIVE SUTTON GROUP ADMIRAL REALTY INC., BROKERAGE 1206 CENTRE STREET THORNHILL, ON L4J 3M9 647 405 0400   lindasaiet@gmail.com	 <b>BOGOROCH &amp; ASSOCIATES LLP</b> LAWYERS 150 KING STREET WEST, SUITE 1901 TORONTO, ON M5H 1J9 416-599-1700 • bogoroch.com Dedicated to Improving the Lives of Injured Victims and Their Families			1 י"א אב Av 11  אתחנן Va'etchanan AVOT Chapter 3 SHABBAT ENDS 9:29 pm
2 י"ב אב Av 12	3 י"ג אב Av 13  Statutory Holiday	4 י"ד אב Av 14	5 טו אב Av 15	6 טז אב Av 16	7 יז אב Av 17  CANDLE LIGHTING 8:14 pm	8 יח אב Av 18  עקב Eikev AVOT Chapter 4 SHABBAT ENDS 9:19 pm
9 יט אב Av 19	10 כ אב Av 20	11 כא אב Av 21	12 כב אב Av 22	13 כג אב Av 23	14 כד אב Av 24  CANDLE LIGHTING 8:04 pm	15 כה אב Av 25  ראה Re'eh AVOT Chapter 5 Blessing of New Moon SHABBAT ENDS 9:07 pm
16 כו אב Av 26	17 כז אב Av 27	18 כח אב Av 28	19 כט אב Av 29	20 ל אב Av 30  ראש חודש אלול Rosh Chodesh Elul	21 א אלול Elul 1  ראש חודש אלול Rosh Chodesh Elul CANDLE LIGHTING 7:53 pm	22 ב אלול Elul 2  שושנים Shoftim AVOT Chapter 6 SHABBAT ENDS 8:55 pm
23 ג אלול Elul 3	24 ד אלול Elul 4	25 ה אלול Elul 5	26 ו אלול Elul 6	27 ז אלול Elul 7	28 ח אלול Elul 8  CANDLE LIGHTING 7:41 pm	29 ט אלול Elul 9  כי תצא Ki Teitzei AVOT Chapter 1-2 SHABBAT ENDS 8:42 pm
30 י אלול Elul 10	31 י"א אלול Elul 11					



How we account for the past  
is how we prepare for the future.

THE REBBE



WELLNESS LIVES HERE

I am committed to being a better person today than I was yesterday: better thoughts, better decisions, better actions.

A Sound and Healthy Body is Dependent on a Sound and Healthy Soul.

The flame of G-d is the soul of man.

Birth is G-d saying you matter.

Your home should become a light that illuminates the entire street and community.

An act done with joy is always more successful and fruitful.

You're free when you know who you are.

Love is the transcendence of the soul over the body.

Miracles are all around us; we must open our eyes to see them.

Everyone must be a leader.

There is nothing as whole as a broken heart.

How we account for the past is how we prepare for the future.

## EMPOWERMENT

If you've been injured in a car accident, the victim of medical malpractice or wrongfully denied disability benefits, you know what it means to feel powerless, insecure and fearful about the future.

Through fearless advocacy, clear and direct legal advice, and keeping you informed about your case every step of the way, we believe you will be empowered.

Empowerment comes from knowing your case is being handled with great care and attention. Empowerment comes from knowing your concerns are being listened to and acted upon swiftly with compassion and understanding. Empowerment comes from knowing that your lawyers are advocating for you with strength, conviction and determination. Empowerment means hope for a better future.

To learn how we can empower you, call us for a free consultation. We are happy to meet you at your home, speak to you via Skype or FaceTime, or arrange transportation to our office.

Bogoroch & Associates LLP is honoured to be named by Canadian Lawyer Magazine (May 2019 issue) as one of the Top 10 Personal Injury Boutique Law Firms in Canada.

Please note that you don't pay us unless we recover money for you.



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FREE CONSULTATION**

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**BOGOROCH**  
ASSOCIATES LLP  
Personal Injury & Medical Malpractice Lawyers



# SEPTEMBER 2020

ELUL 5780 -  
TISHREI 5781

CHABADFLAMINGO.COM ■ 905-763-4040

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Ian &amp; Sarah Maged</b> AND PARTNERS 416.739.7200 MagedPartners.com MagedPartners@rogers.com   <b>LOOK to the experts</b>		1 יב אלול Elul 12	2 יג אלול Elul 13	3 יד אלול Elul 14	4 טו אלול Elul 15	5 טז אלול Elul 16
					<b>כי תבוא</b> Ki Tavo AVOT Chapter 3-4 SHABBAT ENDS 8:29 pm	
6 יז אלול Elul 17	7 יח אלול Elul 18  Statutory Holiday	8 יט אלול Elul 19	9 כ אלול Elul 20	10 כא אלול Elul 21	11 כב אלול Elul 22	12 כג אלול Elul 23
					<b>נצבים-וילך</b> Nitzavim-Vayelech AVOT Chapter 5-6 SHABBAT ENDS 8:15 pm	
13 כד אלול Elul 24	14 כה אלול Elul 25	15 כו אלול Elul 26	16 כז אלול Elul 27	17 כח אלול Elul 28	18 כט אלול Elul 29	19 א תשרי Tishrei 1
					<b>ערב ראש השנה</b> Erev Rosh Hashanah CANDLE LIGHTING 7:03 pm	<b>יום א דראש השנה</b> Rosh Hashanah Day 1 CANDLE LIGHTING AFTER 8:02 pm
20 ב תשרי Tishrei 2	21 ג תשרי Tishrei 3	22 ד תשרי Tishrei 4	23 ה תשרי Tishrei 5	24 ו תשרי Tishrei 6	25 ז תשרי Tishrei 7	26 ח תשרי Tishrei 8
<b>יום א דראש השנה</b> Rosh Hashanah Day 2 YOM TOV ENDS 8:00 pm	<b>צום גדלי'</b> Fast of Gedaliah FAST BEGINS 5:33 am FAST ENDS 7:45 pm				<b>האזינו</b> Ha'azinu SHABBAT ENDS 7:49 pm	
27 ט תשרי Tishrei 9	28 י תשרי Tishrei 10	29 יא תשרי Tishrei 11	30 יב תשרי Tishrei 12	<b>The Tech Experts</b> <ul style="list-style-type: none"> <li>• Computer support and training</li> <li>• Word, Excel &amp; Outlook expert</li> <li>• Systems integration</li> </ul> (416) 992-3337 www.TheTechExperts.ca Support@TheTechExperts.ca		<b>Lee A. Schaffer, PFP, CIM, FCSI</b> Vice-President and Portfolio Manager  Schaffer Wealth Management of RBC Dominion Securities 905-764-5013 lee.schaffer@rbc.com
<b>ערב יום כפור</b> Erev Yom Kippur FAST BEGINS 6:47 pm CANDLE LIGHTING 6:47 pm	<b>יום כפור</b> Yom Kippur Yizkor / יזכור FAST ENDS 7:45 pm				 <b>Wealth Management</b> Dominion Securities 19_90416_JB7_001	



## CHABAD FLAMINGO. WELLNESS LIVES HERE.

# SHABBAT&YOMTOV CANDLE LIGHTING INSTRUCTIONS

## THE SHABBAT CANDLES

A married woman customarily lights two candles and may add an additional one for each of her children. An unmarried girl should light one candle in deference to her mother.

As soon as a young girl can understand the idea of the Shabbat and can say the blessing (approximately 3 years old) her parents should provide her with a candlestick and teach her to kindle the Shabbat candles.

The young girl should light before her mother in case she needs assistance from her.

It is customary to put a few coins into a tzedaka pushka (charity box) before lighting the candles.

The correct time to light the Shabbat candles is 18 minutes before sunset every Friday. Young girls should light just prior to this time.

## THE FESTIVAL CANDLES

Just as candles are lit in honour of the Shabbat so are they lit in honour of the festivals.

Various blessings are recited on different festivals. See the chart Blessings for Festival Candle Lighting.

**CAUTION:** When lighting after the onset of a festival, a pre-existing flame must be used to light the candles since it is prohibited to create a new flame by striking a match or lighter, etc. However, it is permissible to use (or transfer fire from) a flame burning continuously since the onset of the festival, such as a pilot light, gas or candle flame.

## PROCEDURE FOR LIGHTING THE SHABBAT CANDLES

The woman (or young girl) lights the candles, then spreads her hands out around the candles, drawing her hands inwards in a circular motion three times to indicate her acceptance of the sanctity of the Shabbat. She then covers her eyes and says the blessing:

**Bor-ruch Atoh Ado-nai E-lo-hei-nu Me-lech Ha-olom  
A-sheh Ki-de-sha-nu Be-mitz-vo-tav Vi-tzi-vo-nu  
Le-had-lik Ner Shel Shabbat Ko-desh.**

She then uncovers her eyes to behold the Shabbat lights.

The time of lighting is considered especially propitious to pray to G-d for health and happiness. The prayer is readily accepted because it is said during the performance of this great mitzvah of lighting the Shabbat candles.

**CAUTION:** The candles must be lit before sunset. It is prohibited and is a desecration of the Shabbat to light the candles after sunset.

## FESTIVAL CANDLE LIGHTING & BLESSING SCHEDULE

NOTE	DATE	FESTIVAL	BLESSING(S)
*	Sep. 29	1st Eve of Rosh Hashana	No. 1 and 4
**	Sep. 30	2nd Eve of Rosh Hashana	No. 1 and 4
***	Oct. 8	Eve of Yom Kippur	No. 2 and 4
*	Oct. 13	1st Eve of Sukkot	No. 3 and 4
**	Oct. 14	2nd Eve of Sukkot	No. 3 and 4
*	Oct. 20	Eve of Shemini Atzeret	No. 3 and 4
**	Oct. 21	Eve of Simchat Torah	No. 3 and 4
*	Apr. 8	1st Seder Night	No. 3 and 4
**	Apr. 9	2nd Seder Night	No. 3 and 4
*	Apr. 14	7th Night of Passover	No. 3
**	Apr. 15	8th Night of Passover	No. 3
*	May. 28	1st Eve of Shavuot	No. 3 and 4
****	May. 29	2nd Eve of Shavuot	No. 5 and 4
*	If lighting after sunset, light only from a pre-existing flame.		
**	Do not light before the time indicated. Light only from a pre-existing flame.		
***	Do not light after sunset		
****	Do not light after sunset, light only from a pre-existing flame. A pre-existing flame is a flame burning continuously since the onset of a festival- such as a pilot light, gas or candle flame.		



## BLESSINGS FOR FESTIVAL CANDLE LIGHTING

- Ba-ruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olom  
A-sheh Ki-de-sha-nu Be-mitz-vo-tav Vi-tzi-va-nu  
Le-had-lik Ner Shel Yom Ha-zi-ka-ron.**
- Ba-ruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olom  
A-sheh Ki-de-sha-nu Be-mitz-vo-tav Vi-tzi-va-nu  
Le-had-lik Ner Shel Yom Ha-Ki-Purim.**
- Ba-ruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olom  
A-sheh Ki-de-sha-nu Be-mitz-vo-tav Vi-tzi-va-nu  
Le-had-lik Ner Shel Yom Tov.**
- Ba-ruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olom  
She-heh-che-yah-nu Vi-ki-ye-ma-nu Ve-higi-a-nu  
Liz-man Ha-zeh.**
- Ba-ruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olom  
A-sheh Ki-de-sha-nu Be-mitz-vo-tav Vi-tzi-va-nu Le-had-lik  
Ner Shel Shabbat Vi-Shel Yom Tov.**



## BLESSINGS FOR CHANUKAH MENORAH LIGHTING

- Ba-ruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olom  
A-sheh Ki-de-sha-nu Be-mitz-vo-tav Vi-tzi-va-nu  
Le-had-lik Ner Cha-nu-kah.**
- Ba-ruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olom  
She-a-sa Ni-sim La-avo-sei-nu Ba-ya-mim Ha-heim  
Bi-z'man Ha-zeh.**
- Ba-ruch A-tah Ado-nai E-lo-hei-nu Me-lech Ha-olom  
She-heh-che-yah-nu Vi-ki-ye-ma-nu Ve-higi-a-nu  
Liz-man Ha-zeh.**

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Mr. J.F., Toronto, Ontario

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# HOLIDAY SERVICES SCHEDULE

## ROSH HASHANA

### SEPTEMBER 29 - EREV ROSH HASHANA SUNDAY

Evening Services ..... 6:50 pm

### SEPTEMBER 30 - DAY 1 ROSH HASHANA MONDAY

Morning Service ..... 8:15 am

Shofar Blowing ..... 12:15 pm

Mincha Service ..... 5:50 pm

FOLLOWED BY TASHLICH

Maariv Service ..... 7:40 pm

### OCTOBER 1 - DAY 2 ROSH HASHANA TUESDAY

Morning Service ..... 8:15 am

Shofar Blowing ..... 12:15 am

Evening Services ..... 6:50 pm

## YOM KIPPUR

### OCTOBER 8 - EREV YOM KIPPUR TUESDAY

THE MEN'S MIKVAH IS OPEN FROM 6:00AM TO 6:00PM

Mincha Service ..... 2:30 pm

Kol Nidre Service ..... 6:30 pm

### OCTOBER 9 - YOM KIPPUR WEDNESDAY

Morning Service ..... 8:15 am

Torah Reading ..... 10:45 am

Yizkor Service ..... 12:30 pm

Mincha Service ..... 4:50 pm

Ne'illa Service ..... 6:05 pm

Shofar Sounding ..... 7:27 pm

Break-Fast

## SUKKOT

### OCTOBER 13 - EREV SUKKOT SUNDAY

Evening Services ..... 7:05 pm

KIDDUSH IN THE SUKKAH

### OCTOBER 14 & 15 - SUKKOT (1ST DAY'S) MON/TUES

Morning Service ..... 9:15 am

KIDDUSH IN THE SUKKAH

Evening Services ..... 6:30 pm

### OCTOBER 20 - HOSHAANAH RABAH SUNDAY

Morning Services ..... 6:00 am

Evening Services ..... 6:15 pm

Kiddush & Mini Hakkafot Celebration ..... 7:45 pm

### OCTOBER 21 - SHEMINI ATZERET MONDAY

Morning Service ..... 9:15 am

Yizkor Service ..... 11:35 am

FOLLOWED BY A FINAL KIDDUSH IN THE SUKKAH

Mincha Service ..... 1:29 pm

Maariv Service ..... 7:10 pm

Giant Communal Hakkafot Celebration ..... 7:35 pm

### OCTOBER 22 - SIMCHAT TORAH TUESDAY

Morning Service ..... 9:15 am

Grand Simchat Torah Kiddush ..... 10:45 am

Communal Hakkafot Celebration ..... 11:45 am

Torah Reading & Communal Aliyot ..... 1:00 pm

Evening Services ..... 6:20 pm

## PURIM

### MARCH 9 - FAST OF ESTHER MONDAY

Fast Begins ..... 6:10 am

Shachrit ..... 6:40 am & 6:50 am

Mincha ..... 6:35 pm

Maariv ..... 7:35 pm

Fast ends ..... 7:46 pm

Megillah Reading ..... 7:55 pm

### MARCH 10 - PURIM DAY TUESDAY

Morning Service ..... 6:38 am & 7:00 am

Megillah Reading ..... 6:58 am & 7:35 am

Late Megillah Readings begin ..... 4:45 pm

Grand Purim feast ..... 5:30 pm

## PESACH

### APRIL 7 - TUESDAY

Search for Chometz ..... 8:22 pm

### APRIL 8 - EREV PESACH WEDNESDAY

Morning Service ..... 6:40 am & 7:00 am

First Born Siyum ..... 7:10 am & 8:00 am

Eat Chometz until ..... 11:06 am

Burn Chometz until ..... 12:13 am

Evening Services ..... 7:30 pm

Midnight/Chatzos (Afikoman) ..... 1:18 am

### APRIL 9-10 - PESACH (1ST DAY'S) THURSDAY-FRIDAY

Morning Service ..... 9:15 am

Evening Services ..... 7:45 pm

### APRIL 14 - EREV YOM TOV TUESDAY

Evening Services ..... 7:55 pm

Late night learning ..... 11:59 pm - 4:56 am

### APRIL 15 - PESACH (7TH DAY) WEDNESDAY

Morning Service ..... 9:15 am

Mincha Service ..... 7:55 pm

FOLLOWED BY GUEST LECTURE & MAARIV SERVICE

### APRIL 16 - PESACH (FINAL DAY) THURSDAY

Morning Service ..... 9:15 am

Yizkor Service ..... 11:35 am

Mincha Service ..... 6:15 pm

Mystical Moshiah Feast ..... 6:40 pm

FOLLOWED BY MAARIV SERVICE

Passover Ends ..... 8:48 pm

## SHAVUOT

### MAY 28 - EREV SHAVUOT THURSDAY

Evening Services ..... 8:40 pm

All Night Learning ..... 11:59 pm - 3:36 am

### MAY 29 - 1ST DAY SHAVUOT FRIDAY

Morning Service ..... 9:15 am

Ten Commandments ..... 10:45 am

Evening Services ..... 8:40 pm

### MAY 30 - 2ND DAY SHAVUOT SHABBAT

Morning Service ..... 9:15 am

Yizkor Service ..... 11:35 am

Mincha Service ..... 7:35 pm

Holiday Closing Farbrengen ..... 7:55 pm

FOLLOWED BY MAARIV SERVICE

Shavuot ends ..... 9:45 pm



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