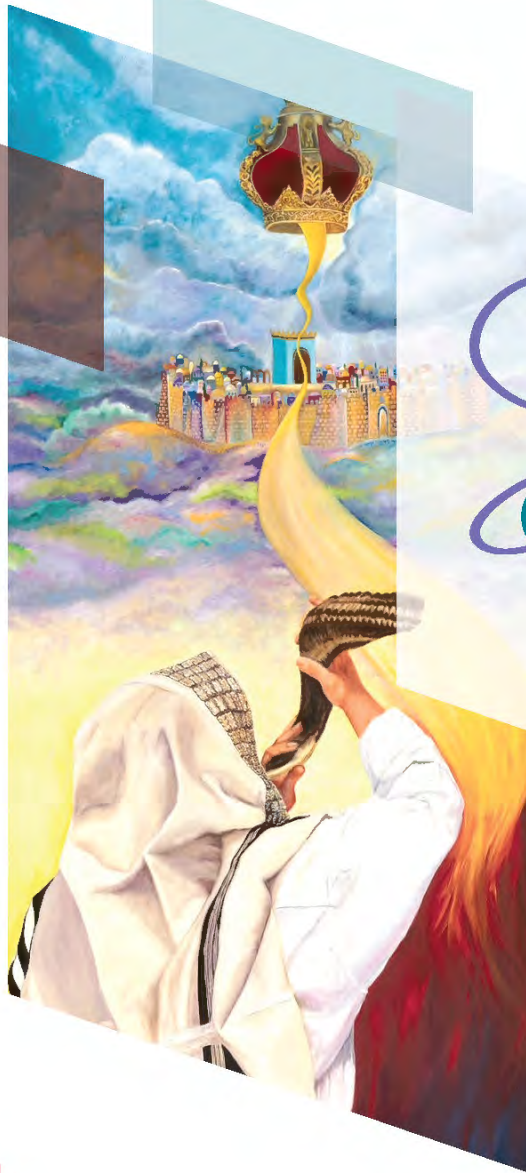




ALEPH INSTITUTE
No One Alone,
No One Forgotten.

Jewish **5785** **CALENDAR** 2024/2025



ALEPH INSTITUTE
Hyman and Martha Rogal Center

5804 Beacon Street, Pittsburgh, PA 15217-2004
412-421-0111 | FAX: 412-774-2617 | info@alephne.org
www.AlephNE.org



THIS CALENDAR IS
DEDICATED TO THE
LUBAVITCHER REBBE O.B.M.,
RABBI MENACHEM M. SCHNEERSOHN

His personal devotion to each and every individual Jew as well as his dedication to G-d and His Torah, continue to inspire the Aleph Institute North East Region.

Greetings and Blessings,

Welcome to the Annual Jewish Calendar, a cherished resource of important information and support for what promises to be a beautiful year ahead.

This past year, on October 7, 2024, we endured the Simchas Torah Pogrom, a devastating event that marred one of the most joyous days of our calendar, a calamity not seen since the Holocaust. While we must mourn this loss – the Torah designates specific days throughout the year for mourning – when Simchas Torah arrives, we must be strong and celebrate the blessings and joy of the day, despite the difficulty. We will, because we, the Jewish people, are resilient; Am Yisroel is special.

We pray daily for the coming of Moshiach, who will usher in an era free from hatred, pain, and suffering. Our rabbis remind us that through Torah study and the performance of one more mitzvah (good deed), we can help bring that day closer.

At Aleph Institute, we have resources to help you achieve both. Please reach out to our office, and we will gladly provide you with the materials you need.

May this coming year be blessed, filled with revealed goodness, and may we celebrate with our families in peace and harmony.

Shana Tova (a good year),

Rabbi Moishe Mayir Vogel

Executive Director

Shanah Tovah!

Wishing the Jewish Community a Happy,
Healthy and Sweet New Year!

The Board, staff, Rabbis, and volunteers at the Aleph Institute
take this opportunity to wish you and your family a Happy
and Healthy New Year.

May this year bring you health and happiness, may it be a
year of fruition of your dreams and aspirations.

Board:

- Marty Davis – Chairman
- Bill Rudolph
- Neil Notkin
- Estelle Comay, Esq.
- Eytan Rosenthal
- Jon Pushinsky Esq.
- Jim Lieber Esq.
- Charles Perlow Esq.

Staff:

- Rabbi Moishe Mayir Vogel –
Executive Director
- Judy Dannenberg
- Lisa Diadoti
- Andi Fischhoff
- Mendel Hashimi
- Rivka Marcus
- Sally Rafson
- Nechami Vogel
- Yechiel Vogel

Rabbis:

- Yisroel Baumgarten
- Mendy Cohen
- Brian Cynamon
- Arkie Engle
- Zalman Gurevitz
- Naftoli Goldschmid
- Dovid Kivman
- Yirmiyahu Lerner
- Mendel Lipskar
- Abby Mendelson
- Shloime Sirota
- Shlomo Silverman
- Shmuel Posin
- Tzvi Perlman
- Yisroel Pfeffer
- Tzvi Seliger
- Yechiel Vogel
- Manis Weingarten
- Eli Wilansky

Volunteers:

- Laura Ehlman
- Andi Fischhoff
- Katy Holmes
- Avrohom Huebner
- David Korman
- Amy Korman
- Alan Myers
- Sam Posin
- Mark Rosenson

5786 תשפ"ו

JEWISH HOLIDAYS 5786

ROSH HASHANA Monday Eve – Wednesday **SEPTEMBER 22 - 24, 2025**
YOM KIPPUR Wednesday Eve – Thursday **OCTOBER 1 - 2**
SUKKOT Monday Eve – Monday **OCTOBER 6 - 13**
SHEMINI ATZERET - SIMCHATTORAH Monday Eve – Wednesday **OCTOBER 13 -15**
CHANUKAH Sunday Eve – Monday **DECEMBER 14 - 22**
PURIM Monday Eve – Tuesday **MARCH 2 - 3, 2026**
PASSOVER Wednesday Eve – Thursday **APRIL 1 - 9**
SHAVUOT Thursday Eve – Saturday **MAY 21 - 23**

NOVEMBER 2025

CHESHVAN - KISLEV 5786

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10 Cheshvan Lech Lecha Shabbat Ends: 6:58 PM
2 11 Cheshvan DST Ends	3 12 Cheshvan	4 13 Cheshvan	5 14 Cheshvan	6 15 Cheshvan	7 16 Cheshvan	8 17 Cheshvan Vayeira Candle Lighting: 4:51 PM Shabbat Ends: 5:51 PM
9 18 Cheshvan	10 19 Cheshvan	11 20 Cheshvan Veterans Day	12 21 Cheshvan	13 22 Cheshvan	14 23 Cheshvan	15 24 Cheshvan Blessing of the New Month Chayei Sarah Candle Lighting: 4:45 PM Shabbat Ends: 5:45 PM
16 25 Cheshvan	17 26 Cheshvan	18 27 Cheshvan	19 28 Cheshvan	20 29 Cheshvan	21 1 Kislev Rosh Chodesh	22 2 Kislev Toldot Candle Lighting: 4:40 PM Shabbat Ends: 5:41 PM
23 3 Kislev	24 4 Kislev	25 5 Kislev	26 6 Kislev	27 7 Kislev Thanksgiving	28 8 Kislev	29 9 Kislev Vayetzai Candle Lighting: 4:37 PM Shabbat Ends: 5:39 PM
30 10 Kislev						

Moad: Thursday 11:20 AM - 1:38 PM (10:45 AM - 12:00 PM)

OCTOBER 2025

TISHREI - CHESHVAN 5786

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9 Tishrei Yom Kippur Eve Candle Lighting: 6:43 PM	2 10 Tishrei Yom Kippur Yizkor Shabbat Ends: 7:40 PM	3 11 Tishrei	4 12 Tishrei Ha'azinu Shabbat Ends: 7:37 PM
5 13 Tishrei	6 14 Tishrei Sukkot Eve Candle Lighting: 6:35 PM	7 15 Tishrei Sukkot Candle Lighting: after 7:32 PM	8 16 Tishrei Sukkot Holiday Ends: 7:30 PM	9 17 Tishrei Sukkot 1 st Intermediate Day Candle Lighting: 6:29 PM	10 18 Tishrei Sukkot 2 nd Intermediate Day	11 19 Tishrei Sukkot 3 rd Intermediate Day Shabbat Ends: 7:26 PM
12 20 Tishrei Sukkot 4 th Intermediate Day	13 21 Tishrei Sukkot Hoshana Rabba Columbus Day Candle Lighting: 6:24 PM	14 22 Tishrei Shemini Atzeret Yizkor Candle Lighting: after 7:21 PM	15 23 Tishrei Simchat Torah Holiday Ends: 7:20 PM	16 24 Tishrei	17 25 Tishrei	18 26 Tishrei Blessing of the New Month Bereishit Shabbat Ends: 7:16 PM
19 27 Tishrei	20 28 Tishrei	21 29 Tishrei	22 30 Tishrei Rosh Chodesh	23 1 Cheshvan Rosh Chodesh	24 2 Cheshvan	25 3 Cheshvan Noach Candle Lighting: 6:08 PM Shabbat Ends: 7:06 PM
26 4 Cheshvan	27 5 Cheshvan	28 6 Cheshvan	29 7 Cheshvan	30 8 Cheshvan	31 9 Cheshvan Candle Lighting: 5:59 PM	

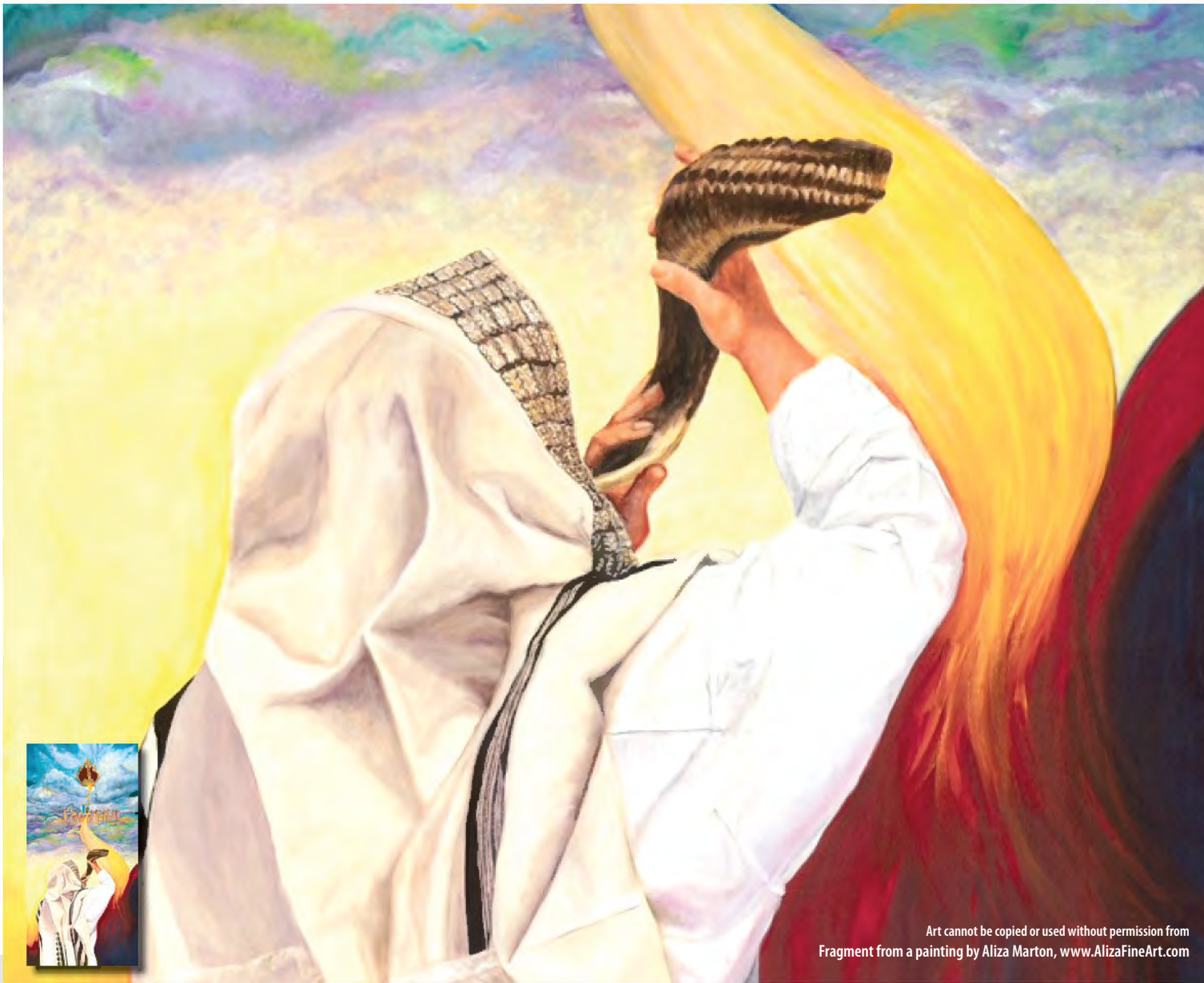
Moad: Wednesday 10:22 AM - 12:51 PM (9:45 AM - 11:14 AM)

DECEMBER 2025

KISLEV - TEVET 5786

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 11 Kislev	2 12 Kislev	3 13 Kislev	4 14 Kislev	5 15 Kislev	6 16 Kislev Vayishlach Shabbat Ends: 5:38 PM
7 17 Kislev	8 18 Kislev	9 19 Kislev Yud Tes Kislev	10 20 Kislev	11 21 Kislev	12 22 Kislev Candle Lighting: 4:35 PM	13 23 Kislev Blessing of the New Month Vayeishev Shabbat Ends: 5:39 PM
14 24 Kislev	15 25 Kislev Chanukah	16 26 Kislev Chanukah	17 27 Kislev Chanukah	18 28 Kislev Chanukah	19 29 Kislev Chanukah Candle Lighting: 4:38 PM	20 30 Kislev Chanukah Rosh Chodesh Mikeitz Shabbat Ends: 5:41 PM
21 1 Tevet Chanukah Rosh Chodesh 8 th Light Tonight	22 2 Tevet Chanukah	23 3 Tevet	24 4 Tevet	25 5 Tevet	26 6 Tevet Candle Lighting: 4:41 PM	27 7 Tevet Vayigash Shabbat Ends: 5:45 PM
28 8 Tevet	29 9 Tevet	30 10 Tevet Tenth Tevet Fast Day 6:10 AM - 5:34 PM	31 11 Tevet			

Moad: Shabbat 11:20 AM - 1:37 PM (10:45 AM - 12:00 PM)



SEPTEMBER 2024

MENACHEM AV - ELUL

THE SHOFAR

Elul is the month preceding Rosh Hashanah and serves as a bridge from one year to the next. It is a time to reflect on the past and prepare for the upcoming year on the Jewish calendar. We blow the shofar daily during the month of Elul, a powerful call to open our hearts. The shofar is the cry of our soul, yearning to reconnect with our Creator. The sound of the shofar reminds us to increase our Teshuva (repentance), Tefilah (prayer), and Tzedaka (charity). It urges us to mend past mistakes and dedicate ourselves to a better future. The soul-stirring sounds of the shofar inspire us to come closer to G-d and remind us of the transformative potential within each of us.

The Torah calls Rosh Hashanah the “day of the shofar blast.” The central mitzvah of Rosh Hashanah (the Jewish New Year) is to hear the shofar being blown—ideally as part of the prayer service in the synagogue.

Art cannot be copied or used without permission from
 Fragment from a painting by Aliza Marton, www.AlizaFineArt.com

THIS MONTH AT A GLANCE

Sept. 2	Monday	Labor Day
Sept. 3-4	Tue.-Wed.	Rosh Chodesh
Sept. 21	Saturday	Chai Elul
Sept. 28	Saturday	Selichot

** Religious Work Proscription/Non-Working Day

DOROTHY'S PROGRAM

Aleph volunteers visit patients in state hospitals, long-term medical facilities, nursing homes, and private homes. Patients receive visits as well as the necessary provisions for the holidays.

**IF YOU WOULD LIKE TO VOLUNTEER
 PLEASE EMAIL INFO@ALEPHNE.ORG**



CHAPLAINS - PLEASE MAKE SURE WE HAVE YOUR EMAIL ADDRESS!

Information about our programs and free offerings are sent via email. If you don't have email in the prison, please provide Aleph with a personal email address or the email address of another prison employee who can print out and give you the emails.

To update us with your email address, please email info@alephne.org

SEPTEMBER 2024

AV - ELUL 5784

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																																													
1 28 Av	2 29 Av Labor Day	3 30 Av Rosh Chodesh	4 1 Elul Rosh Chodesh	5 2 Elul	6 3 Elul	7 4 Elul Avot 1 Shoftim Candle Lighting: 7:25 PM  Shabbat Ends: 8:22 PM																																																													
8 5 Elul	9 6 Elul	10 7 Elul	11 8 Elul	12 9 Elul	13 10 Elul	14 11 Elul Avot 2 Ki Teitzei Candle Lighting: 7:13 PM  Shabbat Ends: 8:10 PM																																																													
15 12 Elul	16 13 Elul	17 14 Elul	18 15 Elul	19 16 Elul CHAI ELUL Chai Elul is celebrated by the Chassidic community as the birthday of the "two great luminaries": Rabbi Israel Baal Shem Tov, the founder of Chasidism, and Rabbi Schneur Zalman of Liadi, the founder of Chabad.		20 17 Elul 18 Elul Chai Elul Avot 3 & 4 Ki Tavo Candle Lighting: 7:01 PM  Shabbat Ends: 7:58 PM																																																													
22 19 Elul	23 20 Elul	24 21 Elul	25 22 Elul	26 23 Elul	27 24 Elul	28 25 Elul Selichot Tonight Avot 5 & 6 Nitzavim - Vayeilech Candle Lighting: 6:50 PM  Shabbat Ends: 7:46 PM																																																													
29 26 Elul	30 27 Elul	Candle Lighting Times <table border="1"> <tr> <td>Montpelier</td> <td>Boston</td> <td>NYC</td> <td>New Haven</td> <td>Augusta</td> <td>Manchester/NH</td> </tr> <tr> <td>9/6 6:58</td> <td>6:51</td> <td>7:01</td> <td>6:57</td> <td>6:47</td> <td>6:53</td> </tr> <tr> <td>9/13 6:46</td> <td>6:39</td> <td>6:49</td> <td>6:45</td> <td>6:34</td> <td>6:40</td> </tr> <tr> <td>9/20 6:32</td> <td>6:26</td> <td>6:37</td> <td>6:33</td> <td>6:21</td> <td>6:28</td> </tr> <tr> <td>9/27 6:19</td> <td>6:14</td> <td>6:26</td> <td>6:21</td> <td>6:08</td> <td>6:15</td> </tr> </table> <p>Shabbat ends on Saturday approximately 65 minutes after listed times.</p>		Montpelier	Boston	NYC	New Haven	Augusta	Manchester/NH	9/6 6:58	6:51	7:01	6:57	6:47	6:53	9/13 6:46	6:39	6:49	6:45	6:34	6:40	9/20 6:32	6:26	6:37	6:33	6:21	6:28	9/27 6:19	6:14	6:26	6:21	6:08	6:15	Candle Lighting Times <table border="1"> <tr> <td>Cincinnati</td> <td>Columbus</td> <td>Pittsburgh</td> <td>Harrisburg</td> <td>Philadelphia</td> <td>Trenton</td> </tr> <tr> <td>9/6 7:40</td> <td>7:36</td> <td>7:25</td> <td>7:12</td> <td>7:05</td> <td>7:04</td> </tr> <tr> <td>9/13 7:29</td> <td>7:25</td> <td>7:13</td> <td>7:01</td> <td>6:54</td> <td>6:52</td> </tr> <tr> <td>9/20 7:17</td> <td>7:13</td> <td>7:01</td> <td>6:49</td> <td>6:42</td> <td>6:41</td> </tr> <tr> <td>9/27 7:06</td> <td>7:02</td> <td>6:50</td> <td>6:37</td> <td>6:31</td> <td>6:29</td> </tr> </table> <p>Shabbat ends on Saturday approximately 65 minutes after listed times.</p>		Cincinnati	Columbus	Pittsburgh	Harrisburg	Philadelphia	Trenton	9/6 7:40	7:36	7:25	7:12	7:05	7:04	9/13 7:29	7:25	7:13	7:01	6:54	6:52	9/20 7:17	7:13	7:01	6:49	6:42	6:41	9/27 7:06	7:02	6:50	6:37	6:31	6:29	<p>Shabbat & Jewish holidays start at Sundown.</p> <p>The times listed might not be accurate for your location. Please check the Candle Lighting times for your area at www.AlephNE.org/CandleLighting</p>	<p>DISCOUNT PRICING ON BOOKS & MATERIALS FOR INMATES AND CHAPLAINS</p>  <p>AVAILABLE AT HAMAFITZ.COM</p>
Montpelier	Boston	NYC	New Haven	Augusta	Manchester/NH																																																														
9/6 6:58	6:51	7:01	6:57	6:47	6:53																																																														
9/13 6:46	6:39	6:49	6:45	6:34	6:40																																																														
9/20 6:32	6:26	6:37	6:33	6:21	6:28																																																														
9/27 6:19	6:14	6:26	6:21	6:08	6:15																																																														
Cincinnati	Columbus	Pittsburgh	Harrisburg	Philadelphia	Trenton																																																														
9/6 7:40	7:36	7:25	7:12	7:05	7:04																																																														
9/13 7:29	7:25	7:13	7:01	6:54	6:52																																																														
9/20 7:17	7:13	7:01	6:49	6:42	6:41																																																														
9/27 7:06	7:02	6:50	6:37	6:31	6:29																																																														

Molad: Tishrei - Thursday - 10/3 at 3:21 (13 chaalakim) AM



Art by Ilan Block, www.IlanBlock.com

OCTOBER

ELUL 5784 - TISHREI 5785

HIGH HOLIDAY SEASON

Three times a year, Jews would gather in Jerusalem at the Beit Hamikdash for the pilgrimage festivals of Pesach, Shavuot, and Sukkot, known as the Shalosh Regalim. These gatherings were times to renew and strengthen connection to G-d and community. Many Jews would arrive in Jerusalem before Rosh Hashanah to spend the High Holy Days in the Beit Hamikdash. Yom Kippur, the Day of Atonement, the holiest day on the Jewish calendar, had a unique status as the one day of the year the High Priest entered the Kodesh Hakedashim, the most sacred room of the Temple. After Yom Kippur, the streets and homes in Jerusalem would be lit up with oil lamps and candles to signify our faith in an upcoming year full of blessings and joy. Today, many synagogues conclude Yom Kippur with singing and dancing to signify that same hope.

THIS MONTH AT A GLANCE

Oct. 3-4	Thu.-Fri.	Rosh Hashanah **
Oct. 6	Sunday	Fast of Gedalia (fast day)
Oct. 12	Saturday	Yom Kippur **
Oct. 17-18	Thu.-Fri.	Sukkot **
Oct. 19-23	Sat.-Wed.	Sukkot
Oct. 24	Thursday	Shemini Atzeret **
Oct. 25	Friday	Simchat Torah **

** Religious Work Proscription/Non-Working Day

LIBRARY PROGRAM

Our library gives inmates access to religious texts. Please talk to the Rabbis for a guiding hand on what to read.

BOOKS & RELIGIOUS MATERIALS

Contact our office for a Jewish handbook, Siddur, Torah, Tzitzit, Tefilin and Kippa.



REMIND YOUR CHAPLAINS TO ORDER RELIGIOUS MATERIALS FOR THE HIGH HOLIDAYS!

Aleph sends these materials free of charge for institutions with no budgets. Chaplains can email orders to info@alephne.org.



OCTOBER 2024

ELUL 5784 - TISHREI 5785

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Candle Lighting Times						
	Montpelier	Boston	NYC	New Haven	Augusta	Manchester NH
10/2	6:10	6:05	6:17	6:13	5:59	6:06
10/3	7:09	7:03	7:14	7:10	6:58	7:05
10/4	6:07	6:02	6:14	6:10	5:55	6:03
10/11	5:54	5:50	6:03	5:58	5:43	5:51
10/16	5:46	5:42	5:55	5:50	5:34	5:43

Candle Lighting Times						
	Cincinnati	Columbus	Pittsburgh	Harrisburg	Philadelphia	Trenton
10/2	6:58	6:54	6:41	6:29	6:22	6:21
10/3	7:56	7:50	7:38	7:26	7:19	7:17
10/4	6:55	6:51	6:38	6:26	6:19	6:17
10/11	6:44	6:40	6:27	6:15	6:08	6:06
10/16	6:37	6:32	6:19	6:07	6:01	5:59

cont. in the next square

1 28 Elul

2 29 Elul
Rosh Hashanah Eve

3 1 Tishrei
Rosh Hashanah

4 2 Tishrei
Rosh Hashanah

5 3 Tishrei
Shabbat Shuva

ROSH HASHANA
Rosh Hashanah is the birthday of the universe, the day G-d created Adam and Eve, and it is celebrated as the head of the Jewish year.

Candle Lighting: 6:41 PM Candle Lighting: after 7:38 PM Candle Lighting: 6:38 PM Shabbat Ends: 7:35 PM

6 4 Tishrei
Fast of Gedalia
5:57 AM - 7:20 PM

7 5 Tishrei

8 6 Tishrei

9 7 Tishrei

10 8 Tishrei

11 9 Tishrei
Yom Kippur Eve

12 10 Tishrei
Yom Kippur
Yizkor

FAST OF GEDALIA
We abstain from food and drink from dawn to nightfall; selichot prayers are included in the morning prayer. Arrange for Sack Dinners from Your Chaplain! Contact Us If You Are Experiencing Problems Obtaining Them.

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

Fast & Candle Lighting: 6:27 PM Fast & Yom Kippur Ends: 7:24 PM

13 11 Tishrei

14 12 Tishrei
Columbus Day

15 13 Tishrei

16 14 Tishrei
Sukkot Eve

17 15 Tishrei
Sukkot

18 16 Tishrei
Sukkot

19 17 Tishrei
Sukkot
1st Intermediate Day

SUKKOT
The 7 days of Sukkot—celebrated by dwelling in the sukkah, taking the Four Kinds, & rejoicing—is the holiday when we expose ourselves to the elements in covered huts, commemorating G-d’s sheltering our ancestors as they traveled from Egypt to the Promised Land.

Candle Lighting: 6:19 PM Candle Lighting: after 7:17 PM Candle Lighting: 6:16 PM Shabbat Ends: 7:14 PM

20 18 Tishrei
Sukkot
2nd Intermediate Day

21 19 Tishrei
Sukkot
3rd Intermediate Day

22 20 Tishrei
Sukkot
4th Intermediate Day

23 21 Tishrei
Sukkot
Hoshana Rabbah

24 22 Tishrei
Shemini Atzeret
Yizkor

25 23 Tishrei
Simchat Torah

26 24 Tishrei
Blessing of the New Month
Bereishit

Candle Lighting: 6:09 PM Candle Lighting: after 7:07 PM Candle Lighting: 6:07 PM Shabbat Ends: 7:05 PM

27 25 Tishrei

28 26 Tishrei

29 27 Tishrei

30 28 Tishrei

31 29 Tishrei

Candle Lighting Times						
	Montpelier	Boston	NYC	New Haven	Augusta	Manchester NH
10/17	6:45	6:40	6:53	6:48	6:34	6:41
10/18	5:42	5:39	5:52	5:47	5:31	5:39
10/23	5:34	5:31	5:45	5:40	5:23	5:32
10/24	6:35	6:30	6:43	6:38	6:23	6:31
10/25	5:31	5:28	5:42	5:37	5:20	5:29

Shabbat ends on Sat. approx. 65 min. after listed times.

Candle Lighting Times						
	Cincinnati	Columbus	Pittsburgh	Harrisburg	Philadelphia	Trenton
10/17	7:35	7:29	7:17	7:05	6:58	6:56
10/18	6:34	6:29	6:16	6:04	5:58	5:56
10/23	6:27	6:22	6:09	5:57	5:51	5:49
10/24	7:26	7:20	7:07	6:55	6:48	6:47
10/25	6:25	6:20	6:07	5:55	5:48	5:46

Shabbat ends on Sat. approx. 65 min. after listed times.

Molad: Chesvan - Friday, 11/01 at 4:05 (14.chalakim) PM



Art by Ilan Block, www.IlanBlock.com

NOVEMBER

TISHREI - CHESHVAN

SHABBAT

Since Sarah our matriarch, Jewish women have been lighting Shabbat candles on Friday, eighteen minutes before sunset. For millennia, this profound act of faith and tradition ushers the holiness of Shabbat into the home. As the flames are kindled, an atmosphere of peace and tranquility pervades the home, inviting G-d's presence and blessing. These transformative moments are marked by quiet moments of individual prayer. The flickering light not only dispels physical darkness but also illuminates the spiritual darkness that can pervade our inner and outer worlds. This sacred practice highlights the essential role of women in cultivating an atmosphere of holiness, reflection, and shalom bayit - peace in the home. Each week, the Shabbat candles transition our homes from the mundane to the sacred, while fostering a sense of connection and tranquility.

THIS MONTH AT A GLANCE

Nov. 1-2	Fri.-Sat.	Rosh Chodesh
Nov. 3	Sunday	DST Ends
Nov. 11	Monday	Veterans Day
Nov. 28	Thursday	Thanksgiving Day

** Religious Work Proscription/Non-Working Day

Project Shifra

Connecting women, children, and their families to resources for managing stress, the household, finances, utilities and more. We also aims to strengthen the community, raise awareness of abuse and the importance of mental health.

RELIGIOUS COUNSELING FOR INMATES in need of spiritual guidance.

We also offer lectures and meetings at our Institution that are open to the public.

For a schedule or to get in touch with a Rabbi, please contact us.

NOVEMBER 2024

TISHREI - CHESHVAN 5785

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Candle Lighting Times

	Montpelier	Boston	NYC	New Haven	Augusta	Manchester NH
11/1	5:21	5:19	5:33	5:28	5:10	5:19
11/8	4:12	4:11	4:26	4:20	4:01	4:11
11/15	4:05	4:04	4:19	4:14	3:54	4:04
11/22	3:59	3:59	4:14	4:09	3:48	3:58
11/29	3:55	3:55	4:11	4:06	3:44	3:55

Shabbat ends on Sat. approx. 65 min. after listed times.

Candle Lighting Times


	Cincinnati	Columbus	Pittsburgh	Harrisburg	Philadelphia	Trenton
11/1	6:16	6:11	5:58	5:46	5:40	5:37
11/8	5:09	5:04	4:50	4:38	4:32	4:30
11/15	5:03	4:58	4:44	4:32	4:26	4:24
11/22	4:58	4:53	4:39	4:27	4:21	4:19
11/29	4:56	4:50	4:36	4:24	4:18	4:16

Shabbat ends on Sat. approx. 65 min. after listed times.

Do you know a Jewish inmate who is not a member of Aleph?

Please have them contact Aleph via phone, mail or email for an application.

1 30 Tishrei
Rosh Chodesh

Candle Lighting: 5:58 PM 

2 1 Cheshvan
Rosh Chodesh
Noach

Shabbat Ends: 6:56 PM

3 2 Cheshvan
DST Ends


4 3 Cheshvan

5 4 Cheshvan

6 5 Cheshvan

7 6 Cheshvan

8 7 Cheshvan

Candle Lighting: 4:50 PM 

9 8 Cheshvan
Lech Lecha

Shabbat Ends: 5:50 PM

10 9 Cheshvan


11 10 Cheshvan
Veterans Day

12 11 Cheshvan

13 12 Cheshvan

14 13 Cheshvan

15 14 Cheshvan

Candle Lighting: 4:44 PM 

16 15 Cheshvan
Vayaira

Shabbat Ends: 5:44 PM

17 16 Cheshvan


18 17 Cheshvan

19 18 Cheshvan

20 19 Cheshvan

21 20 Cheshvan

22 21 Cheshvan

Candle Lighting: 4:39 PM 

23 22 Cheshvan
Chayei Sarah

Shabbat Ends: 5:40 PM

24 23 Cheshvan


25 24 Cheshvan

26 25 Cheshvan

27 26 Cheshvan

28 27 Cheshvan
Thanksgiving Day

29 28 Cheshvan

Candle Lighting: 4:36 PM 

30 29 Cheshvan
Blessing of the New Month
Toldot

Shabbat Ends: 5:38 PM

Molad: Kislev - Sunday, 12/01 at 4:49 (15 chalaki) AM



Art by Ilan Block, www.ilanBlock.com

DECEMBER

CHESHVAN - KISLEV

CHANUKAH

Over 2,000 years ago, the Syrian-Greek empire sought to impose its culture and suppress Jewish practice and faith, but a small band of Jews, the Maccabees, stood up for G-d and their beliefs and miraculously triumphed. When they reclaimed the Holy Temple in Jerusalem, they found only enough pure oil to light the menorah for one day, yet it burned for eight days until new oil could be procured.

Two millennia later, in millions of Jewish homes worldwide, we kindle our menorahs as a reminder that light always triumphed over darkness. The menorah is a symbol of Jewish faith, a reminder that regardless of the darkness surrounding us, we can add light, one candle, one moment at a time. Each of us must be a menorah and illuminate the world with acts of goodness and kindness.

THIS MONTH AT A GLANCE

Dec. 1-2	Sun.-Mon.	Rosh Chodesh
Dec. 20	Friday	Yud Tes Kislev
Dec. 26-31	Thu.-Fri.	Chanukah
Dec. 31	Tuesday	Rosh Chodesh

** Religious Work Proscription/Non-Working Day

CHANUKAH GELT PROGRAM

We offer Chanukah gelt and toys to the the children of inmates in PA, MD, WV, OH and NJ for Aleph Members. Interested? Please fill out a 'Chanukah Gelt Program Form' which can be found on our website, under "Holiday Program". If you are not an Aleph member, contact us for an application.

ALEPH OFFERS ASSISTANCE TO FAMILIES OF INMATES

This includes covering the cost of travel to visit. If you know a family that needs any kind of assistance, contact us: 412-421-0111 ext. 100 or email info@alephne.org


DECEMBER 2024






CHESHVAN - KISLEV 5785


SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 30 Cheshvan Rosh Chodesh	2 1 Kislev Rosh Chodesh	3 2 Kislev	4 3 Kislev	5 4 Kislev	6 5 Kislev	7 6 Kislev Vayeitzei Candle Lighting: 4:35 PM  Shabbat Ends: 5:38 PM
---	--------------------------------------	----------------------	----------------------	----------------------	----------------------	--

8 7 Kislev	9 8 Kislev	10 9 Kislev	11 10 Kislev	12 11 Kislev	13 12 Kislev	14 13 Kislev Vayishlach Candle Lighting: 4:36 PM  Shabbat Ends: 5:39 PM
----------------------	----------------------	-----------------------	------------------------	------------------------	------------------------	---

15 14 Kislev	16 15 Kislev	17 16 Kislev	18 17 Kislev YUD TES KISLEV During the month of Kislev, we remember Rabbi Schneur Zalman of Liadi, founder of Chabad Chassidism. He was imprisoned on false charges for his teachings of the Torah. He was interrogated and detained but ultimately cleared of all charges.	19 18 Kislev	20 19 Kislev Yud Tes Kislev	21 20 Kislev Chof Kislev Vayeishev Candle Lighting: 4:38 PM  Shabbat Ends: 5:42 PM
------------------------	------------------------	------------------------	--	------------------------	--	---

22 21 Kislev	23 22 Kislev	24 23 Kislev CHANUKAH Chanukah is the Jewish eight-day, wintertime “festival of lights,” celebrated with a nightly menorah lighting, special prayers and fried foods. The Hebrew word Chanukah means “dedication,” and is thus named because it celebrates the rededication of the Holy Temple.	25 24 Kislev 1 st Light Tonight ----- 	26 25 Kislev Chanukah 2 nd Light Tonight ----- 	27 26 Kislev Chanukah 3 rd Light Tonight -----  Candle Lighting: 4:42 PM 	28 27 Kislev Chanukah Blessing of the New Month Mikeitz 4 th Light Tonight -----  Shabbat Ends: 5:46 PM
------------------------	------------------------	--	--	--	--	---

29 28 Kislev Chanukah 5 th Light Tonight ----- 	30 29 Kislev Chanukah 6 th Light Tonight ----- 	31 30 Kislev Chanukah Rosh Chodesh 7 th Light Tonight ----- 	Shabbat & Jewish holidays start at Sundown. The times listed might not be accurate for your location. Please check the Candle Lighting times for your area at www.AlephNE.org/CandleLighting	Candle Lighting Times <table border="1"> <tr> <th></th> <th>Montpelier</th> <th>Boston</th> <th>NYC</th> <th>New Haven</th> <th>Augusta</th> <th>Manchester NH</th> </tr> <tr> <td>12/6</td> <td>3:53</td> <td>3:54</td> <td>4:10</td> <td>4:04</td> <td>3:42</td> <td>3:53</td> </tr> <tr> <td>12/13</td> <td>3:54</td> <td>3:54</td> <td>4:11</td> <td>4:05</td> <td>3:42</td> <td>3:54</td> </tr> <tr> <td>12/20</td> <td>3:56</td> <td>3:56</td> <td>4:13</td> <td>4:07</td> <td>3:45</td> <td>3:56</td> </tr> <tr> <td>12/27</td> <td>4:00</td> <td>4:01</td> <td>4:17</td> <td>4:12</td> <td>3:49</td> <td>4:00</td> </tr> </table> <p>Shabbat ends on Saturday approximately 65 minutes after listed times.</p>		Montpelier	Boston	NYC	New Haven	Augusta	Manchester NH	12/6	3:53	3:54	4:10	4:04	3:42	3:53	12/13	3:54	3:54	4:11	4:05	3:42	3:54	12/20	3:56	3:56	4:13	4:07	3:45	3:56	12/27	4:00	4:01	4:17	4:12	3:49	4:00	Candle Lighting Times <table border="1"> <tr> <th></th> <th>Grandma</th> <th>Columbus</th> <th>Pittsburgh</th> <th>Harrisburg</th> <th>Philadelphia</th> <th>Trenton</th> </tr> <tr> <td>12/6</td> <td>4:55</td> <td>4:49</td> <td>4:35</td> <td>4:23</td> <td>4:17</td> <td>4:15</td> </tr> <tr> <td>12/13</td> <td>4:56</td> <td>4:50</td> <td>4:36</td> <td>4:24</td> <td>4:18</td> <td>4:16</td> </tr> <tr> <td>12/20</td> <td>4:58</td> <td>4:52</td> <td>4:38</td> <td>4:26</td> <td>4:21</td> <td>4:18</td> </tr> <tr> <td>12/27</td> <td>5:02</td> <td>4:56</td> <td>4:42</td> <td>4:31</td> <td>4:25</td> <td>4:22</td> </tr> </table> <p>Shabbat ends on Saturday approximately 65 minutes after listed times.</p>		Grandma	Columbus	Pittsburgh	Harrisburg	Philadelphia	Trenton	12/6	4:55	4:49	4:35	4:23	4:17	4:15	12/13	4:56	4:50	4:36	4:24	4:18	4:16	12/20	4:58	4:52	4:38	4:26	4:21	4:18	12/27	5:02	4:56	4:42	4:31	4:25	4:22
	Montpelier	Boston	NYC	New Haven	Augusta	Manchester NH																																																																					
12/6	3:53	3:54	4:10	4:04	3:42	3:53																																																																					
12/13	3:54	3:54	4:11	4:05	3:42	3:54																																																																					
12/20	3:56	3:56	4:13	4:07	3:45	3:56																																																																					
12/27	4:00	4:01	4:17	4:12	3:49	4:00																																																																					
	Grandma	Columbus	Pittsburgh	Harrisburg	Philadelphia	Trenton																																																																					
12/6	4:55	4:49	4:35	4:23	4:17	4:15																																																																					
12/13	4:56	4:50	4:36	4:24	4:18	4:16																																																																					
12/20	4:58	4:52	4:38	4:26	4:21	4:18																																																																					
12/27	5:02	4:56	4:42	4:31	4:25	4:22																																																																					

Molad: Tevet - Monday, 17/30 at 5:33 (16 chalakim) PM



Art by Raizel Schapiro, info@RaizelSchapiroArt.com
instagram.com/raizel_schapiro_art

JANUARY 2025

TEVET - SHEVAT

MEZUZAH

The mezuzah, a handwritten scroll containing the Shema, is affixed to the right doorpost. It designates our home as Jewish. Symbolizing G-d's watchful eye upon us, the mezuzah provides protection for its inhabitants, wherever they may be.

The decorative case containing the mezuzah scroll is just that: a mere container. What's important is the scroll, upon which the first two sections of the Shema are handwritten. Beginning with the eternal words "Hear o Israel, the L-rd is our G-d, the L-rd is One," these selections contain G-d's instruction to affix the mezuzah. "You shall write them on the doorposts of your house and on your gates."

These words are handwritten by an expert scribe who is trained in the many laws involved in writing a mezuzah. Every single letter in the mezuzah must be properly formed. A single crack in the parchment or any omission can invalidate the entire scroll. A printed mezuzah is invalid.

THIS MONTH AT A GLANCE

Jan. 1	Wednesday	Rosh Chodesh
Jan. 1-2	Wed.-Thu.	Chanukah
Jan. 1	Wednesday	New Year's Day
Jan. 5	Sunday	Hey Tevet
Jan. 10	Friday	Asara BeTevet (Fast Day)
Jan. 20	Monday	MLK Day
Jan. 30	Thursday	Rosh Chodesh

** Religious Work Proscription/Non-Working Day

KIDDUSH PROGRAM

Kiddush on Shabbat is an important Jewish ritual practiced weekly. We provide grape juice and matzah for institutions with Jewish inmates who wish to practice their faith. Please contact our office to sign up.

ALEPH OFFERS 25 CORRESPONDENCE COURSES ON MANY JEWISH TOPICS!

Email us or send a letter to the address below to request a correspondence course.

Aleph Institute - Correspondence Course
5804 Beacon Street, Pittsburgh, PA 15217

JANUARY 2025

TEVET - SHEVAT 5785

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Candle Lighting Times

	Montpelier	Boston	NYC	New Haven	Augusta	Manchester NH
1/3	4:06	4:06	4:23	4:17	3:55	4:06
1/10	4:14	4:14	4:30	4:24	4:02	4:13
1/17	4:22	4:22	4:38	4:32	4:11	4:21
1/24	4:31	4:30	4:46	4:40	4:20	4:30
1/31	4:41	4:39	4:55	4:49	4:30	4:40

Shabbat ends on Sat. approx. 65 min. after listed times.

Candle Lighting Times

	Cincinnati	Columbus	Pittsburgh	Harrisburg	Philadelphia	Trenton
1/3	5:08	5:02	4:48	4:36	4:30	4:28
1/10	5:14	5:09	4:55	4:43	4:37	4:35
1/17	5:22	5:16	5:02	4:51	4:45	4:42
1/24	5:30	5:24	5:11	4:59	4:53	4:50
1/31	5:38	5:33	5:19	5:07	5:01	4:59

Shabbat ends on Sat. approx. 65 min. after listed times.

Our case workers are ready to help your loved ones cope with the challenges.

1 1 Tevet
Chanukah
Rosh Chodesh
New Year's Day

8th Light Tonight
○○○○○○○○

2 2 Tevet
Chanukah

3 3 Tevet

Candle Lighting: 4:48 PM 

4 4 Tevet
Vayigash

Shabbat Ends: 5:52 PM

5 5 Tevet

HEY TEVET

Tevet 5 is celebrated as a day of rejoicing in the Chabad-Lubavitch community. In 1987, U.S. Federal Court issued a decision in favor of Agudas Chassidei Chabad ("Union of Chabad Chassidim") regarding the ownership of the priceless library of the 6th Rebbe.

6 6 Tevet

7 7 Tevet


8 8 Tevet

9 9 Tevet

ASARAH B'TEVET

Fast of tevet Asarah B'Tevet is observed as a day of fasting, mourning and repentance. Arrange for Sack Dinners from Your Chaplain! Contact Us If You Are Experiencing Problems Obtaining Them.

10 10 Tevet
Fast of Asara BeTevet
6:11 AM - 5:43 PM

Candle Lighting: 4:55 PM 

11 11 Tevet
Vayechi

Shabbat Ends: 5:58 PM

12 12 Tevet

13 13 Tevet

14 14 Tevet

15 15 Tevet

16 16 Tevet

17 17 Tevet

Candle Lighting: 5:02 PM 

18 18 Tevet
Shemot

Shabbat Ends: 6:05 PM

19 19 Tevet

20 20 Tevet
MLK Day

21 21 Tevet

22 22 Tevet

23 23 Tevet

24 24 Tevet

Candle Lighting: 5:11 PM 

25 25 Tevet
Blessing of the New Month
Va'eira

Shabbat Ends: 6:13 PM

26 26 Tevet


27 27 Tevet

28 28 Tevet

29 29 Tevet

30 1 Shevat
Rosh Chodesh

31 2 Shevat

Candle Lighting: 5:19 PM 

CHAPLAINS - PLEASE MAKE SURE WE HAVE YOUR EMAIL ADDRESS!



Art by Ilan Block, www.IlanBlock.com

FEBRUARY SHEVAT

TREE'S NEW YEAR

There are seven species of fruit and grain which the Torah mentions specifically in connection to the Land of Israel. Although Israel is famous for its produce, there is something unique about these seven species of wheat: barley, pomegranates, figs, dates, olives, and grapes.

These seven species can be categorized into grains and fruit from trees. Grains, the necessary fuel for our physical self, and fruits, which add pleasure to life, are both crucial. This is why they are included in the blessing for the land of Israel.

On the 15th of Shevat, the New Year for Trees, there is a custom to eat from each of the seven species, but we celebrate the five fruits that grow on trees, reminding us that we cultivate our own holy spaces through our mitzvot, we need to find the enjoyment and pleasure in our Jewish experiences.

THIS MONTH AT A GLANCE

Feb 8	Saturday	Yud Shevat
Feb. 13	Thursday	Tu B'Shevat
Feb. 17	Monday	Presidents Day
Feb. 28	Friday	Rosh Chodesh

** Religious Work Proscription/Non-Working Day

Ask Your Family & Friends to Support Aleph's Great Work by donating to The Aleph Institute!

Alephne.org/donate

CHESED Mentors and Mentees MENTORING PROGRAM

Mentors help inmates keep faith, have hope, and perspective. It can be hard to navigate and adapt to a new life style but our mentoring program makes that a little bit easier.

Mentors help inmates with the transition back into society, family, synagogue and community.

If you are interested in being a mentee or a mentor, please reach out to us at info@alephne.org.

FEBRUARY 2025

SHEVAT 5785

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Candle Lighting Times

	Montpelier	Boston	NYC	New Haven	Augusta	Manchester NH
2/7	4:51	4:49	5:03	4:58	4:40	4:49
2/14	5:01	4:58	5:12	5:07	4:49	4:58
2/21	5:10	5:07	5:20	5:15	4:59	5:07
2/28	5:20	5:15	5:28	5:24	5:08	5:16

Shabbat ends on Saturday approximately 65 minutes after listed times.

Candle Lighting Times

	Cincinnati	Columbus	Pittsburgh	Harrisburg	Philadelphia	Trenton
2/7	5:46	5:41	5:28	5:16	5:10	5:07
2/14	5:54	5:49	5:36	5:24	5:18	5:16
2/21	6:02	5:57	5:44	5:32	5:26	5:24
2/28	6:10	6:05	5:52	5:40	5:34	5:32

Shabbat ends on Saturday approximately 65 minutes after listed times.



CHAPLAINS - PLEASE MAKE SURE WE HAVE YOUR EMAIL ADDRESS!

Our case workers are ready to help your loved ones cope with the challenges.

Shabbat & Jewish holidays start at Sundown.

The times listed might not be accurate for your location. Please check the Candle Lighting times for your area at www.AlephNE.org/CandleLighting

1 3 Shevat

Bo

Shabbat Ends: 6:21 PM

2 4 Shevat

3 5 Shevat

4 6 Shevat

5 7 Shevat

6 8 Shevat


7 9 Shevat

8 10 Shevat

YUD SHEVAT

Yud Shevat is a most significant date on the chassidic calendar. It is the anniversary of the passing (yahrtzeit) of the sixth Lubavitcher Rebbe, Rabbi Yosef Yitzchak Schneersohn (1880–1950), of righteous memory.

Beshalach

Candle Lighting: 5:28 PM 

Shabbat Ends: 6:29 PM

9 11 Shevat

10 12 Shevat

11 13 Shevat

12 14 Shevat

13 15 Shevat

Tu B'Shevat


14 16 Shevat

15 17 Shevat

CHAMISHAH OSSER B'SHEVAT

The 15th of Shevat marks the beginning of a "new year" for trees. This day marks the season in which the earliest-blooming trees in the Land of Israel emerge from their winter sleep & begin a new fruit-bearing cycle.

Yitro

Candle Lighting: 5:36 PM 

Shabbat Ends: 6:37 PM

16 18 Shevat

17 19 Shevat

Presidents Day

18 20 Shevat

19 21 Shevat

20 22 Shevat

21 23 Shevat

22 24 Shevat

Blessing of the New Month

Mishpatim

Candle Lighting: 5:44 PM 

Shabbat Ends: 6:44 PM

23 25 Shevat

24 26 Shevat

25 27 Shevat

26 28 Shevat

27 29 Shevat

28 30 Shevat

Rosh Chodesh

Candle Lighting: 5:52 PM 

.Molad: Thursday, 2/27, at 7:02 (0.chalakim) P.M.



Art by Ilan Block, www.IlanBlock.com

MARCH

ADAR - NISSAN

PURIM

Joy is an essential part of Judaism. The Torah teaches, "Ivdu Et Hashem B'Simcha" —serve G-d with joy. The Talmud instructs that with the arrival of Adar, we must increase in our joy. But why does G-d want us to be happy?

There are many perspectives on life. We can see it as an endless monotony of days following one from the next. We can focus on the darkness and confusion, or we can see opportunities to help others, connect with G-d, and do good. When we choose to see these opportunities, joy naturally follows. This joy isn't just an emotion but a fundamental way to serve G-d and fulfill our purpose. By embracing this joyful outlook, we transform our lives and the world, fulfilling G-d's mandate to each of us.

THIS MONTH AT A GLANCE

Mar. 1	Saturday	Rosh Chodesh
Mar. 9	Sunday	DST Begins
Mar. 13	Thursday	Fast of Esther (Fast Day)
Mar. 14	Friday	Purim
Mar. 15	Monday	Shushan Purim
Mar. 30	Sunday	Rosh Chodesh

** Religious Work Proscription/Non-Working Day

Aleph offers advocacy assistance to inmates who need help with medical, religious, or discrimination issues.

Please write to us via letter or email us at info@alephne.org

REMIND CHAPLAINS TO FILL OUT PASSOVER ORDER FORM!

Every year, we ship more than 20 tons of Matzoh, grape juice, macaroons, gefilte fish, horseradish & other Passover items!

Don't be left out! Make sure your chaplain fills out and sends in an order form at alephne.org/programs, Holiday Programs, Passover and Matzah needs!



MARCH 2025

ADAR - NISSAN 5785

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

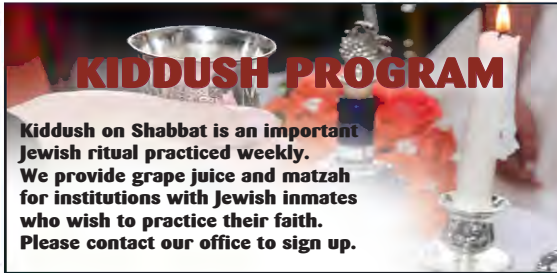
THURSDAY

FRIDAY

SATURDAY

Shabbat & Jewish holidays start at Sundown.

The times listed might not be accurate for your location. Please check the Candle Lighting times for your area at www.AlephNE.org/CandleLighting



KIDDUSH PROGRAM

Kiddush on Shabbat is an important Jewish ritual practiced weekly. We provide grape juice and matzah for institutions with Jewish inmates who wish to practice their faith. Please contact our office to sign up.

Candle Lighting Times

	Montpelier	Boston	NYC	New Haven	Augusta	Manchester NH
3/7	5:29	5:24	5:36	5:32	5:17	5:25
3/14	6:38	6:32	6:44	6:40	6:26	6:33
3/21	6:46	6:40	6:51	6:47	6:35	6:42
3/28	6:55	6:48	6:59	6:55	6:44	6:50

Shabbat ends on Saturday approximately 65 minutes after listed times.

Candle Lighting Times

	Cincinnati	Columbus	Pittsburgh	Harrisburg	Philadelphia	Trenton
3/7	6:17	6:13	6:00	5:48	5:41	5:40
3/14	7:24	7:20	7:08	6:56	6:49	6:47
3/21	7:31	7:27	7:15	7:03	6:56	6:54
3/28	7:38	7:34	7:22	7:10	7:03	7:02

Shabbat ends on Saturday approximately 65 minutes after listed times.

1 1 Adar
Rosh Chodesh

Terumah

Shabbat Ends: 6:52 PM

2 2 Adar


3 3 Adar

4 4 Adar

5 5 Adar

6 6 Adar

7 7 Adar

Candle Lighting: 6:00 PM 

8 8 Adar

Tetzaveh

Shabbat Ends: 7:00 PM


9 9 Adar
DST Begins

10 10 Adar

11 11 Adar

12 12 Adar

13 13 Adar
Fast of Esther
6:09 AM - 7:52 PM

14  14 Adar
Purim

15 15 Adar
Shushan Purim


Ki Tisa

FAST OF ESTHER

A fast is observed by all adults in commemoration of the three-day fast called at Esther's behest. Arrange for Sack Dinners from Your Chaplain!

PURIM

Customary observances include reading of the Megillah, which recounts the story of the Purim miracle; giving to the poor; sending gifts of food to friends; the Purim feast; and reciting the Al Hanissim prayer.

Candle Lighting: 7:08 PM 

Shabbat Ends: 8:07 PM

16 16 Adar


17 17 Adar

18 18 Adar

19 19 Adar

20 20 Adar

21 21 Adar

Candle Lighting: 7:15 PM 

22 22 Adar

Vayakhel

Shabbat Ends: 8:15 PM

23 23 Adar

30 1 Nissan
Rosh Chodesh

24 24 Adar


31 2 Nissan

25 25 Adar

26 26 Adar

27 27 Adar

28 28 Adar

Candle Lighting: 7:22 PM 

29 29 Adar
Blessing of the New Month

Pekudei

Shabbat Ends: 8:22 PM



Art by Ilan Block, www.IlanBlock.com

APRIL

NISSAN - IYAR

PASSOVER - SONG OF MIRIAM

Pesach commemorates the exodus from Egypt and the birth of the Jewish nation. Seven days after the Jews fled Egypt, they found themselves in a dire situation, with the Egyptian army in pursuit and the sea blocking their escape. In a truly miraculous act of salvation, G-d split the sea, creating a path for the Jewish nation to cross over safely. In gratitude for this extraordinary miracle, Moshe led the men in a song of thanks. But it was Miriam, the prophetess, who led the women in their own song, accompanied by tambourines. As they escaped slavery in Egypt, they had faith that there would be opportunities to dance, sing, and praise G-d, so they packed their tambourines in anticipation of their celebration. Miriam's song is a testament to the unwavering faith of Jewish women throughout history.

THIS MONTH AT A GLANCE

Apr. 12	Saturday	Passover Eve
Apr. 13-14	Sun.-Mon.	Passover **
Apr. 15-18	Tue.-Fri.	Passover
Apr. 19-20	Sat.-Sun.	Passover **
Apr. 28-29	Mon.-Tue.	Rosh Chodesh

** Religious Work Proscription/Non-Working Day

JEWISH CHAPLAINS CONFERENCE

The full schedule and details for our 2025
Chaplaincy Training program & annual
symposium are available online.

TO REGISTER & LEARN MORE:
WWW.ALEPHNE.ORG/CONFERENCE

ALTERNATIVE SENTENCING PROGRAM

Aleph works with the courts to provide an effective & meaningful alternative to the traditional criminal justice system by developing restorative programs while the offender continues to live at home and support their family. Contact us to learn more at info@alephne.org!

APRIL 2025

NISSAN - IYAR 5785

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Candle Lighting Times		Candle Lighting Times		1	3 Nissan	2	4 Nissan	3	5 Nissan	4	6 Nissan	5	7 Nissan
Montpelier Boston NYC New Haven Augusta Manchester NH	4/4 7:04 6:56 7:06 7:02 6:52 6:58 4/11 7:12 7:04 7:13 7:10 7:01 7:06 4/12 8:16 8:06 8:15 8:12 8:05 8:09 4/13 8:18 8:08 8:16 8:13 8:07 8:11	Montpelier Boston NYC New Haven Augusta Manchester NH	4/18 7:21 7:12 7:21 7:17 7:10 7:14 4/19 8:26 8:15 8:23 8:20 8:15 8:18 4/25 7:29 7:20 7:28 7:25 7:18 7:22										Vayikra Shabbat Ends: 8:30 PM
cont. in the next square		Shabbat ends on Saturday approximately 65 minutes after listed times.								Candle Lighting: 7:30 PM			
6	8 Nissan	7	9 Nissan	8	10 Nissan	9	11 Nissan	10	12 Nissan Taanit Bechorot	11	13 Nissan	12	14 Nissan Shabbat HaGadol Passover Eve 1 st Night Seder Tzav Eat Chametz until: 11:07 AM Destroy Chametz by: 12:14 PM Candle Lighting: after 8:38 PM
										Sell & Burn Chametz by: 12:14 PM Candle Lighting: 7:37 PM			
13	15 Nissan Passover 2 nd Night Seder Tonight Omer 1	14	16 Nissan Passover Tonight Omer 2	15	17 Nissan Passover 1 st Intermediate Day Tonight Omer 3	16	18 Nissan Passover 2 nd Intermediate Day Tonight Omer 4	17	19 Nissan Passover 3 rd Intermediate Day Tonight Omer 5	18	20 Nissan Passover 4 th Intermediate Day Tonight Omer 6	19	21 Nissan Passover Tonight Omer 7
<p>PASSOVER</p> <p>The eight-day festival of Passover commemorates the emancipation of the Israelites from slavery in ancient Egypt. Pesach is observed by avoiding leaven, and highlighted by the Seder meals that include four cups of wine, eating matzah and bitter herbs, and retelling the story of the Exodus.</p>													
Candle Lighting: after 8:39 PM		Holiday Ends: 8:40 PM								Candle Lighting: 7:44 PM		Candle Lighting: after 8:46 PM	
20	22 Nissan Passover Yizkor Tonight Omer 8	21	23 Nissan Tonight Omer 9	22	24 Nissan Tonight Omer 10	23	25 Nissan Tonight Omer 11	24	26 Nissan Tonight Omer 12	25	27 Nissan Tonight Omer 13	26	28 Nissan Tonight Omer 14 Blessing of the New Month Avot 1 Shemini
													Shabbat Ends: 8:54 PM
Holiday Ends: 8:47 PM										Candle Lighting: 7:51 PM			
27	29 Nissan Tonight Omer 15	28	30 Nissan Rosh Chodesh Tonight Omer 16	29	1 Iyar Rosh Chodesh Tonight Omer 17	30	2 Iyar Tonight Omer 18	Shabbat & Jewish holidays start at Sundown. The times listed might not be accurate for your location. Please check the Candle Lighting times for your area at www.AlephNE.org/CandleLighting		Candle Lighting Times		Candle Lighting Times	
										Cincinnati Columbus Pittsburgh Harrisburg Philadelphia Trenton	Cincinnati Columbus Pittsburgh Harrisburg Philadelphia Trenton		
										4/4 7:45 7:41 7:30 7:17 7:10 7:09 4/11 7:52 7:48 7:37 7:25 7:17 7:16 4/12 8:54 8:49 8:38 8:26 8:18 8:17 4/13 8:55 8:50 8:39 8:27 8:19 8:18	4/18 7:59 7:56 7:44 7:32 7:24 7:23 4/19 9:01 8:57 8:46 8:34 8:26 8:25 4/25 8:05 8:03 7:51 7:39 7:32 7:30		
										cont. in the next square		Shabbat ends on Saturday approximately 65 minutes after listed times.	



Art cannot be copied or used without permission from
Art by Aliza Marton, www.AlizaFineArt.com

MAY IYAR - SIVAN

MIKVAH - FAMILY PURITY

There's a building whose construction takes precedence over a synagogue. A synagogue may even be sold to raise funds for this building. This is a mikvah, a ritual pool of water constructed according to the exact specifications outlined in Jewish law. Immersion in a mikvah has the power to spiritually transform. The primary function of the mikvah today is its use in the observance of the Jewish "Family Purity" laws. These laws have the power to sanctify the most intimate aspects of our relationships, turning them into a vehicle for sacred blessing while reinforcing the bond between husband and wife and drawing G-d's presence into their home and family, blessing their relationship with holiness and peace.

THIS MONTH AT A GLANCE

May 12	Monday	Pesach Sheini
May 16	Friday	Lag BaOmer
May 19-20	Mon.-Tue.	Chaplain's Conference
May 26	Monday	Memorial Day
May 28	Wednesday	Rosh Chodesh

** Religious Work Proscription/Non-Working Day

ALEPH OFFERS FREE SUMMER CAMP FOR CHILDREN OF INCARCERATED PARENTS



Reach out via email or call
(412) 421-0111 to learn more!

RE-ENTRY PROGRAM

Being released from prison soon? Do you need help with food, clothing, a place to stay? Assistance is a call or an email away.

Call us at 412-421-0111 or
email info@alephne.org

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

ROSH HASHANAH

Please remind chaplains to put in an order for the upcoming holiday of Rosh Hashanah!

Forms can be found on AlephNE.org



Candle Lighting Times

	Montpelier	Boston	NYC	New Haven	Augusta	Manchester NH
5/2	7:38	7:27	7:35	7:32	7:27	7:30
5/9	7:46	7:35	7:43	7:40	7:35	7:38
5/16	7:54	7:42	7:50	7:47	7:43	7:46
5/23	8:01	7:49	7:56	7:53	7:50	7:53
5/30	8:08	7:55	8:02	7:59	7:57	7:59

Shabbat ends on Sat. approx. 65 min. after listed times.

Candle Lighting Times


	Cincinnati	Columbus	Pittsburgh	Harrisburg	Philadelphia	Trenton
5/2	8:12	8:10	7:59	7:46	7:39	7:38
5/9	8:19	8:17	8:06	7:53	7:46	7:45
5/16	8:26	8:23	8:13	8:00	7:52	7:51
5/23	8:32	8:29	8:19	8:06	7:59	7:58
5/30	8:37	8:35	8:25	8:12	8:04	8:03

Shabbat ends on Sat. approx. 65 min. after listed times.

To ensure that you continue to receive all Alephs' mailings and calendars, please email us or send a letter with your up-to-date address

1 3 Iyar
Tonight Omer 19

2 4 Iyar
Tonight Omer 20

Candle Lighting: 7:59 PM 

3 5 Iyar
Tonight Omer 21
Avot 2

Tazria - Metzora

Shabbat Ends: 9:02 PM

4 6 Iyar
Tonight Omer 22

CHAPLAINS CONFERENCE

Our annual Jewish Chaplains Conference will be held on May 11th & 12th. One can register for the conference and learn more about the program on our website at www.AlephNE.org/conference


5 7 Iyar
Tonight Omer 23

6 8 Iyar
Tonight Omer 24

7 9 Iyar
Tonight Omer 25

8 10 Iyar
Tonight Omer 26

9 11 Iyar
Tonight Omer 27

Candle Lighting: 8:06 PM 

10 12 Iyar
Tonight Omer 28
Avot 3

Acharei - Kedoshim

Shabbat Ends: 9:11 PM

11 13 Iyar
Tonight Omer 29
Mother's Day

12 14 Iyar
Pesach Sheini
Tonight Omer 30

PESACH SHEINI

This marks the day when someone who was unable to participate in the Passover offering in the proper time would observe the mitzvah exactly 1 month later. This day represents a "second chance".

13 15 Iyar
Tonight Omer 31

14 16 Iyar
Tonight Omer 32

15 17 Iyar
Tonight Omer 33


16 18 Iyar
Lag Ba'Omer
Tonight Omer 34

LAG B'OMER

Lag B'Omer celebrates the anniversary of the passing of the great sage and mystic Rabbi Shimon bar Yochai, author of the Zohar.

17 19 Iyar
Tonight Omer 35
Avot 4

Emor

Candle Lighting: 8:13 PM 

Shabbat Ends: 9:19 PM

18 20 Iyar
Tonight Omer 36


19 21 Iyar
Tonight Omer 37

20 22 Iyar
Tonight Omer 38

21 23 Iyar
Tonight Omer 39

22 24 Iyar
Tonight Omer 40

23 25 Iyar
Tonight Omer 41

Candle Lighting: 8:19 PM 

24 26 Iyar
Tonight Omer 42
Blessing of the New Month
Avot 5

Behar - Bechukotai

Shabbat Ends: 9:26 PM

25 27 Iyar
Tonight Omer 43

26 28 Iyar
Tonight Omer 44
Memorial Day

27 29 Iyar
Tonight Omer 45

28 1 Sivan
Rosh Chodesh
Tonight Omer 46

29 2 Sivan
Tonight Omer 47

30 3 Sivan
Tonight Omer 48

Candle Lighting: 8:25 PM 

31 4 Sivan
Tonight Omer 49
Avot 6

Bamidbar

Shabbat Ends: 9:32 PM



Art by Ilan Block, www.IlanBlock.com

JUNE

SIVAN - TAMMUZ

SHAVUOT - TORAH STUDY

Shavuot celebrates G-d giving us the Torah on Mount Sinai. Over 3,000 years ago, during this pivotal moment, G-d broke the barrier between heaven and earth to gift us the Torah. This sacred text is the ultimate blueprint for life, each word layered with profound meaning and interpretation. On Shavuot, we recognize that each time we study even a single verse of the Torah, we connect deeply with G-d's will and wisdom, becoming one with G-d Himself. The power of Torah lies in its ability to change and transform, guiding and enriching every aspect of our lives. Celebrating Shavuot, we reaffirm our commitment to Torah study and applying its lessons to our daily lives and routines.

THIS MONTH AT A GLANCE

June 2-3	Mon.-Tue.	Shavous**
June 26-27	Thu.-Fri.	Rosh Chodesh
June 29	Sunday	Gimmel Tammuz

** Religious Work Proscription/Non-Working Day

Shavuot commemorates when G-d gave us the Torah. When the Torah was given, children were the guarantors that we would always keep the Torah. Aleph facilitates special programs for families & children during the holiday of Shavuot. Please contact Aleph to find out more about the holiday programs in your area.

ANONYMOUS MEETINGS

held at the *Aleph Institute*

(Call for more meetings and times not listed)

AA	Alcoholics Anonymous	Mon-Fri	7am
NA	Narcotics Anonymous	Thursday	7pm
OA	Overeaters Anonymous	Monday	7pm
SLAA	SA/SLA Anonymous	Sunday	7:30pm
GA	Gamblers Anonymous	Thursday	6:30pm

JUNE 2025

SIVAN - TAMMUZ 5785

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1 5 Sivan Shavuot Eve **SHAVUOT** 2 6 Sivan Shavuot 3 7 Sivan Shavuot 4 8 Sivan 5 9 Sivan 6 10 Sivan 7 11 Sivan Avot 1 **Naso**

Shavuot celebrates the completion of the 7-week Omer counting period between Passover and Shavuot. The Torah was given by G-d to the Jewish people on Mount Sinai on Shavuot more than 3,300 years ago. Every year on the holiday of Shavuot we renew our acceptance of G-d's gift, and G-d "re-gives" the Torah.

Candle Lighting: 8:26 PM Candle Lighting: after 9:34 PM Holiday Ends: 9:35 PM Candle Lighting: 8:29 PM Shabbat Ends: 9:38 PM

8 12 Sivan 9 13 Sivan 10 14 Sivan 11 15 Sivan 12 16 Sivan 13 17 Sivan 14 18 Sivan Avot 2 **Behaalotecha**

Candle Lighting: 8:33 PM Shabbat Ends: 9:42 PM

15 19 Sivan Father's Day 16 20 Sivan 17 21 Sivan 18 22 Sivan 19 23 Sivan Juneteenth 20 24 Sivan 21 25 Sivan Blessing of the New Month Avot 3 **Shelach**

Candle Lighting: 8:35 PM Shabbat Ends: 9:44 PM

22 26 Sivan 23 27 Sivan 24 28 Sivan 25 29 Sivan 26 30 Sivan Rosh Chodesh 27 1 Tammuz Rosh Chodesh 28 2 Tammuz Avot 4 **Korach**

REMINDER
Reminder to please work with your Chaplains to complete Rosh Hashanah order forms!

Candle Lighting: 8:36 PM Shabbat Ends: 9:44 PM

29 3 Tammuz Gimmel Tammuz 30 4 Tammuz

GIMMEL TAMMUZ
Passing of The Lubavitcher Rebbe— Rabbi Menachem M. Schneerson, of righteous memory.

Shabbat & Jewish holidays start at Sundown.
The times listed might not be accurate for your location. Please check the Candle Lighting times for your area at www.AlephNE.org/CandleLighting

Candle Lighting Times

	Montpelier	Boston	NYC	New Haven	Augusta	Manchester NH
6/1	8:10	7:57	8:03	8:01	7:59	8:01
6/2	9:23	9:07	9:11	9:10	9:12	9:12
6/6	8:13	8:00	8:07	8:04	8:02	8:04
6/13	8:17	8:04	8:10	8:08	8:06	8:08
6/20	8:20	8:07	8:13	8:10	8:09	8:10
6/27	8:20	8:07	8:13	8:11	8:09	8:11

Candle Lighting Times

	Cincinnati	Columbus	Pittsburgh	Harrisburg	Philadelphia	Trenton
6/1	8:39	8:36	8:26	8:13	8:06	8:05
6/2	9:47	9:44	9:34	9:21	9:13	9:12
6/6	8:42	8:40	8:29	8:17	8:09	8:08
6/13	8:45	8:43	8:33	8:20	8:12	8:12
6/20	8:47	8:46	8:35	8:23	8:15	8:14
6/27	8:48	8:46	8:36	8:23	8:16	8:15

Ask Your Family & Friends to Support Aleph's Great Work by donating to The Aleph Institute!

alephne.org/donate

Molad: Wednesday, 6/25 at 9:58 (4.chalakim), PM



Art cannot be copied or used without permission from
 Fragment from a painting by Aliza Marton, www.AlizaFineArt.com

JULY

TAMMUZ - MENACHEM AV

THREE WEEKS

The Three Weeks, between the 17th of Tammuz and 9 of Av, is a period of mourning for the destruction of both Temples. Yet, within this sorrow lies a profound opportunity for spiritual growth. Although there are specific mourning practices during this time, our focus should be on learning about and preparing for the coming of Moshiach. Our study of the Torah, especially the teachings on redemption, transforms our loss and sorrow into hope and action for a better tomorrow. By enhancing our mitzvot, acts of kindness, and deepening our connection to Hashem, we actively participate in the ultimate healing and transformation of the world. This period is not meant to be merely about remembering the past but also about paving the way for a future of global peace through the coming of Moshiach.

THIS MONTH AT A GLANCE

Jul. 4	Friday	Independence Day
Jul. 8-9	Tue.Wed.	Yud Bais Tammuz
Jul. 13	Sunday	Fast of 17 Taamuz (fast day)
Jul. 26	Saturday	Rosh Chodesh

** Religious Work Proscription/Non-Working Day

Ask Your Family & Friends to Support Aleph's Great Work by donating to The Aleph Institute!

Alephne.org/donate

CHESED Mentors and Mentees MENTORING PROGRAM

Mentors help inmates keep faith, have hope, and perspective. It can be hard to navigate and adapt to a new life style but our mentoring program makes that a little bit easier. Mentors help inmates with the transition back into society, family, synagogue and community.

If you are interested in being a mentee or a mentor, please reach out to us at info@alephne.org.

JULY 2025

TAMMUZ - AV 5785

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Candle Lighting Times		Candle Lighting Times		1	5 Tammuz	2	6 Tammuz	3	7 Tammuz	4	8 Tammuz Independence Day	5	9 Tammuz Avot 5
Montpelier	Boston	NYC	New Haven	Augusta	Manchester NH	Cincinnati	Columbus	Pittsburgh	Harrisburg	Philadelphia	Trenton	Chukat	
7/4	8:19	8:06	8:12	8:10	8:08	8:10	7/4	8:48	8:45	8:35	8:23	8:15	8:14
7/11	8:16	8:03	8:10	8:07	8:05	8:07	7/11	8:45	8:43	8:33	8:20	8:12	8:11
7/18	8:11	7:59	8:06	8:03	8:00	8:03	7/18	8:41	8:39	8:29	8:16	8:08	8:07
7/25	8:05	7:53	8:00	7:57	7:54	7:56	7/25	8:36	8:34	8:23	8:10	8:03	8:02
Shabbat ends on Saturday approximately 65 minutes after listed times.						Shabbat ends on Saturday approximately 65 minutes after listed times.							
6	10 Tammuz	7	11 Tammuz	8	12 Tammuz	9	13 Tammuz	10	14 Tammuz	11	15 Tammuz	12	16 Tammuz Avot 6
<p>12-13 TAMMUZ</p> <p>12-13 Tammuz commemorates the liberation of Rabbi Yosef Yitzchak Schneersohn, the sixth Chabad Rebbe. He was arrested and incarcerated by the Soviet Communist Regime for running Jewish schools where the Torah and other Jewish studies were taught. He was sentenced to death but that was later reversed to exile. 12 Tammuz is his birthday.</p>													
Candle Lighting: 8:33 PM 													
13	17 Tammuz Fast of Shiva Asar B'Tammuz 4:10 AM - 9:22 PM	14	18 Tammuz	15	19 Tammuz	16	20 Tammuz	17	21 Tammuz	18	22 Tammuz	19	23 Tammuz Blessing of the New Month Avot 1
<p>17 TAMMUZ</p> <p>Fast of 17 Tammuz We refrain from all food and drink from "daybreak" until nightfall. Arrange for Sack Dinners from Your Chaplain!</p>													
Candle Lighting: 8:29 PM 													
20	24 Tammuz	21	25 Tammuz	22	26 Tammuz	23	27 Tammuz	24	28 Tammuz	25	29 Tammuz	26	1 Av Rosh Chodesh Avot 2 Matot - Massei
Candle Lighting: 8:23 PM 													
27	2 Av	28	3 Av	29	4 Av	30	5 Av	31	6 Av	<p>THANK YOU TO THE RABBIS AND CHAPLAINS FOR YOUR DEDICATION & COMMITMENT. ALEPH INSTITUTE APPRECIATES ALL THAT YOU DO!</p>			

Molad: Friday, 7/25 at 10:42 (5 chalakim) AM



Art cannot be copied or used without permission from Art by Aliza Marton, www.AlizaFineArt.com

AUGUST

MENACHEM AV - ELUL

HOLY TEMPLE

The Beit Hamikdash, the Holy Temple in Jerusalem, was the spiritual heart of the Jewish people and a space that symbolized our deepest connection to Hashem. Its destruction on the 9th of Av, first by the Babylonians and later by the Romans, makes this day the saddest on our Jewish calendar. The day of Tisha B'Av is observed with fasting, mourning, prayer, and reflection on our immense loss. The Temple was not just a physical structure but a place where the Divine Presence rested, a physical home for G-d here in this world. Its loss signifies a rupture in our direct spiritual connection. Yet our sages teach us that within each of our homes and hearts, we can build our own miniature Temples, a home for G-d. How can we ensure that our homes are places where G-d feels welcome?

THIS MONTH AT A GLANCE

Aug. 3	Sunday	Fast of 9 Av (fast day)
Aug. 24-25	Sun.-Mon.	Rosh Chodesh

** Religious Work Proscription/Non-Working Day

DOROTHY'S PROGRAM

Aleph volunteers visit patients in state hospitals, long-term medical facilities, nursing homes, and private homes. Patients receive visits as well as the necessary provisions for the holidays.

**IF YOU WOULD LIKE TO VOLUNTEER
PLEASE EMAIL INFO@ALEPHNE.ORG**

RE-ENTRY PROGRAM & EMPLOYMENT HELP

We understand that finding work with a felony conviction can be difficult. We are here to help!

Please find the job placement forms online at AlephNE.org under the 'Program' then 'Employment Help' or contact us via phone/email.

AUGUST 2025

AV - ELUL 5785

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Shabbat & Jewish holidays start at Sundown.

The times listed might not be accurate for your location. Please check the Candle Lighting times for your area at www.AlephNE.org/CandleLighting

Candle Lighting Times

	Montpelier	Boston	NYC	New Haven	Augusta	Manchester/NH
8/1	7:57	7:45	7:53	7:50	7:45	7:49
8/8	7:47	7:37	7:45	7:42	7:36	7:40
8/15	7:37	7:27	7:35	7:32	7:26	7:30
8/22	7:25	7:16	7:25	7:22	7:14	7:19
8/29	7:13	7:05	7:14	7:11	7:02	7:07

Shabbat ends on Sat. approx. 65 min. after listed time

Candle Lighting Times

	Cincinnati	Columbus	Pittsburgh	Harrisburg	Philadelphia	Trenton
8/1	8:29	8:27	8:16	8:04	7:56	7:55
8/8	8:21	8:19	8:08	7:55	7:48	7:47
8/15	8:13	8:10	7:59	7:46	7:39	7:38
8/22	8:03	8:00	7:49	7:36	7:29	7:28
8/29	7:53	7:49	7:38	7:26	7:18	7:17

Shabbat ends on Sat. approx. 65 min. after listed time

ALEPH OFFERS 25 CORRESPONDENCE COURSES ON MANY JEWISH TOPICS!
Email us or send us a letter to request a correspondence course.

1

7 Av

2

8 Av
Shabbat Chazon
Avot 3

Devarim

Fast Begins: 8:33 PM
Shabbat Ends: 9:19 PM

Candle Lighting: 8:16 PM 

3

9 Av
Fast of Tishah B'Av

4

10 Av

FAST OF TISHAH B'AV

Mourning the destruction of the Temple and the exile of Israel, we refrain from all food and drink for 24 hours. Arrange for Sack Dinners from Your Chaplain!

Fast Ends: 9:03 PM

5

11 Av

6

12 Av

7

13 Av

8

14 Av

9

15 Av
Tu B'Av
Shabbat Nachamu
Avot 4
Va'etchanan

Shabbat Ends: 9:09 PM

Candle Lighting: 8:08 PM 

10

16 Av

11

17 Av

12

18 Av

13

19 Av

14

20 Av

15

21 Av

16

22 Av
Avot 5
Eikev

Shabbat Ends: 8:59 PM

Candle Lighting: 7:59 PM 

17

23 Av

18

24 Av

19

25 Av

20

26 Av

21

27 Av

22

28 Av

23

29 Av
Blessing of the New Month
Avot 6
Re'eh

Shabbat Ends: 8:48 PM

Candle Lighting: 7:49 PM 

24

30 Av
Rosh Chodesh

25

1 Elul
Rosh Chodesh

26

2 Elul

27

3 Elul

28

4 Elul

29

5 Elul

30

6 Elul
Avot 1
Shoftim

Shabbat Ends: 8:36 PM

Candle Lighting: 7:38 PM 

31

7 Elul



Art cannot be copied or used without permission from Art by Aliza Marton, www.AlizaFineArt.com

SEPTEMBER

ELUL 5785 – TISHREI 5786

ROSH HASHANAH

In the month of Elul, we prepare for Rosh Hashanah and celebrate the complete cycle of the Jewish Year. Rosh Hashanah begins the Yamim Noraim, the High Holy Days and the Ten Days of Repentance, culminating in Yom Kippur. It is a time for introspection and self-evaluation while celebrating the creation of humankind and our acceptance of G-d's sovereignty over us. On Rosh Hashanah, we blow the shofar, a ram's horn, to awaken our souls and inspire us. It is an unsophisticated instrument with a simple sound. It is the sound of our souls crying out to return to G-d. The shofar reminds us that even if we lack the knowledge, our sincerity is what matters in the eyes of G-d.

THIS MONTH AT A GLANCE

Sept. 1	Monday	Labor Day
Sept. 11	Thursday	Chai Elul
Sept. 13	Saturday	Selichot
Sept. 23-24	Tue.-Wed.	Rosh Hashanah**
Sept. 25	Thursday	Fast of Gedalia (fast day)

** Religious Work Proscription/Non-Working Day

Remind your chaplains to order religious materials for the High Holidays. Aleph sends these materials free of charge for institutions with no budgets.

Chaplains can email orders to info@alephne.org

KIDS OF INSPIRATION

A program for the children of incarcerated parents, including fun & educational outings, programs at Aleph, and free counseling. Contact us for more information!

ROSH HASHANAH

Please remind chaplains to put in an order for the upcoming holiday of Rosh Hashanah!

Forms can be found on AlephNE.org

SEPTEMBER 2025

ELUL 5785 - TISHREI 5786

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Shabbat & Jewish holidays start at Sundown.
The times listed might not be accurate for your location. Please check the Candle Lighting times for your area at www.AlephNE.org/CandleLighting

1 8 Elul
Labor Day

2 9 Elul

3 10 Elul

4 11 Elul

5 12 Elul

6 13 Elul
Avot 2

Ki Teitzei

Candle Lighting: 7:27 PM 

Shabbat Ends: 8:24 PM

7 14 Elul

8 15 Elul

9 16 Elul

10 17 Elul

11 18 Elul

12 19 Elul
Chai Elul

13 20 Elul
Selichot Tonight
Avot 3 & 4

CHAI ELUL

Chai Elul is celebrated by the Chassidic community as the birthday of the "two great luminaries": Rabbi Israel Baal Shem Tov, the founder of Chassidism, and Rabbi Schneur Zalman of Liadi, the founder of Chabad.

Ki Tavo

Candle Lighting: 7:15 PM 

Shabbat Ends: 8:12 PM

14 21 Elul

15 22 Elul

16 23 Elul

17 24 Elul

18 25 Elul

19 26 Elul

20 27 Elul
Avot 5 & 6

SELICHOT

The series of Selichot prayers recited in preparation for Rosh Hashanah & Yom Kippur begin this Saturday night, after midnight.

Nitzavim

Candle Lighting: 7:03 PM 

Shabbat Ends: 8:00 PM

21 28 Elul

22 29 Elul
Rosh Hashanah Eve

23 1 Tishrei
Rosh Hashanah

24 2 Tishrei
Rosh Hashanah


25 3 Tishrei
Fast of Gedaliah
5:45 AM - 7:39 PM


26 4 Tishrei


27 5 Tishrei
Shabbat Shuva

ROSH HASHANA

Rosh Hashanah is the birthday of the universe, the day G-d created Adam and Eve, and it is celebrated as the head of the Jewish year.

Candle Lighting: 6:58 PM 

Candle Lighting: after 7:55 PM 

Candle Lighting: 7:53 PM 

Candle Lighting: 6:52 PM 

Shabbat Ends: 7:48 PM

28 6 Tishrei

29 7 Tishrei

30 8 Tishrei

Candle Lighting Times

	Mompeller	Boston	NYC	New Haven	Augusta	Manchester NH
9/5	7:01	6:53	7:03	6:59	6:50	6:55
9/12	6:48	6:41	6:51	6:48	6:37	6:43
9/19	6:35	6:28	6:40	6:36	6:24	6:30
9/22	6:29	6:23	6:34	6:30	6:18	6:25
9/23	7:28	7:21	7:31	7:28	7:17	7:23
9/26	6:22	6:16	6:28	6:23	6:11	6:17

Candle Lighting Times

	Cincinnati	Columbus	Pittsburgh	Harrisburg	Philadelphia	Trenton
9/5	7:42	7:38	7:27	7:14	7:07	7:06
9/12	7:31	7:27	7:15	7:03	6:56	6:54
9/19	7:19	7:15	7:03	6:51	6:44	6:43
9/22	7:14	7:10	6:58	6:46	6:39	6:38
9/23	8:12	8:07	7:55	7:43	7:36	7:34
9/26	7:08	7:04	6:52	6:39	6:33	6:31

Our case workers are ready to help your loved ones cope with the challenges.

A Very Abridged Guide to Kosher Dietary Laws (an introductory overview only!)

"Kosher" means far more than just "non-pork." Throughout history, observant Jews have practically starved themselves rather than consume any food or drink that was not "kosher" (the word means "proper" or "fit"). A Jew's obligation to consume only kosher food is a Biblically-mandated precept as elaborated by principles set forth by Rabbis and Sages thousands of years ago, and applied today. Observant Jews believe that the slightest morsel of forbidden food taints not only the body, but the soul itself. Accordingly, the availability of nutritionally-sufficient kosher food for a Jew is not a luxury accommodation; it is an essential provision to allow that person to live.

All food and their components are divided into four categories:

(1) MEAT; (2) DAIRY; (3) PARVE (NEUTRAL); AND (4) NON-KOSHER (INCLUDING MIXTURES OF MEAT & DAIRY, AND MIXTURES OF MEAT & FISH).

MEAT

Only certain Biblically-defined animals are kosher: ruminants with split hooves (generally cows and sheep), and poultry; only certain portions of those animals may be consumed. Animals must be slaughtered in a religiously-mandated humane way by skilled and learned Jews. Meats must be washed and salted in a religiously-mandated way observed by a rabbi or other skilled and learned people under his direction.

DAIRY

Dairy products must be derived from kosher animals. Accordingly, milk products from a pig, camel, or other non-kosher animal is not kosher. May observant Jews will not consume milk and dairy products unless they have a high level of rabbinical supervision during processing ("Cholov Yisroel").

PARVE

Everything kosher that does not fall under the categories of meat or dairy are called "parve" (neutral). Included are eggs, kosher fish and plants (fruits and vegetables). Only fish with scales and fins are kosher. Accordingly, no shellfish are kosher. Parve products may be eaten with either meat or dairy products (although fish may not be mixed with meat in a single dish).

"NON-KOSHER" FOODS

INTRINSICALLY NON-KOSHER: all non-ruminant animals and those that do not have split hooves; most birds except poultry; all animals that have not been slaughtered, soaked, salted and inspected according to Jewish law; all shellfish; all insects and rodents; all grape juice products not supervised by a Rabbi; all hard cheese products not supervised by a Rabbi; all mixtures of meat and dairy; all mixtures of meat and fish.

NON-KOSHER AS A RESULT OF PROCESSING: spray-dried products; reacted flavors; production of fatty acids; some canned foods; food prepared with equipment previously used for non-kosher products. Meat and dairy products may not be cooked or eaten together, nor may a Jew derive any benefit from such mixed loads.

Accordingly, two separate sets of cooking utensils, dishes and cutlery are required: one for meat and one for dairy foods. It is customary to mark all utensils used for dairy foods so that they will not be interchanged with those used for meat. Observant Jews do not eat from the same loaf of bread if it has been used with both meat and dairy products.

Even a very small amount of meat or dairy (or their derivatives) in a product renders that product "meat" or "dairy." Care must always be taken that kosher foods are prepared and served with appropriate utensils (e.g., utensils that have not (a) been used or washed together with non-kosher foods; and (2) are not used both for meat and dairy products).

INGREDIENTS

The overwhelming majority of basic ingredients may or may not be kosher depending on their origin or processing history. Accordingly, they require Rabbinical supervision to insure that their origin is from a kosher product, that they were processed with proper equipment and whether they are meat, dairy or parve.

INGREDIENTS THAT CAN NEVER BE KOSHER: civet; castoreum; carmine; ambergris.

INGREDIENTS PRESENTLY NOT AVAILABLE IN KOSHER FORM: musk; animal gelatin; natural cognac oil; encianina (grape skin extract).

INGREDIENTS REQUIRING RABBINICAL SUPERVISION: Products that may be derived from an animal source: all oil and fats; natural fatty acids, their esters and especially palmitic, stearic, oleic and

pelargonic acids; fatty alcohols, aldehydes and ketones; lactones; polysorbates, sorbitans and all emulsifiers; amino acids and hydrolyzed proteins; glycerol and esters; enzymes; enzyme-modified products; whey (arising from enzyme action); vitamins.

Products that have or may have a grape juice origin: juices; wine; encianina; natural cognac oil; fusel oil; amyl alcohol and esters; natural valeric acid; ethyl

alcohol; natural ethyl esters; natural acetaldehyde; vinegar. Products that are dairy or may have a dairy origin and will cause a product to be "dairy": milk solids; lactose, casein and derivatives; cream and derivatives; starter distillates; whey and chemicals produced from it; fatty acids from butter or cheese; butyric, caproic, propionic and myristic acids.

Many common products and national brands are labeled with symbols signifying that they have been prepared under rabbinical supervision and comply with kosher dietary laws.

THE SABBATH, HOLIDAYS AND FAST DAYS

Sabbath and holiday meals should include wine (or grape juice), two loaves of bread (or rolls or whole matzos), fish and meat. Observant Jews may not eat foods that are cooked on the Sabbath, or even reheated by Jews on the Sabbath. Accordingly, work schedules may need to be rearranged to insure that no Jewish inmates (or staff) actually reheat any of the pre-cooked foods (e.g., instant grits, hot cereal, beef or chicken entrees) on the Sabbath. Work proscriptions for Biblically-mandated festivals are generally the same as for the Sabbath, except for more lenient rules governing the use of fire and the preparation of food. The specific prohibitions of festivals and their differences from the Sabbath are beyond the scope of this memorandum. Competent rabbinic authorities should be consulted with individual questions. Institutional staff should be aware that Jewish inmates may not be able to eat dinner at its regularly-scheduled time on the eve of certain fast days, and should be permitted to eat well before sundown. With respect to all fast days, staff should be made aware that Jewish inmates may need to wait to consume any food or drink until one hour after sundown on the fast day itself, and, if dinner is scheduled before then, those inmates should be given the opportunity to eat at a later, more religiously appropriate, time.

PASSOVER FOODS

In addition to all of the above, the following products and their derivatives may not be used during the Jewish eight-day holiday of Passover: wheat; rye; barley; oats; spelt; corn; legumes (soy, peanut, etc); rice; mustard; alcohol; beer; dextrose (from wheat or corn); sorbitol (Sephardic Jews do eat some of these items). As a general rule, Passover products may not be manufactured with, cooked or served in utensils that were previously used with non-Passover foods. All products that require Passover certification must be manufactured under Rabbinical supervision. Matzo available year-round is generally leavened and is not kosher for Passover.

KOSHER FOOD IN INSTITUTIONAL ENVIRONMENTS

Kosher food can be made available to Jewish inmates by: (1) preparing it on site with proper kitchen facilities under the direction of a qualified kosher food supervisor; or (2) obtaining pre-packaged meals from Kosher food vendors around the country (e.g., airline dinners or shelf stable packaging) and products with appropriate kosher certification symbols; and/or (3) obtaining fresh products through retail outlets and kosher food purveyors. The use of disposable plastic or paper goods is an easy, cost-effective and religiously-acceptable alternative when providing Kosher food in an institutional environment.

Adapted from "A Guide To Kosher Dietary Laws," by Dr. J. Leff, Ph.D.

Kosher Certification of Commercially-Available Products

All food and their components are divided into four categories:

- (1) **Meat** (which may not be prepared with the same utensils, or consumed with, dairy products);
- (2) **Dairy** (which may not be prepared with the same utensils, or consumed with, meat products);
- (3) **Parve** (neutral products, which may be prepared or consumed with either meat or dairy products); and
- (4) **Non-Kosher** (which includes non-kosher foods, mixtures of meat and dairy, and mixtures of meat and fish).

Observant Jews will eat most food products only when they know that highly-competent skilled and learned Jews have supervised the entire process: the source, preparation and service of the product. Ingredients listed on food packaging is **not** a reliable indicator as to whether the product is kosher. Many ingredients do not list their components (e.g., "Gelatin" does not indicate whether it was derived from animal products or vegetable matter; "Flavorings" does not indicate source) and ingredients used in minute amounts are not necessarily listed. Many thousands of common commercially-available products and national brands are labeled with trademarked symbols signifying that they have been prepared under rabbinical supervision and comply with kosher dietary requirements.

The letter "K" alone printed on a food package provides no meaningful assurance. It is a generic letter that may be placed on most anything, and does not indicate that any reputable kosher certifying organization has provided any oversight at all.

Six of the most-commonly accepted national kosher certification agencies and their trademarked symbols are:

	The Union of Orthodox Jewish Congregations (The "O-U") 333 Seventh Avenue New York, NY 10001 Tel.: (212) 563-4000 Fax: (212) 564-9058 Publication: <i>The "OU" Kashrus Directory</i>		"KOF-K" Kosher Supervision 1444 Queen Anne Road Teaneck, NJ 07666 Tel.: (201) 837-0500 Fax: (201) 837-0126 Publication: <i>The Kosher Outlook</i>
	The Organized Kashrus Laboratories (The "O-K") 1372 Carroll Street Brooklyn, NY 11213 Tel.: (718) 756-7500 Fax: (718) 756-7503 Publication: <i>The Jewish Homemaker</i>		Central Rabbinical Congress (The "CRC") 85 Division Avenue Brooklyn, NY 11211 Tel.: (718) 384-6765 Fax: (718) 486-5574 Publication: <i>CRC Kashrus Directory</i>
	"Star-K" Kosher Certification 11 Warren Road Baltimore, MD 21208-5234 Tel.: (410) 484-4110 Fax: (410) 653-9294 Publication: <i>Kashrus Kurrents</i>		K'hal Adath Jeshurun ("Breuer's" or the "KAJ") 85-93 Bennett Avenue New York, NY 10033 Tel.: (212) 923-3582 Fax: (212) 781-4275 Publication: <i>KAJ Newsletter</i>

The letter "D" following some of these symbols signifies that the product contains dairy products (and may not be used with meat products). Always check with the certifying agency itself if you have any questions.

There are over two hundred kosher symbols and corresponding agencies that certify ingredients and packaged foods throughout the United States. *Kashrus Magazine*, a magazine for kosher consumers, publishes lists five times per year of products and manufacturers preparing kosher food, and other news and updates. One issue per year contains an extensive listing of the names, addresses and symbols used by all kosher certifying agencies. Subscriptions may be obtained from *Kashrus Magazine*, POB 204, Brooklyn, NY 11204. Tel: (718) 336-8544.

If you have any questions regarding the laws of Kashrus, are in need of assistance, or would like more information on the laws of Kashrus, please feel free to call Aleph Institute, 5804 Beacon Street, Pittsburgh, PA 15217, 412-421-0111 or info@alephinc.org. We can also try to direct you to Kosher vendors and provide information on available Kosher products.

Jewish Holy Days

According to the Gregorian Calendar

YEAR 2025-2028

Holy Day	Hebrew Date	Work	2025	2026	2027	2028
		Permitted				
Fast of 10th of Tevet	Tevet 10		Jan. 10	30-Dec-25	20-Dec-26	Jan. 9
15th of Shevat	Shevat 15		Feb. 13	Feb. 2	Jan. 23	Feb. 12
Fast of Esther	Adar 13		Mar. 13	Mar. 2	Mar. 22	Mar. 9
Purim	Adar 14		Mar. 14	Mar. 3	Mar. 23	Mar. 12
Fast of Firstborn	Nissan 14		Apr. 12	Apr. 1	Apr. 21	Apr. 10
Passover {First 2 Days}	Nissan 15-16	No	Apr. 13-14	Apr. 2-3	Apr. 22-23	Apr. 11-12
Passover {Intermediate Days}	Nissan 17-20		Apr. 15-18	Apr. 4-7	Apr. 24-27	Apr. 13-16
Passover {Last 2 Days}	Nissan 20-21	No	Apr. 19-20	Apr. 8-9	Apr. 28-29	Apr. 17-18
Lag B'Omer	Iyar 18		16-May	5-May	25-May	14-May
Shavuot	Sivan 6-7	No	June 2-3	May 22-23	June 11-12	May 31 - Jun 1
Fast of 17th of Tamuz	Tammuz 17		13-Jul	2-Jul	22-Jul	11-Jul
Fast of 9th of Av	Av 9		3-Aug	23-Jul	Aug. 12	1-Aug
Rosh Hashana	Tishrei 1-2	No	Sept. 23-24	Sept. 12-13	Oct. 2-3	Sept. 21-22
Fast of Gedaliah	Tishrei 3		Sept. 25	Sept. 14	Oct. 4	Sept. 24
Yom Kippur	Tishrei 9-10	No	Oct. 2	Sept. 21	Oct. 11	Sept. 30
Sukkot {First 2 Days}	Tishrei 15-16	No	Oct. 7-8	Sept. 26-27	Oct. 16-17	Oct. 5-6
Sukkot {Intermediate Days}	Tishrei 17-21		Oct. 9-13	Sept 28-Oct. 2	Oct. 18-22	Oct. 7-11
Shemini Atzeret	Tishrei 22	No	Oct. 14	Oct. 3	Oct.23	Oct. 12
Simchat Torah	Tishrei 23	No	Oct. 15	Oct. 4	Oct. 24	Oct. 13
Chanukah	Kislev 25, Tevet 2/3		Dec. 15-22	Dec. 5-12	Dec 25 - Jan 1	Dec. 13-20

Candle Lighting Guide



Photo © Project 470, ShabbatCandles.com

HOW TO LIGHT SHABBAT CANDLES

1. HOW TO: It starts with one light. Add a candle for your spouse, and if you're a mother, one for each child. A girl over the age of three may (with help from Mom) light her own candle.

Before kindling the candles (exact time is mentioned in the bottom of each calendar box), we think of those less fortunate and put a coin in a charity box.

2. LIGHT A CANDLE. After the candles are lit, the woman stretches her hands out towards the candles, and moves them inwards in a circular motion – ushering in a special guest, the Shabbat Queen – three times. After the third time, the woman covers her eyes with her hands and recites the following blessing:

3. THE BLESSING: Baruch a-ta A-do-nay Elo-hei-nu me-lech ha-o-lam a-she-ri ki-dee-sha-nu bi-mitz-vo-tav vi-tzi-va-noo li-had-leek ner shel Sha-bat Ko-desh.

TRANSLATION: Blessed are you, L-rd our G-d, King of the universe, who has sanctified us with His commandments, and commanded us to kindle the light of the Holy Shabbat.

4. SAY A PRAYER. The moments immediately after reciting the blessing, while the woman's eyes are still covered, are an extremely auspicious time for her to offer a private prayer for anything her heart desires. It is customary to use this special time to appeal to G-d for children who will glow with the radiance of the Torah, and that He light up the world with the light of the Redemption.

JEWISH HOLIDAY SCHEDULE

Candles are lit to honor the Jewish Festivals, on which different blessings are recited. For the appropriate blessing use the third column of the chart. On the onset of the Holiday light a 48 hour candle to assist in lighting the holiday candles the next night.

DATE	HOLIDAY	CANDLE LIGHTING BLESSING
Sep. 15	Rosh Hashana Begins (Sunset)	*1 & 4
Sep. 16	Rosh Hashana Day 1	**1 & 4
Sep. 17	Rosh Hashana Day 2	
Sep. 24	Yom Kippur Begins (Sunset)	*2 & 4
Sep. 25	Yom Kippur	
Sep. 29	Sukkot Begins (Sunset)	*3 & 4
Sep. 30	Sukkot Day 1	**3 & 4
Oct. 1	Sukkot Day 2	
Oct. 6	Shemini Atzeret Begins (Sunset)	*3 & 4
Oct. 7	Shemini Atzeret	**3 & 4
Oct. 8	Simchat Torah	
Dec. 7	Chanukah Begins (Sunset)	
Dec. 15	Chanukah Ends (Nightfall)	
March 23	Purim Begins (Sunset)	
March 24	Purim Day	
April 22	Pesach Begins (Sunset)	***3 & 4
April 23	Pesach Day 1	**3 & 4
April 24	Pesach Day 2	
April 28	Final Days of Pesach Begin (Sunset)	***3
April 29	Pesach Day 7	**3
April 30	Pesach Day 8	
June 11	Shavuot Begins (Sunset)	***3 & 4
June 12	Shavuot Day 1	**3 & 4
June 13	Shavuot Day 2	

* Do not light after sunset

** Light after the time indicated from a pre-lit flame

*** If lighting after sunset, light from a pre-lit flame

**** Light before the time indicated from a pre-lit flame

- 1 Bo-ruch A-toh A-do-noi E-lo-hei-nu Me-lech Ho-olom A-she-ri Ki-deshanu Be-mitz-vo-tav Vi-tzvi-vo-nu Le-had-lik Ner Shel [Fridays add: Sha-bat vi-shel] Yom Ha-zi-karon
- 2 Bo-ruch A-toh A-do-noi E-lo-hei-nu Me-lech Ho-olom A-she-ri Ki-deshanu Be-mitz-vo-tav Vi-tzvi-vo-nu Le-had-lik Ner Shel [Fridays add: Sha-bat vi-shel] Yom Ha-Ki-pu-rim
- 3 Bo-ruch A-toh A-do-noi E-lo-hei-nu Me-lech Ho-olom A-she-ri Ki-deshanu Be-mitz-vo-tav Vi-tzvi-vo-nu Le-had-lik Ner Shel [Fridays add: Sha-bat vi-shel] Yom Yom Tov
- 4 Ba-ruch A-tah A-do-noi E-loi-hei-nu Me-lech ha-o-lam she-he-chee-ya-nu v'ki-yi-ma-nu vi-hi-gi-ya-nu liz-man ha-zeh.