

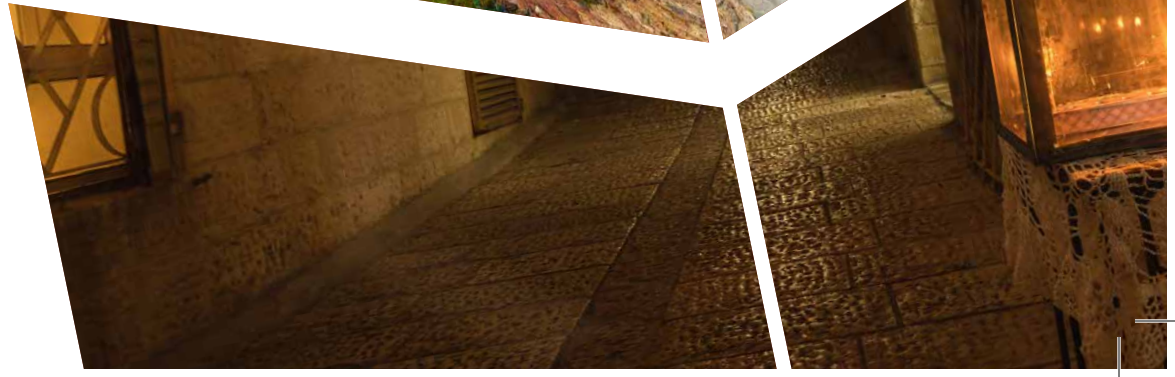
Jewish **CALENDAR**

5786 - 2025/2026

LANDSCAPES
of Israel

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 offering vital information and inspiration for what promises to be a beautiful year ahead.

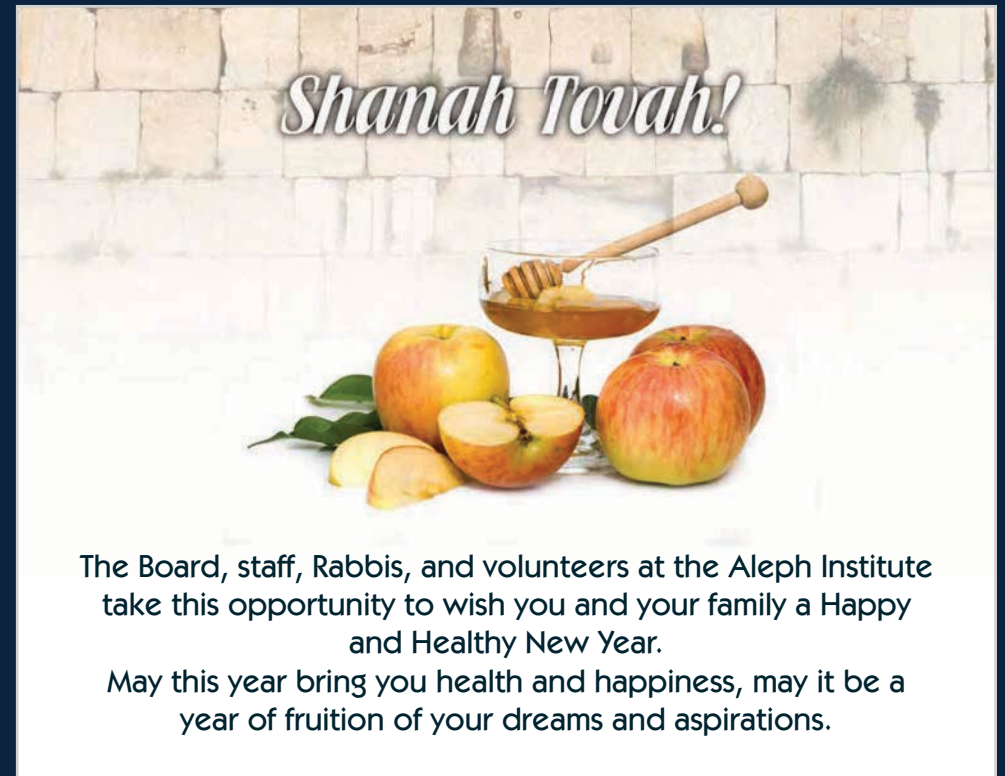
In the past year, we witnessed extraordinary miracles, achieving a triumphant outcome not seen in generations. Every day, we suffer challenges and at the same time we see tremendous miracles. While we must reflect on the challenges endured – as the Torah guides us in gratitude and introspection – when moments of deliverance arrive, we must stand strong and celebrate the blessings and divine favor bestowed upon us, despite any hardships. We will, because we, the Jewish people, are the eternal people.

We pray daily for the coming of Moshiach, who will usher in an era free from threats, weapons, and conflict, where, as Isaiah foretells, the wolf will lie with the lamb in perfect peace. Our rabbis teach that through Torah study and the performance of even one additional mitzvah (good deed) – even in the darkest places – we express gratitude for these miracles and hasten the ultimate redemption.

At Aleph Institute, we offer resources to support you in these endeavors. Please contact our office, and we will gladly provide the materials you need.

May this coming year be 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



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:

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Arkie Engle

Yirmiyahu Lerner
Naftoli Goldshmid
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Nosson Meretzky
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Pfeffer Sholomo
Silverman Moishe
Mayir Vogel Yechiel
Vogel

Manis Weingarten
Eli Wilansky

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Misha Bronshteyn
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Jeremy Lerner
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Rabbi Zalman Raskin
Rabbi Henech Rosenfeld
Mark Rosenson
Rabbi Mendy Shapiro
Rabbi Sholomo Silverman
Professor Mitch Small
Yirmiyohu Lerner
David Chudnow
Alan Myers
Manis Weingarten
Daniel Becker

5787

תשפ"ז

JEWISH HOLIDAYS 5787

ROSH HASHANAH Friday Eve – Sunday **SEPTEMBER 11 - 13 2026**
YOM KIPPUR Sunday Eve – Monday **SEPTEMBER 20 - 21**
SUKKOT Friday Eve – Friday **SEPTEMBER 25 - OCTOBER 2**
SHEMINI ATZERET & SIMCHATTORAH Friday Eve – Sunday **OCTOBER 2 - 4**
CHANUKAH Friday Eve – Saturday **DECEMBER 4 - 12**
PURIM Monday Eve – Tuesday **MARCH 22 - 23, 2027**
PASSOVER Wednesday Eve – Thursday **APRIL 21 - 29**
SHAVUOT Thursday Eve – Saturday **JUNE 10 - 12**

OCTOBER 2026

TISHREI - CHESHVAN 5787

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 20 Tishrei Sukkot 4 th Intermediate Day	2 21 Tishrei Hoshana Rabbah	3 22 Tishrei Shemini Atzeret Yizkor
4 23 Tishrei Simchat Torah	5	24 Tishrei	6	25 Tishrei	7	26 Tishrei
						8
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NOVEMBER 2026

CHESHVAN - KISLEV 5787

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
						Chayei Sarah
8	9	10	11	12	13	14
						Toldot
15	16	17	18	19	20	21
						Vayeitzei
22	23	24	25	26	27	28
						Vayishlach
29	30					

DECEMBER 2026

KISLEV - TEVET 5787

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
					Eve of Chanukah	25 Kislev Chanukah Blessing of the New Month Vayeishev
6	7	8	9	10	11	12
						Miketz
13	14	15	16	17	18	19
						Vayigash
20	21	22	23	24	25	26
						Vayeichi
27	28	29	30	31		



SEPTEMBER

ELUL - TISHREI 5786

MONTH OF ELUL

Elul is the 12th and final month in the Jewish calendar. It is a month that connects the past year with the coming year—a time when we reflect on where we stand and where we should be going. It is taught that in this month, the “King is in the Field,” and G-d is readily accessible, willing to hear our requests and listen to our fervent prayers for the coming new year.

Pictured: Beit Guvrin National Park in the Judean Mountains

THIS MONTH AT A GLANCE

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

** Religious Work Proscription/Non-Working Day



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

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.




SEPTEMBER 2025




ELUL 5785 - TISHREI 5786

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	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
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7 14 Elul	8 15 Elul	9 16 Elul	10 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.	11 17 Elul	12 18 Elul Chai Elul	13 19 Elul SELICHOT The series of Selichot prayers recited in preparation for Rosh Hashanah & Yom Kippur begin this Saturday night, after midnight. Candle Lighting: 7:15 PM  Shabbat Ends: 8:12 PM	20 Elul Selichot Tonight Avot 3 & 4 Ki Tavo
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14 21 Elul	15 22 Elul	16 23 Elul	17 24 Elul	18 25 Elul	19 26 Elul	20 27 Elul Avot 5 & 6 Nitzavim Candle Lighting: 7:03 PM  Shabbat Ends: 8:00 PM
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21 28 Elul	22 29 Elul Rosh Hashanah Eve	23  1 Tishrei Rosh Hashanah	24  2 Tishrei Rosh Hashanah	25 3 Tishrei Fast of Gedalia 5:45 AM - 7:39 PM	26 4 Tishrei	27 5 Tishrei Shabbat Shuva Vayeilech Candle Lighting: 6:52 PM  Shabbat Ends: 7:48 PM
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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.

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.

28 6 Tishrei	29 7 Tishrei	30 8 Tishrei	<p>Candle Lighting Times</p> <table border="1"> <tr> <td></td> <td>Los Angeles</td> <td>Miami</td> <td>Jerusalem</td> <td>Milwaukee</td> <td>Greenfield Park</td> <td>San Juan</td> </tr> <tr> <td>9/5</td> <td>6:55</td> <td>7:17</td> <td>6:18</td> <td>7:01</td> <td>7:06</td> <td>6:17</td> </tr> <tr> <td>9/12</td> <td>6:46</td> <td>7:10</td> <td>6:09</td> <td>6:48</td> <td>6:54</td> <td>6:11</td> </tr> <tr> <td>9/19</td> <td>6:36</td> <td>7:02</td> <td>6:00</td> <td>6:36</td> <td>6:42</td> <td>6:05</td> </tr> <tr> <td>9/22</td> <td>6:32</td> <td>6:59</td> <td>5:56</td> <td>6:30</td> <td>6:37</td> <td>6:03</td> </tr> <tr> <td>9/23</td> <td>7:25</td> <td>7:50</td> <td>7:11</td> <td>7:29</td> <td>7:34</td> <td>6:52</td> </tr> <tr> <td>9/26</td> <td>6:26</td> <td>6:54</td> <td>5:51</td> <td>6:23</td> <td>6:30</td> <td>5:59</td> </tr> </table>		Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan	9/5	6:55	7:17	6:18	7:01	7:06	6:17	9/12	6:46	7:10	6:09	6:48	6:54	6:11	9/19	6:36	7:02	6:00	6:36	6:42	6:05	9/22	6:32	6:59	5:56	6:30	6:37	6:03	9/23	7:25	7:50	7:11	7:29	7:34	6:52	9/26	6:26	6:54	5:51	6:23	6:30	5:59	<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>
	Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan																																																
9/5	6:55	7:17	6:18	7:01	7:06	6:17																																																
9/12	6:46	7:10	6:09	6:48	6:54	6:11																																																
9/19	6:36	7:02	6:00	6:36	6:42	6:05																																																
9/22	6:32	6:59	5:56	6:30	6:37	6:03																																																
9/23	7:25	7:50	7:11	7:29	7:34	6:52																																																
9/26	6:26	6:54	5:51	6:23	6:30	5:59																																																

Molad: Monday, 9/22, at 12:10 (7 chalakim) PM



OCTOBER

TISHREI 5786 - CHESHVAN

SUKKOT

The Festival of Sukkot is observed through the performance of three mitzvot:
 Sukkah: For the duration of the holiday it is a mitzvah to eat in a Sukkah, a temporary hut covered by loose tree branches.
 Lulav & Etrog: Each day of the festival (except Shabbat) we take the "four species" and shake them together.
 Joy: The overarching mitzvah of Sukkot is joy. When our Holy Temple stood in Jerusalem, men and women, young and old would join in music, dancing and juggling for all seven days of the festival!

Pictured: Farmlands of Northern Israel

THIS MONTH AT A GLANCE

Oct. 2	Thursday	Yom Kippur **
Oct. 7-8	Tues.-Wed.	Sukkot **
Oct. 9-13	Thurs.-Mon.	Sukkot
Oct. 14	Tuesday	Shemini Atzeret **
Oct. 15	Wednesday	Simchat Torah **
Oct. 22-23	Wed.-Thurs.	Rosh Chodesh

** 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

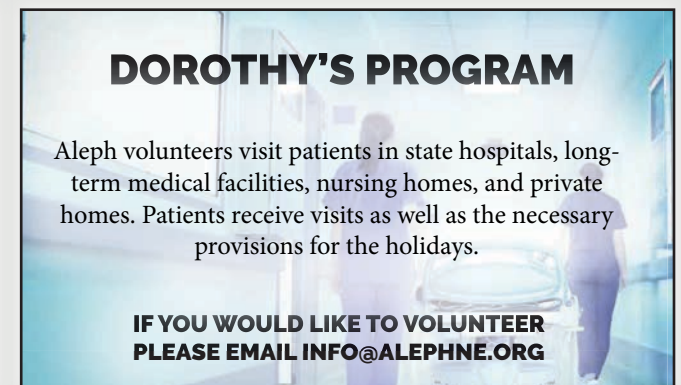
Contact our office for a Jewish handbook, Siddur, Torah, Tzitzit, Tefillin and Kippa.



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@ALEPHE.ORG**



OCTOBER 2025

TISHREI - CHESHVAN 5786

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Candle Lighting Times

	Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan
10/1	6:19	6:49	5:44	6:14	6:21	5:55
10/3	6:16	6:47	5:42	6:11	6:18	5:53
10/6	6:12	6:44	5:38	6:05	6:13	5:51
10/7	7:06	7:35	7:35	7:04	7:10	6:40
10/10	6:07	6:40	5:33	5:59	6:06	5:48

Continued in the next square

Candle Lighting Times

	Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan
10/13	6:03	6:37	5:29	5:54	6:01	5:45
10/14	6:57	7:28	-	6:52	6:59	6:35
10/17	5:58	6:33	5:25	5:47	5:55	5:42
10/24	5:50	6:27	5:17	5:36	5:45	5:38
10/31	5:43	6:22	4:10	5:26	5:35	5:34

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

1

9 Tishrei
Yom Kippur Eve

2

10 Tishrei
Yom Kippur
Yizkor

3

11 Tishrei

4

12 Tishrei

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: 6:43 PM 

Fast & Yom Kippur Ends: 7:40 PM

Candle Lighting: 6:40 PM 

Shabbat Ends: 7:37 PM

5

13 Tishrei

6

14 Tishrei
Sukkot Eve

7



15 Tishrei
Sukkot

8



16 Tishrei
Sukkot

9



17 Tishrei
Sukkot
1st Intermediate Day

10



18 Tishrei
Sukkot
2nd Intermediate Day


11



19 Tishrei
Sukkot
3rd 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: 6:35 PM 

Candle Lighting: after 7:32 PM 

Holiday Ends: 7:30 PM

Candle Lighting: 6:29 PM 

Shabbat Ends: 7:26 PM

12



20 Tishrei
Sukkot
4th Intermediate Day

13



21 Tishrei
Sukkot
Hoshana Rabbah
Columbus Day

14



22 Tishrei
Shemini Atzeret
Yizkor

15



23 Tishrei
Simchat Torah

16

24 Tishrei


17

25 Tishrei

18

26 Tishrei
Blessing of the New Month

Bereishit

Candle Lighting: 6:24 PM 

Candle Lighting: after 7:21 PM 

Holiday Ends: 7:20 PM

Candle Lighting: 6:18 PM 

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

Noah

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 



NOVEMBER

CHESHVAN - KISLEV

SAFED

Safed, one of the four holy cities in Israel, is considered the most mystical one and has always been important to the Jewish people.

It was home to famous scholars and kabbalists throughout the centuries, including Rabbi Yosef Caro, Rabbi Moshe Cordovero, Rabbi Chaim Vital, the Alshich, and Rabbi Isaac Luria, known as the Arizal.

Pictured: The Hills of Ancient Safed

THIS MONTH AT A GLANCE

Nov. 2	Sunday	DST Ends
Nov. 11	Tuesday	Veterans Day
Nov. 21	Friday	Rosh Chodesh
Nov. 27	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 aim 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 2025

CESHVAN - KISLEV 5786

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Candle Lighting Times

	Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan
11/7	4:37	5:17	4:05	4:18	4:27	5:31
11/14	4:32	5:14	4:00	4:10	4:20	5:29
11/21	4:28	5:12	3:57	4:05	4:15	5:28
11/28	4:26	5:11	3:55	4:01	4:11	5:28

Shabbat ends on Saturday approximately 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 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 Day

28 8 Kislev

29 9 Kislev

Vayeitzei

Candle Lighting: 4:37 PM 

Shabbat Ends: 5:39 PM

30 10 Kislev

Molad: Thursday, 11/20 at 1:38 (9 chalakim) PM



DECEMBER

KISLEV - TEVET

CHANUKAH

During the time of the Second Temple, the Jews fought the Greeks who were threatening the spiritual existence of Judaism. After a completely miraculous victory, the Jews were once again reunited with their precious Temple. With no usable olive oil for the holy Menorah, but for one small jug, G-d performed yet another miracle and that jug of oil lasted 8 nights instead of one. Donuts fried in oil are customary Chanukah treats to remind us of this great miracle.

Pictured: Chanukah Menorahs Outside Jewish Homes in Jerusalem

THIS MONTH AT A GLANCE

Dec. 9	Tuesday	Yud Tes Kislev
Dec. 15-22	Mon.-Mon.	Chanukah
Dec. 20-21	Sat.-Sun.	Rosh Chodesh
Dec. 25	Thursday	Hey Tevet
Dec. 30	Tuesday	Asara BeTevet (Fast Day)

** 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 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 Candle Lighting: 4:35 PM  Shabbat Ends: 5:38 PM
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7 17 Kislev	8 18 Kislev	9 19 Kislev Yud Tes Kislev	10 20 Kislev Chof Kislev	11 21 Kislev	12 22 Kislev	13 23 Kislev Blessing of the New Month Vayeishev Candle Lighting: 4:35 PM  Shabbat Ends: 5:39 PM
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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.

14 24 Kislev Eve of Chanukah	15 25 Kislev Chanukah	16 26 Kislev Chanukah	17 27 Kislev Chanukah	18 28 Kislev Chanukah	19 29 Kislev Chanukah	20 30 Kislev Chanukah Rosh Chodesh Mikeitz Candle Lighting: 4:38 PM 
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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.

21 1 Tevet Chanukah Rosh Chodesh	22 2 Tevet Chanukah	23 3 Tevet	24 4 Tevet	25 5 Tevet	26 6 Tevet	27 7 Tevet Vayigash Candle Lighting: 4:41 PM  Shabbat Ends: 5:45 PM
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HEYTEVET

5 Tevet 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.

28 8 Tevet	29 9 Tevet	30 10 Tevet Fast of Asara BeTevet 6:10 AM - 5:34 PM	31 11 Tevet	<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>
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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.

	Candle Lighting Times					
	Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan
12/5	4:26	5:12	3:55	3:59	4:10	5:30
12/12	4:27	5:13	3:56	3:59	4:10	5:32
12/19	4:29	5:16	3:59	4:01	4:12	5:35
12/26	4:33	5:20	4:02	4:05	4:16	5:38

Shabbat ends on Saturday approximately 65 min. after listed times.



JANUARY

TEVET - SHEVAT

TZEDAKA

Tzedaka is commonly translated as charity, but really means "justice" or "righteousness."

In Judaism, giving to people in need is not merely a kind thing to do, but rather the just, right behavior.

Everything in our lives is a gift from G-d, including the money we earn. G-d has granted us this money, and in doing so, has asked us to partner with Him in distributing to those in need. Every coin we give to the less fortunate allows us to become partners with G-d in providing for the needs of another. In a metaphorical sense, the act of Tzedaka raises us up and empowers us to act as the hand of G-d by distributing the money to those whom G-d has intended.

Pictured: Israel's Mediterranean Coast

THIS MONTH AT A GLANCE

Jan. 1	Thursday	New Year's Day
Jan. 19	Monday	MLK Day
Jan. 19	Monday	Rosh Chodesh
Jan. 28	Wednesday	Yud Shevat

** 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 2026

TEVET - SHEVAT 5786

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Candle Lighting Times

	Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan
1/2	4:38	5:24	4:07	4:11	4:21	5:42
1/9	4:44	5:29	4:13	4:18	4:28	5:47
1/16	4:50	5:34	4:19	4:26	4:36	5:51
1/23	4:57	5:40	4:25	4:34	4:44	5:55
1/30	5:04	5:45	4:32	4:44	4:53	6:00

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

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



CHAPLAINS - PLEASE MAKE SURE WE HAVE YOUR EMAIL ADDRESS!

1

12 Tevet
New Year's Day

2

13 Tevet

3

14 Tevet

Vayechi

Candle Lighting: 4:47 PM



Shabbat Ends: 5:51 PM

4

15 Tevet

5

16 Tevet

6

17 Tevet

7

18 Tevet

8

19 Tevet

9

20 Tevet

10

21 Tevet

Shemot

Candle Lighting: 4:53 PM



Shabbat Ends: 5:57 PM

11

22 Tevet

12

23 Tevet

13

24 Tevet

14

25 Tevet

15

26 Tevet

16

27 Tevet

17

28 Tevet
Blessing of the New Month

Va'eira

Candle Lighting: 5:01 PM



Shabbat Ends: 6:04 PM

18

29 Tevet

19

1 Shevat
Rosh Chodesh
MLK Day

20

2 Shevat

21

3 Shevat

22

4 Shevat

23

5 Shevat

24

6 Shevat

Bo

Candle Lighting: 5:09 PM



Shabbat Ends: 6:12 PM

25

7 Shevat

26

8 Shevat

27

9 Shevat

28

10 Shevat
Yud Shevat

29

11 Shevat

30

12 Shevat

31

13 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.

Candle Lighting: 5:18 PM



Shabbat Ends: 6:19 PM

Beshalach



FEBRUARY

SHEVAT - ADAR

TREE'S NEW YEAR

The 15th of Shevat on the Jewish calendar is the day that marks the beginning of a "new year" for trees. Commonly known as Tu Bishvat, this day marks the season in which the earliest-blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle. To commemorate this special day, Jews throughout the world eat foods that are distinctive to and characteristic of the Holy Land, including the seven types of fruits and grain mentioned in the Torah: wheat, barley, grapes, figs, pomegranates, olives, and dates. On this day, a new seasonal fruit is customarily eaten for the first time. The blessings Shehecheyanu and Ha'eitz are said over the fruit.

Pictured: Valley in the Golan Heights

THIS MONTH AT A GLANCE

Feb. 2	Monday	Chamishah Osher B'Shevat
Feb. 16	Monday	Presidents Day
Feb. 17-18	Tues.-Wed.	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 2026

SHEVAT - ADAR 5786

SUNDAY

MONDAY





TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>1 14 Shevat</p> <p>CHAMISHAH OSSER B'SHEVAT</p> <p>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.</p>	<p>2 15 Shevat Tu B'Shevat</p>	<p>3 16 Shevat</p>	<p>4 17 Shevat</p>	<p>5 18 Shevat</p>	<p>6 19 Shevat</p> <p>Candle Lighting: 5:26 PM </p>	<p>7 20 Shevat</p> <p>Yitro</p> <p>Shabbat Ends: 6:27 PM</p>
<p>8 21 Shevat</p>	<p>9 22 Shevat</p>	<p>10 23 Shevat</p>	<p>11 24 Shevat</p>	<p>12 25 Shevat</p>	<p>13 26 Shevat</p> <p>Candle Lighting: 5:35 PM </p>	<p>14 27 Shevat Blessing of the New Month</p> <p>Mishpatim Shekalim</p> <p>Shabbat Ends: 6:35 PM</p>
<p>15 28 Shevat</p>	<p>16 29 Shevat Presidents Day</p>	<p>17 30 Shevat Rosh Chodesh</p>	<p>18 1 Adar Rosh Chodesh</p>	<p>19 2 Adar</p>	<p>20 3 Adar</p> <p>Candle Lighting: 5:43 PM </p>	<p>21 4 Adar</p> <p>Terumah</p> <p>Shabbat Ends: 6:43 PM</p>
<p>22 5 Adar</p>	<p>23 6 Adar</p>	<p>24 7 Adar</p>	<p>25 8 Adar</p>	<p>26 9 Adar</p>	<p>27 10 Adar</p> <p>Candle Lighting: 5:51 PM </p>	<p>28 11 Adar</p> <p>Tetzaveh Zachor</p> <p>Shabbat Ends: 6:51 PM</p>

Molad: Tuesday, 2/17 at 3:50 (12 chalakim) AM

Candle Lighting Times

	Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan
2/6	5:11	5:50	4:38	4:53	5:02	6:03
2/13	5:18	5:55	4:44	5:02	5:11	6:07
2/20	5:24	5:59	4:50	5:12	5:20	6:09
2/27	5:30	6:03	4:55	5:21	5:28	6:12

Shabbat ends on Saturday approximately 65 min. 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



MARCH

ADAR - NISSAN

PURIM

The most joyous holiday of the year, Purim, commemorates the salvation of the Jewish people from the complete annihilation decreed by the wicked Haman. Queen Esther, a young Jewish heroine, sought out King Achashverosh and begged him to intervene. Every year, we read the story to remind us of this great miracle. We celebrate in many ways, including a great feast, food gift baskets to our friends, and charity to the poor.

Pictured: Dead Sea Shore

THIS MONTH AT A GLANCE

Mar. 2	Monday	Fast of Esther (Fast Day)
Mar. 3	Tuesday	Purim
Mar. 4	Wednesday	Shushan Purim
Mar. 8	Sunday	DST Begins
Mar. 19	Thursday	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 2026

ADAR - NISSAN 5786

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

<p>1 12 Adar</p> <p>FAST OF ESTHER</p> <p>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!</p>	<p>2 13 Adar Fast of Esther 5:27 AM - 6:40 PM</p>	<p>3 14 Adar Purim</p> <p>PURIM</p> <p>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.</p>	<p>4 15 Adar Shushan Purim</p>	<p>5 16 Adar</p>	<p>6 17 Adar</p> <p>Candle Lighting: 5:59 PM </p>	<p>7 18 Adar</p> <p>Ki Tisa Parah</p> <p>Shabbat Ends: 6:58 PM</p>																																				
<p>8 19 Adar DST Begins</p>	<p>9 20 Adar</p>	<p>10 21 Adar</p>	<p>11 22 Adar</p>	<p>12 23 Adar</p>	<p>13 24 Adar</p> <p>Candle Lighting: 7:06 PM </p>	<p>14 25 Adar Blessing of the New Month</p> <p>Vayakhel - Pekudei Hachodesh</p> <p>Shabbat Ends: 8:06 PM</p>																																				
<p>15 26 Adar</p>	<p>16 27 Adar</p>	<p>17 28 Adar</p>	<p>18 29 Adar</p>	<p>19 1 Nissan Rosh Chodesh</p>	<p>20 2 Nissan</p> <p>Candle Lighting: 7:14 PM </p>	<p>21 3 Nissan</p> <p>Vayikra</p> <p>Shabbat Ends: 8:13 PM</p>																																				
<p>22 4 Nissan</p>	<p>23 5 Nissan</p>	<p>24 6 Nissan</p>	<p>25 7 Nissan</p>	<p>26 8 Nissan</p>	<p>27 9 Nissan</p> <p>Candle Lighting: 7:21 PM </p>	<p>28 10 Nissan Shabbat HaGadol</p> <p>Tzav</p> <p>Shabbat Ends: 8:21 PM</p>																																				
<p>29 11 Nissan</p>	<p>30 12 Nissan</p>	<p>31 13 Nissan</p>	<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>KIDDUSH PROGRAM</p> <p>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.</p> 	<p>Candle Lighting Times</p> <table border="1"> <thead> <tr> <th></th> <th>Los Angeles</th> <th>Miami</th> <th>Jerusalem</th> <th>Milwaukee</th> <th>Greenfield Park</th> <th>San Juan</th> </tr> </thead> <tbody> <tr> <td>3/6</td> <td>5:36</td> <td>6:07</td> <td>5:01</td> <td>5:29</td> <td>5:36</td> <td>6:14</td> </tr> <tr> <td>3/13</td> <td>6:42</td> <td>7:11</td> <td>5:06</td> <td>6:38</td> <td>6:44</td> <td>6:16</td> </tr> <tr> <td>3/20</td> <td>6:47</td> <td>7:14</td> <td>5:11</td> <td>6:46</td> <td>6:52</td> <td>6:18</td> </tr> <tr> <td>3/27</td> <td>6:53</td> <td>7:17</td> <td>6:15</td> <td>6:54</td> <td>7:00</td> <td>6:19</td> </tr> </tbody> </table> <p>Shabbat ends on Saturday approximately 65 min. after listed times.</p>		Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan	3/6	5:36	6:07	5:01	5:29	5:36	6:14	3/13	6:42	7:11	5:06	6:38	6:44	6:16	3/20	6:47	7:14	5:11	6:46	6:52	6:18	3/27	6:53	7:17	6:15	6:54	7:00	6:19
	Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan																																				
3/6	5:36	6:07	5:01	5:29	5:36	6:14																																				
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3/20	6:47	7:14	5:11	6:46	6:52	6:18																																				
3/27	6:53	7:17	6:15	6:54	7:00	6:19																																				

Molad: Wednesday, 3/18 at 4:34 (13 chelek) PM



APRIL

NISSAN - IYAR

PASSOVER

Passover celebrates the miraculous exodus from Egypt and the birth of the Jewish people. After 210 years of slavery and oppression, G-d freed the Jewish people. The Jews departed in great haste, without even enough time for their dough to rise, resulting in the flat unleavened bread we call Matzah.

Each year on Pesach, to commemorate this great miracle of redemption, we eat Matzah and refrain from eating any leavened products, known as Chametz. Jewish homes throughout the world spend the days and weeks before Pesach carefully cleaning their homes, culminating in a search for every last crumb. On the morning before Passover begins, one burns the remaining bits of Chametz found during the search the previous night.

Pictured: Soldier Prays at the Kotel - Western Wall

THIS MONTH AT A GLANCE

Apr. 1	Wednesday	Passover Eve
Apr. 2-3	Thurs.-Fri.	Passover **
Apr. 4-7	Sat.-Tues.	Passover
Apr. 8-9	Wed.-Thurs.	Passover **
Apr. 17-18	Fri.-Sat.	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!

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 2026

NISSAN - IYAR 5786

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Candle Lighting Times 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 cont. in the next square		Candle Lighting Times 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 Shabbat ends on Saturday approximately 65 minutes after listed times.		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 14 Nissan Passover Eve 1 st Night Seder Taanit Bechorot Eruv Tavshilin Eat Chametz until: 11:15 AM Burn Chametz by: 12:19 PM Candle Lighting: 7:26 PM	2 15 Nissan Passover 2 nd Night Seder Tonight Omer 1 PASSOVER The eight-day festival of Passover commemorates the emancipation of the Israelites Candle Lighting: after 8:26 PM	3 16 Nissan Passover Tonight Omer 2 Candle Lighting: 7:28 PM	4 17 Nissan Passover 1 st Intermediate Day Tonight Omer 3 Shabbat Ends: 8:29 PM
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5 18 Nissan Passover 2 nd Intermediate Day Tonight Omer 4	6 19 Nissan Passover 3 rd Intermediate Day Tonight Omer 5	7 20 Nissan Passover 4 th Intermediate Day Tonight Omer 6	8 21 Nissan Passover Tonight Omer 7 Candle Lighting: after 8:33 PM	9 22 Nissan Passover Yizkor Tonight Omer 8 Holiday Ends: 8:34 PM	10 23 Nissan Tonight Omer 9 Candle Lighting: 7:36 PM	11 24 Nissan Tonight Omer 10 Avot 1 Blessing of the New Month Shemini Shabbat Ends: 8:37 PM
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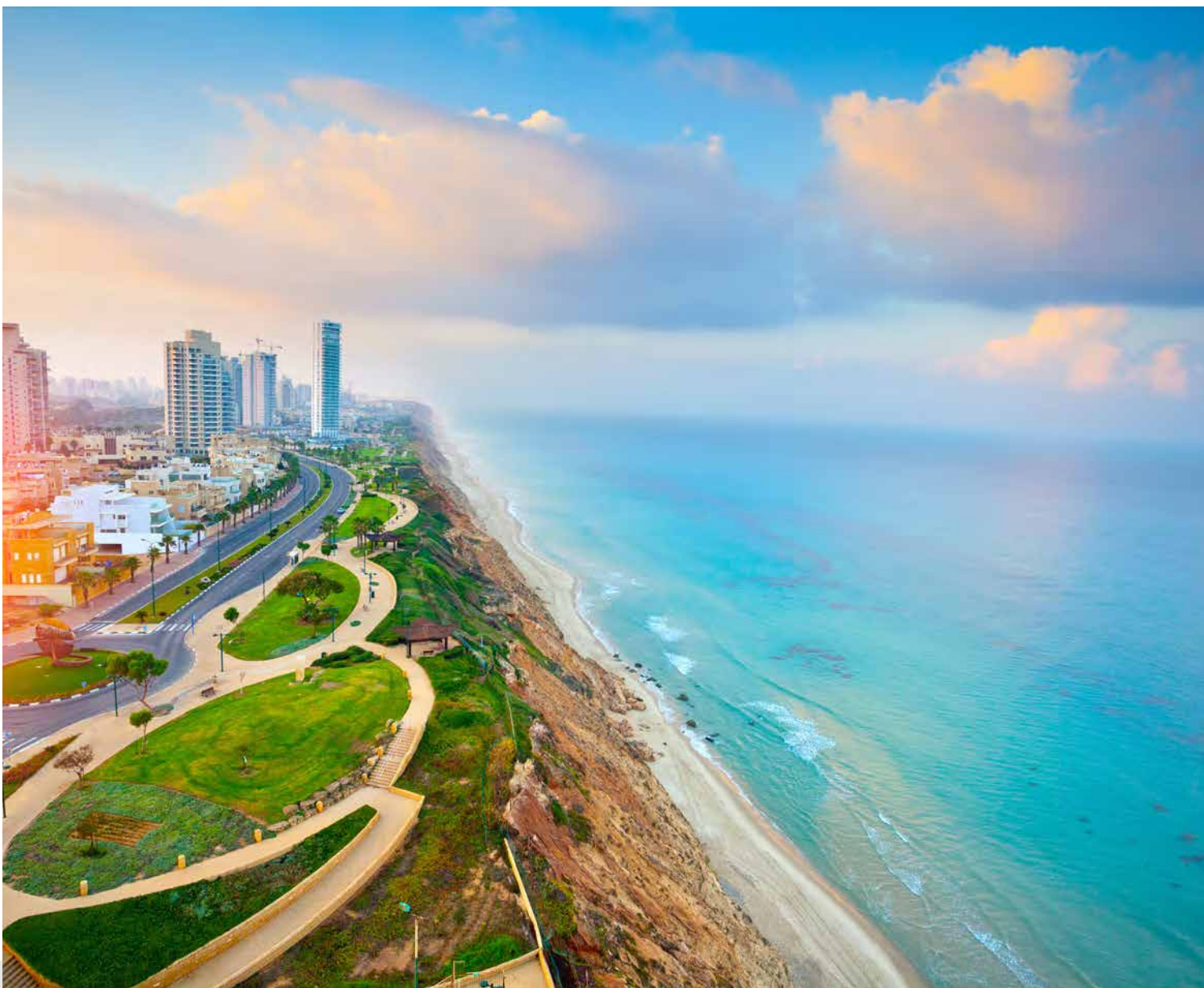
from slavery in ancient Egypt. Pesach is observed by avoiding leaven, and highlighted by the Seder meals that include four cups of wine, eating matzah and bitter herbs, and retelling the story of the Exodus.

12 25 Nissan Tonight Omer 11	13 26 Nissan Tonight Omer 12	14 27 Nissan Tonight Omer 13	15 28 Nissan Tonight Omer 14	16 29 Nissan Tonight Omer 15	17 30 Nissan Rosh Chodesh Tonight Omer 16 Candle Lighting: 7:43 PM	18 1 Iyar Rosh Chodesh Tonight Omer 17 Avot 2 Tazria - Metzora Shabbat Ends: 8:45 PM
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19 2 Iyar Tonight Omer 18	20 3 Iyar Tonight Omer 19	21 4 Iyar Tonight Omer 20	22 5 Iyar Tonight Omer 21	23 6 Iyar Tonight Omer 22	24 7 Iyar Tonight Omer 23 Candle Lighting: 7:50 PM	25 8 Iyar Tonight Omer 24 Avot 3 Acharei - Kedoshim Shabbat Ends: 8:53 PM
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26 9 Iyar Tonight Omer 25	27 10 Iyar Tonight Omer 26	28 11 Iyar Tonight Omer 27	29 12 Iyar Tonight Omer 28	30 13 Iyar Tonight Omer 29	Candle Lighting Times Los Angeles Miami Jerusalem Milwaukee Greenfield Park San Juan 4/1 6:56 7:20 6:19 7:00 7:06 6:20 4/2 7:53 8:12 - 8:02 8:07 7:11 4/3 6:58 7:20 6:20 7:02 7:08 6:21 4/7 7:01 7:22 6:23 7:07 7:12 6:22 Continued in the next square	Candle Lighting Times Los Angeles Miami Jerusalem Milwaukee Greenfield Park San Juan 4/8 7:58 8:15 - 8:10 8:14 7:13 4/10 7:03 7:24 6:25 7:11 7:15 6:22 4/17 7:09 7:27 6:29 7:19 7:23 6:24 4/24 7:14 7:31 6:34 7:27 7:31 6:26 Shabbat ends on Saturday approximately 65 min. after listed times.
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Molad: Friday, 4/17, at 5:18 (14 chalaki'm) AM



MAY

IYAR - SIVAN

SHABBAT

Shabbat Candles: Every Friday afternoon at sunset, millions of Jewish women and girls around the globe welcome in Shabbat with the kindling of the Shabbat candles. These candles create an aura of serenity and peace in our homes and infuse a sense of sacredness into our private spaces. The candles remind us of the unique power of the Jewish women in transforming the physical into a home for the Divine.

Challah: More than just a loaf of bread, a freshly baked challah loaf reminds us of the manna that fell in the desert. The aroma of challah fills a home with the unique scent of Shabbat, and one bite of challah contains the taste of this special holy day.

Pictured: Aerial view of the city of Netanya

THIS MONTH AT A GLANCE

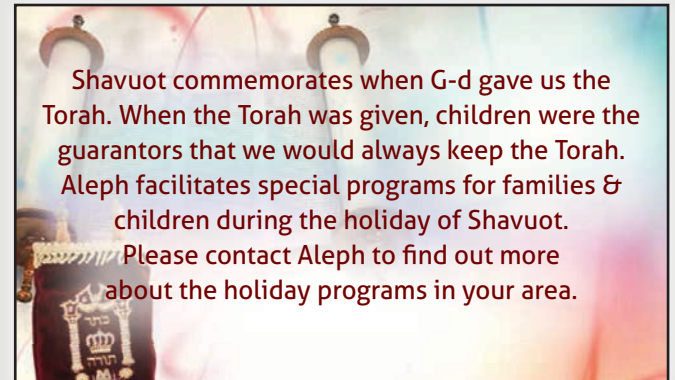
May 1	Friday	Pesach Sheini
May 5	Tuesday	Lag BaOmer
May 11-12	Mon.-Tue.	Chaplain's Conference
May 17	Sunday	Rosh Chodesh
May 25	Monday	Memorial Day
May 22-23	Fri.-Sat.	Shavous**

** Religious Work Proscription/Non-Working Day

JEWISH CHAPLAINS CONFERENCE

The full schedule and details for our 2026 Chaplaincy Training program & annual symposium are available online.

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



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.

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							
	Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan	
5/1	7:19	7:34	6:39	7:35	7:38	6:28	
5/8	7:25	7:38	6:44	7:43	7:46	6:31	
5/15	7:30	7:42	6:49	7:50	7:53	6:33	
5/21	7:35	7:45	6:53	7:57	7:59	6:36	
5/22	7:35	7:45	6:54	7:58	8:00	6:36	
5/29	7:40	7:49	6:58	8:04	8:06	6:39	

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 14 Iyar
Pesach Sheini
Tonight Omer 30

2 15 Iyar
Tonight Omer 31
Avot 4

Emor

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".

Candle Lighting: 7:57 PM 

Shabbat Ends: 9:01 PM

3 16 Iyar
Tonight Omer 32

4 17 Iyar
Tonight Omer 33

5 18 Iyar
Lag BaOmer
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.

6 19 Iyar
Tonight Omer 35

7 20 Iyar
Tonight Omer 36

8 21 Iyar
Tonight Omer 37

Candle Lighting: 8:05 PM 

9 22 Iyar
Tonight Omer 38
Avot 5

Behar - Bechukotai

Shabbat Ends: 9:09 PM

10 23 Iyar
Tonight Omer 39
Mother's Day

11 24 Iyar
Tonight Omer 40

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

12 25 Iyar
Tonight Omer 41

13 26 Iyar
Tonight Omer 42

14 27 Iyar
Tonight Omer 43

15 28 Iyar
Tonight Omer 44

Candle Lighting: 8:11 PM 

16 29 Iyar
Tonight Omer 45
Blessing of the New Month
Avot 6

Bamidbar

Shabbat Ends: 9:17 PM

17 1 Sivan
Rosh Chodesh
Tonight Omer 46

18 2 Sivan
Tonight Omer 47


19 3 Sivan
Tonight Omer 48

20 4 Sivan
Tonight Omer 49


21 5 Sivan
Shavuot Eve
Eruv Tavshilin

SHAVUOT

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: 8:17 PM 

22 6 Sivan
Shavuot

Candle Lighting: 8:18 PM 

23 7 Sivan
Shavuot
Yizkor

Shabbat & Holiday Ends: 9:25 PM

24 8 Sivan

31 15 Sivan

25 9 Sivan
Memorial Day

26 10 Sivan

27 11 Sivan

28 12 Sivan

29 13 Sivan

Candle Lighting: 8:24 PM 

30 14 Sivan
Avot 1

Naso

Shabbat Ends: 9:31 PM



JUNE

SIVAN - TAMMUZ

SHAVUOT

Shavuot marks the day upon which G-d gave the Torah to the entire Jewish nation over 3,300 years ago. In Hebrew, the word shavuot means “weeks” and stands for the seven weeks during which the Jewish people prepared themselves for the giving of the Torah. During this time they rid themselves of the scars of bondage and became a holy nation ready to stand before G-d.

Pictured: The cave of the Patriarchs in the city of Chevron

THIS MONTH AT A GLANCE

June 15-16	Mon.-Tues.	Rosh Chodesh
June 18	Thursday	Gimmel Tammuz
June 27-28	Sat.-Sun.	Yud Bais Tammuz

** Religious Work Proscription/Non-Working Day

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

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 2026

SIVAN - TAMMUZ 5786

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1 16 Sivan	2 17 Sivan	3 18 Sivan	4 19 Sivan	5 20 Sivan	6 21 Sivan Avot 2 Behaalotecha Candle Lighting: 8:29 PM  Shabbat Ends: 9:37 PM																																				
7 22 Sivan	8 23 Sivan	9 24 Sivan	10 25 Sivan	11 26 Sivan	12 27 Sivan	13 28 Sivan Blessing of the New Month Avot 3 Shelach Candle Lighting: 8:32 PM  Shabbat Ends: 9:41 PM																																				
14 29 Sivan	15 30 Sivan Rosh Chodesh REMINDER Reminder to please work with your Chaplains to complete Rosh Hashanah order forms!	16 1 Tammuz Rosh Chodesh	17 2 Tammuz	18 3 Tammuz Gimmel Tammuz GIMMEL TAMMUZ Passing of The Lubavitcher Rebbe—Rabbi Menachem M. Schneerson, of righteous memory.	19 4 Tammuz Juneteenth	20 5 Tammuz Avot 4 Korach Candle Lighting: 8:35 PM  Shabbat Ends: 9:43 PM																																				
21 6 Tammuz Father's Day	22 7 Tammuz	23 8 Tammuz	24 9 Tammuz	25 10 Tammuz	26 11 Tammuz	27 12 Tammuz Avot 5 Chukat - Balak 12-13 TAMMUZ 12-13 Tammuz commemorates the liberation of Rabbi Yosef Yitzchak Schneersohn, the sixth Chabad Rebbe. He was arrested and incarcerated by the Soviet Communist Candle Lighting: 8:36 PM  Shabbat Ends: 9:44 PM																																				
28 13 Tammuz 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.	29 14 Tammuz	30 15 Tammuz	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> <td></td> <td>Los Angeles</td> <td>Miami</td> <td>Jerusalem</td> <td>Milwaukee</td> <td>Greenfield Park</td> <td>San Juan</td> </tr> <tr> <td>6/5</td> <td>7:44</td> <td>7:52</td> <td>7:02</td> <td>8:09</td> <td>8:11</td> <td>6:41</td> </tr> <tr> <td>6/12</td> <td>7:47</td> <td>7:55</td> <td>7:05</td> <td>8:13</td> <td>8:15</td> <td>6:43</td> </tr> <tr> <td>6/19</td> <td>7:50</td> <td>7:57</td> <td>7:07</td> <td>8:16</td> <td>8:18</td> <td>6:45</td> </tr> <tr> <td>6/26</td> <td>7:51</td> <td>7:58</td> <td>7:09</td> <td>8:17</td> <td>8:19</td> <td>6:47</td> </tr> </table> <p>Shabbat ends on Saturday approximately 65 min. after listed times.</p>		Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan	6/5	7:44	7:52	7:02	8:09	8:11	6:41	6/12	7:47	7:55	7:05	8:13	8:15	6:43	6/19	7:50	7:57	7:07	8:16	8:18	6:45	6/26	7:51	7:58	7:09	8:17	8:19	6:47	Ask Your Family & Friends to Support Aleph's Great Work by donating to The Aleph Institute!  alephne.org/donate
	Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan																																				
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6/26	7:51	7:58	7:09	8:17	8:19	6:47																																				

Molad: Monday, 6/15 at 6:46 (16 chalaki) AM



JULY

TAMMUZ - MENACHEM AV

TOWER OF DAVID

Jerusalem is one of the four holy cities in Israel, together with Hebron, Safed, and Tiberias.

The citadel of Jerusalem, known as the "Tower of David," has been a landmark of the city since ancient times. It is located near the Jaffa Gate entrance to the Old City of Jerusalem.

In the months of Tammuz and Av we observe "The Three Weeks," the mourning period which commemorates the capture of Jerusalem and subsequent destruction of its Holy Temple. The midrash teaches that when Moshiach comes and rebuilds the third Temple, which will stand forever, these days will be transformed from ones of mourning to joy.

Pictured: Tower of David

THIS MONTH AT A GLANCE

Jul. 2	Thursday	Fast of 17 Taamuz (fast day)
Jul. 4	Saturday	Independence Day
Jul. 15	Wednesday	Rosh Chodesh
Jul. 23	Thursday	Fast of 9 Av (fast day)

** 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 2026

TAMMUZ - MENACHEM AV 5786

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

THANK YOU TO THE RABBIS AND
CHAPLAINS FOR YOUR DEDICATION &
COMMITMENT. ALEPH INSTITUTE
APPRECIATES ALL THAT YOU DO!

Candle Lighting Times

	Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan
7/3	7:51	7:58	7:09	8:16	8:18	6:47
7/10	7:49	7:58	7:08	8:14	8:16	6:47
7/17	7:46	7:56	7:05	8:09	8:12	6:46
7/24	7:42	7:53	7:01	8:03	8:06	6:45
7/31	7:37	7:49	6:57	7:56	7:59	6:42

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

1 16 Tammuz

17 TAMMUZ

Fast of 17 Tammuz - we refrain from all food and drink from "daybreak" until nightfall. Arrange for sack dinners from your chaplain!

2 17 Tammuz

Fast of Shiva Asar B'Tammuz

3:59 AM - 9:27 PM

3 18 Tammuz

Candle Lighting: 8:35 PM 

4 19 Tammuz

Avot 6

Independence Day

Pinchas

Shabbat Ends: 9:43 PM

5 20 Tammuz

6 21 Tammuz

7 22 Tammuz

8 23 Tammuz

9 24 Tammuz

10 25 Tammuz

Candle Lighting: 8:33 PM 

11 26 Tammuz

Blessing of the New Month

Avot 1

Matot - Massei

Shabbat Ends: 9:40 PM

12 27 Tammuz

13 28 Tammuz


14 29 Tammuz

15 1 Av

Rosh Chodesh

16 2 Av

17 3 Av

Candle Lighting: 8:29 PM 

18 4 Av

Shabbat Chazon

Avot 2

Devarim

Shabbat Ends: 9:35 PM

19 5 Av

20 6 Av

21 7 Av

22 8 Av

Eve of Fast of Tishah B'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 Begins: 8:44 PM

23 9 Av

Fast of Tishah B'Av

Fast Ends: 9:15 PM

24 10 Av

Candle Lighting: 8:24 PM 

25 11 Av

Shabbat Nachamu

Avot 3

Va'etchanan

Shabbat Ends: 9:28 PM

26 12 Av

27 13 Av


28 14 Av

29 15 Av

Tu B'Av

30 16 Av

31 17 Av

Candle Lighting: 8:17 PM 

Molad: Tuesday, 7/14 at 7:30 (17 chalaki'm) PM



AUGUST

MENACHEM AV - ELUL

HOLY TEMPLE

What makes a house into a home? Home is the place where our inner selves can be revealed, the place we feel the most comfortable and safe. On a Jerusalem mountain, G-d's divine presence dwells. Only remnants remain of the sanctuary where our physical selves could truly be at one with G-dliness, the place where our souls could truly feel comfortable and safe.

Pictured: The Kotel - Western Wall

THIS MONTH AT A GLANCE

Aug. 13-14	Thurs.-Fri.	Rosh Chodesh
Aug. 31	Monday	Chai Elul

** 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 2026

MENACHEM AV - ELUL 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

Candle Lighting Times

	Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan
8/7	7:31	7:45	6:51	7:47	7:51	6:38
8/14	7:23	7:39	6:44	7:37	7:41	6:34
8/21	7:15	7:33	6:37	7:27	7:31	6:29
8/28	7:06	7:26	6:28	7:15	7:20	6:24

Shabbat ends on Saturday approximately 65 min. after listed times.

ALEPH OFFERS 25 CORRESPONDENCE COURSES ON MANY JEWISH TOPICS!

Email us or send us a letter to request a correspondence course.

1 18 Av
Avot 4

Eikev

Shabbat Ends: 9:20 PM

2 19 Av

3 20 Av

4 21 Av

5 22 Av

6 23 Av

7 24 Av

8 25 Av
Blessing of the New Month
Avot 5

Re'eh

Candle Lighting: 8:09 PM 

Shabbat Ends: 9:11 PM

9 26 Av

10 27 Av

11 28 Av

12 29 Av

13 30 Av
Rosh Chodesh

14 1 Elul
Rosh Chodesh

15 2 Elul
Avot 6

Shoftim

Candle Lighting: 8:00 PM 

Shabbat Ends: 9:01 PM

16 3 Elul

17 4 Elul

18 5 Elul

19 6 Elul

20 7 Elul

21 8 Elul

22 9 Elul
Avot 1 & 2

Ki Teitzei

Candle Lighting: 7:50 PM 

Shabbat Ends: 8:50 PM

23 10 Elul

24 11 Elul

25 12 Elul

26 13 Elul

27 14 Elul

28 15 Elul

29 16 Elul
Avot 3 & 4

Ki Tavo

Candle Lighting: 7:40 PM 

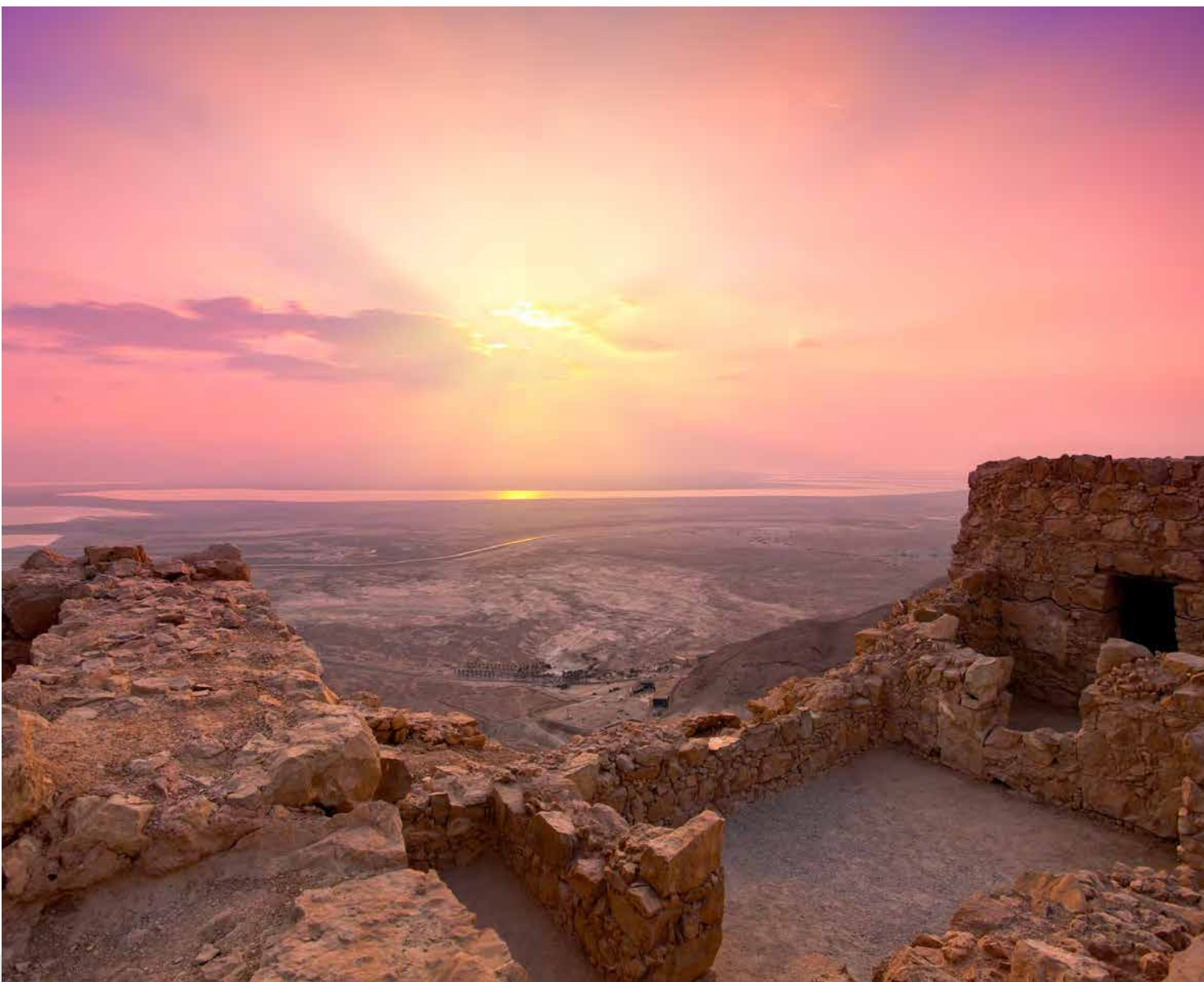
Shabbat Ends: 8:38 PM

30 17 Elul

31 18 Elul
Chai 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 Chassidism, and Rabbi Schneur Zalman of Liadi, the founder of Chabad.



SEPTEMBER

ELUL – TISHREI 5787

THE SHOFAR

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. There are many explanations as to why we blow the shofar on Rosh Hashanah. Perhaps the most important of them is that we use it as a trumpet to crown G-d as the King over the entire universe.

Pictured: Beautiful sunrise over Masada fortress

THIS MONTH AT A GLANCE

Sept. 7	Monday	Labor Day
Sept. 5	Saturday	Selichot
Sept. 12-13	Sat.-Sun.	Rosh Hashanah**
Sept. 14	Monday	Fast of Gedalia (fast day)
Sept. 21	Monday	Yom Kippur **
Sept. 26-27	Sat.-Sun.	Sukkot **
Sept. 28-30	Sun.-Wed.	Sukkot

** 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 2026


ELUL 5786 - TISHREI 5787

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 19 Elul	2 20 Elul	3 21 Elul	4 22 Elul	5 23 Elul Selichot Tonight Avot 5 & 6 Nitzavim - Vayeilech
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SELICHOT
The series of Selichot prayers recited in preparation for Rosh Hashanah & Yom Kippur begin this Saturday night, after midnight.

Candle Lighting: 7:29 PM  Shabbat Ends: 8:26 PM



6 24 Elul	7 25 Elul Labor Day	8 26 Elul	9 27 Elul	10 28 Elul	11 29 Elul Rosh Hashanah Eve	12 1 Tishrei Rosh Hashanah
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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: 7:17 PM  Candle Lighting: after 8:14 PM 





13 2 Tishrei Rosh Hashanah	14 3 Tishrei Fast of Gedalia 5:32 AM - 7:58 PM	15 4 Tishrei	16 5 Tishrei	17 6 Tishrei	18 7 Tishrei	19 8 Tishrei Shabbat Shuva Ha'azinu
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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.

Holiday Ends: 8:12 PM  Shabbat Ends: 8:02 PM 

20 9 Tishrei Yom Kippur Eve	21 10 Tishrei Yom Kippur	22 11 Tishrei	23 12 Tishrei	24 13 Tishrei	25 14 Tishrei Sukkot Eve	26 15 Tishrei Sukkot
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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: 7:02 PM  Fast & Yom Kippur Ends: 7:59 PM  Candle Lighting: 6:54 PM  Candle Lighting: after 7:50 PM 

27 16 Tishrei Sukkot	28 17 Tishrei Sukkot 1 st Intermediate Day	29 18 Tishrei Sukkot 2 nd Intermediate Day	30 19 Tishrei Sukkot 3 rd Intermediate Day
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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.

Holiday Ends: 7:49 PM

Candle Lighting Times

	Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan
9/4	6:57	7:19	6:20	7:03	7:08	6:18
9/11	6:47	7:11	6:11	6:51	6:56	6:12
9/12	7:41	8:02	7:26	7:49	7:54	7:02
9/18	6:38	7:04	6:01	6:38	6:44	6:06

Continued in the next square

Candle Lighting Times

	Los Angeles	Miami	Jerusalem	Milwaukee	Greenfield Park	San Juan
9/20	6:35	7:01	5:59	6:34	6:41	6:05
9/25	6:28	6:56	5:52	6:25	6:32	6:00
9/26	7:21	7:47	-	7:24	7:29	6:50

Shabbat ends on Saturday approximately 65 min. after listed times.

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

Molad: Friday, 9/11 at 8:59 (1 chelek) PM

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 2026-2029

Holy Day	Hebrew Date	Work	2026	2027	2028	2029
		Permitted				
Fast of 10th of Tevet	Tevet 10		Dec. 30-25	Dec. 20-26	Jan. 9	Dec. 16
15th of Shevat	Shevat 15		Feb. 2	Jan. 23	Feb. 12	Jan. 31
Fast of Esther	Adar 13		Mar. 2	Mar. 22	Mar. 9	Feb. 28
Purim	Adar 14		Mar. 3	Mar. 23	Mar. 12	Feb. 29
Fast of Firstborn	Nissan 14		Apr. 1	Apr. 21	Apr. 10	Mar. 30
Passover {First 2 Days}	Nissan 15-16	No	Apr. 2-3	Apr. 22-23	Apr. 11-12	Mar. 31 - Apr. 1
Passover {Intermediate Days}	Nissan 17-20		Apr. 4-7	Apr. 24-27	Apr. 13-16	Apr. 2-5
Passover {Last 2 Days}	Nissan 20-21	No	Apr. 8-9	Apr. 28-29	Apr. 17-18	Apr. 6-7
Lag B'Omer	Iyar 18		May 5	May 25	May 14	May 3
Shavuot	Sivan 6-7	No	May 22-23	June 11-12	May 31 - June 1	May 20-21
Fast of 17th of Tamuz	Tammuz 17		Jul. 2	Jul. 22	Jul. 11	Jul. 1
Fast of 9th of Av	Av 9		Jul. 23	Aug. 12	Aug. 1	Jul. 21
Rosh Hashana	Tishrei 1-2	No	Sept. 12-13	Oct. 2-3	Sept. 21-22	Sept. 10-11
Fast of Gedaliah	Tishrei 3		Sept. 14	Oct. 4	Sept. 24	Sept. 12
Yom Kippur	Tishrei 9-10	No	Sept. 21	Oct. 11	Sept. 30	Sept. 19
Sukkot {First 2 Days}	Tishrei 15-16	No	Sept. 26-27	Oct. 16-17	Oct. 5-6	Sept. 24-25
Sukkot {Intermediate Days}	Tishrei 17-21		Sept. 28-Oct. 2	Oct. 18-22	Oct. 7-11	Sept. 26-30
Shemini Atzeret	Tishrei 22	No	Oct. 3	Oct. 23	Oct. 12	Oct. 1
Simchat Torah	Tishrei 23	No	Oct. 4	Oct. 24	Oct. 13	Oct. 2
Chanukah	Kislev 25, Tevet 2/3		Dec. 5-12	Dec. 25 - Jan 1	Dec. 13-20	Dec. 2-9

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 E-lo-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 22	Rosh Hashana Begins (Sunset)	***1 & 4
Sep 23	Rosh Hashana Day 1	**1 & 4
Sep 24	Rosh Hashana Day 2	
Oct. 1	Yom Kippur Begins (Sunset)	*2 & 4
Oct. 2	Yom Kippur	
Oct. 6	Sukkot Begins (Sunset)	***3 & 4
Oct. 7	Sukkot Day 1	**3 & 4
Oct. 8	Sukkot Day 2	
Oct. 13	Shemini Atzeret Begins (Sunset)	***3 & 4
Oct. 14	Shemini Atzeret	**3 & 4
Oct. 15	Simchat Torah	
Dec. 14	Chanukah Begins (Sunset)	
Dec. 22	Chanukah Ends (Nightfall)	
March 2	Purim Begins (Sunset)	
March 3	Purim Day	
April 1	Pesach Begins (Sunset)	***3 & 4
April 2	Pesach Day 1	**3 & 4
April 3	Pesach Day 2	
April 7	Final Days of Pesach Begin (Sunset)	***3
April 8	Pesach Day 7	**3
April 9	Pesach Day 8	
May 21	Shavuot Begins (Sunset)	***3 & 4
May 22	Shavuot Day 1	****3 & 4
May 23	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-she] 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-she] 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-she] 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.