

Jewish
Quotable
Quotes
CALENDAR

5787 - 2026/2027

ALEPH INSTITUTE

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Jewish Quotable Quotes

Growth isn't optional—it's the pulse of a meaningful life.

This Mishnah teaches that there's no neutral ground: if we're not moving forward, we're slowly slipping back.

Our soul, like a flame, needs constant fuel—through learning, kindness, prayer, and purpose. Complacency may feel safe, but it quietly erodes our strength.

We're reminded to stretch beyond the comfort of "enough," to challenge ourselves daily, and to keep reaching higher. Because in spiritual life, standing still is just another way of falling.

One who does not increase diminishes.

Avot 1:13

NOVEMBER

CESHVAN - KISLEV

THIS MONTH AT A GLANCE

Nov. 1	Sunday	DST Ends
Nov. 10-11	Tues.-Wed.	Rosh Chodesh
Nov. 11	Wednesday	Veterans Day
Nov. 26	Thursday	Thanksgiving Day
Nov. 29	Sunday	Yud Tes Kislev

** 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 2026

CESHVAN - KISLEV 5787

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																			
121 Cheshvan DST Ends	222 Cheshvan	323 Cheshvan	424 Cheshvan	525 Cheshvan	626 Cheshvan	727 Cheshvan Blessing of the New Month Chayei Sarah																																			
					Candle Lighting: 4:53 PM	Shabbat Ends: 5:52 PM																																			
828 Cheshvan	929 Cheshvan	1030 Cheshvan Rosh Chodesh	111 Kislev Rosh Chodesh Veterans Day	122 Kislev	133 Kislev	144 Kislev Toldot																																			
					Candle Lighting: 4:46 PM	Shabbat Ends: 5:46 PM																																			
155 Kislev	166 Kislev	177 Kislev	188 Kislev	199 Kislev	2010 Kislev	2111 Kislev Vayeitzei																																			
					Candle Lighting: 4:41 PM	Shabbat Ends: 5:42 PM																																			
2212 Kislev	2313 Kislev	2414 Kislev	2515 Kislev	2616 Kislev Thanksgiving Day	2717 Kislev	2818 Kislev Vayishlach																																			
					Candle Lighting: 4:37 PM	Shabbat Ends: 5:39 PM																																			
2919 Kislev Yud Tes Kislev	3020 Kislev Chof 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.																																									
		Candle Lighting Times <table><tr><td></td><td>Cincinnati</td><td>Lockbourne</td><td>Pittsburgh</td><td>Harrisburg</td><td>Philadelphia</td><td>Trenton</td></tr><tr><td>11/6</td><td>5:11</td><td>5:06</td><td>4:53</td><td>4:41</td><td>4:35</td><td>4:32</td></tr><tr><td>11/13</td><td>5:05</td><td>5:00</td><td>4:46</td><td>4:34</td><td>4:28</td><td>4:26</td></tr><tr><td>11/20</td><td>5:00</td><td>4:54</td><td>4:41</td><td>4:29</td><td>4:23</td><td>4:20</td></tr><tr><td>11/27</td><td>4:56</td><td>4:51</td><td>4:37</td><td>4:25</td><td>4:19</td><td>4:17</td></tr></table> Shabbat ends on Saturday approximately 65 min. after listed times.						Cincinnati	Lockbourne	Pittsburgh	Harrisburg	Philadelphia	Trenton	11/6	5:11	5:06	4:53	4:41	4:35	4:32	11/13	5:05	5:00	4:46	4:34	4:28	4:26	11/20	5:00	4:54	4:41	4:29	4:23	4:20	11/27	4:56	4:51	4:37	4:25	4:19	4:17
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		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.																																							
		 Chaplains Please Sign Up																																							

Molad: Monday, 11/09 at 10:27 (3 chalakim) PM

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 11	Rosh Hashanah Begins	*1 & 4
Sep 12	Rosh Hashanah Day 1	**1 & 4
Sep 13	Rosh Hashanah Day 2	
Sep 20	Yom Kippur Begins (Sunset)	*2 & 4
Sep 21	Yom Kippur	
Sep 25	Sukkot Begins (Sunset)	*3 & 4
Sep 26	Sukkot Day 1	**3 & 4
Sep 27	Sukkot Day 2	
Oct 2	Shemini Atzeret Begins (Sunset)	*3 & 4
Oct 3	Shemini Atzeret	**3 & 4
Oct 4	Simchat Torah	
Dec 4	Chanukah Begins (Sunset)	
Dec 12	Chanukah Ends (Nightfall)	
Mar 22	Purim Begins (Sunset)	
Mar 23	Purim Day	
Apr 21	Pesach Begins (Sunset)	***3 & 4
Apr 22	Pesach Day 1	**3 & 4
Apr 23	Pesach Day 2	
Apr 27	Final Days of Pesach Begin (Sunset)	***3
Apr 28	Pesach Day 7	**3
Apr 29	Pesach Day 8	
June 10	Shavuot Begins (Sunset)	***3 & 4
June 11	Shavuot Day 1	**3 & 4
June 12	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

- Bo-ruch A-toh A-do-noi E-lo-hei-nu Me-lech Ho-olom A-she-ri Ki-de-sha-nu Be-mitz-vo-tav Vi-tzvi-vo-nu Le-had-lik Ner Shel [Fridays add: Sha-bat vi-shel] Yom Ha-zi-karon
- Bo-ruch A-toh A-do-noi E-lo-hei-nu Me-lech Ho-olom A-she-ri Ki-de-sha-nu Be-mitz-vo-tav Vi-tzvi-vo-nu Le-had-lik Ner Shel [Fridays add: Sha-bat vi-shel] Yom Ha-Ki-pu-rim
- Bo-ruch A-toh A-do-noi E-lo-hei-nu Me-lech Ho-olom A-she-ri Ki-de-sha-nu Be-mitz-vo-tav Vi-tzvi-vo-nu Le-had-lik Ner Shel [Fridays add: Sha-bat vi-shel] Yom Yom Tov
- 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.