

TEVET 10

Observed as a fast day. On this date, Jerusalem was placed under siege by the Babylonian king Nebuchadnezzar, resulting in the destruction of the First Temple (422 BCE).

TEVET 24

Yartzeit of Rabbi Schneur Zalman of Liadi, founder of the Chabad movement (1813).

KOSHER

Kashrut: Spiritual Diet for a Small Planet

For our physical wellbeing, few things are as important as a healthy diet. But the Kosher laws offer the soul similar benefits, and more. The mystical masters teach us that everything we eat has a bit of holiness - a "spark" of divine energy released when we eat foods prepared in accord with the kosher laws. Just as the body responds to the quality of the food that fuels it, so too the soul: With appropriate foods prepared in the prescribed manner, we absorb the Divine nourishment that makes for a healthy spirit. Adapting your diet to a kosher life style is easier than you might imagine. The shelves of your local supermarket are stocked with literally hundreds and thousands of products produced under kosher supervision. All you need to do is ask call our office for advice and information.

NJ Monthly TOP DENTIST 2012

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One Torah Way | Rockaway, NJ 07866 973-625-IS25 → www.onetoralnway.org FRIDAY SHABBAT WEDNESDAY THURSDAY MONDAY TUESDAY SUNDAY 5 6 VAYIGASH New moon: 12:58 5/18 AM 00000000 0000000 CHANUKAH 00000 000000 CHANUKAH Rosh Chodesh In evening begin Tal U'Matar Light candles at 4:12pm Shabbat ends at 5:15pm CHANUKAH CHANUKAH CHANUKAH Rosh Chodesh 12 13 Shabbat Chazzak FAST OF TEVET 10 Fast begins at 5:46am Fast ends at 5:03pm Shabbat ends at 5:16pm Light candles at 4:12pm Terret 12 16 Light candles at 4:14pm Shabbat ends at 5:19pm כ טבת Tevet 20 כא טבת Tevet 21 כב טבת Tevet 22 יט טבת Tevet 19 23 25 26 24 Tevet 24 VA'EIRA Light candles at 4:18pm Shabbat ends at 5:23pm



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כז טבת Tevet 27

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כח טבת

Tevet 28

כר טבת Tevet 26

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