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CHABAD LUBAVITCH OF RIVERDALE

Tel. 718-549-1100 ext. 10  
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[www.ChabadRiverdale.org](http://www.ChabadRiverdale.org)

## Shabbat Parshat Vayeilech/Shuvah

B"H

**Friday, October 4th, 2019**  
**5 Tishrei, 5780**  
**Candle lighting 6:15 PM**  
**Mincha at 6:25 PM**

### Shabbat Services

Tanya/soul maps	8:30 AM
Shacharit	9:00 AM
Mincha	6:15 PM
Shabbat Ends	7:12 PM
Havdalah Service/Living Torah DVD of the Rebbe	7:12 PM

### Junior Congregation

10:45 am - 12 pm  
PreK-Grade 3 (upstairs) - Mrs. Dina Klapper  
Grades 4+ Girls (downstairs) - Aviva Laskin & Maya Rudoy  
Grade 4+ Boys (downstairs library)

### NEXT WEEKS SCHEDULE

Sunday Shacharit	8:45 AM
Monday-Tuesday	6:55 AM
Wednesday-(Yom Kippur)	
Shacharit	9:00 AM
Thursday- Friday	6:55 AM

### A TWEET TREAT FOR SHABBAT

**How do you celebrate a 120th birthday?**

[http://](http://ChabadRiverdale.org/1269059)

[ChabadRiverdale.org/1269059](http://ChabadRiverdale.org/1269059)

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**DO YOU DAVEN AT CHABAD EVERY SHABAT?:** But Go Away for the High Holidays? Can you please sponsor a seat for another person, and support your shul?

**KAPAROT:** Will take place next **Sunday, October 6th, 5:00-7:00 pm** see flyer for details.

**TIPS FOR AN EASY FAST:** \*Phenylalanine, 500 mg, 6 pills per day for 3 days before Y"K. On Erev Yom Kippur, take a multivitamin with 5000 units of Vitamin A. This is not for pregnant or nursing women.

**PURCHASE YOUR LULAV AND ETROG AND SUPPORT CHABAD:** Chabad of Riverdale and Riverdale Judaica are partnering again to bring you Arba Minim. Purchase your set at Riverdale Judaica where you can choose from hundreds of lulavim and etrogim. Consult with professionals on hand as you make your purchases. **Sale hours are 11:00 AM-7:00 PM, Fridays 11:00 AM-3:00 PM, and Sunday Eruv Yom Tov 11:00 AM-1:30 PM.** Select from 3 categories priced at \$45, \$65, and \$85. Call 718-601-7563 to reserve your set in advance. Please make sure to tell them you are from Chabad.

**RAISE THE ROOF WITH US THIS SUKKOT :** Join us for meals in our Chabad Sukkah! We will have dinner Sunday night September 23 7:45 Pm and lunch Monday 12:30 PM , adults are \$40.00 and a child is \$15.00 if you register before Yom Kippur, after Yom Kippur it is \$45.00 and adult and \$20.00 a child , you can register by going to [Chabadriverdale.org](http://Chabadriverdale.org) and on Donate page fill in your information and in the memo write for sukkah meals or Call our office to reserve a space. **SPACE HIGHLY LIMITED.**

**SIMCHAT TORAH CANDY BAGS:** If you would like to participate in the Simchat Torah candy bags, please drop off candy at the Shul. Candy should be pareve with an ou, ok, star-k or chof-k hashgacha. Hard candy not allowed. Separate bags will be prepared for younger children/older children.

**UPCOMING EVENTS AT CHABAD: SHABBAT AT THE OHEL:** Men are invited to experience a Shabbat at the Rebbe's Resting Place, the Ohel, on Shabbat, November 8-9th. we are renting a very nice house a few doors away, and you will have a most memorable Shabbat, Please email [Rabbi@ChabadRiverdale.org](mailto:Rabbi@ChabadRiverdale.org).

**WHAT WILL BE YOUR JEWISH LEGACY:** Help ensure a bright future for Judaism in our community. Remember Chabad of Riverdale in your will.

**MIKVEH HOURS:** beginning Sept 8th, 2019. **Sunday-Thursday night: 7:30-10:00pm.** **Friday night : 40 minutes after candle lighting.** No appointment necessary but please be on time. **Saturday night : 8:00-10:00pm.** Keilim Mikveh open during daylight hours ONLY.

## Vayeilech

**Deuteronomy 31:1–30**

The Parsha of Vayeilech (“and he went”) recounts the events of Moses’ last day of earthly life. “I am one hundred and twenty years old today,” he says to the people, “and I can no longer go forth and come in.” He transfers the leadership to Joshua, and writes (or concludes writing) the Torah in a scroll which he entrusts to the Levites for safekeeping in the Ark of the Covenant.

The mitzvah of *hak’hel* (“gather”) is given every seven years. During the festival of Sukkot of the first year of the shemittah cycle, the entire people of Israel—men, women and children—should gather at the Holy Temple in Jerusalem, where the king should read to them from the Torah.

Vayeilech concludes with the prediction that the people of Israel will turn away from their covenant with G-d, causing Him to hide His face from them, but also with the promise that the words of the Torah “shall not be forgotten out of the mouths of their descendants.”



## YOM KIPPUR IN A NUTSHELL

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).

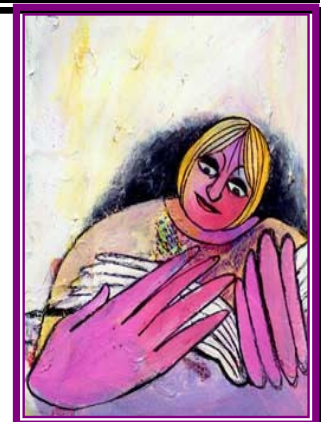
For twenty-six hours—from several minutes before sunset on Tishrei 9 to after nightfall on Tishrei 10—we “afflict our souls”: we abstain from food and drink, do not wash or anoint our bodies, do not wear leather footwear, and abstain from marital relations.

Before Yom Kippur we perform the Kaparot atonement service; we request and receive honey cake, in acknowledgement that we are all recipients in G-d’s world and in prayerful hope for a sweet and abundant year; eat a festive meal; immerse in a mikvah; and give extra charity. Late afternoon we eat the pre-fast meal, following which we bless our children, light a memorial candle as well as the holiday candles, and go to the synagogue for Kol Nidrei services.

In the course of Yom Kippur we hold five prayer services: *Maariv*, with its solemn Kol Nidrei service, on the eve of Yom Kippur; *Shacharit*—the morning prayer; *Musaf*, which includes a detailed account of the Yom Kippur Temple service; *Minchah*, which includes the reading of the Book of Jonah; and *Ne’ilah*, the “closing of the gates” service at sunset. We say the *Al Chet* confession of sins eight times in the course of Yom Kippur, and recite Psalms every available moment.

The day is the most solemn of the year, yet an undertone of joy suffuses it: a joy that revels in the spirituality of the day and expresses the confidence that G-d will accept our repentance, forgive our sins, and seal our verdict for a year of life, health and happiness. The closing *Neilah* service climaxes in the resounding cries of “Hear O Israel... G-d is one” and a single blast of the *shofar*, followed by the proclamation, “Next year in Jerusalem.”

Then joy erupts in song and dance (a Chabad custom is to sing the lively “Napoleon’s March”), followed by the festive after-fast meal, making the evening after Yom Kippur a *Yom Tov* (festival) in its own right.





# KAPOROT



## AT CHABAD OF RIVERDALE

The Traditional Atonement Service

*All chickens and proceeds are donated to tzedakah (charity for the poor)\**

*CONNECT WITH TRADITION*

# DO KAPOROT

## *With A Live Chicken!*

### *Sunday, October 6th, 2019*

*5:00 pm—7:00 pm*

Chabad Lubavitch of Riverdale

*535 West 246<sup>th</sup> Street*

*(off Henry Hudson Pkwy.)*



**Co-sponsored by Chabad Lubavitch of Riverdale &  
National Committee For Furtherance of Jewish Education**

(824 Eastern Parkway, Brooklyn, NY 11213)

*For reservations call (718) 549-1100 Ext. 10*

Proceeds go to Chetzka Tomchei Shabbos\* Yeshivas Kol Yaakov Yehuda Hadar Hatorah Rabbinical Seminary  
\* Machon Chana Jewish Women's Institute \* Poor & Sick Fund

# HIGH HOLIDAY SCHEDULE 5780

## AT CHABAD OF RIVERDALE

### Sunday, September 29th

Light Candles.....6:23 pm

Mincha.....6:33 pm

### Monday, September 30th -

#### First Day of Rosh Hashanah

Shacharit.....9:00 am

Shofar Blowing.....11:30 am

Jr. Congregation..11:30 am-12:45 pm

Mincha.....5:50 pm

Tashlich.....6:10 pm

Light Candles After.....7:20 pm

### Tuesday, October 1st-

#### Second Day of Rosh Hashanah

Shacharit.....9:00 am

Shofar Blowing.....11:30 am

Jr. Congregation..11:30 am-12:45 pm

Mincha followed by Farbrengen..5:15 pm

Holiday Ends.....7:19 pm

### Wednesday, October 2nd-

#### Fast of Gedalya

Fast Begins.....5:19 am

Fast Ends.....7:08 pm

Learn more @ [chabadriverdale.org/TzomGedaliah](http://chabadriverdale.org/TzomGedaliah)

### Shabbat, October 5th

#### Shabbat Shuva

Shacharit.....9:00 am

Mincha & Shuva Drusha.....6:15 pm

Shabbat Ends.....7:12 pm

### Tuesday, October 8th-

#### Erev Yom Kippur

Shacharit.....6:55 am

Mincha.....3:15 pm

Light Candles.....6:09 pm

Fast Begins.....6:15 pm

Kol Nidrei.....6:20 pm

### Wednesday, October 9th -

#### Yom Kippur

Shacharit.....9:00 am

Yizkor.....11:30 am

Jr. Congregation..11:30 am-12:45 pm

Mincha.....4:50 pm

Neilah.....5:50 pm

Fast Ends.....7:06 pm

Followed by Refreshments

# High Holiday Services

Chabad of Riverdale offers a unique style of High Holiday services, which uplift and renew the spirit. Individuals at all levels of Hebrew ability will be able to follow the prayers, feel involved, and be inspired. The High Holiday services at Chabad will leave you invigorated and recharged for the **NEW YEAR!**

The services are open to all. Nobody will be refused a reservation due to lack of financial means.

## LIMITED SEATS AVAILABLE Chabad Lubavitch of Riverdale

*invites you to join in our  
HIGH HOLIDAY SERVICES*

**HIGH HOLIDAY SCHEDULE 2019-5780**

ROSH HASHANA - Saturday, Sunday & Monday September 29th & 30th, October 1st

YOM KIPPUR - Tuesday Evening & Wednesday, October 8th & 9th

*For more information call Chabad Lubavitch of Riverdale (718) 549-1100 ext.10*

**Please circle which holiday(s) you will be attending.**

Rosh Hashana

Yom Kippur

Please fill in the form below and mail it to:

Chabad Lubavitch of Riverdale 535 W. 246<sup>th</sup> Street, Riverdale, NY 10471

***\$600.00 per Seat***

**Or, you may register on our website at: [ChabadBronx.org](http://ChabadBronx.org) » Holidays » High Holiday Reservations**

Last Name		How many seats?	
First Name		# of men _____	# of women _____
Other Guest Names		Home Phone # _____	Cell Phone # _____
Address		City _____	State ____ Zip _____
Work #		Amount enclosed \$ _____	
Email:			

I've closed a check made payable to: Chabad of Riverdale, in the amount of \$\_\_\_\_\_ en-

☐ Please charge \$\_\_\_\_\_, ☐ Mastercard ☐ Visa ☐ American Express

Card # \_\_\_\_\_ Exp Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Men, please include Hebrew name & father's Hebrew Name (in English letters)**

(Please write all information in English) \_\_\_\_\_



# Sukkot Meals in the Chabad Sukkah

Chabad Lubavitch of Riverdale is offering Sukkot meals in our Sukkah.

The cost is **\$40.00** per adult, and **\$15.00** per child ages 3-11 before Yom Kippur. Registrations received after Yom Kippur will be **\$45.00** per adult, and **\$20.00** per child. The meals will begin twenty minutes after the completion of services at the Synagogue.

- Space is highly limited and the deadline for reservations is **Thursday, October 10th.**
- **Reservations will only be accepted once the form below has been completed and submitted to the office with payment.**

Sukkot meals will take place on the following dates:

**Sunday, October 13th** .....Dinner 7:15 pm

**Monday, October 14th** .....Lunch 12:30 pm

Today's Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Names of Attendees:

\_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_



Please indicate which meal(s) you would like to attend:

<b>Sunday, October 13th</b>	Dinner at 7:15 pm Adult(s) _____ Child(ren) _____ Price _____
<b>Monday, October 14th</b>	Lunch at 12:30 pm Adult(s) _____ Child(ren) _____ Price _____

Total: \_\_\_\_\_

**Any changes must be made in person. Your reservation is only confirmed when you receive an email confirmation from Chabad.**

Home Telephone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Cell (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

## **METHOD OF PAYMENT**

☐ I've enclosed a check or money order made payable to: Chabad of Riverdale, in the amount of \$ \_\_\_\_\_

Check date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Check #: \_\_\_\_\_ Check amount: \$ \_\_\_\_\_ Cash amount: \$ \_\_\_\_\_

☐ Please charge \$ \_\_\_\_\_, ☐ Mastercard ☐ Visa ☐ American Express

Card # \_\_\_\_\_ Exp Date: \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## TEHILLIM (PSALMS) LIST

We compile and maintain a Tehillim list of the names of people who need a refuah shlaima (speedy recovery) so we may all daven for them. Dr. Frimet Skolas has volunteered to coordinate names for a Tehillim list for the weekly Shabbat bulletin. So if you know someone who isn't well, please contact Frimet at 1-347-602-7951, fax 1-347-602-7951, or e-mail: [skolasf@outlook.com](mailto:skolasf@outlook.com). All names need to be reinstated 8 weeks after submission or they will automatically be deleted. Frimet will update the list every Wednesday evening.

Rabbi Adin ben Rivka Lea	Elisheva Malka bas Sarah Miriam	Pesha Soroh bas Esther
Aurilia Myriam bat Rivka Victoria	Esther bas Rochel	Reuven ben Aliza
Avraham Ben Devorah	Esther bat Maguy	Rivkah Leah bas Sarah Raiza
Avraham Abba Ben Sara Chana	Ephraim Matan Ben Chana	Riva Devorah bas Raizel Gittel
Avraham Shmelka ben Sarah	Feigele Frimet bas Devorah Blima	Reizel Gitel bas Rochel Leah
Baruch Moshe ben Esther	Frimet bas Chaya Gitel	Ruth bas Rivka
Beila bas Sarah	Freida Rochel bas Esther	Rachel Chana bas Sidell
Bracha Faiga bas Yehudis	Gershon Elchanan hachain ben Tzvia	Ruchama Maita bas Malka
Bracha Rivkah bat Yehudis Devorah	Gitel bas Sheindel	Sara bat Shoshana
Carmela bat Juliet	Golda Shira bat Yenta Rochel	Sarah bas Yael
Channah bat Rivka	Hadassah Raizel bat Sorel	Schneur Chaim Yitzchok Alexander Ben Nechama Dina
Chana bas Devorah	Hinda Sorah Rochel bas Yitta	Shlome Alter Dov Yehuda Halevi ben Gila Esther
Chana bas Mushka	Huna ben Esther	Shmuel ben Ellen
Chana Breindel bas Gittel	Juliet bat Hanna	Sholom Mordechai Halevi Ben Rivkah
Chaim Dovid ben Blume	Jadon and Anias bas Nicole	Shoshanah Faige bas Devorah
Chaim Shraga Feivel ben Chaya Leah Malka	Kalman ben Dobe	Sima bas Chana
Chana Chaya bas Yenta Bayla	Kayla Sarah bas Malka Yentel	Sorah Hadassah bas Gittel
Chaya Bella bas Rivka	Lea bat Valerie	Tzvi ben Miriam
Chaya Sorah bas Devorah Yuda	Leah bat Rachel	Tzadik haLevi ben Masha Rachel
Channah Liba bat Chaya Sarah	Leah Luba bas Baila	Yael bas Sarah
Cherna bas Liba	Liat bat Carmela	Yakova bat Rachel
Daliya Bat Batya	Lieba Chaya bas Devora Yuda	Yaacov aryeh dov ben resha matel
Daveda shimona bas Malka rivka	Malka Devorah bat Ella Chava	Yakot bat Zochra
Devorah Hinda bat Bracha	Masha bas Tzimi	Yehudit bat Sarah
Devorah Lieba bas Yael	Meir ben Trina	Yehudis Chaye bas Gittel
Doba Baila bas Malka	Menucha Rochel bas Gilah Elkah	Yehudis Tirtza Chana bas Bracha
David Shlomo ben Lea	Menachem Mendel Mordechai ben Miriam	Yissaschar ben Roza Rasha
Dovid Shlomo ben Shoshana Malka	Mechachem Ksil ben Kayla	Yona bas Chana
Dovid ben Sarah	Moshe Chaim ben Yehudis	Yoshua Tzvi ben Nechama Lea
Eheskiel Baruch Ben Leah	Moshe Yoel Lee ben Chana	Yosef Yisrael ben Dina
Eliyahu ben Miriam	Miriam bas Chaya Sorah	Yosef bezalel ben Rus
Eliezar Ben Pearl	Miriam Esther Bas Sorah	Yonatan Halevi ben Malka
Elisheva Malka bas Sarah Miriam	Naftali Hertz Chaim ben Feiga Gitel	Zehava Nechama Chaya bat Elisheva
Eliana bat Chana	Nechama bas Chana	

**If you only knew - The Tzemach Tzedek said** - the power of verses of Tehillim and their effect in the highest Heavens, you would recite them constantly. Know that the chapters of Tehillim shatter all barriers; they ascend higher and still higher with no interference; they prostrate themselves in supplication before the Master of all worlds; and they effect and accomplish with kindness and compassion (Chaf). We know that when an individual says any amount of Tehillim (Psalms) she/he can merit many blessings. This is particularly true when the entire book of Tehillim is recited by a group of individuals, since G-d blesses us when we are united in peace with one another. It is also considered as if each of the individuals who take part in the group recited the entire Tehillim, not just their allotted chapters. You can say it anytime and anywhere that Shabbat. If you wish to participate, please indicate how many average-sized chapters (psalms) you would like to say and your preference. I will contact you to let you know your allotted chapters. In the merit of saying Tehillim may we receive the blessings we need individually and for Klal Yisrael. Please reply to Frimet Skolas at [skolasf@outlook.com](mailto:skolasf@outlook.com) or call 1-347-602-7951.

## Never-Ending Progress

*"Moses went... and said, 'Today I am 120 years old...'—Deuteronomy 31:1-2.*

Moses lived exactly 120 years, passing away on the day of his 120th birthday. As this week's reading begins, "Moses went... and said, 'Today I am 120 years old...'"

The phrase "Moses went" is very significant because it indicates not only "going" in the literal sense of physical movement, but more importantly, in terms of personal progress and growth. Spiritual movement means leaving one's previous spiritual rung and beginning a new phase of Divine service. Although Moses was 120 years old, and had attained the highest level of closeness with G-d, he never ceased moving forward. Even on the last day of his life, he continued striving for greater heights in his development as a human being.

**When we are stalling in our spiritual development, we excuse ourselves by remembering that we are not seeking perfection** It is well known that our spiritual program of recovery is based on "Progress, not perfection." Many times, however, we emphasize the second part of the phrase—while minimizing the first. When we are stalling in our spiritual development, we excuse ourselves by remembering that we are not seeking perfection. But do we remember, at the same time, to demand from ourselves that we continue making progress?

The life-long task of moving ever closer to G-d is based upon a commitment to abandoning one's previous mode of conduct. Hopefully, we are always moving forward—even to the extent of becoming a totally new person. This radical change is not something that happens just once in a lifetime, but should continue throughout one's years. When can we say that we have changed enough that we are totally satisfied? When can we say that we are close enough to G-d to rest on our laurels?

Yet, it is often the case with us in recovery that when life starts to return to normalcy, we lose the sense of urgency we so keenly felt at first. When we were humiliated and dejected, we accepted that we would have to change ourselves. But change cannot end as soon as things start to feel manageable again! The commitment we make to our spiritual growth is that we never stop growing, never stop moving and changing throughout our lives. Even in those specific areas in which we may have achieved some modicum of perfection, we do not relent from looking for still better ways to be more spiritual and more selfless. Whereas, at least in theory, perfection is attainable, progress, by definition, never ends.

As an old timer once said, "Life is like apples. When they're red, pick 'em. If they're green, they're still growing."