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# the chabad times

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 208.853.9200  
 chabad@jewishidaho.com  
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**Director:** Rabbi Mendel Lifshitz  
**Editor:** Esther Lifshitz  
 Contributing Editors: Mushky Sossonko, Debbie Smith, Miriam Israily  
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Dear Friend,

*Ever see a child tear open a gift? Have you watched children compete for a foul ball at a baseball game? Witness a little girl getting her hair cut? Observe kids race to catch the candy thrown at a chatan at his aufruf?*

*There's something fervent, impulsive and simply childish about a kid's excitement. When adults do the same we often frown. But, when children indulge in such activity it's not only acceptable – it's often lauded. They are after all children. There is, in fact, something pure about their passion.*

*Now imagine the scene repeating itself. The children are just as excited the second, third and fourth time! Again and again they are given a treat, but from the look of their faces you could bet it was the very first time!*

*But is it ever appropriate for adults to share such enthusiasm. Truth be told, we also can act giddy. For grown-ups it won't be a new tricycle. But it will be a new car, or house, or job. Or, more meaningfully, a new relationship or achievement.*

*When applied to the correct circumstance, ideal or even item, sheer delight is indeed appropriate and commended.*

*Perhaps this is why G-d did not accept any grown-ups as the guarantors for the Torah. He insisted on guarantors prior to providing us with His most cherished gift. Yet, the Patriarchs & Matriarchs, the Righteous and the Prophets all failed to pass muster as guarantors. When the Jewish people offered their children as guarantors, G-d immediately agreed.*

*Why were the children G-d's only acceptable guarantors? Were the Patriarchs and the Prophets not sufficiently devoted to the Torah? Would the future children, whose mettle had yet to be tested, prove better?*

*The Torah is meant to be enthusiastically embraced every day, as our Sages have taught: Every day, you shall regard the commandments as if they are brand new, as though you are just today being commanded regarding them!*

*Our children are indeed the best guarantors. And we ought to emulate their excitement for the most precious gift on earth. This Shavuot, let's celebrate – and commit ourselves to the Torah – like children!*

Wishing you a Happy Shavuot,

**Rabbi Mendel & Esther Lifshitz**

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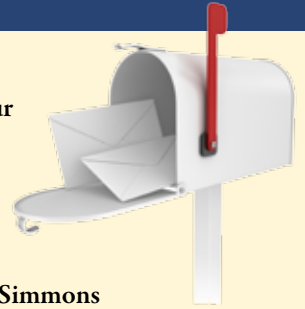
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# FROM OUR MAILBOX & INBOX



Rabbi Mendel,

I just wanted to send my greetings and best wishes for a joyous festival this evening - the celebration of the miracle of the Passover, commemorating the liberation of the Jewish people from Egyptian bondage so many centuries ago. I wish to join my Jewish brothers and sisters in praise and thanks to the G-d of Abraham, Isaac and Jacob for His mercies and love. To all of you, Chag Sameach, a joyous festival.

Blessings on all of you!

Ron Crane  
State Treasurer

Dear Rabbi Mendel & Esther,

What a wonderful surprise to find a matzah box on our doorstep this past week! We also appreciate the letter that accompanied the matzah; we always enjoy the learning and



thinking that spurs from your writing.

Now the challenge is how to hide the matzah so it does not disappear before April 22nd!

Chag Pesach Sameach to your family!

Ariela, Ezequiel and Matias Gruszka

Rabbi Mendel,

Thank you for your kindness and generosity and for letting me be a part of your family.

With friendship and warmth,  
G. G.

Thank you so much for your kind and thoughtful note and the gift of shmurah matzah.

I'm wishing you a season of joy, of renewal, of liberation on this zman cherusainu. May it bring blessing to you and your entire family.

Kol tuv,  
D. F.

Dear Esther,

I got a treat of some matzah and have been meaning to send you a thank you. I got a wonderful invitation celebrating Dovid's Bar Mitzva. I'm so excited. Thank you for thinking of me and keeping me connected.

Shabbat Shalom,

R. A.

Esther,

Thank you for a lovely Seder! Everything was delicious as usual, and it's always a pleasure to hear Rabbi Mendel's insights!

Len Levitt

Rabbi Mendel & Esther,

That was so kind of you to bring the shmurah matzoh. It will definitely make this Shabbat special.

Enjoy your seder and know we will be thinking of you.

Deborah Simmons

Dear Rabbi and Esther,

We were so sad to say good bye to Miriam. She was a kind and wonderful teacher. My son misses her already!

We hope to see her again soon!

O.L.

## Letters to the Editor

We'd love to hear from you. Please submit your comments, articles, suggestions and letters to [chabad@jewishidaho.com](mailto:chabad@jewishidaho.com) or send them via postal mail. *All submissions are subject to editorial review.*



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# SHAVUOT GUIDE



## The Giving of the Torah

The holiday of Shavuot celebrates G-d's rendezvous with the Jewish people over 3,300 years ago at a humble mountain called Sinai. It was the first and only time the Creator communicated with an entire nation. G-d gave the Jews the Torah a mere fifty days after leaving Egypt, entrusting a nation of former slaves with the cosmic mission of bringing Divine light to the universe.

This moment and mission are celebrated on Shavuot, as we rededicate ourselves to our spiritual task. We stay awake all night studying Torah on the eve of Shavuot (Saturday Night, June 11, 2016), and everyone, even the youngest kids, listens to the reading of the Ten Commandments on Shavuot day (Sunday, June 12, 2016).

## Shavuot

Shavuot means "weeks," referring to the seven weeks our ancestors counted between the Exodus from Egypt and the giving of the Torah. Today we count as well, reciting a special blessing and prayer on each of the 49 consecutive nights between Passover and Shavuot. This counting is in preparation for receiving the Torah on the Torah-giving commemorative holiday, Shavuot itself.

## The Torah

Torah is G-d's wisdom, an expression of His essence. G-d created the universe so that

the Torah's ideals could be actualized. The Torah, as we experience it, is Divine wisdom distilled for consumption by the human mind.

By studying Torah's laws, logic and stories, it becomes possible to wrap our rational human mind around Divine concepts.

Torah is the soul's best nourishment. So study

whenever you have time, ideally twice a day: morning and evening. The internet is a great place to begin. For starters, check out [www.jewishldaho.com](http://www.jewishldaho.com).

## LAWS & CUSTOMS

*In addition to the observances common to all Jewish holidays, Shavuot is marked with a number of unique customs.*

## Take in the Ten Commandments

Relive the original Sinai experience by hearing the Ten Commandments read in the synagogue directly from the Torah scroll. Make sure to bring the kids!

## Shavuot and Kids

Before giving the Torah, G-d asked the Jews for a guarantor to ensure its perpetuation, and they responded: "Our children." That's why, throughout history, the Torah has been transmitted through our kids—because they are our very future. Children naturally absorb the Torah's moral concepts, which is why children of all ages, even infants, should go to synagogue to hear the reading of the Ten Commandments on Shavuot, reliving the event as we experienced it the first time.

## The All-Nighter

Our ancestors slept late the morning they received the Torah. They sincerely (but

mistakenly) thought that they would be best able to receive the Torah if their souls were not constrained by the physical body, and able to tap into subconscious realms beyond the mind. In truth, G-d wants us to be present, and "awake", using the physical to transform this world into a holy place.

We compensate for their misjudgment by staying up the entire first night of Shavuot studying Torah. Chabad Lubavitch of Idaho is hosting an all-night Torah-fest, with interesting discussions on Torah topics.

## Enjoy a Dairy Meal

When the Torah was given, the Jews immediately became obligated to observe its food laws, but their existing utensils did not meet the newly-taught kosher standards, so they quickly threw together a dairy meal. To remember this dedication to Torah law, we traditionally enjoy a dairy meal on Shavuot.

## Go Green

Another tried-and-true custom is to decorate Jewish homes and synagogues with floral arrangements, symbolizing the flowers that miraculously popped up all over Mt. Sinai (in the desert!) at the Torah's giving.

## Yizkor

As on other holidays, after the Torah reading on the second day of Shavuot, we recite the Yizkor—Memorial Prayer for loved ones who have passed on (see page 15 for more about Yizkor).

## Read the Book of Ruth

On that first historical Shavuot, all Jews "converted" to Judaism by accepting the Torah and its laws. That's why many synagogues customarily read the Book of Ruth on the second day of Shavuot, revisiting the saga of a sincere convert who embraced Judaism with all her heart.

*To learn more about Shavuot - including videos, recipes, classes, crafts and more - visit [www.jewishldaho.com/shavuot](http://www.jewishldaho.com/shavuot).*

# RECIPE Goat Cheese Walnut Salad

Prep Time: 12 minutes

Cook Time: none

Chill Time: none

Yield: 6 to 8 servings

2 (5-ounce) packages mixed field greens  
1½ cups dried cranberries or Craisins  
1 small red onion, thinly sliced  
1 (5.5-ounce) log soft fresh goat cheese, crumbled  
1½ cups walnuts

For dressing:

2½ tablespoons red wine vinegar  
1 tablespoon Dijon-style mustard  
½ tablespoon fresh thyme, finely chopped  
7 tablespoons olive oil  
½ teaspoon salt  
¼ teaspoon pepper

1. Mix greens, cranberries and onion in large salad bowl.

2. Sprinkle cheese and walnuts over salad mixture.

3. For dressing, mix vinegar, mustard and thyme in small bowl.

4. Gradually whisk in olive oil; season with salt and pepper.

5. Toss dressing with salad immediately before serving.



*Tip:*  
To bring out a nice roasted nutty flavor, place the walnuts in a shallow baking dish and roast them in the oven for 10 minutes at 350° F.

More Shavuot recipes at [www.jewishidaho.com/32627](http://www.jewishidaho.com/32627)



# PHOTOS Purim in Israel



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# PHOTOS Purim in Israel



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# PHOTOS Community Israel Trip



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# Ask the Rabbi

## IF G-D IS VENGEFUL, WHY CAN'T I BE?

I have been seriously hurt by my ex. It has now been seven months of abuse, put-downs, bad-mouthing and humiliation, and I have remained silent.

But now I have an overwhelming urge to take revenge. And I have the chance. With one phone call, I could ruin his career and shatter his entire life.

### Should I do it?

by Aaron Moss

The desire for revenge is natural and understandable. We have an innate expectation that justice should be done, and when we see evil go unpunished, we want to intervene. But we can't. "Do not take revenge," the Torah warns. Revenge is wrong.

Of course, we need not be helpless victims of those who have malicious designs on us. We must protect ourselves from being hurt and do all we can to prevent acts of evil. But even if we have been hurt, we mustn't hurt back.

On the other hand, the very same Torah which warns us not to take revenge describes G-d Himself as "a vengeful G-d." How can this be? If we are told not to be vengeful, why is G-d then allowed to be? If revenge is immoral, how can G-d be vengeful?

But that is exactly the point. The very fact that G-d is vengeful allows us humans not to be. No human justice system is foolproof, so ultimate justice is in His hands. He will right the wrongs and punish the wicked. In this world or in the next, in this lifetime or another, in ways we may never know, justice will be served.



It's funny, you often hear people disparaging "the vengeful G-d of the Bible." They somehow think that a vengeful G-d will produce vengeful followers. The opposite is true. It is precisely G-d's vengefulness that enables humans to let go of the desire for revenge. We know there is a true Judge, and He will do justice. So we humans can leave the vengeance to Him, and get on with living.

Don't waste your energy on feelings of bitterness and hostility. The more hatred thrown at you, the more you should surround yourself with love. If there are evil people out there, make sure you associate with good people. Don't worry about getting even. Focus on getting on.

More Ask the Rabbi at [www.jewishidaho.com/asktherabbi](http://www.jewishidaho.com/asktherabbi)

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# AN IRISH KID WITH A JEWISH NAME story

A woman from the Chabad-Lubavitch Community in Brooklyn was pulled over by a N.Y.C. traffic cop for some traffic violation. Standing outside her open car window and watching her search for her license and registration papers, the police officer caught sight of a picture of the Lubavitcher Rebbe in her open purse.

"Excuse me, ma'am," he asked, "are you one of the followers of this Rabbi?"

"Yes," she replied.

"Well, in that case I'm not giving you a ticket." He closed his ticket book and continued, "Do you know why? Because this Rabbi," he pointed to the picture she was now holding in her hand, "Did a very big miracle for me."

"Well," said the grateful woman, "since you aren't giving me the ticket, I have time to hear the story."

The policeman smiled and said, "It's my favorite story, but I haven't told it to many Jewish people, in fact I think that you are the first." The cars were whizzing by behind him and he had to raise his voice slightly. "The story goes like this: I used to be in the police escort that once a week escorted the Rabbi to the Montefiore Cemetery (where the Rebbe's father-in-law and predecessor, Rabbi Yosef Yitzchak Schneersohn, is interred). I got to know some of the young men who accompanied the Rebbe, and I learned a lot of things. They are very friendly people, which you probably already know, and we talked a lot while the

Rabbi was inside praying.

"Well, one day I saw that all the fellows there were really talking excitedly to each other so I asked them what happened. So they told me that the Rabbi does a lot of miracles for people, but today he did a miracle that was really something. I didn't even ask what was the miracle that they were talking about, I just asked them if the Rabbi helps non-Jews also.

"Sure," they said, "The Rebbe helps anyone who asks. Why? Do you need something?" So I told him, this young fellow, that me and my wife had been married nine years with no children, and a week ago the doctors told us that we had no chance. We had spent a lot of money on treatments, seen all sorts of big professors, we were running around like crazy for the last six or seven years, and now they told us that they tried everything and there is no chance. You can't imagine how broken we were. My wife cried all the time and I started crying myself.

"So this young man tells me, 'Listen, the next time that you escort the Rebbe to the cemetery stand near the door of his car and when he gets out ask him for a blessing.' So that is just what I did. The next time I was in the escort I stood by his door and when he got out I said to him: 'Excuse me, Rabbi, do you only bless Jewish people or non-Jews too?'

"So the Rabbi looked at me like a good friend, it was really amazing, and said that he tries to help anyone he can. So I told him what the doctors said, and he said I should write down on a

piece of paper my name and my father's name together with my wife's and her father's names and that he would pray for us. So I did it, my hands were shaking so much I almost couldn't write, but I did it and you know what? My wife became pregnant and nine months later she gave birth to a baby boy! The doctors went crazy, they couldn't figure it out, and when I told them that it was all the Rabbi's blessing they just scratched their heads and -- Wow! I felt like the champion of the world!

"But here comes the good part. Do you know what we called him? What name we gave our baby boy? Just guess! We called him Mendel after the Rabbi. At first my wife didn't like the name because it's not an American name, but I said, No! We're calling him Mendel! Each time we say his name we'll remember that if it weren't for the Rabbi this boy would not be here.

"But when our parents heard the name they really objected. They said, 'With a name like that, all the kids will think he's a Jew or something and they will call him names and be cruel to him. Why make the kid suffer for no reason?' That's just what I want," I said to them. 'When he comes home and says that the other kids called him names and beat him up because he has a Jewish name, I'll tell him that I want him to learn from those other kids how not to behave. They hate the Jews for no reason, but you should love the Jews, you should help the Jews. You just tell them that without that Jewish Rabbi called Mendel you wouldn't be here at all, and then maybe they'll start thinking differently too!'

by Tuvia Bolton



# MESSAGE FROM THE REBBE

## OVERCOMING INSECURITY AND SELF-DOUBT

A 1975 LETTER OF THE LUBAVITCHER REBBE, RABBI MENACHEM M. SCHNEERSOHN OF RIGHTEOUS MEMORY

Greeting and Blessing:

I received your letter in connection with the forthcoming new year, together with a copy of a previous letter. As requested, I will remember you and your family, as well as those mentioned in your letter, in prayer for the fulfillment of your hearts' desires for good.

With reference to your writing about



doubts and difficulty and about a feeling of insecurity in general, I trust it is unnecessary to elaborate to you at length that such feelings arise when a person thinks that he is alone; and can only rely upon himself and his own judgment and therefore feels doubtful and insecure about each move he has to make. And while he also trusts in G-d, this trust is somehow superficial, without permeating him and his way of life in every detail; and only on certain days, such as the High Holy Days, he feels more close to G-d.

But when a person's faith in G-d is deep, and when he reflects that G-d's benevolent Providence extends to each and every person and to each and every detail and each and every minute, surely he must develop a profound sense of security and confidence. The concept of Divine Providence is better

understood in the original term of Hashgocho Protis, for Hashgocho Protis means careful watchfulness, for which reason the term hashgocho is used also in connection with the law of kashrus, where every detail has to be carefully watched. Nor is another translation which is sometimes used in connection with Hashgocho Protis, namely "supervision," entirely satisfactory in this case, because supervision implies "overseeing," that is to say, seeing from above, whereas hashgocho in the sense of G-d's watchfulness means knowing matters through and through.

The belief in such Hashgocho Protis is basic to our religion and way of life, so much so that before every new year and during the beginning of the new year, we say twice daily Psalm 27, "G-d is my light and my salvation, whom shall I fear? G-d is the strength of my life, of whom shall I be afraid?" From this it follows that even if things happen not as desired according to human calculations and even if it seems that even according to the Torah it should have been different, a Jew still puts his trust in G-d, as the said Psalm concludes, "Hope to G-d; be strong and strengthen your heart and hope to G-d." In other words, it is sometimes necessary to be strong and strengthen one's heart to achieve full confidence in G-d, but there is also the promise of being able to achieve it.

The above comes more easily through strengthening the adherence to the Torah and mitzvos in the daily life. And however satisfactory this may be at any particular time, there is always room for improvement in all matters of goodness and holiness, Torah and mitzvos, which are infinite, being derived from the Infinite. Indeed, I am pleased to note that despite the doubts that you have, you devote time and effort to be of help in your field,

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and may G-d grant that it should be with hatzlocho, especially as it surely does not interfere with having regular periods of Torah study each day. In this connection it is well to remember the words of the Alter Rebbe, the founder of Chabad – that true kvias ittim/ fixed times for Torah study implies not only in time, but also in the soul.

May G-d grant that you should have good news to report in all above.

Menachem M. Schnersohn



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# THE BIG TEN Shavuot Thought

by Yossy Goldman

Often, I hear people say, “Well, I am not all that religious, but I do keep the Ten Commandments.” At such times I’m tempted to say, “Really? You do know that The Ten Commandments are not multiple choice . . .” I sometimes wonder if the people who glibly make that claim actually know what the Ten Commandments are . . .

The Big Ten are pretty clear in the Torah. Why not go through the list, so we can all get a better idea of how we score?

**1) I am the L-rd thy G-d.** Basically, this is the command to believe in one G-d. I have every confidence that we all get full marks on this one.

**2) Thou shalt have no other gods before Me.** Okay, so you don’t make a habit of bowing down to that bust of the Buddha in your living room. The question is, should it be there in the first place? And isn’t it interesting that today we have all these “Idols” competitions being run around the world. Then, of course, there are all those well-established contemporary idols we tend to ogle and worship, celebrities like Brad Pitt, Madonna, Donald Trump, or even (Heaven protect me) Oprah.

**3) Do not take the name of G-d in vain.** This is not only about taking oaths or swearing in court. What about swearing in the street? How many choice four-letter words are in your vocabulary? And why drag G-d into those graphic expressions?

**4) Observe the Shabbat day to keep it holy.** Interestingly, the Ten Commandments appear twice in the Torah. In Exodus, the fourth Commandment begins with Zachor—Remember the Sabbath day to keep it holy. This week, we read Shamor—Observe the Sabbath day. “Remembering” is achieved through positive acts such as kiddush, candle-lighting, etc. “Observing” Shabbos, to guard it from any desecration, is the hard part. It may cramp our current lifestyles. That is where true commitment comes in.

**5) Honor thy father and thy mother.** Many people do indeed fulfill this mitzvah in exemplary fashion. I stand in admiration of sons, daughters, and often in-laws, who care for and tend to the needs of an aged parent or parent-in-law. They shlep, they cook, they humor and often tolerate irritable, cantankerous elders. This commandment seems to get more difficult as time progresses. Yet the Torah makes no distinctions based on age. It is our

responsibility to look after our parents when they are dependent on us, as they looked after us when we were dependent on them.

**6) Thou shalt not murder.** Well done. Here’s another easy one to fulfill. I’m sure not one of you reading this ever murdered anyone. You thought of doing it, you almost did it, but, in the end, Jews are not the murdering type. We can safely tick another one.

**7) Thou shalt not commit adultery.** Umm . . . Let’s move on the to next one.

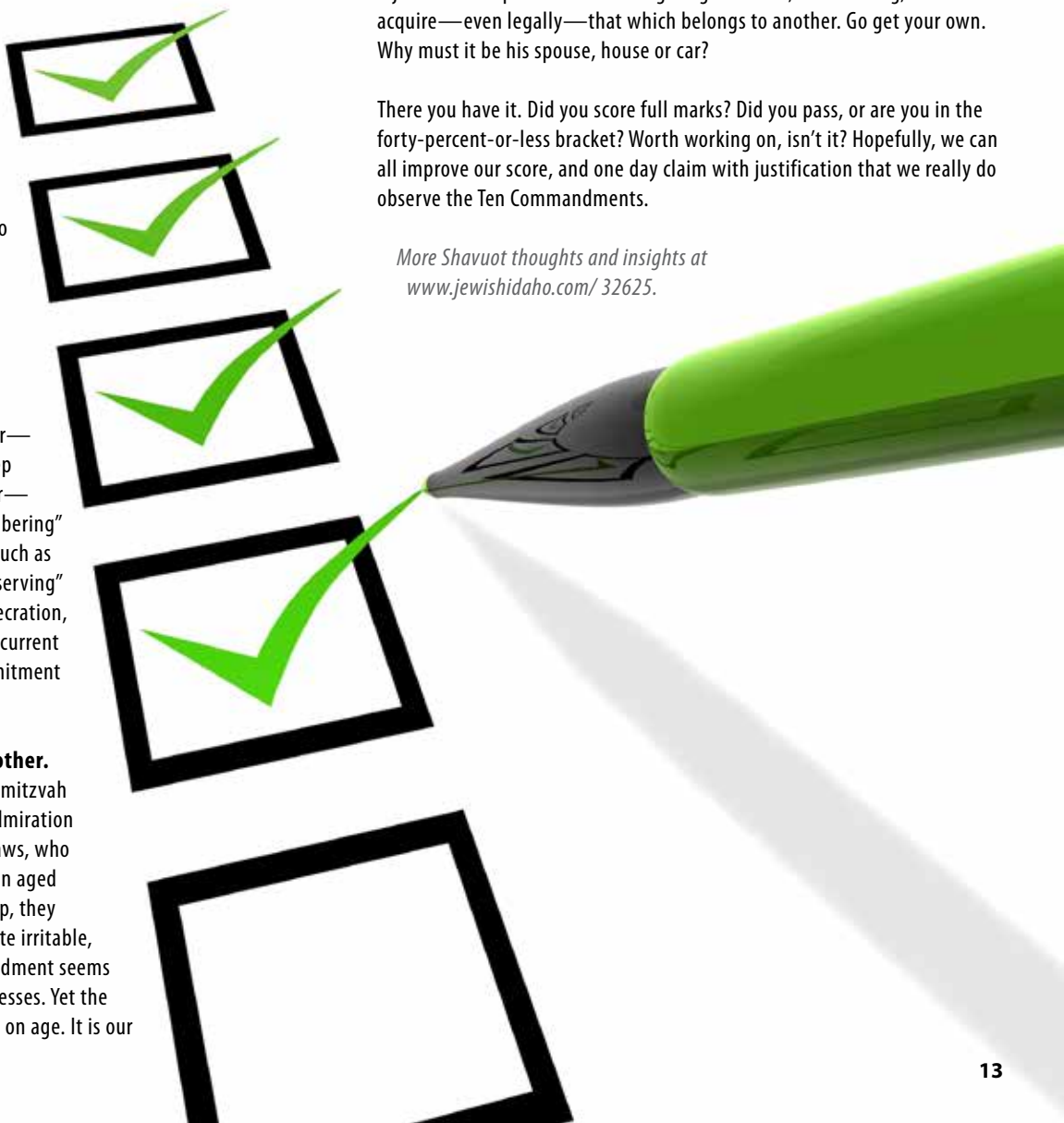
**8) Thou shalt not steal.** Strictly speaking, this refers to kidnapping in particular. However, all stealing—including the white-collar methods—is included.

**9) Thou shalt not bear false witness.** How truthful are we? Even if we are not under oath, our word should be sacred. I remember hearing an old rabbi being introduced to a group of university students simply as a “man who never told a lie.” How many of us could make that claim?

**10) Thou shalt not covet.** Not easy either. Commentaries define this injunction as a prohibition on badgering someone, or conniving, to acquire—even legally—that which belongs to another. Go get your own. Why must it be his spouse, house or car?

There you have it. Did you score full marks? Did you pass, or are you in the forty-percent-or-less bracket? Worth working on, isn’t it? Hopefully, we can all improve our score, and one day claim with justification that we really do observe the Ten Commandments.

*More Shavuot thoughts and insights at  
[www.jewishidahoh.com/32625](http://www.jewishidahoh.com/32625).*



# YOUTH PROGRAMS

See page 12 for  
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# SHAVUOT SCHEDULE

## Friday, June 10

CANDLE LIGHTING AT 9:08 PM  
SAY BLESSING 3

## Saturday, June 11

MORNING SERVICES AT 10:00 AM  
WOMEN'S PRE-SHAVUOT LEARNING 6:00 PM  
SHAVUOT ALL-NIGHT LEARNING 11:59 PM  
LIGHT CANDLES AFTER 10:21 PM  
SAY BLESSINGS 1 & 2

## Sunday, June 12

MORNING SERVICES AT 10:00 AM  
KIDS SERVICES AT 11:00 AM  
TEN COMMANDMENTS AT 11:30 AM  
REBBETZIN ESTHER'S DELICIOUS DAIRY BUFFET  
LASAGNA, CHEESECAKES, SALADS AND ICE CREAM - FOLLOWING SERVICES  
LIGHT CANDLES\* AFTER 10:21 PM  
SAY BLESSINGS 1 & 2

## Monday, June 13

MORNING SERVICES AT 10:00 AM  
YIZKOR MEMORIAL SERVICE: AT 11:30 AM  
HOLIDAY ENDS AT 10:22 PM

\* Light only from a pre-existing flame.

# YIZKOR

## Remembering the Departed

*Yizkor in Hebrew means "to remember." Memory is transcendence.*

*We are creatures blessed with memory. We can transcend not only time, but space, and even the boundaries of the physical world.*

*With the memory of your parents, you break through the barrier between the physical world in which you dwell and the spiritual one to which they have ascended. As you connect to them through your memory of them here in this world, so do they connect to you by remembering you from their world.*

*In the prayer, we pledge to give charity in their memory. When we give charity on their behalf, their souls ascend yet higher with that merit. And they then provide to you guidance and blessing, much more than they were able to from within this world.*

More about Yizkor at [www.jewishIdaho.com/371509](http://www.jewishIdaho.com/371509)



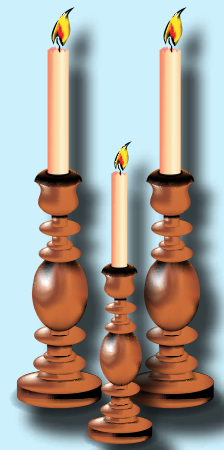
# CANDLE LIGHTING instructions & blessings

## The Basics of Candle Lighting

- Prepare the candles and matches, and a fireproof surface upon which to place the match after lighting the candles, such as a metal or ceramic plate.
- The candles should be set in close proximity to where you will eat the Shabbat/holiday meal.
- The candles should be sufficiently large so that the flame will burn for the duration of the meal.
- Many have the custom, when applicable, that the man of the household sets up and prepares the candles for lighting.
- Until marriage, women and girls light one candle. Post-marriage, women light (at least) two candles. Some add an additional candle

for each child; e.g., a woman with three children lights five candles.

- While dressed in your Shabbat or holiday finery, place several coins in a charity box.
- Light the candles. Place the lit match on the designated surface.
- Extend your hands over the candles, draw them inwards three times in a circular motion, and then cover your eyes.
- Say the blessing(s):



### BLESSING 1

Baruch Atah Ado-noi, Elo-hei-nu  
Melech Ha-olam, Asher Ki-de-sha-nu  
Be-mitz-vo-sav Ve-tzi-vanu, Le-had-lik  
Ner Shel Yom Tov.

ברוך אתה אדוני א-להינו מלך העולם,  
אשר קדשנו במצותיו וצונו  
להדליק נר של יום טוב.

*Blessed are You, Lord our G-d, King of the universe, who has sanctified us with His commandments, and commanded us to kindle the light of the festival.*

### BLESSING 2

Baruch Atah Ado-noi,  
Elo-hei-nu Melech Ha-olam,  
She-heh-che-yah-nu, Ve-ki-ye-ma-nu,  
Ve-hi-gi-ah-nu, Liz-man Ha-zeh.

ברוך אתה אדוני א-להינו מלך העולם,  
שהחיינו וקיימנו והגישנו לפניך.

*Blessed are You, Lord our G-d, King of the universe, who has granted us life, sustained us, and enabled us to reach this occasion.*

### BLESSING 3

Baruch Atah Ado-noi,  
Elo-hei-nu Melech Ha-olam,  
Asher Ki-de-sha-nu Be-mitz-vo-sav  
Ve-tzi-vanu, Le-had-lik Ner Shel Sha-bat  
ko-desh.

ברוך אתה אדוני א-להינו מלך העולם,  
אשר קדשנו במצותיו וצונו  
להדליק נר של שבת קדש.

*Blessed are You, Lord our G-d, King of the universe, who has granted us life, sustained us, and enabled us to reach this occasion.*

All times shown are for Salt Lake City, Idaho.  
For more information on Shabbat and festival candle-lighting  
and for candle-lighting times for cities around the world,  
visit [www.jewishIdaho.com/shabbatcandles](http://www.jewishIdaho.com/shabbatcandles).



Chabad Lubavitch of Idaho  
 3813 W. State St.  
 Boise, ID 83703  
 www.jewishidaho.com  
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# SHAVUOT

## CELEBRATION & DAIRY PARTY!

SUNDAY, JUNE 12

FOR CHILDREN, WOMEN & MEN!



FOR MORE INFORMATION ABOUT SHAVUOT  
 LOOK INSIDE THIS ISSUE OR VISIT

[WWW.JEWISHIDAHO.COM/SHAVUOT](http://WWW.JEWISHIDAHO.COM/SHAVUOT)

10:00 AM SERVICES BEGIN  
 AT CHABAD JEWISH CENTER

11:30 AM READING THE  
**TEN COMMANDMENTS**

AFTER SERVICES:  
 REBBETZIN ESTHER'S  
 DELICIOUS DAIRY BUFFET

LASAGNA, CHEESECAKES,  
 SALADS AND ICE CREAM!