Shabbos

28 Sivan, 5780 | Parshas Shelach, Shabbos Mevarchim Chodesh Tammuz

On this day

Today, in the year 5701 (1941), the Rebbe and Rebbetzin arrived safely on the shores of America, after escaping war-torn Europe.¹

Things to do

• Upon the Rebbe’s arrival in America, the Frierdiker Rebbe established the three central mosdos of Merkos L’Inyonei Chinuch, Machne Israel, and Kehot, and handed them over to the Rebbe’s leadership. Chof-Ches Sivan marks a turning point in the efforts to strengthen and spread Yiddishkeit and Chassidus.²

• The Rebbe suggested participating in a farbrengen, and resolving to add in your efforts to spread Torah, Yiddishkeit and Chassidus.³

“Make sure to study a parshah of Chumash with Rashi every day, to say Tehillim every day, and to complete the Tehillim on Shabbos Mevarchim. It is crucial for you, your children, and your grandchildren.”

(Hayom Yom, 25 Shevat)

Tehillim

• Early in the morning we gather in shul to recite the entire Tehillim with a minyan. Following Tehillim, a maamar should be studied for approximately an hour, followed by davening.⁴

• For more on saying Tehillim on Shabbos Mevarchim, see below, “Hosafos.”

Aiyah

• In preparation for Gimmel Tammuz try to receive an aiyah.⁵

• The parshah should not be split into additional aiyos for this purpose. Instead, the Torah should be read a number of times if necessary⁶ (making sure at least six members of each minyan have not yet heard the kriah⁷).

• The most prominent individual in the group (following the opinion of the majority of the minyan) should be given maftir. Alternatively, maftir should be allocated via a goral.⁸

Blessing the New Month

• It is proper to know when the molad will be before blessing the new month.⁹ This month, the molad will be on Sunday morning, at 12:26 and 14 chalakim.¹⁰

• The chazzan stands,¹¹ holding a Sefer Torah,¹² and leads the congregation with Mi shebeirach.

For local candle lighting times visit Chabad.org/Candles

Shabbos,

28 Sivan, 5780 - Friday,

4 Tammuz, 5780
It is customary for the congregants to stand as well.\(^{13}\)

- Rosh Chodesh Tammuz will be on Monday and Tuesday.
- We don’t say Av Harachamim.

**Farbrengens**

- Shabbos Mevachim is a day to farbreng, ideally in shul.\(^{14}\) For more on Shabbos Mevachim farbrengens, see below, “Hosafos.”

**Minchah**

- After Minchah, read the third chapter of Pirkei Avos.

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**Sunday**

29 Sivan, 5780
Erev Rosh Chodesh Tammuz

**Things to do**

- On Erev Rosh Chodesh (known as Yom Kippur Katan), give extra tzedakah\(^{15}\) and increase in davening and learning.\(^{16}\)
- At Minchah we don’t say Tachanun.
- Say Yaaleh Viyavo during Maariv tonight. See below, “Hosafos,” for the laws that apply if you forgot to say Yaaleh Viyavo.

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**Monday**

30 Sivan, 5780
First day of Rosh Chodesh Tammuz

**Things to do**

- Say Yaaleh Viyavo in Shemoneh Esrei. See below, “Hosafos,” for the laws that apply if you forgot to say Yaaleh Viyavo.
- After Shemoneh Esrei, Half Hallel is recited, followed by Kaddish Shalem. For more on Hallel, see below, “Hosafos.”
- Hallel is followed by Shir Shel Yom and Barchi Nafshi.
- This is followed by krias hatorah. Next, say Ashrei and Uva Letzion. The chazzan concludes Uva Letzion quietly, and the Sefer Torah is returned to the aron kodesh.
- Next, remove Rashi’s tefillin, don Rabbeinu Tam’s tefillin, and say Shema, Kadesh li chol bechor, and the Sheish Zechiros. After removing Rabbeinu Tam’s tefillin, we daven Musaf. The chazzan should recite a chapter of Tehillim before saying the Chatzi Kaddish that precedes Musaf.\(^{17}\)
- If you are wearing tefillin when the minyan reaches Kesser, cover the shel rosh when responding.\(^{18}\)

**Bentching**

- It is a mitzvah to enhance today’s meal in honor of Rosh Chodesh.\(^{19}\) Say Yaaleh Viyavo and the Harachaman for Rosh Chodesh. Additionally, replace the word Magdil (in the possuk Magdil yeshuos malko) with Migdol.\(^{20}\)
- See below, “Hosafos,” for more on bentching and for the laws that apply if you forgot to say Yaaleh Viyavo.
- When saying a Berachah Acharonah Mei’ein Shalosh (e.g., Al Hamichyah), add the addition for Rosh Chodesh. (However, there is no need to repeat the berachah if it was omitted.)\(^{21}\)

**Minhagei Rosh Chodesh**

- It is customary for women to refrain from performing certain types of work on Rosh Chodesh (see note).\(^{22}\)
- It is customary to refrain from taking a haircut and cutting nails on Rosh Chodesh.\(^{23}\)
The Frierdiker Rebbe cites an “ancient custom” to study a posuk from the kapitel corresponding to one’s age each Rosh Chodesh, along with Rashi’s explanation (and additional commentaries). For Tehillim with Rashi, visit www.chabad.org/16222.

If there are less than twelve pesukim in your kapitel (or less than thirteen in a leap year), when you finish the kapitel, learn it a second time. If there are more than twelve (or thirteen) pesukim in your kapitel, study enough pesukim each Rosh Chodesh to finish the kapitel over the course of the year.

The Rebbe encouraged arranging farbrengens (in shul) on Rosh Chodesh.

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**Tuesday**

1 Tammuz, 5780
Second day of Rosh Chodesh Tammuz

**Things to do**

- See yesterday’s Luach and below, “Hosafos,” for the laws and customs of Rosh Chodesh.

**Wednesday**

2 Tammuz, 5780

**Things to do**

- Light a candle (preferably beeswax) that will burn from shekiah until after nightfall, Thursday night.
- After Maariv, a portion of the maamar Ve’atah Tetzaveh is customarily reviewed (if not by heart, then from the text). Learn Ve’atah Tetzaveh at www.chabad.org/3364051.

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**Thursday**

3 Tammuz, 5780

**On this day**

Today, in the year 5687 (1927), the Frierdiker Rebbe was released from the Spalerno prison in Leningrad and sent to Kostroma for (what was originally meant to be) a three-year exile.

**On this day**

Today is the yom hilula of the Rebbe. The yahrzeit of the nassi is a day of increased hiskashrus with the Rebbe, as well as a day of yeshu’os, blessing and growth. It is marked by strengthening our connection through learning his Torah, fulfilling his directives and mivtzoim, and sharing his message and life with others.

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“Each person with a connection to the Rebbe should reflect upon the following and engrain it into his mind and heart: The Rebbe, our ‘shepherd,’ did not desert his flock, chas veshalom. He continues to do his holy work, protecting us and giving us whatever we need, both materially and spiritually.”

(Igros Kodesh v. 3, p. 256)
Shacharis

• Before Shacharis, study a chapter of Tanya.30

• Additionally, set aside a sum of money toward causes associated with the Rebbe, on your behalf and on behalf of each family member.31 This applies to women as well. In fact, it applies to them even more than to men.32

• After Shacharis, a second portion of the maamar Ve’atah Tetzaveh is reviewed.33

• After Shacharis, and the review of the maamar, visit the Ohel. See below for customs relating to writing a pan and visiting the Ohel.

• If you will not be going to the Ohel in person, read your pan at this point. While doing so, envision yourself standing before the Rebbe. Married men wear a gartel when reading the pan. The pan should then be placed between the pages of a sefer of the Rebbe and sent to be read at the Ohel (today, if possible).34 (Visit www.chabad.org/ohel for information on how to send your letter.)

Minchah

• Before Minchah, set aside a sum of money toward causes associated with the Rebbe, as in the morning.35 This applies to women as well, (see above).

• After Minchah, the last section of the maamar Ve’atah Tetzaveh is reviewed. This is followed by the study of a chapter of Tanya.36

"You may ask: ‘How can I connect to the Rebbe? After all, he doesn’t recognize me by face!’ “True hiskashrus is through learning Torah. When you learn my maamorim, read the sichos, join Anash and the temimim in their studies and farbrengens, and fulfill my requests... through this you are connected to me.” (Hayom Yom, 24 Sivan).

Additional hanhagos to be done over the course of the day

• Study chapters of Mishnayos that correspond to the Rebbe’s name.37

• Participate in a farbrengen.38

• Set up a time to talk to your family about the Rebbe, his life, and his inspiration and impact on the world, hastening the geulah.39

• If you are able, visit local shuls and batei midrashos. When there, share a vort from the Rebbe, explain how he loved every Jew, and tell them about the horaos he gave us. If possible, all this should be done in the course of a farbrengen.40

• If you can, visit youth—both observant and, wherever possible, the not-yet-observant—and talk to them about the great affection the Rebbe had for them and the hope he placed in them as future propagators of Torah and Yiddishkeit.41

Writing a Pan

• Go to the mikvah the day you will be writing a pan.42

• Married men wear a gartel when writing a pan.43

• It is customary to write the pan on blank, unlined paper.44

• A pan begins with the words לארוס רחמים, followed by עלי (or עליינו) if you are writing on behalf of yourself (and your family), or לעבע if writing on behalf of others. 45 This is followed by the name(s) and mother’s name(s) of the people you wish to mention.

Visiting the Ohel

• Do not eat before entering the Ohel, but make
Hosafos

• Wear non-leather shoes or slippers when entering the Ohel.
• Make sure your tzitzis are not visible.
• Knock on the door of the Ohel before entering.
• After reading your pan, rip it up and place it in the enclosure.
• When leaving the Ohel, exit backwards.
• Wash negel vaser after leaving the Ohel.

Kohanim may enter the Ohel, since a fence ten tefachim high separates the walkway leading to the Ohel from the surrounding kevarim. However, when in the Ohel, they should remain four tefachim away from the enclosure surrounding the Rebbeim, and they should ask someone else to deposit their panim inside.

Shabbos Mevachim Chodesh Tammuz Tehillim

• It is not our custom to recite the pesukim printed before and after the Tehillim.
• At the conclusion of Tehillim, an individual whose parents have passed recites Kaddish Yasom. If a chiyuv (an individual commemorating a yahrezeit or an avel) is present, Kaddish is recited at the end of each sefer. In such a case, the Yehi Ratzon following each sefer should be recited beforehand (at least by the one reciting Kaddish).
• If you did not finish reciting Tehillim before davening, finish it as soon as possible (after Minchah, on Sunday, or on the following Shabbos).

Farbrengens

• Continue the Shabbos Mevachim farbrengen at home during the Shabbos meal, by discussing with your family the general idea of Shabbos Mevachim and the special dates of the upcoming month (e.g., Gimmel Tammuz and Yud Beis-Yud Gimmel Tammuz).
• Women and girls should arrange their own farbrengens, either on Shabbos or on motzoei Shabbos.

Rosh Chodesh Tammuz Yaaleh Veyavo When Davening

• If you forgot to say Yaaleh Veyavo during Maariv and remembered after saying Hashem’s name at the end of the berachah, do not go back to repeat it.
• If you forgot to say Yaaleh Veyavo during Shacharis or Minchah and remembered after saying Hashem’s name at the end of the berachah, finish the berachah and say it before Modim.
• If you already began saying Modim, go back to Menuchas Hanafim, repeat it, and say it before Modim.

Friday
4 Tammuz, 5780

Things to do

• If possible, the relevant horaoa for the yom hilula (see above) should be continued in the subsequent days as well.

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• If you did not finish reciting Tehillim before davening, finish it as soon as possible (after Minchah, on Sunday, or on the following Shabbos).

Farbrengens

• Continue the Shabbos Mevachim farbrengen at home during the Shabbos meal, by discussing with your family the general idea of Shabbos Mevachim and the special dates of the upcoming month (e.g., Gimmel Tammuz and Yud Beis-Yud Gimmel Tammuz).
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• If you already began saying Modim, go back to Menuchas Hanafim, repeat it, and say it before Modim.
Retzei. If you already said the second Yihiyu leratzon at the end of Shemoneh Esrei, go back to the beginning of Shemoneh Esrei.

- If you forgot to say Yaaleh Viyavo during Shacharis and only remembered after davening Musaf, do not repeat the Shemoneh Esrei of Shacharis.
- On the first day of Rosh Chodesh: If you forgot to say Yaaleh Viyavo during Minchah and only remembered at night, daven Maariv (including Yaaleh Viyavo) twice, once for Maariv and the second time to make up for Minchah.
- All the above also applies if you are unsure whether you have said Yaaleh Viyavo.

**Hallel**

- If you are saying Hallel without a minyan, say the berachos at the beginning and end. When saying the berachah at the end of Hallel, the word al is omitted.
- Many are accustomed to saying these berachos even when saying Hallel with a minyan. If doing so, say the berachos before or together with the chazzan, and do not answer amen on the chazzan's berachah.
- Repeat the possuk of Hodu after each of the three pessukim of Yomar na (even when saying Hallel without a minyan).
- With regard to interrupting for devarim shebikdushah, Hallel shares the laws of birchos krias shema. (To elaborate: With Kaddish, you may interrupt for Yehei Shmei Rabba and the amen of da’amiran be’alma. With Kedushah, you may interrupt for Kadosh, Boruch, and Yimloch. With Modim, you may say the words Modim anachnu lach. You may interrupt for Borchu and for the amen of Hakel hakadosh, Shomei’a tefillah and birchos hatorah.)

**Bentching**

- The one leading the bentching raises his voice when saying the words zachreinu Hashem Elokeinu bo letovah, u’fakdeinu vo levrachah, vehoshi’einu vo lechaim tovim, and those listening answer amen after each phrase. However, if they are in the middle of bentching as well, they may only answer if they are between berachos.
- If you forgot to say Yaaleh Viyavo and remembered after saying Hashem's name at the end of the berachah but before starting the berachah of Hatov Vehameitev, say the added paragraph for Rosh Chodesh printed in the bentcher or siddur. If you remembered after starting that berachah, do not go back.

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70 הראית בברכות על שבועות ממאות מצפים פסוקי ובמותאפים שם
71 דיני ומנהגי ר"ח – חב"ד פ"ח סי"ב
72 ש"י ר"ח ס"ע י. ה"ל ה"ז
73 ספר המנהגים ע"י פ"א י. ה"ז ה"ז
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75 ק"ה ה"ז ה"ז
76 במשנה ל"א ע"י פ"א ה"ז
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