

Tuesday May 25	*Light Candles at	7:50 pm
	Evening Services at	8:00 pm
	All-night Learning Session Refreshments will be served	beginning at 11:00 pm
Wednesday May 26	Morning Services	10:30 am
	Reading of the Ten Commandments Followed by a Shavuot Dairy Buffet	11:00 am
	Reading of the Ten Commandments & Children's Ice Cream Party	4:00 pm
	*Light Candles	after 8:49 pm
Thursday May 27	Morning services at	10:00am
	Yizkor	11:00 am
	Holiday ends	8:49 pm

**Blessings*

*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.*

*Baruch Atah Ado-noi Elo-hei-nu Melech Ha-
olam She-heh-che-yah-nu Ve-kiye-ma-nu Ve-
he-ge-ah-nu Liz-man Ha-zeh.*



Delicious Cheesecake

- Batter**
- 1/2 cup margarine, softened
- 1 egg
- 1/2 cup sugar
- 1 cup flour
- a pinch of salt
- 1 1/2 tsp baking powder
- 2 tsp milk
- 1 tsp vanilla
- Filling**
- 1 pound dry cottage cheese
- 2 eggs
- 2 tbsp sugar
- 2 tbsp milk
- 1 Tbsp. Lemon juice
- Salt to taste

Beat margarine, egg, and sugar together. Add dry ingredients, milk and vanilla. Spread half the batter on the bottom of a greased 8 inch square pan. Combine filling ingredients in separate bowl, mix well. Spread filling over base. Cover with remaining batter. Preheat oven to 350°. Bake for 30 minutes. Yields 6 servings. Delicious served warm with Sour cream.

**Dear children,
You and your friends are invited to a**

Shavuot
ICE CREAM PARTY
Super Games • Amazing Prizes • Lots of ice cream

Wednesday, May 26
Service begin at 10:30 am | Reading of the Ten Commandments at 11:00 am
Followed by an Ice Cream Party

At Chabad | 1234 Beautiful Street | Anywhere, USA 12345
For more information please call chabad at
123 456 7890

MACHON MENACHEM
Chabad of the Valley
18181 Burbank Boulevard
Tarzana, California 91356

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Your
Shavuot
Guide

Naaseh Vnishmah — we will do and learn; and only then will we have lasting freedom.

—The Rebbe

What is Shavuot?

Shavuot is a Jewish holiday that celebrates the anniversary of G-d's rendezvous with the Jewish people, over three thousand years ago, at a humble mountain named Sinai.

It was the first and (as of this printing) only time the Creator of the Universe made His presence and philosophy known to an entire nation.

Fifty days after leaving Egypt, the Jewish People received G-d's magnum opus: the Torah. They had gone from being a nation of slaves to being the nation entrusted with the cosmic mission of bringing Divine light to the entire world.

On Shavuot we celebrate that moment and rededicate ourselves to the fulfillment of our task.

Many of the ideas expressed here are based on the teachings of the Lubavitcher Rebbe

Shavuot Facts



What does the word Shavuot mean?

Shavuot means "weeks," referring to the seven weeks between Passover and Shavuot. During these seven weeks, or 49 days, we refine and tweak the seven basic emotions of our character—one emotion per week—in preparation for receiving the Torah. (The seven emotions are: Kindness, Strength, Harmony, Perseverance, Commitment, Connection, and Royalty.)

Shavuot also means "oaths." At Sinai, G-d and Israel exchanged oaths, forming an everlasting covenant not to forsake one another.



What exactly is the Torah?

Torah is G-d's wisdom, an expression of His essence. G-d created the world 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. Through studying Torah's laws, logic, mystical system and stories, it becomes possible to wrap your rational human mind around Divine concepts.

Torah is the soul's best nourishment. So study whenever you have time—if possible, twice a day, morning and evening. The Web is a great place to begin. For starters, check out www.chabad.org's weekly Torah magazine. Bon appetit...



Why the all-nighter?

Imagine: It's the night before the giving of the Torah. Would you be able to sleep? Yet our ancestors in the desert slept soundly.

What could finite people in a finite world do to prepare for the revelation of the Infinite? The Jews in the desert had no answer—so they went to sleep, hoping to prepare by sending their souls into higher realms.

But the purpose of Torah's revelation at Sinai was not to escape Earth for Heaven, but to unite the two. Thus since Sinai—which made it possible for the finite world to be a vessel for the Infinite—we prepare ourselves through our human efforts, absorbing the Divine Torah we will receive anew in the morning.



Why the emphasis on kids?

Before giving the Torah, the Midrash relates, G d asked for a guarantor to ensure its perpetuation. He was appeased only when the Jews said, "Our children will be our guarantors."

So throughout the generations, the Torah has continued through the participation of the children. Blessed with G dly innocence, kids naturally absorb the ideas of the Torah.

It is therefore crucial to make sure that children of all ages, even infants, attend the reading of the Ten Commandments on Shavuot - to relive the event as we experienced it the first time, over three thousand year ago, at a humble mountain named Sinai...



How to Celebrate

In addition to the observances common to all Jewish holidays, Shavuot is celebrated with a number of unique customs:

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



Decorate your home and synagogue with flowers—reminiscent of the miraculous emergence of flowers on Mount Sinai.



Eat dairy foods—reminiscent, among other things, of the 40 days and nights Moses spent on Sinai. (*The Hebrew word for "milk" is numerically equivalent to 40.*)



Stay up the entire first night of Shavuot studying Torah in preparation for receiving it the next day.

As on other holidays, recite Yizkor, the memorial prayer for loved ones who have passed on.



To learn more about Shavuot, call your local Chabad House or visit www.virtualshavuot.com