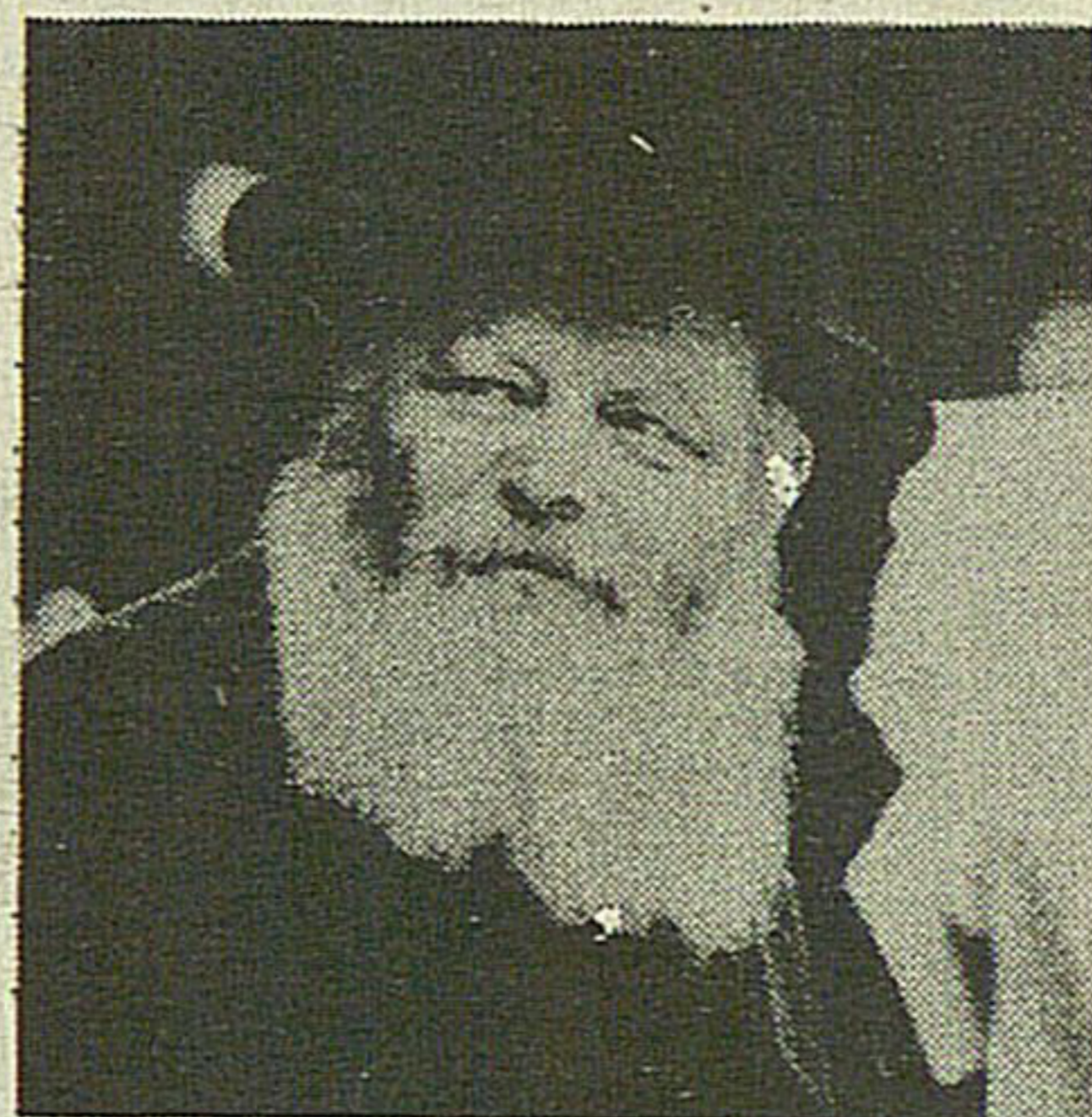


study TORAH  
every day



have a  
**CHARITY BOX**  
in your home & give  
charity daily  
(except on  
Shabbos &  
Jewish Holi-  
days)



men & boys  
13 & over put on  
**TEFILLIN**  
every  
week-  
day



The Lubavitcher Rebbe Shlita, Rabbi Menachem Mendel Schneerson urges all Jews to usher in the New Year with a renewed commitment to Torah and its observance.

eat **KOSHER**  
food



Candle lighting times for Shabbos & Yom Tov:

Friday, before sundown, September 5 at 7:26 P.M.

Saturday night, September 6 at 8:32 P.M.

with the TWO appropriate blessings\*

have a  
**MEZUZAH**

on  
the right  
doorpost of  
every room.



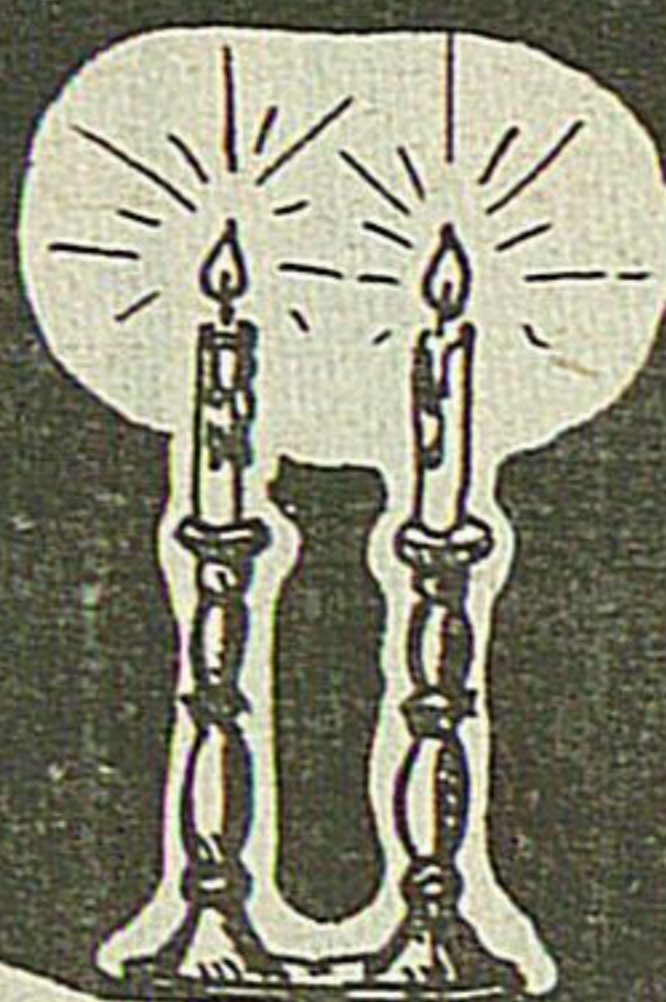
Observe the  
Jewish laws of  
**Family Purity**

*May You Be Inscribed and Sealed  
For a Happy Healthy New Year!*

Lubavitch Youth Organization  
of Pittsburgh

\* For Friday say first:  
BORUCH A-TOH ADO-NOI E-LO-  
HEI-NU ME-LECH HO-OLOM  
A-SHER KI-DE-SHA-NU  
BE-MITZ-VO-SOV VI-TZI-  
VO-NU LE-HAD-LIK NER  
SHEL SHA-BOS VSHEL  
YOM HAZIKORON

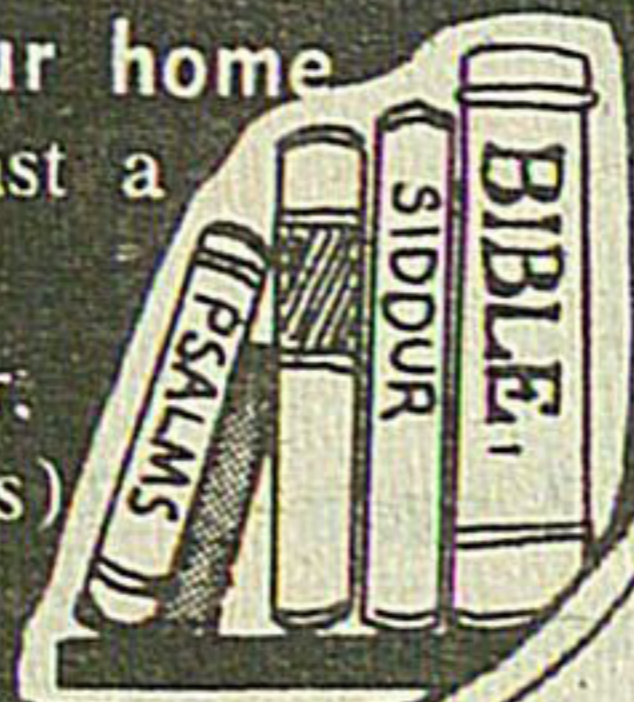
\* For Saturday say like above,  
omitting NER-SHEL SHA-BOS  
say only:  
NER SHEL YOM HAZIKORON



all women & even young girls  
from approximately the age of 3  
& up should **LIGHT THE CAN-  
DLES** every **SHABBOS & YOM-  
TOV** eve eighteen minutes  
before sunset, with the proper  
blessing.

\* Both nights add  
this following the  
First blessing:  
BO-RUCH ATOH ADO-NOI  
E-LO -HEI-NU ME-LECH  
HO-OLOM SHE-HEH-CHE  
YOH-NU VI-KIYE-MO-NU  
VE-HE-GE-O-NU LEZ--  
MAN-HAZEH

keep **HOLY**  
**JEWISH BOOKS**  
in your home  
(at least a  
Bible,  
Siddur,  
Psalms)



Give your  
children a  
**TORAH-TRUE**  
**EDUCATION**

Special Instructions for Saturday  
On holidays it is forbidden to create new  
fire by striking a match, etc. Therefore one  
should light the candles from a pre-existing  
flame i.e. pilot light, gas or candle flame