



This Week at Chabad Lubavitch of Maine



CANDLE LIGHTING TIMES
FOR
PORTLAND:

Friday, Jul. 23 7:56 pm

Torah Portion: Va'etchanan

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Message from the Rabbi

Dear Friends,

This week began with the saddest day of the Jewish year, Tisha Bav, and concludes with one of the most joyousthe 15th of Av.

The Talmud describes many happy events that occurred on the 15th of Av, but the real significance of the date is that it comes so soon after Tisha Bav.

The 15th of every Jewish month is when the moon reaches its fullest point, symbolic of many good things for the Jewish People, who are compared to the moon. But the 15th of Av stands out because it is in the same month as the date we commemorate the destruction of the Temple.

It serves as a reminder that with every calamity to befall the Jewish people, it is always part of a cycle that will inevitably bring us back to the top again.

May we indeed experience this very soon with the coming of Moshiach!

Shabbat shalom,

Rabbi Wilansky



Baruch Dayan Haemet: Mrs. Susan Moss



We mourn the passing of our dear friend, Mrs. Susan Moss. Her friendship, kindness, and generosity will forever be remembered.

May her son Larry, daughter-in-law Tzippy, and grandchildren be comforted amongst the mourners of Zion.

[Click here](#) to make a donation in Susan's memory.



Torah Studies



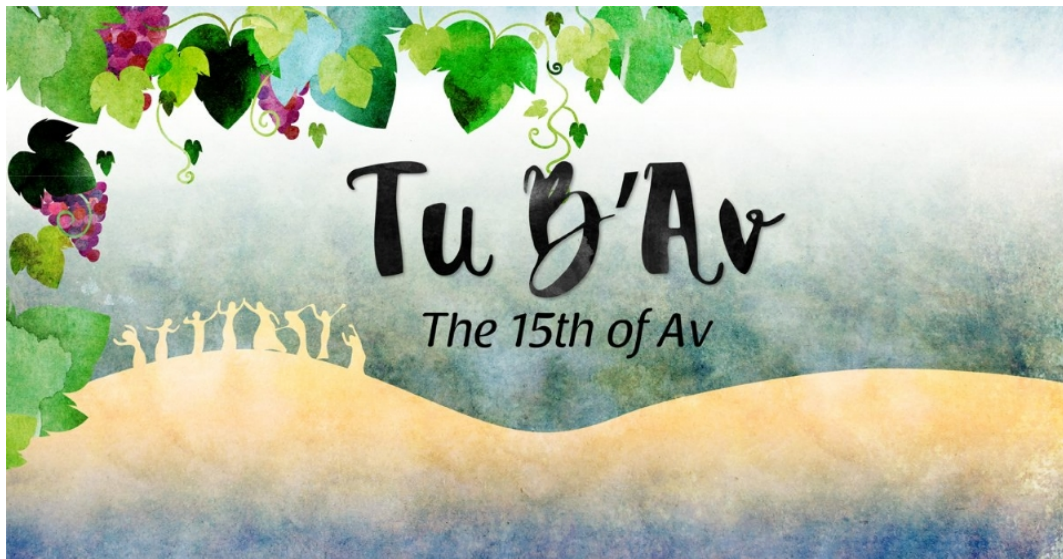
Join Rabbi Levi for an enriching class on the weekly Torah portion.

Tuesday, July 27, at 9:30 am

chabadofmaine.com/zoom



The Mystery of Tu B'Av



What are we celebrating on Tu B'Av?

[Click here](#) to view our Tu B'Av minisite and learn all about this fascinating holiday.



Service Times

Thursday

7:00 am

Friday night

8:00 pm

Shabbat day

10:30 am

Kiddush and refreshments

12:30 pm



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Join in and become a partner in the work we do!

Help us continue our work



This Week @ www.ChabadofMaine.com



YOUR QUESTIONS

Why Do We Cover Our Eyes for Shema?

It is crucial to have the proper intention when reciting the first verse of Shema, even more so than during other parts of prayer.

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BY THE NUMBERS

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PARSHAH

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JEWISH NEWS

Rabbi Yoel Kahn, 91, Oral Scribe and Leading Disciple of the Rebbe

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Parshah in a Nutshell

Parshat Va'etchanan

Moses tells the people of Israel how he **implored** Gd to allow him to enter the Land of Israel, but Gd refused, instructing him instead to ascend a mountain and **see the Promised Land**.

Continuing his review of the Torah, Moses describes the Exodus from Egypt and the Giving of the Torah, declaring them **unprecedented events** in human history. Has there ever occurred this great thing, or has the likes of it ever been heard? Did ever a people hear the voice of Gd speaking out of the midst of the fire... and live?... You were shown, to know, that the Lrd is Gd... **there is none else beside Him**.

Moses predicts that in future generations the people will turn away from Gd, worship idols, and be **exiled** from their land and scattered amongst the nations; but **from there** they will seek Gd, and **return** to obey His commandments.

Our Parshah also includes a repetition of the **Ten Commandments**, and the verses of the Shema, which declare the fundamentals of the Jewish faith: the **unity** of Gd (Hear O

Israel: the Lrd our Gd, the Lrd is one); the mitzvot to **love** Gd, to **study** His Torah, and to bind these words as **tefillin** on our arms and heads, and inscribe them in the **mezuzot** affixed on the doorposts of our homes.



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OBITUARY

Rabbi Yoel Kahn, 91, Oral Scribe and Leading Disciple of the Rebbe

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