



Shavuot begins Sunday evening, May 16, and continues through Tuesday, May 18.

Dear Friends,

As we prepare for the holiday of Shavuot, our minds are far from cheesecake and blintzes. Our brothers and sisters in Israel are under attack, suffering from barrages of missiles, murderous mobs, and bloodthirsty enemies on all sides.



Why do we care so much? Because we are one nation, united by an ancient covenant that stretches back to the dawn of our history. This Shavuot, on Monday, May 17, pandemic permitting, we will gather as one in synagogues around the world, just as our ancestors stood like one person with one heart at Mount Sinai 3,333 years ago. Let us all join together and pray for Israel, hear the reading of the Ten Commandments, and recommit ourselves to standing as one, just as we did at Sinai.

With wishes for the a safe and meaningful Shavuot for our brothers and sisters everywhere,

Rabbi Wilansky

Join us for our Annual Shavuot Ice Cream Party!

RSVP: chana@chabadofmaine.com

SHAVUOT

Ice Cream Party

Monday, May 17

11:30 AM Hear the 10 Commandments

11:45 AM Kids' Program and Activities

12:30 PM Ice Cream Party for all ages!

Can't make it at noon?

**5:00 PM Hear the 10 commandments
and Ice Cream Party for all!**



Win \$100
to Amazon!

Outdoors and Covid Safe!

9 things to do before Shavuot



1

Brush up on Shavuot

Rich with meaningful customs, poignant lessons, and insights waiting to be gleaned.

[Read 11 Shavuot facts to know and share](#)

[Browse 100's of Shavuot insights and essays](#)



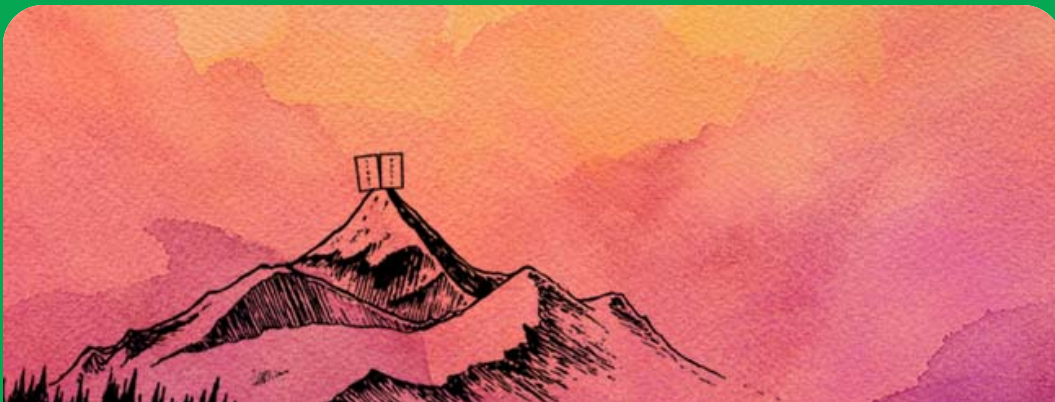
2

Light candles on both nights

Shavuot is a holiday and a festive, candle-lit meal is enjoyed on both Sunday (May 16) and Monday (May 17).

Get lighting times for the [1st Night](#) and [2nd Night](#)

[Print up the candle-lighting blessing](#)



3

Be sure to hear the 10 Commandments

Shavuot is when G-d communicated the 10 Commandments at Sinai. Every year, we relive that moment when the 10 Commandments are read in synagogue on Shavuot morning.

[Still distancing? Heres how to do it at home](#)

[Find a reading of the 10 Commandments near you](#)



4

Prepare dairy delights

For [reasons you can read here](#), it is customary to enjoy dairy treats on Shavuot.

[Create the perfect dairy menu for your family.](#)



5

Watch a video of the Rebbe

As the guarantors, who assured G-d that the Torah would be kept, children play an outsized role in the Shavuot holiday.

[Watch the Rebbe discuss what this means to us](#)



6

Get ready to pull an all-nighter

There is a Kabbalah-based custom to remain awake the entire first night of Shavuot, studying Torah.

Print enough study material to keep your soul aflame until the crack of dawn



7

Dont forget Yizkor

The second day of Shavuot (May 18) is one of the four times each year when we say Yizkor, praying on behalf of our departed loved ones in merit of tzedakah we give in their honor.

Watch a pre-Shavuot Yizkor program

Print the Yizkor service



8

Be inspired by Ruth

Ruth, the brave Moabite princess who voluntarily joined the Jewish people, is one of the heroes of Shavuot.

Learn 7 lessons from Ruth on living with purpose



9

Take the Shavuot quiz

Clicked on what you needed, and feel ready to celebrate this beautiful holiday?

[Take the Shavuot quiz!](#)

For all your Shavuot needs, visit:

www.ChabadofMaine.com/Shavuot