



## This Week at Chabad Lubavitch of Maine



CANDLE LIGHTING TIMES  
FOR  
PORTLAND:

Friday, Sep. 3 6:55 pm  
Monday, Sep. 6 6:49 pm  
Tuesday, Sep. 7 7:49 pm  
Torah Portion: [Nitzavim](#)

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## Message from the Rabbi

Dear Friends,

The Torah portion we read this week begins with the words You are standing today before G-d. Although in its original context the verse is referring to the day before Moses passed away, the commentators note that because this Torah portion is always read on the Shabbat preceding Rosh Hashanah, the word today can also refer to the beginning of the new year, when we all come together and stand before G-d.

Another year has passed and along with all of the challenges we have faced, we come before G-d on Rosh Hashanah and proclaim that we are here. We may not have been perfect and our actions could have been better, but that is all behind us. We point to the future and we tell G-d that we are ready to grow, we are ready to commit to a year of Torah and mitzvot.

And G-d will then reciprocate and commit to blessing us with a happy, healthy, and sweet new year!

Shabbat shalom and shanah tovah!

Rabbi Wilansky



## High Holidays Tent Is Up!



Join us for Rosh Hashana in our spacious tent, in the backyard of Chabad, 11 Pomeroy Street.

[Click here](#) for the schedule of services and to RSVP for the Rosh Hashana Dinner.



## Rosh Hashana Children's Program



Calling all children for a special Holiday Program during Rosh Hashana Services!

Tuesday and Wednesday at 11:45 am



## Rosh Hashana Torah Class



Join Rabbi Levi for this week's Torah Studies Class, zooming in on the inner meaning of Rosh Hashana.

**Sunday, September 5th, at 2:00 pm**



# Rosh Hashana Challah at the Scarborough Farmer's Market



At this week's Farmers Market in Scarborough, purchase some delicious round Rosh Hashana Challot!

Sunday | 9:00 am - 1:00 pm



## Service Times

**Thursday**

7:00 am

**Friday night**

8:00 pm

**Shabbat day**

10:30 am

**Kiddush and refreshments**

12:30 pm



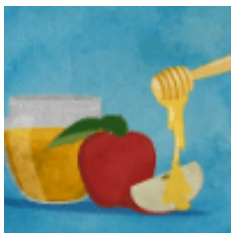
## Donate

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 Dip the Apple Into Honey on Rosh Hashanah?**

Why not mangoes dipped in maple syrup, for example?

[More...](#)

BY THE NUMBERS

### **10 Rosh Hashanah Customs From Around the World**

Beyond apples in honey and tashlich, how many



of the following customs from around the world do you know?

[More...](#)



VIDEO

### Big Trouble Meets Small Shofar

Miri tells the story of a *neshamah* that came down to earth to shine light, but got into big trouble instead and how a *shofar* rescued the *neshamah* from despair.

[More...](#)



FOCUS ON CHANA

### Learning From Chana How to Kvetch to G-d

It seems counterintuitive; how do you emphatically tell Gd to change your circumstance and still feel humble?

[More...](#)



## Parshah in a Nutshell

### Parshat Nitzavim

The Parshah of **Nitzavim** includes some of the most fundamental principles of the **Jewish faith**:

The **unity of Israel**: You stand today, all of you, before the Lrd your **Gd**: your heads, your **tribes**, your elders, your officers, and every **Israelite** man; your young ones, your wives, the stranger in your gate; from your wood-hewer to your water-drawer.

The future **redemption**: **Moses** warns of the **exile** and desolation of the **Land** that will result if Israel abandons Gds laws, but then he **prophesies** that in the end, You will return to the Lrd your Gd . . . If your outcasts shall be at the ends of the heavens, from there will the Lrd your Gd gather you . . . and bring you into the Land which your fathers have possessed.

The practicality of **Torah**: For the **mitzvah** which I command you this day, it is not beyond you, nor is it remote from you. It is not in heaven . . . It is not across the sea . . . Rather, **it is very close to you**, in your mouth, in your heart, that you may do it.

**Freedom of choice**: I have set before you life and goodness, and death and evil: in that I command you this day to **love Gd**, to walk in His ways and to keep His **commandments** . . . Life and death I have set before you, blessing and curse. And you shall **choose life**.



## Chabad World News

### A Small New Jersey Town Comes to Grip With Idas Devastating Wake

[More](#)



MIDDLE EAST

### This Chassidic Jew is Leading the Daring Rescue of Vulnerable Afghans, and Hes Not Done

[More](#)



NORTH AMERICA

### No Power? Meat for a Month in the Freezer? Its BBQ Time in New Orleans

[More](#)



BOOK BAG

### Baderech: Along the Path of Teshuvah Is a Life-Affirming Guide to Spiritual Growth

[More](#)

