

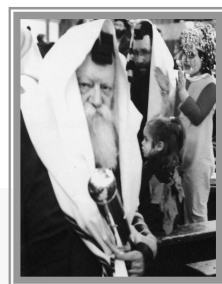
# הכנה ל"א ניסן ה'תשס"ה

יום ראשון, א' ניסן - יום רביעי, י"א ניסן

ה'תשס"ה ל'א ניסן ה'תשס"ה



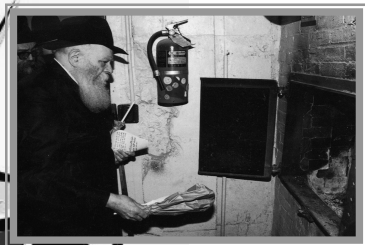
חנוכה



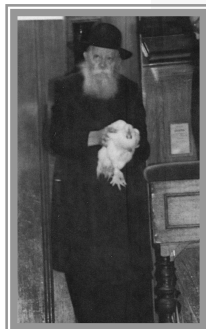
פורים



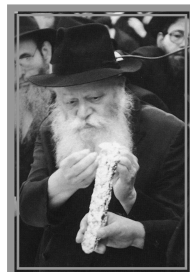
סוכות



פסח



יום כיפור



המזלז



"...חדש ימינו כקדם"



To all the Yaldei Hashluchim:

We are very pleased to present to you the "א ניסן הכנה" program. This program runs from ראש חודש ניסן until "א ניסן.

"א ניסן is the day that the רבי was born in the year תרס"ב. This day and the days preceding it are days when we work on our התקשרות to the רבי and, of course, prepare ourselves and the world for the coming of משיח.

Each day there are 6 parts to the Hachana:

1. היום יום of the day
2. חומש of the day
3. עניני משיח וגאולה
4. ניגון חב"ד—text of a ניגון חב"ד and an explanation of the ניגון
5. הכנה Checklist:

On the checklist there are various activities for the Yaldei Hashluchim to complete each day. Next to each task there is a box to check when it is completed. Each task is worth 1 point. At the end of each day, the children should calculate the amount of points they have accumulated during the day.

6. Question Sheet:

For additional points (4 per day for the younger division and 2 per day for the older division), there are question sheets to fill in. There will be 4 questions for each day, one each based on the חומש, היום יום, עניני משיח וגאולה and ניגון חב"ד. If you fill in all the questions, add 4 points to that day's total if you are aged 5-8 or 2 points if you are aged 9-12.

<b>Younger Division:</b> Ages 5-8	<b>Older Division:</b> Ages 9-12
Say least ½ a Kapital of the day's תהילים	Say at least 2 Kapitelach of the day's תהילים
Say at least 5 lines of the day's תניא	Say the entire shiur of the day's תניא
Read the היום יום from the הכנה booklet	Read the היום יום from a Hebrew or Yiddish היום יום
Sing the ניגון	Sing and learn the meaning of the ניגון
Know which שבט the נשיא is about	Say 3 lines from the day's נשיא

The last page—the Checklist page should be filled in and then signed by a parent. Please fax it back to the Shluchim Office at (718) 221-0985 or mail to 816 Eastern Parkway, Brooklyn, NY, 11213 by אסרו חג, Monday ניסן כ"ג, May 2nd and we will send out prizes accordingly.



יום ראשון, א' ניסן  
ראש חודש



SUNDAY, APRIL 10

**היום יום...**  
My father instructed his brother-in-law, R. Moshe Horenstein, a **כהן**, to say **יהי** after the **נשיא**, noting that even a **כהן** or **לוי** must say it, for it is related to **עיבור**.

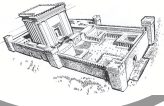
הַבְּנָה לִי"א

Today's **חומש** tells us how a **כהן** is **מטהר** someone who has **צרעת**. In **פסוק ט'**, it says: "He should shave off all his hair -- his head, his beard, and his eyebrows." The **מפרש**—**יקר** tells us that this is a punishment for three things: **לשון הרע**, **קנאה**, and **גאווה**. Therefore, the **טהרה** for someone with **צרעת** was done in the following order:  
1. The hair on the head was shaved off, because the person's **גאווה** - pride caused him to want to be above others;  
2. The hair of the beard was removed, because he did not control his mouth and spoke **לשון הרע**.  
3. The eyebrows were shaved off, as they did not prevent his eyes from having **קנאה** - being jealous of others' possessions.

הַבְּנָה לִי"א

עניני משיח וגאולה

When the Jews traveled in the **מדבר**, on their way from **מצרים** to **ארץ ישראל**, the last **שבט דן** in the procession was **שבט דן**. Therefore, if any Jew ever lost anything, it was found and returned to them by the people of **שבט דן**. In the long journey through **גלות**, on our way to the ultimate **גאולה**, our generation is the last in the "procession", we are the last generation of **גלות**. So we also have a job similar to **שבט דן**'s.  
We must find those Jews who are, unfortunately, "lost" - in a spiritual sense. Those Jews who have not had the privilege to be educated in a Torah-true environment. And we must "return" them to their roots, for it is never too late for them also to begin to live a truly good Jewish life of **תורה** and **מצות**.



נְגוּןֵי יְצִיַּת מִצְרַיִם

צמאה לך נפשי כמה לך  
בשרי בארץ צי"ה ועיף  
בלי מים. כן בקודש  
חזיתך לראות עזך  
וכבודך  
(תהלים ס"ג, ב-ג)

The Rebbe taught this **נְגוּן** to the **חסידים** at a **פארבריינגען** on **שבת פרשת קדושים**. The Rebbe had a great liking for this **נְגוּן**, and sang it very often. After singing it a few times, the Rebbe said:  
This **נְגוּן** is attributed to the **אלטער רבי**. The first two 'fallin' express one's feelings of longing and yearning, while the final 'fal' (i.e.. The third time the words: **כן בקודש** are sung) express a feeling of confidence and conviction. Therefore, the first two 'fallin' rise in tone and rhythm, and are sung with much feeling and emotion. In comparison, the third 'fal' is one that declines and concludes. Likewise, the high part of the second 'fal', "**כן**", ('so') is a fervent wish and request: 'so may I behold You,' whereas the third 'fal' "**כן**" is an expression of assurance; "Yes, I will behold you!"



(Chayolei Tzivos Hashem Handbook Series—The Baal Menagen)

בזונו זראות את מאכנו

יום שני, ב' ניסן

MONDAY, APRIL 11

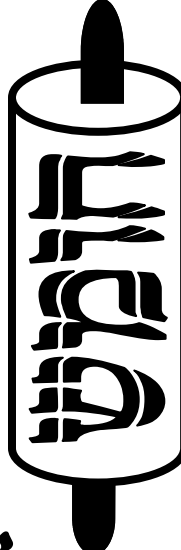
הבנה לי"א ניסן תשס"ה



# היום יום...

רש"ב (-) of my father the Rebbe, יארצייט מוצאי (ר' שלום דובער who passed away on שבת (1920) in Rostov, and is buried there.

The first מאמר the רש"ב said after his father, the רבי מהר"ש passed away, was on the second day of חול המועד סוכות תרמ"ג (1882), beginning "כתר יתנו לך" etc. The last public פורים מאמר in his lifetime was delivered at the פורים "ראשית גוים עמלק... תר"פ, beginning "קץ שם לחשך"



Today's חומש continues to tell us how the מצורע is מטהר after he is cured of his צרעת.



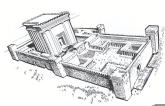
עניני משיח וגאולה

It is important to ask for משיח, and express hope and faith in his immediate arrival, not only in לשון הקודש, but also in English (and any other language).

The benefit in this is:

(1) In this way, the whole world will know that we Jews want משיח now.

(2) Nowadays there are many Jews who do not understand לשון הקודש so well (and some don't know it at all). We cannot wait till all the Jews will know לשון הקודש, since we need משיח now. So we declare in a language that all can join in demanding: "We want Moshiah now!"



נגוני חז"ל

והיא שעמדה לאבותנו ולנו שלא אחד בלבד עמד עלינו לכלותנו אלא שבכל דור ודור עומדים עלינו לכלותנו והקב"ה מצילנו מידם.  
(הגדה של פסח)

The Rebbe taught this ניגון to the חסידים at a farbrengen on the second night of פסח in תשט"ז.

The beginning of the ניגון expresses a bitter and painful feeling of Golus, while the end of the ניגון expresses the עבודה's איד, his joy of the immediate גאולה, and with it, the defeat of our enemies. It expresses our unshakable trust in Hashem and His promise that we will be His nation forever.

On "בכל דור ודור", the Rebbe explained that the words "בכל דור ודור", hold special meaning for our generation as well. It says that our generation is a two-fold generation - דור ודור. We are the last generation of גלות, as well as the very first generation of the גאולה.

(Chayolei Tzivos Hashem Handbook Series—The Baal Menagen)



בזוננו זראות את מאכנו" =



הבנה לי"א ניסן תשס"ה

TUESDAY, APRIL 12

יום שלישי, ג' ניסן

## היום יום...

Among my father's (the Rebbe רש"ב) regular Torah-study sessions: A חומש of פרשה with רש"י every day; saying תנ"ך by heart - a קאפיטל each of תורה, נביאים, and משניות; a פרק of משניות; a גמרא of גמרא in deep study of שיעור regular; two pages a week, another in quick study of גמרא - three pages per day; a session of study of the תלמוד; a regular period for פסוקים, but not daily. During the course of the year he would finish the entire רבא, "borrowing" from the long סדרות and "repaying" on the shorter ones.

הזמנה

Today's חומש tells us about someone who has צרעת but who is poor and is not able to afford much for his atonement. The מפרש - מפרש - tells us that the reason that a poor man is able to bring a קרבן smaller than a wealthy man, is that his being poor itself is a כפרה, and through it he is cleansed of his עבירה.

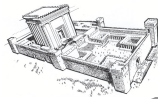
הזמנה

עניני משיח וגאולה

A child once asked his father for an apple, but his father refused to give one to him. What did the young boy do? He said the ברכה - "בורא - בורא", and so, his father had to give him the apple so the ברכה should not be for nothing.

We can also do the same:

If we will begin already now, to rejoice with the גאולה - since we know and believe with complete faith that ה' is sending us משיח speedily - This joy alone will cause ה' to listen to our תפילות, and take us out of גלות, so that our joy will not be for nothing.



ניאלי ואלאי  
צ"ט ת"צ

כי אנו עמיד ואתה  
אלוקינו, אנו בניך  
ואתה אבינו.

This inspiring ניגון was sung by the Rebbe on תורה תשי"ז ערב שמחת תורה, before dawn, following הקפות.

The חשבון הנפש expresses how important it is for one to make an accounting of one's life—and for a person to do תשובה. It is a תפילה, asking Hashem for רחמנות. It also expresses one's feeling to make a החלטה to do better and strengthen one's spirit, in hope that Hashem will indeed have compassion on His children.

(Chayolei Tzivos Hashem Handbook Series—The Baal Menagen)





בזונו אראות את מאכנו



הבנה לי"א ניסן תשס"ה

WEDNESDAY, APRIL 13

יום רביעי, ד' ניסן

# היום יום...

The בעלי עוסקים of עבודה - a businessman has two categories:

**העבודה עם עצמו**: When actually at work, in a free moment in his store, for example, he should study a משנה or two, or a chapter of תניא. He should memorize some תורה - for example, חומש, משנה, תהילים, תניא, so that he will be able to review these while in the marketplace, the street or wherever.

**עבודה עם זולתו**: When discussing business, he should turn the conversation towards introducing a story with content, and find some reason or opportunity to encourage others to study תורה, or to do similar activities.

# הדמיון

Today's חומש discusses צרעת that comes on houses. A house that gets צרעת has to be broken down.

{In פסוק ל"ד ה' says that when בני"י will get to the land of ארץ ה' will inflict צרעת on their houses. This is an example of how whatever ה' does, is good. Here בני"י are told that in ארץ ישראל their houses will get צרעת, and will have to be broken down. רש"י explains that during the 40 years בני"י are in the מדבר, the עמוראים hid their golden treasures in the walls of their houses, and when בני"י captured those houses after entering ארץ ישראל, their houses got צרעת. When בני"י broke down the walls, they found the treasures of the עמוראים.}

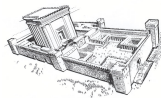
# הדמיון

## עניני משיח וגאולה

The best years of אבינו יעקב's life were the last seventeen, which he spent in מצרים. Yet, before he passed away from this world, he made his son יוסף swear to him that he would carry him out from מצרים and bury him in ארץ ישראל.

This teaches us:

Even though, while we are in גלות, we learn תורה ה' and do His מצות, this is not our true place. We, children of ה', cannot be comfortable in גלות. We must therefore ask of ה' (like יוסף asked of יעקב אבינו - "carry us out from מצרים" - We want to go out of גלות!



# ניגוני חז"ל

צמאה לך נפשי כמה לך בשר  
בארץ צי"ה ועיף בלי מים. כן  
בקודש חזיתך לראות עוֹד  
וכבודך. - עק, טי דוראן  
מארקו טטט טי יצדצט  
נא יארמארקו ניצ  
קופלאיש, טאפאקט ראמיש  
ווארקו.  
(תהלים ס"ג, ב-ג)

This ניגון is one of the oldest ניגונים חב"ד. The first section is sung to the words of נפשי לך צמאה, and the second section rhymes in Russian and is a משל.

The Rebbe explained that the world is compared to a market-place, where business is conducted. Business as we know, is geared to making money and earning a living. The same can be said about the נשמה's descent to this world is to elevate itself and go higher than it was before it came down.

Yet, the נפש הבהמית and יצר הרע, who is called a "fool" also goes to the market-place, trying to tempt and frustrate the person. He tries to cause a מחלוקת between Yidden themselves, and in turn, between Yidden and Hashem. Therefore, we ask the יצר הרע, "why do you come to the market? You don't buy, you don't sell.. All you do is cause trouble!"

For this reason, we begin by singing the words: "צמאה לך נפשי". For when a person is tested with all different kinds of תאוות that the יצר הרע may put before him, the person will feel a great thirst and yearning for Hashem. For this very reason, Hashem created us with a יצר הרע to awaken within us intense yearning for אלקות.

(Chayolei Tzivos Hashem Handbook Series—The Baal Menagen)

יום חמישי, ה' ניסן



THURSDAY, APRIL 14

# היום יום...

In **veis** ("veis" and בעל הנחמות ("beis" in the first word) בעל הישועות say, רצה, in ברכת המזון [in the second word].

My grandfather commented on the פסוק, "The place of man does not honor him; rather man honors his place." The word, כבוד, "honor," has two meanings. One is כבד, "liver," as the תורה says, "כבד פרעה's heart is כבד" ("heavy"), and the חכמים comment, "His heart became like a liver," (cold, insensitive). The other meaning is כבוד, "honor".

"The place of man does not honor him": Place (and circumstances) do not make him cold and insensitive. Rather, "Man honors his place," man has the ability and the power to light up his environment ("place") with the light of התורה and עבודה.

When the נשמה comes down into the body, it is given a שבועה to be a צדיק. The person is given enough powers to be able to fulfill ה's intention in having the נשמה descend (into the גשמיות world). And just as it is with the נשמה's descent, so is it also with every person, in whatever place he may be.

Today's חומש ends the discussion of צרעת.

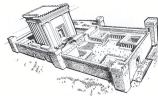


## עניי משיח וגאולה

It says in the גמרא, that ה' did the Jews a favor by spreading them out between all the nations. Because in this way, even if one nation would try to harm the אידן, they could escape elsewhere, or at least the other אידן would be safe.

חסידות explains another purpose for אידן being spread out amongst all the nations of the world:

By learning תורה and doing מצות in all parts of the world, we purify and elevate all the other nations. Therefore, when משיח will come, all the nations of the world will come to him because of the תורה and מצות that we do while in גלות, under rule of that nation.



נאלי חאצ"ר

רחמנא דעני לעניי  
ענינא  
רחנא דעני לתבירי  
ליבא ענינא

(סליחות)

This ניגון was taught by the Rebbe on שמחת תורה תש"כ.

The ניגון is sung slowly and with deep thought in prayer with a serious heart. Afterwards, it is sung with joy and happiness. In the beginning, one is "broken-hearted", but is afterwards filled with joy with the hope and belief that Hashem will surely answer him.

(Chayolei Tzivos Hashem Handbook Series—The Baal Menagen)



יום ששי, ו' ניסן



FRIDAY, APRIL 15

## היום יום...

When we work hard, with order (סדר) and firmness, together with the "pleasantness" of תורה (with the ימין מקרבת ושמאל דוחה) we will definitely achieve results.

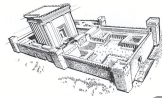
התורה

Today's חומש talks about some of the טהרת המשפחה (family purity) of הלכות. The טהרת המשפחה of הלכות are a gift from 'ה' to 'בני', for the physical and spiritual health of the children and the whole family.

התורה

עניני משיח וגאולה

There was once a חסיד who rented an inn from a local Poritz. Every year he would go to the Poritz and pay him the year's rent in advance. When the חסיד aged, he sent his son to go and pay the rent for him. The son asked the Poritz if he could pay him in advance for three years, to save the bother of coming to him so many times, and the Poritz agreed. When the son returned and told his father of the deal, his father was very upset. He told his son: "You know that we believe with complete faith in the coming of משיח and we wait for his arrival every day. And surely משיח will come this year. When משיח comes we won't have to worry about such things. So you paid the Poritz extra two years rent for nothing!"



ניגוני חז"ל

אתה בחרתנו מכל העמים, אהבת אותנו ורצית בנו ורוממתנו מכל הלשונות וקדשתנו במצוותיך וקרבתנו מלכנו לעבודתך, ושמך הגדול והקדוש עלינו קראת. (נוסח התפילה שמונה עשרה משלש רגלים)

This ניגון was taught by the Rebbe on תורה תשכ"א. שמחת תורה. He explained that the ניגון is made up of 2 parts:

The first 'fal' is sung twice. This reflects the עבודה of צדיקים who serve Hashem without being disturbed by the יצר הרע. Therefore the 'fal' is sung slowly without repeating any words.

The second 'fal' of the ניגון is powerful where every תנועה repeats each word twice, and the 'fal' is sung over and over again. This reflects the feelings and עבודה of a בעל תשובה. He works very hard, with all his energy to remove himself from the type of lifestyle that he once lived. At the same time, he tries his best to improve himself and go higher in his עבודת ה'.

(Chayolei Tzivos Hashem Handbook Series—The Baal Menagen)





יום שבת, ז' ניסן



SHABBOS, APRIL 16

**היום יום...**

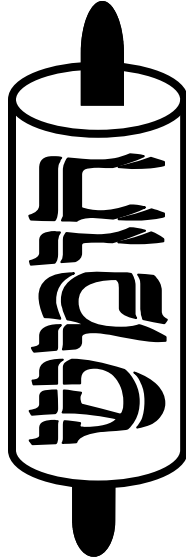
*Text of בנסוע ויחי:*

*וכרצון כל עמך בית ישראל*

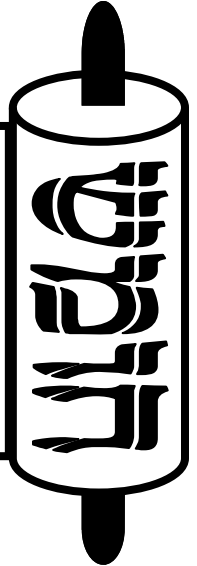
The רבי אלטער's family name was Baruchovitch—ברוכאוויטש.

The רבי מיטעלער's family name was Schneuri—שניאורי.

The צמח צדק's family name was Schneersohn—שניאורסאהן.



Today's חומש completes the discussion of טהרת המשפחה and the other forms of טומאה and טהרה begun in this פרשה.



**עניני משיח וגאולה**

After the פסח on סדר, we proclaim לשנה הבאה בירושלים - "Next year in ירושלים!"

Why do we say next year in ירושלים? We want Moshiach to come now!

The פריערדיקער רבי explained:

This doesn't mean that we should have to wait until next year to be redeemed. The גאולה should happen immediately! And then, next year at this time, we will automatically be in ירושלים.

**נגוני תורה**

אנעים זמירות ושירים  
אארוג, כי אליך נפשי  
תערוג  
נפשי חמדה בצל ידיך,  
לדעת כל רז סודיך

This נגון was taught by the Rebbe on שמחת תורה תשכ"ב. Before the Rebbe taught he prefaced it with a story:

There is an interesting episode in connection with this נגון. In a certain village on the day after כיפור, יום, the townspeople came to Shul early in the morning to daven שחרית. To their surprise, they found a חסיד dancing around the bima singing this נגון. He had been so engrossed in the song that he had forgotten to break his fast, and had sung and danced the entire night!

On כיפור, the Jewish people are so elevated that we are like angels. After this day finishes, we have to leave this high spiritual level and go back to our every day lives. The חסיד knew this and was overcome with a deep longing for Hashem, and so he kept singing. This longing expresses itself when we want to know and study חסידות—Hashem's secrets.



(Chayolei Tzivos Hashem Handbook Series—The Baal Menagen)

"בזוננו זראות את מאכנו"



הבנה ל"א ניסן תשס"ה

SUNDAY, APRIL 17

יום ראשון, ח' ניסן

### היום יום...

Every נשמה has its particular עבודה, in the areas of מוחין and מידות, in accordance with that נשמה's nature and character. It is written: "From my enemies you gave me wisdom"; from the bad מידות one sees in his character traits, he can become wise and know how to handle the correction of these traits, and how to subordinate his powers, in the service of ה'.

### התעורר

In today's חומש, the story continues from where אהרן's sons just passed away by doing a service in the משכן without permission. ה' here warns אהרן not to approach the ארון at the wrong times, and tells him specifically to only approach it on יום כיפור. Today's חומש gives further details of the אהרן's changes עבודת regarding יום הכיפורים of clothes and all the times he toivels in the מקוה between each change of clothes, and the animals used in the קרבנות.

### התעורר

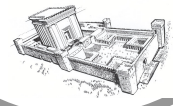
### עניי משיח וגאולה

During מכת בכורות, when the מצריים saw that so many people were dying, they knew that they had to free the אידן. They were so desperate to have the אידן leave, that they actually gave them of their own sheep and cattle, gold and silver, and expensive clothing as gifts!

We now find ourselves just before the ultimate גאולה, and we too have seen something similar:

Although for many years Russia was a closed off country, in recent years the gates have opened and thousands of Jews have been able to leave. Even more: not only did the Russian government allow Jews to leave, but (like the מצריים by מצריים) the government actually helped the Jews to go to ארץ ישראל.

(שיחת פרשת בא תשנ"ב)



### נאנו וזאת

כי אנו עמיד ואתה אלוקינו, אנו בניך ואתה אבינו.

אנו עבדיך ואתה אדוננו, אנו קהלך ואתה חלקנו.

(נוסח תפילות יום כיפור)

This ניגון was taught by the Rebbe on תורה תשכ"ד. שמחת תורה. It is made of only one 'fal' which is repeated over and over again.

The ניגון expresses the feelings of תשובה. For this reason the ניגון does not end as most תשובה do, but rather it continuously repeats itself. This represents the עבודה of תשובה. One must never be satisfied with where one is in life. He must always try to be better.

The ניגון expresses a person's determination to go higher in his עבודה to ה' without being intimidated by another's opinion or comment. He is not discouraged or slowed down by the memories of what he was once upon a time.

This עבודה can be compared to one who is escaping from a raging fire. His entire focus is to escape from the fire. So too, a בעל תשובה has only one goal in mind: he must be one with Hashem with his entire heart "כי אנו עמך ואתה אלוקנו".

(Chayolei Tzivos Hashem Handbook Series—The Baal Menagen)



בזונו אראות את מאכנו" =



הבנה לי"א ניסן תשס"ה

יום שני, ט' ניסן

MONDAY, APRIL 18

היום יום...

Jewish wealth is not houses and gold. The everlasting Jewish wealth is: Being Jews who keep תורה and מצוות, and bringing into the world children and grandchildren who keep תורה and מצוות.

הזמנה

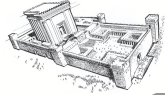
Today's חומש continues the description of עבודה's duties for the אהרן in the יום כיפור on משכן. It also talks about the גורל that was made with the 2 goats, one for ה' and one לאזעזעל.

הזמנה

עניני משיח וגאולה

The משיח once asked בעש"ט: "When will you come?" משיח answered: "When your fountains will spread to the outside." The בעש"ט was the founder of חסידות. Through learning and spreading משיח to everyone, even "to the outside", we bring חסידות. What connection is there between חסידות and משיח? When משיח will come, he will teach the most hidden, deepest secrets of the תורה. Just like it is a מצוה to taste of the שבת foods on שבת, ערב שבת, now also, we must get a little "taste" of what will be revealed when משיח will come. We get that "taste" by learning חסידות!

(מגולה לגאולה)



ניגוני חז"ל

הוא אלוקינו, הוא אבינו, הוא מלכינו, הוא מושיענו, הוא יושיענו ויגאלינו שנית בקרוב וישמענו ברחמי לעיני כל חי לאמור: הן גאלתי אתכם אחרית כבראשית להיות לכם לאלוקים.  
(תהלים ס"ג, ב-ג)

The Rebbe taught this lively ניגון to the words "הוא אלוקינו" on the night of שמחת "כי אנו עמיד" ניגון of תורה תשכ"ד, after הקפות a little after teaching the ניגון of פארבריינגען. The next day, during the Rebbe's Yom Tov חסידים sang the ניגון without its words. The Rebbe explained to the חסידים that the importance of the ניגון is not the melody but its words. The words express one's strong belief and anticipation of the approaching imminent גאולה. Therefore, when singing the words שנית הן גאלתי אתכם אחרית כבראשית להיות לכם לאלוקים and בקרוב, they should be said on a much higher tone. This ניגון was sung to these words in Lubavitch by the Chazzan Reb Yechiel Halprin during מוסף in the presence of the רבי רש"ב and later by the רבי פריערדיקער. It has become a popular custom in many shuls and throughout the world to joyously sing this ניגון in the תפילה of "כתר".

(Chayolei Tzivos Hashem Handbook Series—The Baal Menagen)



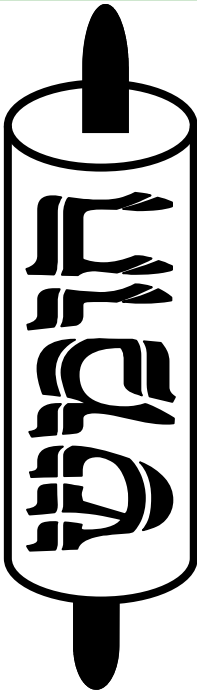
יום שלישי, י" ניסן



TUESDAY, APRIL 19

### היום יום...

On the subject of the **מבצע** to spread of **טהרת** in your community, think about this deeply: Let us imagine that ה' were to give you the opportunity to save a Jewish community from extinction **ח"ו** (being wiped out), you would certainly be willing to risk your life for this and you would thank and praise ה' for His great kindness in giving you an opportunity of such great **זכות**. The same is true even more about the **מבצע** for **המשפחה**; it is something which literally saves lives.



In today's **חומש** ה', ה' says that **יום כיפור** shall be on the tenth day of the month of **תשרי**. This is also the day that **משה רבינו** came down from **הר סיני** with the second set of **לוחות** and told **בני** that they had been forgiven for making the **הטא העגל**. Today's **חומש** states that on **יום כיפור** work shouldn't be done and boys and girls over **בת מצוה** & **בר** should not:

1. Eat & drink
2. Wash
3. Use Creams
4. Wearing leather shoes



### עניני משח וגאולה

Although the **גאולה** can come at any given moment, there are certain especially appropriate times, when we can look forward to it. We find an argument in the **גמרא**:

**רבי אלעזר** says: "we were redeemed from **מצרים** in the month of **ניסן**, but we will be redeemed from this **גלות** in the month of **תשרי**!"

**רבי יהושע** argues, and says that "just like we were redeemed from **מצרים** in the month of **ניסן**, we will be redeemed from this **גלות** in the month of **ניסן**."

The **מדרש** concludes with the opinion of **רבי יהושע**, that the month of **ניסן** is the appropriate time for the **גאולה**.



### ניגוני תזו"צ

דרכך אלקינו, להאריך אפק, לרעים ולטובים, והיא תהלתך. למענדך אלקינו עשה, ולא לנו, ראה עמידתנו דלים ורקים. (מעריב-יום כיפור)

This **ניגון** was taught by the Rebbe on **שמחת תורה תשט"ז**.

The Rebbe explains that this **ניגון** gives a negative message that we stand before Hashem poor and empty. Yet there is a positive outcome, because when one realizes that he is indeed poor and empty, he becomes an empty vessel, and is then able to receive Hashem's **ברכות**.

After teaching the **ניגון**, the Rebbe asked the **חסידים** to dance to the **ניגון**, adding that it should infuse their lives with enough **שמחה** to last through the year.

(Chayolei Tzivos Hashem Handbook Series—The Baal Menagen)





בזוננו זראות את מאכנו" =



הבנה לי"א ניסן תשס"ה

WEDNESDAY, APRIL 20

יום רביעי, י"א ניסן

### היום יום...

On his birthday, one should spend time by himself. He should remember his experiences and think deeply into them. He should then do תשובה and correct those (of his past deeds) that need correction and תשובה.

הקדמה

In today's חומש ה' says that קרבנות may not be offered anywhere else, only in the משכן.

הקדמה

### עניי משיח וגאולה

A חסיד once wanting to move to Israel, came to the צמח צדק and asked for a ברכה. The צמח צדק said to him: "Why must you travel to ארץ ישראל? Make this place ארץ ישראל!"

The difference between ארץ ישראל and the rest of the world is that ארץ ישראל is the Holy Land. And what the צמח צדק told the חסיד is actually a lesson for each and every one of us, in speeding up the coming of משיח and bringing גאולה into our lives:

We must also make the place where we live a holy land. When we use our rooms to Daven and learn Hashem's holy תורה and do other מצות, we make our house holy.

We are making our private rooms just like ארץ ישראל.

And when we live our life in this way: Use our time for only holy things, and make our surroundings holy, then we are "making this pace, here and now, ארץ ישראל" and we have a personal גאולה. And this will bring משיח who will redeem and make the whole world holy.



### נגוני חז"ל

#### נגון שאמ"ל

The Rebbe taught the נגון שאמ"ל on שמחת תורה תשי"ט. He said that he heard this נגון years ago from חסידים with the following story:

When the kingdom of Russia was expanding, there was a wild tribe living in the Caucasian mountains. They were free as birds. The Czar wanted to rule over these mountains very much. Since the mountains were very high, it was impossible to capture them. The tribe had the upper hand at every turn in battle.

One day, the Czar had an idea. He would simply outwit them by calling their leaders, Shamiel, to make a peace treaty. When he came down from the mountain, he was immediately captured and sent to jail deep within Russia.

Shamiel sat in jail, often thinking about the days when he used to rule over the high mountains. He begins to sing this נגון with a feeling of great yearning.

The first part of the נגון describes the olden days, when he used to rule over the high mountains. The second part of the נגון describes the bitterness he felt being secluded and imprisoned within his jail-cell. The song ends with the hope that the day will come when he will be free and return to his former place of glory: his home on top of the Caucasian mountains.

The same is true when a נשמה comes down into this world:

A נשמה comes down to this world from a very high place, as חז"ל say, "from under Hashem's throne." The נשמה was tricked into coming down into a body with a נפש הבהמית. The נשמה, remembering where it came from, is filled with a great yearning for Hashem. But the נשמה is filled with the hope that the day will come, when once again it will be together with Hashem, free of all boundaries of a body and הבהמית נפש.



(Chavolei Tzivos Hashem Handbook Series—The Baal Menagen)



# י"א ניסן

# ✓ CHECKLIST

I read the

(add 10 points) קובץ הכנה ל"י"א ניסן

From 'ה צבאות ה'

The קובץ contains stories from the Rebbe's youth until recent years. The booklet also contains the different gifts which the Rebbe gives us: Farbrengens, Rallies, Yechidus, Dollars, Letters, Kos shel Brocha, Lekach, and more.



I joined the י"א ניסן rally with the ילדי השלוחים



I gave extra צדקה on this special day



I said the Rebbe's new ק"ד = קאפיטל

קאפיטל ק"ד



I joined a חסידישע with my פארבריינגען family and friends

- I said ברכות from a סידור
- I gave צדקה before davenning
- I davenned שחרית with extra כוונה
- Today's נשיא is for אשר שבט
- I said the חומש of חת"ת
- I said the תהילים of חת"ת
- I said the תניא of חת"ת
- I said the היום יום
- I helped with the פסח preparations
- I davenned מנחה with extra כוונה
- I put נעגל וואסער by my bed

Total Points for the day: \_\_\_\_

# הכנה ללימוד ניסן

## Question Sheet

### א' ניסן Sunday

היום יום \_\_\_\_\_  
 חומש \_\_\_\_\_  
 עניני משיח וגאולה \_\_\_\_\_  
 ניגוני חב"ד \_\_\_\_\_

What should even a כהן or לוי say after the נשיא? \_\_\_\_\_  
 What was shaved off a person who had צרעת? \_\_\_\_\_  
 What was שבת דן's job in the מדבר? \_\_\_\_\_  
 When was the צמאה לך נפשי of ניגון taught? \_\_\_\_\_

### ב' ניסן Monday

היום יום \_\_\_\_\_  
 חומש \_\_\_\_\_  
 עניני משיח וגאולה \_\_\_\_\_  
 ניגוני חב"ד \_\_\_\_\_

Whose יארצייט is today? \_\_\_\_\_  
 What is someone who has צרעת called? \_\_\_\_\_  
 What is it important to ask for, even in any language? \_\_\_\_\_  
 What does the end of this ניגון express? \_\_\_\_\_

### ג' ניסן Tuesday

היום יום \_\_\_\_\_  
 חומש \_\_\_\_\_  
 עניני משיח וגאולה \_\_\_\_\_  
 ניגוני חב"ד \_\_\_\_\_

What are 2 of the many daily שיעורים that the Rebbe ב"רש" did? \_\_\_\_\_  
 What kind of מצורע does the חומש talk about? \_\_\_\_\_  
 What can we do so ה' will HAVE to send משיח? \_\_\_\_\_  
 What does this ניגון teach us that is important to do? \_\_\_\_\_

### ד' ניסן Wednesday

היום יום \_\_\_\_\_  
 חומש \_\_\_\_\_  
 עניני משיח וגאולה \_\_\_\_\_  
 ניגוני חב"ד \_\_\_\_\_

Whose עבודה does today's היום יום talk about? \_\_\_\_\_  
 What kind of צרעת is talked about today? \_\_\_\_\_  
 What did יעקב אבינו ask before he passed away? \_\_\_\_\_  
 What is the world compared to in today's ניגון? \_\_\_\_\_

### ה' ניסן Thursday

היום יום \_\_\_\_\_  
 חומש \_\_\_\_\_  
 עניני משיח וגאולה \_\_\_\_\_  
 ניגוני חב"ד \_\_\_\_\_

What שבועה is the נשמה given before it comes into the body? \_\_\_\_\_  
 What does today's חומש finish talking about? \_\_\_\_\_  
 What is a good reason for אידן being spread out over the world? \_\_\_\_\_  
 When was this ניגון taught? \_\_\_\_\_

### ו' ניסן Friday

היום יום \_\_\_\_\_  
 חומש \_\_\_\_\_  
 עניני משיח וגאולה \_\_\_\_\_  
 ניגוני חב"ד \_\_\_\_\_

What should we work with to get good results? \_\_\_\_\_  
 What הלכות does today's חומש talk about? \_\_\_\_\_  
 What did the חסיד's son do that made his father upset? \_\_\_\_\_  
 Whose עבודה does the second 'fal' talk about? \_\_\_\_\_

# הכנה ללימוד ניסן

## Question Sheet

(page 2)

### ז' ניסן Shabbos

- היום יום \_\_\_\_\_  
 חומש \_\_\_\_\_  
 עניני משיח וגאולה \_\_\_\_\_  
 ניגוני חב"ד \_\_\_\_\_
- What was the רבי אלטער's family name? \_\_\_\_\_  
 What does today's חומש finish talking about? \_\_\_\_\_  
 What do we say at the end of the סדר? \_\_\_\_\_  
 When did the story that is connected with this ניגון happen? \_\_\_\_\_

### ח' ניסן Sunday

- היום יום \_\_\_\_\_  
 חומש \_\_\_\_\_  
 עניני משיח וגאולה \_\_\_\_\_  
 ניגוני חב"ד \_\_\_\_\_
- What two areas does every נשמה have its עבודה in? \_\_\_\_\_  
 Why did אהרן's sons pass away? \_\_\_\_\_  
 What did the מצריים do so that the אידן should leave quicker? \_\_\_\_\_  
 What does this ניגון express feelings of? \_\_\_\_\_

### ט' ניסן Monday

- היום יום \_\_\_\_\_  
 חומש \_\_\_\_\_  
 עניני משיח וגאולה \_\_\_\_\_  
 ניגוני חב"ד \_\_\_\_\_
- What is Jewish wealth? \_\_\_\_\_  
 What does today's חומש describe? \_\_\_\_\_  
 What did משיח answer the בעל שם טוב? \_\_\_\_\_  
 Who originally sang this ניגון? \_\_\_\_\_

### י' ניסן Tuesday

- היום יום \_\_\_\_\_  
 חומש \_\_\_\_\_  
 עניני משיח וגאולה \_\_\_\_\_  
 ניגוני חב"ד \_\_\_\_\_
- Which of the מבצעים does today's יום היום talk about? \_\_\_\_\_  
 Name four things we don't do on יום כיפור? \_\_\_\_\_  
 Which two months are especially appropriate for משיח to come? \_\_\_\_\_  
 What did the Rebbe ask the חסידים to do after he taught this ניגון? \_\_\_\_\_

### יא' ניסן Wednesday

- היום יום \_\_\_\_\_  
 חומש \_\_\_\_\_  
 עניני משיח וגאולה \_\_\_\_\_  
 ניגוני חב"ד \_\_\_\_\_
- What should we do on our birthday? \_\_\_\_\_  
 Where can קרבנות be offered? \_\_\_\_\_  
 What is special about ארץ ישראל? \_\_\_\_\_  
 What is ניגון שאמיל a משל for? \_\_\_\_\_

א' ניסן

CHECKLIST

- I said Brachot from a Seder
- I gave before davenning
- I davenned with extra Shema
- Today's Shema is for Nissan
- I said the Hamecha
- I said the Hachinai
- I said the Yom
- I helped with the preparations
- I davenned with extra Bed
- I put by my bed
- I filled in today's question sheet

Total Points for the day: \_\_\_\_\_

ב' ניסן

CHECKLIST

- I said Brachot from a Seder
- I gave before davenning
- I davenned with extra Shema
- Today's Shema is for Nissan
- I said the Hamecha
- I said the Hachinai
- I said the Yom
- I helped with the preparations
- I davenned with extra Bed
- I put by my bed
- I filled in today's question sheet

Total Points for the day: \_\_\_\_\_

ג' ניסן

CHECKLIST

- I said Brachot from a Seder
- I gave before davenning
- I davenned with extra Shema
- Today's Shema is for Nissan
- I said the Hamecha
- I said the Hachinai
- I said the Yom
- I helped with the preparations
- I davenned with extra Bed
- I put by my bed
- I filled in today's question sheet

Total Points for the day: \_\_\_\_\_

ד' ניסן

CHECKLIST

- I said Brachot from a Seder
- I gave before davenning
- I davenned with extra Shema
- Today's Shema is for Nissan
- I said the Hamecha
- I said the Hachinai
- I said the Yom
- I helped with the preparations
- I davenned with extra Bed
- I put by my bed
- I filled in today's question sheet

Total Points for the day: \_\_\_\_\_

ה' ניסן

CHECKLIST

- I said Brachot from a Seder
- I gave before davenning
- I davenned with extra Shema
- Today's Shema is for Nissan
- I said the Hamecha
- I said the Hachinai
- I said the Yom
- I helped with the preparations
- I davenned with extra Bed
- I put by my bed
- I filled in today's question sheet

Total Points for the day: \_\_\_\_\_

ו' ניסן

CHECKLIST

- I said Brachot from a Seder
- I gave before davenning
- I davenned with extra Shema
- Today's Shema is for Nissan
- I said the Hamecha
- I said the Hachinai
- I said the Yom
- I helped with the preparations
- I davenned with extra Bed
- I put by my bed
- I filled in today's question sheet

Total Points for the day: \_\_\_\_\_

ז' ניסן

CHECKLIST

- I said Brachot from a Seder
- I gave before davenning
- I davenned with extra Shema
- Today's Shema is for Nissan
- I said the Hamecha
- I said the Hachinai
- I said the Yom
- I helped with the preparations
- I davenned with extra Bed
- I put by my bed
- I filled in today's question sheet

Total Points for the day: \_\_\_\_\_

ח' ניסן

CHECKLIST

- I said Brachot from a Seder
- I gave before davenning
- I davenned with extra Shema
- Today's Shema is for Nissan
- I said the Hamecha
- I said the Hachinai
- I said the Yom
- I helped with the preparations
- I davenned with extra Bed
- I put by my bed
- I filled in today's question sheet

Total Points for the day: \_\_\_\_\_

ט' ניסן

CHECKLIST

- I said Brachot from a Seder
- I gave before davenning
- I davenned with extra Shema
- Today's Shema is for Nissan
- I said the Hamecha
- I said the Hachinai
- I said the Yom
- I helped with the preparations
- I davenned with extra Bed
- I put by my bed
- I filled in today's question sheet

Total Points for the day: \_\_\_\_\_

י' ניסן

CHECKLIST

- I said Brachot from a Seder
- I gave before davenning
- I davenned with extra Shema
- Today's Shema is for Nissan
- I said the Hamecha
- I said the Hachinai
- I said the Yom
- I helped with the preparations
- I davenned with extra Bed
- I put by my bed
- I filled in today's question sheet

Total Points for the day: \_\_\_\_\_

\_\_\_\_\_ points

Total Points: \_\_\_\_\_

Fax or mail this sheet to the Shluchim Office

ב' ג' ניסן - אסרו תג, Before May 2nd,

Chinuch Yaldei Hashluchim

816 Eastern Parkway

Brooklyn, NY 11213

Fax: (718) 221-0985

Name: \_\_\_\_\_ age: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_