



DOV E. SCHREIER
RABBI

DAVID KLINGER
PRESIDENT

DR. MOSHE S. GORELIK
RABBI EMERITUS

MIKE SIGAL
VICE-PRESIDENT

????

HIGHLIGHTS OF CHODESH ELUL

1. Rosh Chodesh Elul is observed on Wednesday August 18, 2004.
2. During the month of Elul except on Shabbos and Erev Rosh Hashana the shofar is sounded at the conclusion of Shacharis; one complete set of notes is sounded, that is, the tekiah, shevorim-teruah and tekiah.
3. The recital of L'Dovid Ori (Psalms Chapter 27) takes place at the conclusion of Shacharis and at the conclusion of Maariv. In many shuls it is recited after Mincha and not during Maariv.
4. It is customary to greet people whether verbally or in correspondence with the wishes of a ?????????????? ? which in essence means, "May you be inscribed for a good year." The word ??? good has wider and more comprehensive meaning in Hebrew than the word, happy in English, which unfortunately is popularly substituted for the traditional Shana Tovah.
5. Selichot will be conducted on Saturday night/Sunday Morning September 21, 2003 at 12:45a.m. The following are a few quotes appropriate for reflection during the month of Elul, the month of preparation.

"It is by reason of his great love for his people, Israel, that the Holy One, blessed be He, favored us and commanded us to turn to Him whenever we sin. The month of Elul has special significance for Teshuvah ever since the time we were chosen His people. After Israel committed the sin of the golden calf, and the tablets of the Ten Commandments had been broken, Moses ascended Mount Sinai a second time during Chodesh Elul to bring the Torah to his people, and tarried there until Yom Kippur, which is the end of the period of atonement."

"The word, Elul, has the numerical value of the word, ????, understanding. Through understanding comes Teshuvah, as it is he returns and is healed." (Siddur Rabbi Yaavetz)

"During the month of Elul before eating and sleeping, let every man sit and look into his soul, and search his deeds, that he may make confession. (Maharil)

THE HALACHOS OF TESHUVAH (REPENTANCE)

1. It is a mitzvah to repent if one has transgressed.
2. The Teshuvah process consists of three steps:
 - a. One ceases transgressing the particular sin.
 - b. One must sincerely resolve to avoid that transgression in the future.
 - c. One must feel a sense of regret and shame concerning his actions.
3. The verbal expression of the Teshuvah steps is called Viddui –1311.
4. Teshuvah and Yom Kippur atone for sins between man and G-d only. For sins between man and man, the penitent must compensate the injured for any loss incurred and gain his forgiveness.
5. A person should repent not only for any sinful acts committed but must repent, also, for any sinful dispositions that he may have such as hatred, jealousy, greed, angry temper and so on.
6. Yom Kippur secures atonement only for those who have faith in its power of atonement. It does not atone for those who question its efficacy.
7. During these days of Teshuva, one should intensify his religious observance and efforts in performing mitzvahs

YOUNG ISRAEL OF NORTH BELLMORE
2428 HAMILTON ROAD, NORTH BELLMORE, NY 11710
PHONE: 516- 826- 0048 E-MAIL- rabbi@yib.org
WWW.YIB.ORG



DOV E. SCHREIER
RABBI

DAVID KLINGER
PRESIDENT

DR. MOSHE S. GORELIK
RABBI EMERITUS

MIKE SIGAL
VICE-PRESIDENT

especially in Tzedakah, praying, and Torah learning.

????