

# Iubavitch

# CENTRAL

## FREEDOM, PLAIN AND SIMPLE

I was asked to describe Freedom. So I began to imagine different scenes in my mind, each one describing a different restriction being lifted. But no matter which scene I chose, again and again, I found that the Freedom was incomplete. I concluded that a prisoner leaving prison must be the ultimate description of freedom.

Until, one day...As a Rabbi, I do a fair share of Prison Visitation, and over the course of time develop a bond with the people that I have been visiting. Following his release, one of the prisoners revealed to me some stark truths. He had come to visit me on the day after his release, and told me his experience. For the weeks leading up to his release, each and every day was happier and happier; he was eagerly looking forward to his release. Finally his day came; he got up early and took his last shower in prison, got dressed in his 'world' clothes, had his last breakfast in prison, and waited for the prison staff to give him his paperwork. His great moment came, he was collected from his cell, and he said good-bye to his cell mate.

With his head held high, he was led from his cell block to the Prison Gate-House. For the last time, the guards checked and stamped his papers. Then they led him to the front door of the Gate-House and told him that he was 'free to go'.

All of a sudden, he was overwhelmed with a sense of shock. 'Free-to-go' where? There was not so much as a car to take him anywhere; after all, he had been brought there so many years ago, in a car. 'To-go' where? He no longer had a home to which to go, during his long time in prison his family had changed; he was no longer married, his children had all grown up, there no longer existed a 'family home' for him to go to. Free? What freedom? Whilst in prison he did not

have to worry about his meals, laundry, environment, etc. Everything was taken care of by someone else.

Now he had to worry about his next meal. Now he had to find where to go. Now he had to make sure that he had a roof over his head. Now he had to make sure that he had a purpose to his life. So release from prison could not be the ultimate description of freedom.

I then reflected on the life of a child, for a child views life without complicating it. A child appreciates the good that is placed before it without muddling the experience with mind-clutter. To the child, the goodness that it beholds is perfect for the occasion, the experience that it enjoys is complete as a good event, the excitement that it draws fills it with enthusiasm for a while to follow.

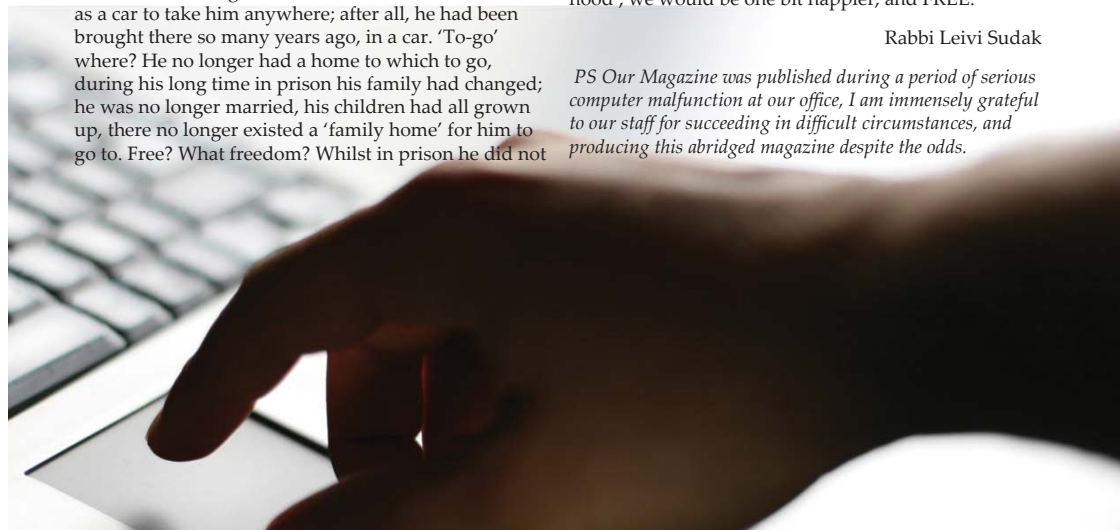
Just like when you take your child to the park, and you arrive at your favourite section of that park, you let your child go off and play. The child runs off with such excitement, filled with such appreciation, charged with such beautiful memories. That is FREEDOM.

Perhaps that is why the three festivals at this time of the year. Purim, Pesach, and Shavuot (oh, and Lag b'Omer too) feature children and give them such emphasis. Perhaps, we are supposed to appreciate FREEDOM as a child does, without complications.

Perhaps, if only we could learn to trust 'our childhood', we would be one bit happier, and FREE.

Rabbi Leivi Sudak

*PS Our Magazine was published during a period of serious computer malfunction at our office, I am immensely grateful to our staff for succeeding in difficult circumstances, and producing this abridged magazine despite the odds.*



# LUBAVITCH OF EDGWARE

## ADULT EDUCATION

### LIVING TORAH EXPO

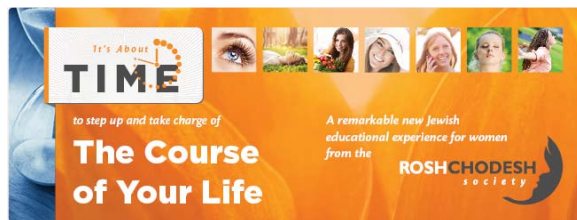
This winter Lubavitch of Edgware experienced the first ever Living Torah Expo: An exciting string of lectures, on varied topics spread over four nights. The Expo kicked off with a wine tasting and video screening, and finished off with a fascinating talk and farbrengen with Dr Naftali Loewenthal. More than 60 people enjoyed this educational extravaganza, and you can too! Most of the talks were recorded and are available to listen to on the class recordings page of our website [www.lubavitchofedgware.com](http://www.lubavitchofedgware.com)

### JLI FOR ADULTS

Is it ethical to use a covert nanny cam to protect your children? Should you give to a beggar when he may use your donation to buy drugs or alcohol? When your children and parents both need care, where do your responsibilities lie?

**UPCOMING:** The current JLI course 'Living with Integrity' is addressing all these questions and more based on practical Talmud wisdom.

Next course "Curious Tales of the Talmud" begins Monday 29th April 2013. Visit [www.myJLI.com](http://www.myJLI.com), email [JLI@edgware.co](mailto:JLI@edgware.co) or call Rabbi Yaron Jacobs.



### ROSH CHODESH SOCIETY

A monthly course for women from the Rosh Chodesh Society - "It's About Time" Kabbalistic Insights for Taking Charge of Your Life

#### UPCOMING:

Faith & Reason - 4th April

Lasting Change - 7th May

For more information, please call Sarah or visit [www.roshchodeshsociety.com](http://www.roshchodeshsociety.com)

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Dedicated lezchus Naomi bas Rochel, Sholom Mordechai Halevi ben Rivkah & Ziva bas Rochel

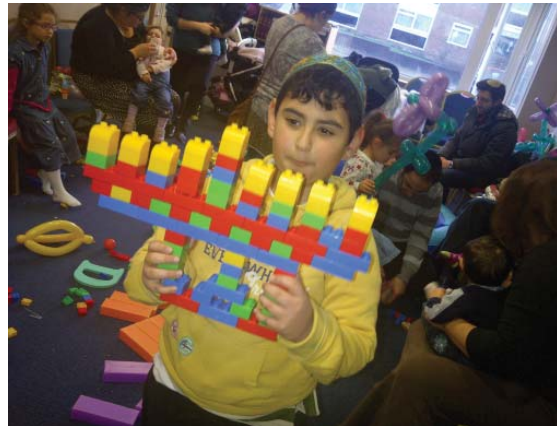
## CHILDREN

### CHANUKA

Once again, a huge crowd came to the Broadwalk Shopping Centre to participate in the public Menorah lighting. Everyone enjoyed Latkes, Donuts and the children got Chanuka gifts!

The last day of Chanuka was not to be missed at Lubavitch of Edgware's Funday! It was a blast! All the arts n' crafts, painting, dreidel decorating, Lego menorah contest, sensory play dough area made by a devoted mommy, music to fill the air, snacks to fill our tummies and to top it all off balloon modelling.

Over 70 children came to enjoy the festive fun!



### MOTHER AND TODDLER

Come sing, dance, play and have lots of fun! TINY AND TEA just for "MOMMY & ME"

Wonderful, welcoming Jewish environment. Great opportunities to meet other moms :)

Hope to see you there!!

Mondays from 10am - 12pm.

£2 to help cover costs.

For more information, please

call Sarah on 07930559230.



## COMMUNITY

### ONE MILLION PENNIES COLLECTION

Do you know what 339,105 pennies looks like?

That's how many pennies you have already donated to Pinchos Sudak's 1 Million Penny project to help Lubavitch of Edgware. He's more than 1/3 of the way there. If you have a container that needs emptying or you would like to donate to his project to help him reach his goal, please call Pinchos on 0208 905 4141. He accepts other denominations as well :)

### FRIDAY NIGHT DINNER

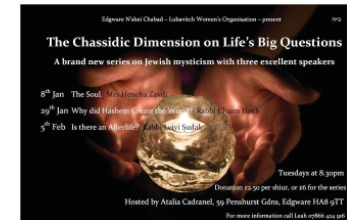
On two Friday Nights this winter, the Chabad House was filled with warmth and laughter, as the community came together for Shabbos Dinner. The beautiful evenings were filled with tasty food, good company and inspirational talks.

We hope you will join us next winter.

### CHASSIDUS SERIES

A diverse group of women came and were inspired by the vast knowledge taught at the recent Chassidus Series.

To be informed of other learning classes, email [Rabbi@loe.org.uk](mailto:Rabbi@loe.org.uk)



### ANNUAL SUPPER QUIZ

Over 80 enjoyed an entertaining evening with a taste of Thailand at our Annual Supper Quiz





# COMPLETE PESACH GUIDE

## 26 MARCH - 2 APRIL, 2013

We are the next link in the chain. Pesach is the most ancient of all rituals in the Western world. It has been passed down in an unbroken chain of tradition for over 3300 years, that's over 100 generations! That means that every one of your ancestors sat at a Seder and shared the meaning, the mystery and magic of Pesach.

Engage all your senses in this dynamic and moving experience. The tastes, the aromas, the textures, the sounds and the sights of Jewish continuity in action all combine to achieve the meaningful events of the Seder. Take the time this year to fully engage yourself and your family in Jewish life. Feel the passion of the exodus, taste the beauty of freedom, hear the message of personal growth all brought to life at the Seder.

Make this the most meaningful Pesach ever.

### BEFORE PESACH

It is forbidden to eat Chametz—all leavened foods that contain wheat, barley, oats, rye or spelt—on Pesach. So collect products containing Chametz and isolate them in a designated "Chametz Closet."

Then clear the house of any possible remaining Chametz: empty clothes pockets, Hoover bags, even the pet food goes into the Closet. Since you'll use a separate set of dishes for Pesach, the Chametz dishes get locked up too. Now stock up on Kosher for Pesach items.

### SEARCH FOR CHAMETZ

The process of creating a chametz-free environment comes to its climax the night before Pesach. We conduct a veritable "search and destroy" mission to find any remaining chametz in our home and eradicate it. The search is traditionally conducted with a beeswax candle, using a feather, wooden spoon, and a paper bag

for collecting any chametz found. It is customary to place ten pieces of bread throughout the house to be "found" during the search. These should be wrapped in paper or some other flammable wrapping (but not silver foil, as it does not burn), and perhaps then in plastic bags to prevent crumbs. It's a good idea to write down the locations of the hiding places, in case some of the pieces aren't found.

On the evening before Pesach, as soon as the sun is down, gather the household together, light the candle, and recite the following blessing:

Bo-ruch A-toh A-do-noi E-lo-hei-nu  
Me-lech Hoolom A-sher Ki-de-sha-nu  
Be-mitz-vo-sov Ve-tzi-vo-nu Al  
Bee-ur Cho-metz.

Or, in translation: *Blessed are You, L-rd our G-d, King of the universe, who has sanctified us by His commandments, and has commanded us concerning the removal of chametz.*

Next, hold the lit candle and search for chametz in every room, as well as any other area of the home that may have chametz, such as the basement, attic, garage, or car. Even once a house is thoroughly cleaned, there is often still a bagel crust or a Cheerio hiding in some overlooked cranny. When you're done, take all the chametz that was found in the search, wrap and seal it securely, and place it in a conspicuous spot. This chametz will be joined with all remaining chametz in your home, and burned the next morning. Food intended to be sold or eaten later should similarly be carefully put aside.

When you've completed the search, and done your best to get rid of any possible chametz, gather the family back together and recite the "Kol Chamira" declaration, translated below, nullifying all unknown chametz and relinquishing it from your ownership.  
*All leaven or anything leavened which is in*

*my possession, which I have neither seen nor removed, and about which I am unaware, shall be considered nullified and ownerless as the dust of the earth.*

### THE CANDLELIT SEARCH

Rabbi Yosef Yitzchak of Lubavitch told: Rabbi Schneur Zalman of Liadi returned from his first visit to Mezeritch—where he had first been exposed to the teachings of Chassidism as a disciple of Rabbi DovBer of Mezeritch—just prior to Passover of the year 5525 (1765). Though a young man of but twenty years at the time, Rabbi Schneur Zalman was already a respected figure in his hometown of Vitebsk, and many of the town's young scholars regarded him as their teacher and mentor.

Upon his return to Vitebsk, Rabbi Schneur Zalman said to his disciples: "Soon we shall conduct the search for chametz, which Torah law instructs to be held 'On the eve of the fourteenth, by the light of a candle' and to cover all 'recesses and crevices' of our homes. Searching for chametz involves more than removing every particle of physical leaven from our domain; it also means eradicating every last vestige of spiritual leaven—self-inflating pride—from every 'recess and crevice' of the fourteen elements of our personality: the seven character traits of one's 'animal self' and the seven character traits of one's 'G-dly self.' This, too, is a search to be conducted 'by the light of a candle'—by the light of one's 'Candle of G-d, the soul of man.'"

On the thirteenth of Nissan of that year, Rabbi Schneur Zalman was so preoccupied with his preparations for the search for chametz that he ate nothing the entire day (he did not fast—it is forbidden to fast during the month of Nissan—he just didn't eat). The search took all

night, though Rabbi Schneur Zalman and his wife lived in a single room at the time.

*(From the Rebbe's notes on the Passover Haggadah)*

### BURNING THE CHAMETZ

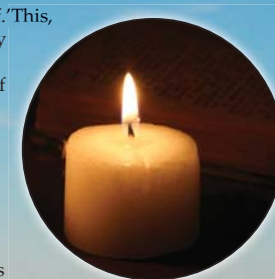
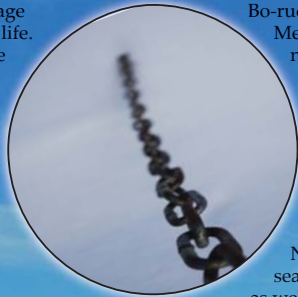
All chametz found during the formal search is burned by 11:05 am. Chametz consumption should be concluded by 10:03 a.m., bringing your possession of chametz down to nil.

Once the chametz has burned, we recite the "Kol Chamirah" to disown any chametz that has been overlooked:

*All leaven or anything leavened which is in my possession, whether I have seen it or not, whether I have observed it or not, shall be considered naught and ownerless as the dust of the earth.*

### CHAMETZ FOR SALE

Because it is even prohibited to "own" Chametz during Pesach, lock your "Chametz Closet" and sell its contents to a non-Jew by filling out a "Mechiras Chometz" form. Sound complicated? It is, so your Rabbi makes the arrangements. Please fill out the Chametz Form enclosed or log on to [www.Lubavitchofedgware.co.uk](http://www.Lubavitchofedgware.co.uk) to sell your Chometz online.





# COMPLETE PESACH GUIDE

## 26 MARCH - 2 APRIL, 2013

### 24/3 Search for the Chametz

At nightfall begin the "formal search" of the house for Chametz. After the search, place everything you found in a conspicuous place to be burned in the morning.

### 25/3 Fast of the Firstborn

When G-d slew the firstborn of Egypt, he spared the firstborn sons of Israel. Out of gratitude all firstborn sons fast on this day.

- Prepare To Celebrate  
Stock up on Seder foods well before Pesach begins. But wait. To build an appetite for the Seder abstain from eating any Seder plate foods today, especially Matza.

- Burning of The Chametz  
In the morning burn all the Chametz found during the previous night's formal search.

- Making Nothing into a Big Deal  
After cleaning the house, and selling and burning the Chametz, the head of the household says the appropriate prayers, verbally disowning any Chametz that might have been overlooked.

### 25/3 Time to Seder

At sundown candles are lit. At nightfall the Seder begins.

### 26/3 Brighten Up

Before the second Seder begins candles are lit after nightfall from a pre-existing flame. Tonight we begin to count the Omer, which lasts for 49 days. What's the Omer? In the Holy Temple the Omer was an offering of barley taken from the first grain of the new crop. We count seven weeks, from the bringing of the first Omer offering (Pesach) until the day we received the Torah (the Festival of Shavuot). The 49 days between Pesach and Shavuot

represent the 49 steps of mystical self purification and preparation our people went through between leaving Egypt (Pesach) and receiving the Torah (Shavuot).

### Four Intermediates Only

In between the first two and last two days of Pesach, go ahead and function relatively normally. The only exception is, like your mother keeps telling you, you shouldn't work too hard. But keep the wine flowing; it's a custom to drink a glass of wine every day of Pesach.

### 1/4 And On The Seventh Day

At sundown light candles. This day marks the Miracle of the Splitting of the Sea and our total liberation from Egypt. In commemoration, we stay up all night studying Torah.

### 2/4 The Finals

After nightfall light candles from a pre-existing flame. This day, the final day of Pesach, emphasizes an even higher level of freedom. It is dedicated to our imminent and Final Redemption.



- Last But Not Least  
Yizkor memorial prayers are recited during services. Following the custom of the Ba'al Shem Tov, Pesach concludes with a "Feast of Moshiach" — a festive meal complete with Matza and, yes, four cups of wine. It begins before sunset and is designed to greet Moshiach, offering us "a glimpse of the Messianic age."

Nightfall marks the official conclusion of Pesach. Wait an hour to give the Rabbi enough time to buy back your Chametz and then, eat Chametz to your heart's content.

### Sunday, 24 March 2013

Formal search for Chametz after nightfall

**Monday, 25 March 2013** - Fast of the First Born  
Finish Eating Chametz by 10:03am, Burn Chametz before 11:05 am

1st Seder Night

Light Candles at 6:04 pm

Say Blessings 1 & 2

**Tuesday, 26 March 2013** - 1st Day of Passover

2nd Seder Night

Light Candles after 7:14 pm from pre-existing flame  
Say Blessings 1 & 2

**Wednesday, 27 March, 2013** - 2nd Day of Passover

Festival ends at 7:16 pm

**Friday, 29 March, 2013** - Shabbat Chol Hamoed

Light Candles at: 6:11 pm

Say Blessing 3

**Saturday, 30 March 2013** - Shabbat Ends at: 7:22 pm

Change clocks to BST

**Sunday, 31 March 2013**

Light Candles at 6:14 pm

Say Blessing 1

**Monday, 1 April 2013** - Seventh Day of Passover

Light Candles after 8:25 pm from pre-existing flame

Say Blessing 1

**Tuesday, 2 April 2013** - Final Day of Passover

Yizkor Memorial Service

Meal of Moshiach

Festival Ends at 8:27 pm

Please wait 1 hour before eating Chometz

*Note: Candle lighting times are for Greater London*

### BLESSING 1

Baruch Atah Ado-noi, Elo-hei-nu Melech Ha-olam,  
Asher Ki-de-shanu Be-mitz-vo-sav, Ve-tzi-vanu  
Le-had-lik Ner Shel Yom Tov.

*Blessed are You, Lord our G-d, King of the universe, who has sanctified us with His commandments, and commanded us to kindle the Yom Tov light.*

### BLESSING 2

Baruch Atah Ado-noi Elo-hei-nu Melech Ha-olam  
She-heh-chi-yahnu Ve-ki-ye-mahnu Ve-hi-gi-ahnu  
Liz-man Ha-zeh.

*Blessed are You, Lord our G-d, King of the universe, who has granted us life, sustained us, and enabled us to reach this occasion.*

### BLESSING 3

Baruch Atah Ado-noi, Elo-hei-nu Melech Ha-olam,  
Asher Ki-de-sha-nu Be-mitz-vo-sav, Ve-tzi-vanu Le-  
hadlik Ner Shel Shabbos Kodesh.

*Blessed are You, Lord our G-d, King of the universe, who has sanctified us with His commandments, and commanded us to kindle the light of the holy Shabbos.*

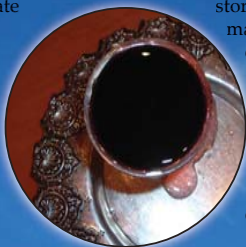


# COMPLETE PESACH GUIDE

## SEDER COMPANION

### STEP 1: KADESH (SANCTIFY)

Bless the first cup of wine. Kadesh, which means "set aside," begins the Seder by affirming our desire to elevate this night above all that is mundane. With it we declare to ourselves and all that are present that this is "The Season of Our Freedom." To stress this point, we recline to the left when drinking, as only free people did in ancient times. The blessing is a spiritual wakeup call placed with the hope that we will open ourselves to the divine possibilities that await us.



### STEP 2: URCHATZ (WASH)

Wash the hands (in the ritual manner but without reciting a blessing). As the first step on the journey to freedom, we sublimate spiritual distractions by purifying our hands, the most active part of our body, with water. The Kabbalah teaches that hands represent expressions and attributes, while water epitomizes intellect and purity. Washing refines our attributes with intellect, enabling restrictions to turn into benevolence, hate into love, and personal slavery into freedom. The observance, one of many during the Seder intended to pique the interest of children, awakens the innocence within each of us.

### STEP 3: KARPAS (VEGETABLES)

Recite the appropriate blessing for vegetables, then dip the Karpas vegetable in saltwater before eating it. In the saltwater we can taste the tears of anguish and despair our ancestors shed as their spirits were crushed in Egypt. When rearranged, the word Karpas alludes to the word Perech, or "crushing labour." Our people were forced to perform senseless tasks in Egypt, endless drudgery without meaning, purpose or goal. Why, some 3,000 years later, do mindless routines and habits, or careers driven by the need for status, still dominate our lives so often?

### STEP 4: YACHATZ (BREAKING)

The middle matza (of the 3) is broken in two pieces. The larger piece, designated as the Afikoman,

is wrapped and hidden away for the children to discover. The smaller broken piece, the "bread of poverty," takes center stage while retelling the story of the Exodus. It personifies the spiritual and material destitution our people endured in Egypt once they no longer grasped the meaning of true freedom. By relating to their plight, we feel what is broken in our own humanity. At the same time, when the children hide the Afikoman we sense the larger dimension of our being, the part of our soul never touched by slavery that waits to be discovered.

### STEP 5: MAGGID (TELLING)

"Tell your children G-d took you out of Egypt." Fill the second cup of wine, then retell the story of our rise from the depths of bondage to the heights of redemption.

Maggid begins with the children asking, "Why is this night different from all other nights?" The question can put us in touch with the innocence of children as we contemplate the dynamics of liberation. Are we eating the matzah out of habit, or because we are ready to embrace its ignificance? Are we observing these rituals to assuage guilt, or to actualize the desire to live a more meaningful life?

When we allow the events in the Haggada to touch us to the core, we reveal the candor that children hold dear. At the conclusion of Maggid, we savour the second glass.

### MAH NISHTANAH HALAILAH HAZEH...

"Why is this night different from all other nights?" our children ask us at the Pesach Seder.

Because, we answer, we were slaves to Pharaoh in Egypt and G-d set us free. Free? Are you free?

Can a person with a mortgage be free?  
Can a person with a job be free? Can a person without a job be free?

Freedom! Is there anything more desired yet more elusive?

Is there a need more basic to our souls, yet so beyond our reach? How, indeed, do we achieve freedom from the demands, cares and burdens of daily living? But look at your child. Observe her at play,



immersed in a book, asleep and smiling at her dreams. Assured that father and mother will feed him, protect him and worry about all that needs worrying about, the child is free. Free to revel in her inner self, free to grow and develop, open to the joys and possibilities of life.

This is why Pesach, the festival of freedom, is so much the festival of the child. For it is the child who evokes in us the realization that we, too, are children of G-d, and are thus inherently and eternally free. It is the child who opens our eyes to the ultimate significance of Passover: that in taking us out of Egypt to make us His chosen people, G-d has liberated us of all enslavement and subjugation for all time. The child is the most important participant at the Pesach Seder.

The entire Seder is constructed around the goal to mystify the child, to stimulate his curiosity, to compel him to ask: Why is this night different from all other nights?

The child asks, and we answer. But there is another dialogue taking place – a dialogue in which we ask, and the child explains. Take a good look at your child this Passover. Pay her close attention – enter her mind, view reality from her perspective. For how else might we taste freedom?

### STEP 6: RACHTZAH (WASHING)

Wash the hands and recite the blessing, Al Netilat Yadayim (on the lifting of the hands). We prepare to internalize the humble nature of matza by uplifting our extremities and expressions. In its literal sense, the word netila means to move something from one place to another. With this blessing we remove the physicality and vulgarity that may dwell in and around the hands, raising them up for what is to follow.

### STEP 7: MOTZI (BLESSING OVER BREAD)

Hold the broken half-matza and two whole ones while reciting the appropriate blessing for bread, Hamotzie leh-chem min ha-aretz. The word lechem (bread) contains the same letters as lochem

(war). Food is raw energy that holds the potential for either good or evil. Thus, a spiritual battle ensues every time it is consumed. If the purpose in eating is solely to gratify physical cravings, evil prevails. However, when eating to gain energy with which to better serve G-d, good prevails.

### STEP 8: MATZA (BLESSING THE MATZA)

Return the bottom matza to the Seder plate. Holding the remaining one and one-half matzos, recite the blessing for eating matza, al ahchilas matza.

Our ancestors fled Egypt with inconceivable haste, leaving no time for the dough that would nourish them to rise. Once free, their first taste was the "bread of poverty," matza. From a mystical viewpoint, matza exemplifies a selfless ego. It was with this trait, rather than arrogance, that they accepted G-d-given freedom. Humility allowed them to appreciate the gifts of life. After the blessing, recline to the left and eat at least one ounce of matza.



### STEP 9: MAROR (BITTER HERBS)

Take at least 3/4 ounce of bitter herbs and dip it in the charoses, shake off the excess, and recite the blessing al ah-chilas maror before eating. Having meditated on the bitterness of exile during Maggid, we now physically experience its force. The impact further clarifies the significance of our exile. Before we can experience true freedom we have to internalize the might of our hardship—and accept that when we make the right choices, hardship exists only to make us stronger.

### STEP 10: KORECH (SANDWICH)

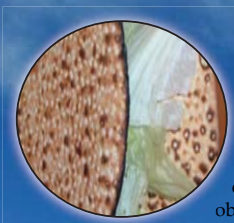
Break off two pieces of the bottom matza (at least one ounce). Take 3/4 ounce of maror, dip it in charoses and shake off the excess. Place the maror between the two pieces of matza and say, "Thus did Hillel do in the time of the Holy Temple. Recline while eating.

Maror alludes to the wicked, while matza refers to the righteous. Hillel, the great Jewish sage known for his compassion, instructed the righteous



# COMPLETE PESACH GUIDE

## SEDER COMPANION



to reach out and draw the wicked closer. Likewise, now that we have felt what it means to break free of slavery on a personal level, it is our obligation to share the experience with others.

### STEP 11: SHULCHAN ORECH (FESTIVE MEAL)

In many traditions the meal begins by dipping the hard-boiled egg from the Seder plate in saltwater to symbolize our constant mourning for the destruction of the Holy Temple, and to allude to G-d's desire to redeem His people. "Ess, mein khind!" Across the community and throughout the world, we are together at the Seder table. The wise, the wicked, the simple and the innocent, all equal in the eyes of each other and the eyes of G-d. And we remember the fifth son—he who has not yet experienced the freedom of Pesach. We are united as one in the common goal of redemption.

### STEP 12: TZAFUN (HIDDEN)

At the conclusion of the Pesach meal, children return the Afikoman. Eat at least one ounce of this matzah. Nothing else except the remaining two cups of wine is consumed thereafter. It was necessary to partake in every step, every ritual, every taste and every thought before the Afikoman is revealed; then, we can become one with its Divine potential. We eat it only when completely satiated because it fulfills a need higher than the hunger for freedom, and we eat nothing afterward so that its taste remains with us.

In the Seder, as with everyday life, here are no shortcuts to the greater dimension. Yet we are always aware that it is present and yearns to reveal itself when we seek with a pure heart.

### STEP 13: BEIRACH (GRACE AFTER MEAL)

Recite the blessing over the third cup of wine, then drink while reclining. In anticipation of our Ultimate Redemption, we now fill a special goblet, the Cup of Elijah. We then open the door to the house and, holding a lit candle, recite the passage inviting the Prophet Elijah to appear. Imagine all of creation in a state of spiritual and material freedom. Think about a world free of pain and suffering, war and struggles. Imagine

all of existence at this level. Imagine yourself, the light of a single candle, ushering in the era of our redemption.

### STEP 14: HALLEL (SONGS OF PRAISE)

We offer praise to G-d for his mercy and compassion in redeeming our people from Egypt, and in anticipation of our own ultimate redemption. Why does G-d need us to praise Him? He doesn't, we do. As the Kabbalah explains, when we praise His kindness we reveal His compassion. When praying for our needs, we evoke His desire to give.



### STEP 15: NIRTZAH (ACCEPTED)

The Seder concludes with the wish, L'shana Ha-ba-ah Bi-Yerushalayim. We hope for each other that which our forefathers prayed for while enslaved in Egypt, "Next Year in Jerusalem!" Rabbi Schneur Zalman of Liadi omitted the passage, "The order of Pesach is concluded," from his Haggadah because the Seder's message remains timeless. Every day, one leaves Egypt by transcending his limitations, to reach higher levels of holiness.



## NEXT YEAR IN JERUSALEM!

### ZEROAH, SHANKBONE

**Why:** A roasted chicken bone represents the lamb that was the official sacrifice on the eve of the exodus from Egypt.

**How:** Roast a chicken neck on all sides over an open fire on the stove. This must be done before Yom Tov. Roasted foods may not be eaten at the seder due to their similarity to the Pesach Sacrifice. The Zeroah is not eaten. After the meal it is refrigerated and used on the Seder plate the following night.

### BETZA, EGG

**Why:** A hard-boiled egg represents the Holiday Offering in the days of the Holy Temple.

**How:** Boil one egg per Seder plate. Place one egg on each plate.

### MAROR, BITTER HERBS

**Why:** Bitter herbs remind us of the bitterness of the slavery of our forefathers in Egypt.

**How:** Fresh horseradish, romaine lettuce and endive are the most common choices. The greens must be washed extremely well before Yom Tov begins and care must be taken to check for insects. Afterwards, they are dried very well. Peel the raw horseradish roots and rinse them off well. (Dry them very carefully, since they will be eaten with the Matza later on for the "matza and maror sandwich" and no water should be left on the horseradish.) Next, grate the horseradish. The maror is placed on the Seder plate on top of a few clean, dried leaves of romaine lettuce (which is also maror).

### CHAROSES

**Why:** A mixture of apples, nuts and wine resembles the mortar made by the Jews when they toiled for Pharaoh.

**How:** Shell walnuts and peel apples and chop finely. Mix together and add a small amount of wine.

### KARPAS, NON BITTER ROOT VEGETABLE

**Why:** The Karpas i.e. onion or potato, alludes to the back-breaking work of the Jews as slaves.

**How:** Cook potatoes and cut into small pieces.

### CHAZERES, MORE BITTER HERBS (ROMAINE LETTUCE)

**Why:** The leaves of romaine lettuce are not bitter, but the stem, when left to grow in the ground, turns hard and bitter. So it was with our enslavement in Egypt. First, the deceitful approach of Pharaoh was soft and sensible and the work done voluntarily and even for pay. Gradually, it evolved into forced and cruel labour. **How:** Romaine lettuce is often sandy. Wash each leaf separately, checking carefully for insects. (Pat gently with a towel and let sit until completely dry, so that there will be no moisture to come in contact with the Matza.) Prepare enough for both nights, and store in the refrigerator.





## ADULT EDUCATION

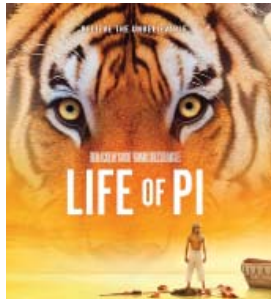
### CLASSES ON PRAYER

Do you ever feel like Shul services are taking forever and you're completely lost? What are they doing, how many pages are left, should I bother opening my siddur? Ladies of Radlett now know a whole lot more, and can feel like they understand the service, thanks to in-depth classes with Rochel, going through the order of service, history of specific passages, and insights and thoughts behind the prayers. **UPCOMING:** Special evenings on different aspects of prayer, and an in-depth look at headcoverings, for men and women - contact us for details.

### BOOKCLUB

Recent books discussed have included *The Slave* by Isaac Bashevis Singer - discussing intermarriage, conversion, anti-semitism, hypocrisy in religion and reaction to tragedy, as well as why we cling to our Judaism despite so many odds. We also discussed Foreskin's Lament, highlighting social acceptance within the religious community, passing Judaism on to our children, and G-d's attitude to us and the way He runs the world, and if He's just out to get us.

**UPCOMING:** *Life of Pi*, discussing animals and Judaism, creatures of habit, religious exclusivity and more - 7 March, 8:15pm



### COOKING CIRCLE

We've had an evening of fantastic soups - fruity melon and lime soup, instant pea soup for when you need supper ready in 5 minutes, fat-free onion soup for all those watching our weight, and an absolutely out of this world cream of sweet potato soup with maple roasted pecans for when you really need to wow (kindly hosted by Jo Sugarman). And in honour of Rochel's birthday, we all enjoyed an evening of Chocolate Indulgence. Rochel's famous butterscotch brownie is frighteningly addictive, and an iced cappuccino which apparently "is better than Starbucks!" We all made our own batches of edible chocolate playdough and made chocolate roses, as well as decorated hamantashen, and heard how we all wear masks on a regular basis, not just on Purim, and although sometimes that's a good thing, sometimes it stops us from becoming who we really can be.

### UPCOMING: JLI FOR ADULTS

Kabbalah to navigate your inner world: Ever feel like you are running around in circles? You can feel caring and nurturing one moment, self-centred and aggressive the next? How can you navigate your inner complexity and chart a clear path for yourself?

Men and Women welcome, 6 Mondays starting 15 April

## CHILDREN

### TORAH TOTS

Torah Tots meet once a month at a different home, and have a child-appropriate educational discussion, Jewish themed craft, and circle time. Recent Torah Tots sessions have been well enjoyed by all who attended. We have spoken about what plants need in order to grow, and made grassheads, spoken about happiness and sadness and made two-faced graggers for Purim. We also practiced counting backwards and forwards and made velcro menorahs for Chanukah, and more. **UPCOMING:** Seder plate for Pesach, and more. Thank you to all our gracious hosts, to host, sponsor or attend the future Torah Tots, call us to find out dates and locations.

### BAT MITZVA GROUP

Besides for individual Bat Mitzva lessons, we have a group of Bat Mitzva girls who come together to learn about women in history who are our rolemodels, as well as discuss issues and ethics pertaining to their lives as Jewish women, followed by an arty scrapbooking session to make a keepsake depicting these topics. For details of the course, or to join next year's group, please contact Rochel.



### JLI TEENS

Two successful courses, with over 25 attendees in total, saw teens in Years 11+ debate and discuss dating and relationships and what makes them special. Our Year 9 group saw a deeper insight into Israel and our claim to it, and how to present this to the world. The teens also enjoyed the great relaxed atmosphere, and delicious food. In addition, we had a special, one-off Pre-Purim evening for boys and girls in Years 8 and 9, where we discussed self-image and self perception and how we present ourselves, as individuals and as Jews, to the world. Special Purim tie-dye cookies and candies were a hit! **Upcoming:** For details of our next courses - Year 9 in April/May and Year 8 at the end of the school year, please contact us

## COMMUNITY

### HOLIDAY PARTIES

Lubavitch of Radlett is the place to be to celebrate the Festivals with joy! We said a beautiful goodbye to our sukka, with plentiful L'chaim and fantastic food, and loads of friends. Our Chanukah Party featured a homemade ice menorah, corny Chanukah game and gourmet latkes. Come celebrate with us next time.

### CHANUKAH

This year Chanukah was bigger and better than ever before, with a Chanukah celebration every single day! Our Annual Chanukah Funday with Radlett United Synagogue saw over 70 children and their parents enjoy Chanukah games, arts and crafts, and join together to build a giant CANORAH. Lightings at the Radlett Centre featured decorated mini doughnuts, hot drinks and all the usual Chanukah goodies, while the lighting of the nine-foot Menorah at the Harlequin Shopping Centre, together with Rabbi Ephraim and Rochel Levine of Watford, also featured Adam Ant to entertain the children. Our JLI Teens celebrated Chanukah with us enjoying doughnuts and more, with a hysterical, hold-on-to-your-sweets Dreidel game for our Year 9 group. The Bat Mitzva group made their own doughnuts, and the Hebrew Classes made salt-dough menorahs to use at home.



### PURIM

This year we celebrated Purim with a flavour of Israel. Besides for multiple megilla readings, including for the Youth House at Radlett United, and Rayder (Radlett United Cheder), families celebrated together at Hertsmere Jewish Primary School. A super-speedy reading of the megilla accompanied by a slideshow was followed by traditional Israeli feast, freshly squeezed orange juice, sand art, facepainting and hairbraiding, and more.

### UPCOMING: WINETASTING AND SUSHI

Lubavitch of Radlett, together with Lisa and Andrew Silverbeck, invite you to join us for a pre-Pesach winetasting evening with Sushi on Sunday, 17 March. Wines will be provided by wine expert Jonathan Assayag of Vintage 61, with wines available for sale and a portion of the sales going to Lubavitch of Radlett. Tickets cost £15 with all proceeds going directly to Lubavitch. For more information, please contact us.

### UPCOMING: PESACH

Need some Pesach hospitality? Want to buy some hand-made Shmura Matza? Wondering how to sell your chameitz? Contact Lubavitch of Radlett for all your Pesach needs.



# Dear Lubavitch of Edgware

*a peek into our (virtual) mailbox...we love mail :)*

Hi!

I'd just like to say, I finished the army 2 years ago and when Purim rolled around we were stationed near Jenin on full time duty. Chabad came around to the guard posts and brought us Mishloach Manot and it made a huge difference to us all as it wouldn't have been much of a Purim otherwise. Thanks very much and keep up the good work!

Kind regards,  
Dov

*Ed note: This year, our PurimIDF collection raised funds to supply 443 Israeli Soldiers with Mishloach Manos packages on Purim*

Hi Zalman,

Just want to say thanks for everything...I will spread the word about your (Lubavitch of Edgware) kindness, generosity and hospitality. Best regards and best wishes to all of you.

Hello

I just finished studying some mishnah online via lubavitch of edgware. I listened to part of the first lesson of Chapter Zeraim, learning about the times to say shema and different views on this. Very interesting, will study more.  
Best wishes

Dear Rabbi & Mrs Sudak,

Thank you so much to you both for your warmth, hospitality and support before, during and after the bris of our son.  
It was an amazing day for us, our family and friends.

Dear Nechamie,

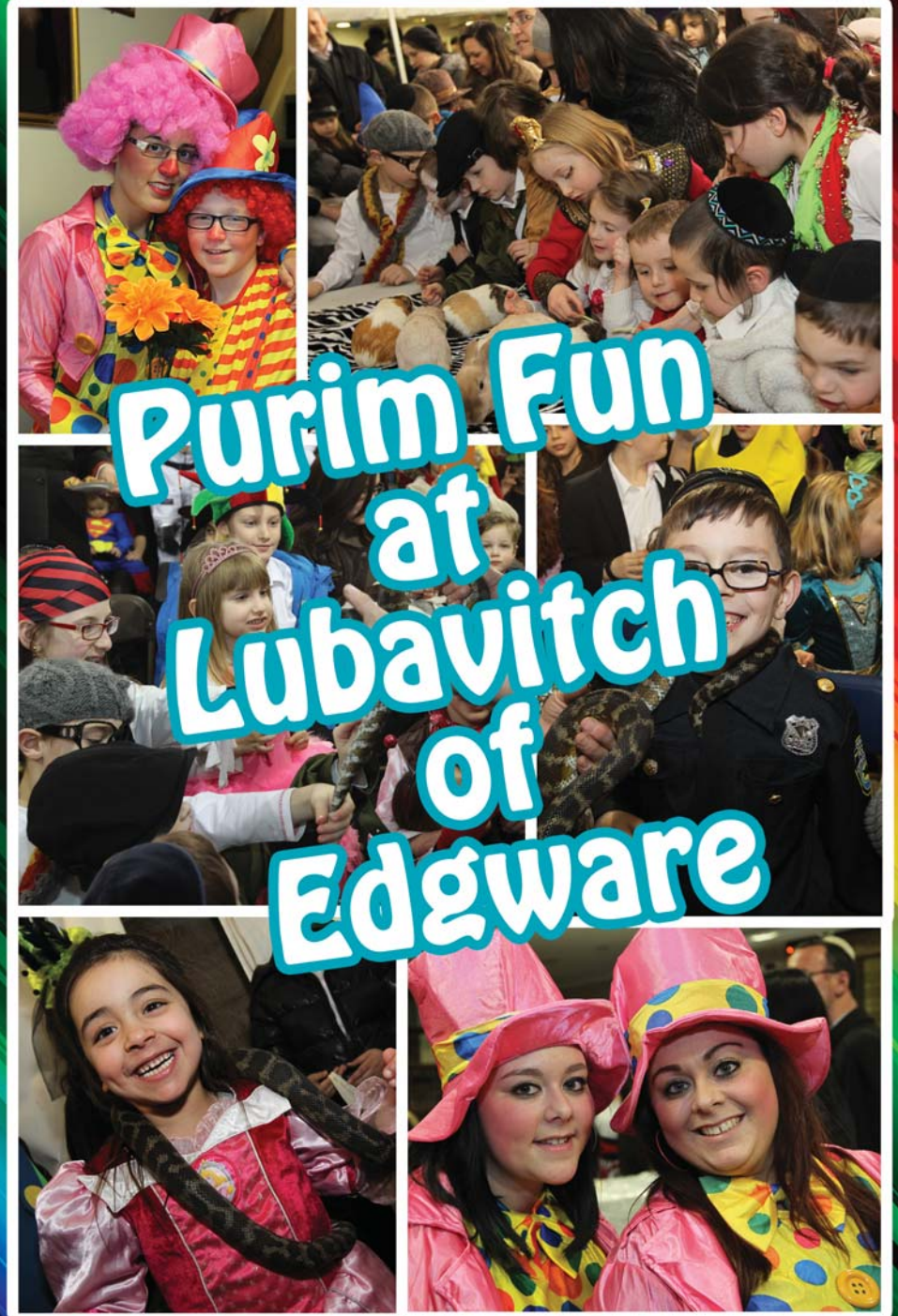
I have just returned from the Quiz with my friend D. I had a lovely evening, and it was so well organised. I was lucky enough to win a beautiful glass plate in the raffle, and just wanted to say thank you.

Dear Zalman and Nechamie and crew  
Many thanks for the lovely Purim Gift received this morning - it was most appreciated.  
We hope that you had a wonderful week-end and are sure that your efforts in organizing the various activities were a source of nachas to you.  
With best wishes

Hi Zalman

Just thought I'd drop you an email to say well done to you and your team on another great "Yom tov" celebration, it really is great to see what's provided for our community and guests.  
Keep up the great work

To Rabbi and Mrs Sudak,  
Thank you for the communal Friday night dinner last night - it was lovely. I am writing this note to thank you both for always looking after me, making me feel so welcome in your home and for helping me grow in my Yiddishkeit. I feel very privileged to have met such hospitable people, and I have been inspired to follow in your footsteps. Attached is a small token of my appreciation for all your efforts.





B"H



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