



Just what the doctor ordered!

On the evening of Wednesday, September 4, Jews around the globe will dip an apple in honey, wishing each other and the world a sweet new year. Although this time-honored tradition is widely observed and cherished, many of us carry it out without asking, "Why an apple? Why honey?"

Honey is the easy part. It is the only food that will not spoil. Scientists tell us that if we discovered 1,000-year-old honey, it would be perfectly safe to consume it. So it would seem that honey, in addition to its sweetness, symbolizes longevity. We do not wish each other merely a sweet holiday; but rather the sweetness should last the entire year.

But what about the apple? Why of all fruits is it chosen for the new year tradition? An intriguing interpretation is that the apple is the only fruit that fully matures before the leaves of its own tree. Although the leaves of a tree shelter its fruit while it is growing, the apple forgoes this protection in a rush to become sweet and juicy. It has faith that it will flourish even if the leaves lag behind.

Our faith, like the apple on the tree, must be strong even in the face of so much global turmoil. Because we belong to a world community, we are accustomed to concerns about various trouble spots, but the current tensions in Syria and Egypt, ongoing enmity toward Israel, and the specter of a hostile Iran all combine to make the Middle East a focus of particular worry.

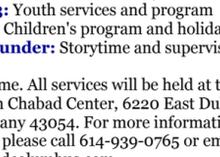
Nevertheless, on Rosh Hashanah we remind ourselves to supplant fear with faith. We trust that G-d will protect us. As we begin the New Year 5774, we ask G-d to answer our prayers that we and our loved ones will have a very sweet new year filled with faith, optimism, good health and sweet longevity.

May you and your family be inscribed in the book of life, health and prosperity. May you and your loved ones receive an abundance of blessings--blessings that multiply in a year of peace and freedom.

Everyone is welcome to join us for the High Holidays!

Best wishes,

Rabbi Areyah Kaltmann
Executive Director



HIGH HOLIDAY SERVICES 2013

High Holiday Services at the Lori Schottenstein Chabad Center are lively, engaging and inclusive.

- Meaningful, user friendly, and easy to follow services
- Hebrew-English prayer books provided
- Insight into many holiday prayers
- Tashlich community walk
- Meaningful and enjoyable Youth Services
- Warm and welcoming environment

Children's Holiday Services

Ages 8 to 13: Youth services and program

Ages 4 to 7: Children's program and holiday games

Ages 3 and under: Storytime and supervised play

All are welcome. All services will be held at the Lori Schottenstein Chabad Center, 6220 East Dublin-Granville Rd., New Albany 43054. For more information and reservations, please call 614-939-0765 or email rabbi@chabadcolumbus.com

Go online here to sign the High Holidays pledge - commit to Jewish education and enrichment for the coming year.

ROSH HASHANAH

Wed., Sept. 4
Light Candles at: 7:41 pm
Evening Services: 7:45 pm

Thurs., Sept. 5
Morning Services: 9:00 am
Shofar Sounding: 11:00 am
Children's Program: 10:30 am - 1:00 pm
Mincha & Tashlich Services: 6:30 pm
Evening Services: 8:30 pm
Light Candles after: 8:39 pm

Fri., Sept. 6
Morning Services: 9:00 am
Shofar Sounding: 11:00 am
Children's Program: 10:30 am - 1:00 pm
Light candles at: 7:38 pm

Sat., Sept. 7
Morning Services: 9:30 am
Shabbat Ends at: 8:36 pm

YOM KIPPUR

Friday, Sept. 13
Light Candles and Fast Begins before: 7:27 pm
Kol Nidrei Services: 7:15 pm

Saturday, Sept. 14
Morning Services: 9:00 am
Morning Service: 11:30 am
Children's Program: 10:30 am - 1:00 pm
Mincha & Neilah Services: 6:00 pm
Conclusion of Fast: 8:24 pm

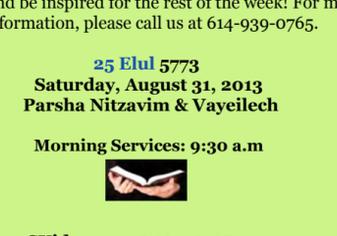
Announcements
This week at The Lori Schottenstein Chabad Center



Welcome to new and returning Friendship Circle volunteers! We kicked off the new school year with a welcome back BBQ and orientation. We welcomes our new Baker Fellowship board (Presidents Maddie Rabe & Jessica Brisk; VP Elena Alfonso; Social chair Robyn Marowitz; and Secretary Hillary Kleppel).



Volunteers had a great time doing activities to learn about the challenges and triumphs of kids with disabilities.



Mazel Tov!

Mazel Tov to Paul and Kim Ableman on the bar mitzvah of their son Marci!

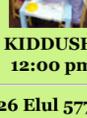
Schedule of Services

The Lori Schottenstein Chabad Center offers a full schedule of Shabbat and holiday services. Come and be inspired for the rest of the week! For more information, please call us at 614-939-0765.

25 Elul 5773

Saturday, August 31, 2013
Parsha Nitzavim & Vayeilech

Morning Services: 9:30 a.m.



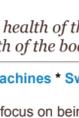
CKids - ages 5-12: 10:45 a.m.



Women's Torah Study: 10:00 a.m.



Tot Shabbat for 4 and under: 11:00 a.m.

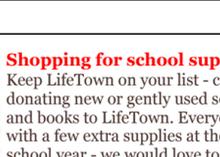


KIDDUSH
12:00 pm

26 Elul 5773

Sunday, Sept. 1, 2013

Shachrit: 9:45 a.m.



Candle Lighting Times



Shabbat
Friday, August 30
Light Candles at 7:49 pm

Shabbat Ends
Saturday, August 31 at 8:47

Shabbat
Friday, August 30
Light Candles at 7:49 pm

Shabbat Ends
Saturday, August 31 at 8:47

Eve of First day Rosh Hashana
Wednesday, Sept. 4
Light candles at 7:41 pm

Eve of Second day Rosh Hashana
Thursday, Sept. 5
Light candles after 8:39 pm

Shabbat
Friday, Sept. 6
Light Candles at 7:38 pm

Shabbat Ends
Saturday, Sept. 7 at 8:35 pm

Eve of Yom Kippur
Friday, Sept. 13
Light Candles at 7:27 pm

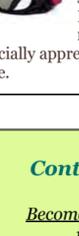
Eve of Yom Kippur
Saturday, Sept. 14 at 8:23 pm

Eve of first day Sukkot
Wednesday, Sept. 18
Light Candles at 7:18pm

Eve of second day Sukkot
Thursday, Sept. 19 at 8:23 pm
Light candles after 8:15 pm

Shabbat
Friday, Sept. 20
Light Candles at 7:15 pm

Shabbat ends
Saturday, Sept. 21 at 8:12 pm



A special deal for members of TLSCC!
Get fit with your friends and family!

"The health of the soul can only be achieved after the health of the body has been achieved." -Maimonides

Cardio machines • Swimming • Functional training • Spinning • Basketball

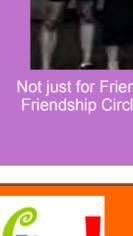
Whatever activity helps you focus on being a stronger, healthier you, we'd like you to try it at the Jewish Community Center in September-for FREE!

For all members of the LORI extends a complimentary JCC membership, including the Deluxe Health Center*, to all members of The Lori Schottenstein Chabad Center.

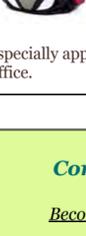
Starting September 1, stop by the JCC Member Services Office at 1125 College Ave for your temporary pass. Enjoy 16,000 square feet of new and renovated space-including two gyms, group exercise classes, batting cages, brand new cardio equipment with individual TV monitors, expanded and enhanced babysitting, and the J-Zone, a fun and fitness space for kids 6-12 years old-for the month of September.

We know you will enjoy all the JCC has to offer, so in honor of the JCC's 100th birthday, we will take \$100 off the cost of any full-year membership purchased by October 6, 2013.

For questions, contact Linda Starr at lstarr@columbusjcc.org or (614) 559-6229.



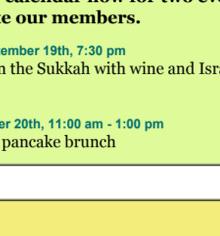
This offer is good for new members only.
*Must be 18 years or older for the Deluxe Health Center.



Shopping for school supplies?

Keep LifeTown on your list - consider donating new or gently used school supplies and books to LifeTown. Everyone ends up with a few extra supplies at the end of the school year - we would love to have them! Books, current magazines, paint, glue sticks, markers, crayons, and colored pencils are especially appreciated. Please leave them at the Chabad office.

Come to Tot Shabbat with Chaya!
Ages 4 and under
11:00 am



MEMBERSHIP 5774
Continue the Tradition!

Become a member or renew your membership online.

You may also call our office at 614-939-0765 or email rabbi@chabadcolumbus.com

Mark your calendar now for two events to celebrate our members.

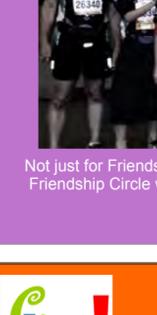
Thursday, September 19th, 7:30 pm
Adult party in the Sukkah with wine and Israeli food

Sunday, October 20th, 11:00 am - 1:00 pm
Membership pancake brunch



Women's Torah

Join us for Women's Torah study on Saturday, August 31 at 10:00 AM; coffee, cake and great discussion.



THE BIG GIVE RETURNS!

The Columbus Foundation has announced the return of **The Big Give** online giving event, offering a \$1 MILLION BONUS POOL from the Foundation's donors and community partners! 600 nonprofit organizations in Central Ohio (including LifeTown) are included!

This will be a 24-hour online giving event, kicking off at 11:00 a.m. EST on September 17. The community-wide effort encourages people to show their spirit and support our region by donating to one or more of the nonprofits in PowerPhilanthropy®, the Foundation's online giving marketplace. Stay tuned for more information on pumping up the power of a gift to LifeTown!

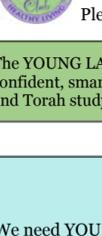
Not just for Friendship Circle volunteers, anyone can join and raise money to support your local Friendship Circle while training for an exciting full or half marathon held in beautiful Miami, FL!

Register now at TeamFriendship.org



Chabad Hebrew School
NOW ENROLLING FOR FALL 2013!

For more information or to enroll online: www.chabadhs.org
Call 614-939-0765 or 614-570-5401 or email hebrewschool@chabadhs.org



LifeTown's school visits start Sept. 23!

If you can give as little as two hours a week, you can make a lasting difference in the life of a child with disabilities. Volunteers play the roles of merchants in our venues, helping children learn life skills.



If you would like to volunteer, call or email Cheryll Sher at 774-3403.

For more info about the LifeTown program, visit www.lifetowncolumbus.org.



The Young Ladies' Mitzvah Club

Thanks to all who participated this year! Next year's date are set already: Dates are Nov. 5, Dec. 4, Jan. 28, March 3, April 1, April 30, May 29
Topic: "A Reason to Celebrate - Illuminating our Lives Through the Jewish Holidays"
Please email **Kim** or **Esther** with questions.

The YOUNG LADIES' MITZVAH CLUB'S mission is to inspire a generation of Jewish girls to become confident, smart, thoughtful women through Jewish experiences that promote friendship, life lessons and Torah study. The YLMC is open to girls in 5th-8th grades.

Kiddush Corner

We need YOU for our New Chabad KIDDUSH TEAM! Individuals, husband-wife/couples needed! Sign up to shop, have fun, prep, bake! Esther Kaltmann will train you & provide menu/recipes! Be part of our warm community! We are using SignUp Genius to help keep everyone organized. **Please consider helping once a month.**

Email **Kim Abelman** to sign up.

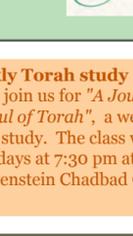
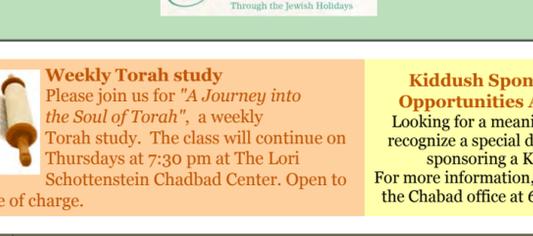


Photo: Marni Stein & Cassy Taylor cooking



TEENS - MARK YOUR CALENDAR NOW - YOU WON'T WANT TO MISS THIS SPECIAL EVENT!
28 - 30 Adar 1, 5774
February 28 - March 2, 2014

For Ladies Only

We had a great turnout of women from all over Columbus on Tuesday, May 7 for a lovely lunch and great discussion on "The Extra Mile - Tools for Implementing Lasting Change."

THIS FALL: Dates are set for Rosh Chodesh meetings - day of the week will vary: Dates are Nov. 5, Dec. 4, Jan. 28, March 3, April 1, April 30, May 29
Topic: "A Reason to Celebrate - Illuminating our Lives Through the Jewish Holidays"



Weekly Torah study
Please join us for "A Journey into the Soul of Torah", a weekly Torah study. The class will continue on Thursdays at 7:30 pm at The Lori Schottenstein Chabad Center. Open to all and free of charge.

Kiddush Sponsorship Opportunities Available
Looking for a meaningful way to recognize a special day? Consider sponsoring a Kiddush. For more information, please contact the Chabad office at 614-939-0765

The Lori Schottenstein Chabad Center
6220 East Dublin-Granville Road New Albany, OH 43054 614-939-0765
www.chabadcolumbus.com

Look for Chabad Columbus - please "friend" us!