



שלום וברכה!

Welcome to Chayolei Tzivos Hashem, a special division of Hashem's Army for children who are Zoche to attend Lubavitcher Yeshivos. The Rebbe Rashab handpicked each Neshomo of all those that would ever learn in Tomchei Temimim - and that means you!

The Rebbe told us that the time of Geulah has arrived. You children are in the front lines of the battle to bring Moshiach. You have the strength and ability to lead the way to victory. It is a great privilege to be a soldier on the winning team, yet it comes hand in hand with tremendous responsibility. We are fighting a serious war with a mission: to bring golus to an end NOW!

What does this mean?

A soldier on the front lines has a great responsibility and must always bear in mind the

responsibility which he carries. He must always conduct himself like a soldier in the army.

He must always wear his uniform which shows that he accepts the yoke of the commander-in-chief and must follow all of his commands.

As soldiers in Hashem's Army we always wear our uniform, our yarmulke and tzitzis, conduct ourselves with yiras shomayim and midos tovos, doing mitzvos b'hidur as befits a chosid, and always remember the great responsibility that we bear.

When in yeshiva we must devote ourselves to our learning and behave with derech erez as befits a chayol in Tzivos Hashem.

We must daven like chassidische bocherim. On days when we don't daven in yeshiva we make sure to go to shul and daven with a minyan.

A soldier must be healthy, both b'gashmius and b'ruchnius. B'gashmius means going to sleep on time, eating healthy nourishing foods at the proper times, and generally taking care of his body. B'ruchnius means being careful in Torah and mitzvos, in midos tovos, and in the special

chassidische minhogim that our Rebbeim have taught us.

When we conduct ourselves like true chayolim we are ensured that we will be zoche to the Geulah right away.

In order to become true Chayolim, it's important to be "makir es mekomo," to know where we are holding, and for that we need to make a cheshbon hanafesh. A cheshbon hanafesh means that a person makes an account of everything he has done.

By making a cheshbon hanafesh we can see what we are doing well and what we need to fix. We will be able to see if we used our time properly, whether or not we are davening properly, learning properly, having proper ahavas yisroel, hiskashrus, or anything else a chassidische bochur should be doing. It will enable us to see what we need to correct from the previous day and how we can serve Hashem with a greater chayus the next day.

At the beginning of your diary, and on the 29th day of each month, you will find a mission planner. Look through the mission planner and check off what you already do.

When you have done this you will be able to clearly see the areas in which you can grow. Then you will be able to decide on a hachloto for the coming month.

On each day you will fill out the daily checklist. The proper time for a cheshbon hanafesh is at night before you say shema. Although you may be filling this out in class, take a moment to think over how your day went before you go to sleep.

Thursday night is a time when we make a cheshbon for the entire week. In your diary you will find a weekly progress report where you will make a cheshbon of your learning, midos, and your total accomplishments for the past week.

At the end of each month you will also find a blank page that will act as a Duch - a report to the Rebbe, our "General"- so that you can give the Rebbe nachas.

On each page of your diary you will also find the Hayom Yom, Sefer HaMitzvos, Minhagim, and Yemei Chabad. You will be learning this each day in class. This will surely increase your hiskashrus and help you be a true chayol. Hatzlocho Raba!!



מודה אני

Modeh Ani is our way of showing gratitude to Hashem for the special neshomo which He has returned to us once again. Saying Modeh Ani immediately when we wake up expresses our yiras shomayim, for it is our way of acknowledging that Hashem is always standing above us, watching our every move.

We say Modeh Ani sitting up in our beds with our hands together in front of us.

נעגל וואסער

We wash negel vasser before we get out of bed to get rid of the tumah that has attached itself to our hands during sleep.

Preparation - הכנות

We prepare our bodies to serve Hashem by using the bathroom, washing up, brushing our teeth or rinsing

our mouth (which has to daven to Hashem), and getting dressed.

נטילת ידיים

Once we are dressed and ready to start our day we wash negel vasser again - this time with a brocho.

ברכות

As soon as we are ready to start the day we thank Hashem for all the good He gives us. This also strengthens our love for Hashem. Like all other tefillos, brochos should be said from a siddur. Brochos should be said before eating, drinking or uttering any words of Torah.

בדיקת ציצית

Before we make the brocha on tzitzis we must make sure that all the knots are tight, all the strings are untangled, and all eight strings are intact. A uniform must be perfect.

קריאת שמע

Accepting authority is the foundation of every army. We proclaim our kabolas ol in the morning by saying krias shema. Krias shema must be said before the end of zman krias shema. The time for krias shema changes almost daily so

make sure to look in your diary for today's time.

After krias shema, Chassidim have a custom to eat some mezonos and have a drink so we will be ready for the next battle.

ברכה ראשונה ואחרונה

In order for the food to give us the proper spiritual energy necessary we must make a brocha, placing the Shem uMalchus (Hashem's name) on the food. [Birchas hamazon is the only brocha min haTorah - so say it with extra care.]

צדקה

During davening we ask Hashem to grant us all our needs; even if we don't deserve it. Therefore, before davening we give tzedoko to a poor person, even though he didn't earn it. When Hashem sees this, He in turn cares for us as well.

תפילה

One of the main focal points of a chossid is davening. We are careful to look inside the siddur and say every word out loud and to concentrate on the meaning of the words throughout the entire

davening. In order to get used to this we can start by doing this with one part of davening and adding on until we can do this the entire davening.

According to the Rebbe's horoa to children, we are extra careful to be sure to say hareini mekabel before davening and ach tzadikim after davening.

We also take the time to say korbonos before shacharis and mincha.

When we are not in school, we make sure to daven shacharis, mincha and maariv with a minyan.

חת"ת

Chitas is an all powerful weapon which frightens away all obstacles which may confront us.

Chumash: Learning the entire daily portion of chumash with Rashi is essential. However, if you find it difficult to finish the entire portion of the day, try to learn as much of the chumash and Rashi as you can and with time build it up to doing the entire shiur.

Tehillim: After davening we say the Rebbe's kapitel, our kapitel, and the shiur of the day.

Tanya: To be said any time during the day, preferably before hodu.

היום יום

Hayom Yom is a collection of chassidische pismomim that were collected by the Rebbe, one pismom for each day. Learning Hayom Yom every day helps us live with the Rebbe.

רמב"ם – ספר המצוות

Yidden all over the world unite by learning the same, halochos on the same day.

By learning Rambam we broaden our knowledge in Torah - to know kol haTorah kulah.

ישיבת ערב

This is a time designated for reviewing all that you learned throughout the day, and to try to connect with the Torah which you studied today.

הכנות הלילה

It is imperative to go to bed as a soldier if you want to wake up as a soldier. These preparations include:

נעגל וואסער

Prepare negel vasser by your bed so that you can wash in the morning without getting out of bed.

קריאת שמע והמפיל

Be sure to say the whole krias shema from a siddur.

Krias shema al hamita is the time for the daily cheshbon hanefesh; making an account of everything that you accomplished during the day, and resolving to do better tomorrow. You can use your daily checklist to help you with your cheshbon hanefesh. There is also space in your diary for your personal use. Feel free to jot down your daily experiences and feelings about today.

ציצית

Sleep with a pair of woolen tzitzis as befits a soldier; always on his guard and always remembering his purpose.

ערב שבת

שנים מקרא וא' תרגום

We say the entire parsha and haftarah, each possuk twice

with its targum. If you can't say the entire parsha, start by doing some (for example until shlishi or rivii etc.) and IY"H with time you will build yourself up to doing the entire parsha.

מקוה

We go to the mikvah before Shabbos to bring a spirit of kedusha upon us.

הכנות לשבת

Since we don't give tzedoka on Shabbos, we give extra tzedoka on Friday to include Shabbos as well.



שבת קודש

הודו ופתח אליהו

We say this as a special hachana before the mincha of Erev Shabbos.

דבר תורה

A Chassidische Vort clears the head and cleans the heart. Therefore when everyone is sitting around the Shabbos table, a d'var Torah should be said.

חסידישע ניגון

A chassidische niggun strengthens our hope and trust, brings simcha into the home and puts everyone in a state of lichtikeit- light.

מתפלל עם מנין

Make sure to be on time to Shul to daven with the minyan.

קריאת התורה

Listen to the Baal Koreh during kriah. You are not permitted to talk or even learn during kriah.

הפטורה

Try to listen to the haftorah and say it along with the person who is reading it. If you can't hear the haftorah, you should still say it yourself.

ולקחת סלת ושש זכירות

On Shabbos the lechem haponim was brought, so we say the parsha of the lechem haponim. It begins with the words vlokachto soiles and is found after aleinu in the Shabbos davening.

Even on Shabbos it is important to say the shesh zechiros. It is said after Tehillim (it is found on page 86 in the siddur).



The mission planner checklist includes many items which you already do, for example modeh ani and negel vaaser.

Look through the the explanation under each item to **make sure you are doing these things the way a chosid should be doing them.**

These pages go through each of the items on the checklist and thoroughly explain what is meant by each of these directives.



MODEH ANI

We say Modeh Ani - sitting up on our beds with our hands together in front of us.

NEGEL VASSER

We wash Negel Vasser - before we even put our feet on the floor.

NETILAS YODAYIM

We wash our hand again in the kitchen (not in the bathroom) after getting dressed and before we say Brochos.

CHECK TZITZIS

We check our Tzitzis carefully to be sure that all 5 knots and 8 strings are there and are tight.

BIRCHOS HASHACHAR

We say Brochos - standing up, from a Siddur before eating or drinking.

MIKVA

We go to Mikva as a Hachona to Davening.

○ Monday and Thursday.

○ Every morning.

KRIAS SHEMA

We are always extremely careful to be sure that we say Krias Shema, before the Zman.

GIVE TZEDOKA

When we give Tzedoka - we always have in mind that it is to bring Moshiach closer.

DAVENNING

○ We make sure to say korbonos before shacharis and mincha.

○ When we daven we make sure to say every word out loud from the siddur.

○ We try to understand the meaning of the words that we are saying.

○ We also try to daven with a minyan, for shacharis, mincha and maariv.

□ SHEISH ZECHIROS

We always make sure to say Sheish Zechiros straight after davening every day.

□ HAYOM YOM

We make sure to understand the lesson that the Rebbe prepared especially for that day.

□ BROCHOS ON FOOD

○ BROCHO RISHONA

When we say a Brocho we make sure to pronounce each word loud and clear.

○ BROCHO ACHRONO

When we say a Brocho Achrona - we make sure use a siddur.

□ YESHIVAS EREV

Even after school we sit and learn.

○ 3 times a week.

○ Every day.

□ GETTING NEGEL VASSER

We prepare Negel Vasser by our bed ourselves.

□ KRIAS SHEMA AL HAMITAH

We say Krias Shema al Hamitah -Hamapil from a siddur.

□ TZITZIS

Even when we go to sleep we wear woolen Tzitzis.



CHUMASH

○ We make sure to understand the Chumash of each day.

○ We learn Chumash together with some of the Rashi.

○ We learn Chumash together with all of the Rashi.

TANYA

○ We say the Tanya of the day before davening.

○ We learn the Tanya and understand it.

TEHILLIM

○ When we say the Tehillim of the day - we make sure to say every word.

RAMBAM

Sefer Hamitzvos

○ Each day we learn Sefer Hamitzvos, making sure to understand exactly what the Mitzvos are all about.

One Perek

○ When we are able to understand Sefer Hamitzvos, we start learning one perek of Rambam.

Three Perokim

○ When we understand one perek, we move on to three perokim a day.



MIKVA

○ We go to Mikva on erev Shabbos.

○ We go to the Mikva on Shabbos morning before Shachris.

CHASSIDUS ON SHABBOS

○ On Shabbos we make sure to learn Chassidus before davening.

DAVEN WITH MINYAN ON SHABBOS

On Shabbos we make sure to daven all the Tefilos ○Maariv,

- Shachris, ○ Musaf and
- Mincha with a minyan.

SHNAYIM MIKRAH

We are Mavir the Sedra with the Targum.

- Until rev'i.
- The entire Sedra.

CHASSIDISHE NIGGUN

At our Shabbos Table, we always sing Chassidish Niggunim.

GEMILAS CHASSODIM

This coming month I will improve my מדות having patience, controlling myself being זכות לך זכות לך being understanding by:

This coming month I will help my friends by:

HISKASHRUS

This week I strengthened my connection to the Rebbe by:

- Reading a story of the Rebbe.
- Watching a video of the Rebbe.
- Learning something from what the Rebbe taught.
- Singing a Niggun of the Rebbe.
- Other:

My Monthly Missions

KIDDUSH LEVONA

On the first Motzoei Shabbos possible (if we can see the moon) we say Kiddush Levona Brov Am, and then we dance in the streets.

**SHABBOS MEVARCHIM
TEHILLIM**

Every Shabbos Mevarchim we say Tehillim together with a Minyan.

DUCH

A soldier always has to report to his superiors. At least once every four weeks we write a Duch to the Rebbe.



My Hachloto

My Hachloto for this month is:

my month

Make a summary of all your accomplishment by filling in the total amount you did each thing. One box for each week of the month

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| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | ציצית | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | נעגל וואסער |
| ערב שבת קודש | | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | הכנות |
| <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | שמו"ת | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | נטילת ידיים |
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| <input type="checkbox"/> | שבת מברכים תהילים | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | הכנת נעגל וואסער |



Notes: _____

חומש: תולדות - שישי ♦ תהלים: א-ט.
 תניא: להבין מ"ש בפרע"ח... 310- דע"ס דו"א.
 רמב"ם (פ"א): פרק ד.
 רמב"ם (סהמ"צ): מל"ת שגב. שמו. שמו.
 רמב"ם (ג' פרקים): פרק יב-יד.



Reb Yekusiel Liepler (one of the great chassidim of the Alter Rebbe)

would daven for so long that at times he would daven Shacharis, Mincha and then Maariv one after the other.

There was no time in between for a break.



On Rosh Chodesh Kislev we make a Seudas Hodaah.



Rosh Chodesh Kislev 5738 (1977)

Shmini Atzeres 5738 (1977), in the middle of Hakofos, the world of Lubavitch was thrown into complete turmoil. The Rebbe had suffered a massive heart attack.

During the next few weeks the love between the Rebbe and his Chassidim was revealed to its fullest. Chassidim around

MY DAY

| | | | |
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| <input type="checkbox"/> הודו ופתח אליהו | <input type="checkbox"/> היום יום | <input type="checkbox"/> ברכה אחרונה | <input type="checkbox"/> מודה אני |
| <input type="checkbox"/> מנחה | <input type="checkbox"/> חומש | <input type="checkbox"/> ברכה ראשונה | <input type="checkbox"/> נעגל וואסער |
| <input type="checkbox"/> הדלקת נרות בזמן | <input type="checkbox"/> ספהמ"צ רמב"ם | <input type="checkbox"/> צדקה | <input type="checkbox"/> הכנות |
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| <input type="checkbox"/> קריאת שמע המפיל | <input type="checkbox"/> צדקה לשבת | <input type="checkbox"/> תהילים | <input type="checkbox"/> קריאת שמע |

Shabbos candle lighting times:

| | | |
|---------------------|-------------------|--------------------|
| Chicago 4:00 pm | Montreal 3:54 pm | Pittsburgh 4:36 pm |
| Houston 5:04 pm | Morristown 4:13pm | Postville 4:14 pm |
| London 3:37 pm | New Haven 4:05 pm | Sydney 7:33 pm |
| Los Angeles 4:26 pm | New York 4:11 pm | Toronto 4:24 pm |
| | Ottawa 4:03 pm | Worcester 3:58 pm |

Morning Shma must be said before:

| | | |
|---------------------|--------------------|--------------------|
| Chicago 9:16 am | Montreal 9:25 am | Pittsburgh 9:43 am |
| Houston 9:33 am | Morristown 9:22 am | Postville 9:34 am |
| London 9:43 am | New Haven 9:16 am | Sydney 9:10 am |
| Los Angeles 9:08 am | New York 9:19 am | Toronto 9:46 am |
| | Ottawa 9:34 am | Worcester 9:13 am |

Home Review _____

Parents Signature _____

the world turned over "Heavens and Earth" to insure the Rebbe's full recovery.

On Rosh Chodesh Kislev the Rebbe left 770, returning to his home on President Street for the first time since Shmini Atzeres. Until then he was in his room, which became a mini-clinic.

"How awesome was the sight of the Kohen Gadol exiting the Kodesh Kedoshim."

Watching the Rebbe walking in a healthy stride, Chassidim burst into spontaneous singing and dancing which lasted throughout the night, thanking Hashem for the wonders and miracles. In every community that the news came...

The Rebbetzin upon witnessing the simcha commented, that she had not seen such joy expressed by Chassidim since the day that her father was liberated from exile on Yud Beis Tammuz, almost fifty years earlier.

Chassidim have since consecrated this day as a day of joy and thanksgiving, thanking

Hashem for His everlasting kindness.



Dinim of Ya'aleh V'yavo

If, **during shacharis or mincha**, you forgot to say ya'aleh v'yavo, or if you're not sure if you said it or not...

a) If you remember after you've said "Boruch ata Hashem..." but before "hamachazir shechinaso letzeeyon," you say: "Lamdeinu chukecha," "ya'aleh v'yavo," and then start from "v'sechezenah" again.

b) If you remember after you finished the brocha of "hamachazir", but you didn't yet start "modim," you say ya'aleh v'yavo right there. When you finish saying ya'aleh v'yavo, you don't say "v'sechezenah" again.

c) If you remember once you've started "modim," you stop wherever you're up to and go back to "ritzei."

d) If you remember after the second "yeehyu liratzon" (the one after "elokai netzor"), you

must go back to the beginning of shmone esrei, but you don't say "Hashem sifasai tiftach."

e) If you remember after musaf, you don't have to daven shmone esrei again.

If you forgot to say ya'aleh v'yavoh **during maariv**, you don't repeat shmone esrei.

When there are two days of Rosh Chodesh, and **by maariv of the 2nd day** you remember that you forgot ya'aleh v'yavo by mincha, you daven maariv shemone esrei twice.

Shacharis of Rosh Chodesh

© After Chazoras Hashatz, we say half-Hallel.

© We say a brocha before and after Hallel, even when davening without a minyan.

© We repeat the possuk hodu laHashem after each of the three pessukim yomar noh etc. even when davening without a minyan.

© After Hallel we say: veavraham zakein, kaddish tiskabel, shir shel yom, hoshieinu, barchi nafshi, and kaddish yosom.

© We then call up four aliyos and read from Parshas Pinchas (Bamidbar 28:1-16).

© After kriah we say chatzi kaddish, ashrei, uva letziyon, and yehallelu.



Notes:
