

CANDLELIGHTING SHABBAT TIMES MOBILE ALABAMA



MAY 15 7:23 PM
MAY 22 7:27 PM*
MAY 29 7:31 PM
JUNE 5 7:35 PM
JUNE 12 7:38 PM

* light from a pre-existing flame

LOWER ALABAMA L'CHAIM



SPECIAL EDITION:
LAG BAOMER & SHAVUOT

ChabadofMobile.com

451 Azalea Road Mobile AL 36609

251-265-1213

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Dear Friends, This newsletter is a community effort sharing information, thoughts and inspiration of interest to Jews living in or passing through lower Alabama. It is my hope that you will find this newsletter educational and inspirational, and that it will help you experience your Judaism with renewed excitement. The Lower Alabama L'Chaim is a publication of Chabad of Mobile. For questions & comments, contact rabbi@chabadofmobile.com - Rabbi Yosef Goldwasser
To dedicate an edition in honor or in memory of someone, or to donate, visit chabadofmobile.com/donate

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THE REAL POWER OF THE TORAH by Rabbi Yosef Goldwasser



There once was a great Torah scholar named Rabbi Yossi. Every year, before Shavuos, he would prepare extensively for the upcoming holiday celebrating the giving of the Torah. Among his preparations, he would arrange a choice calf to be served for his entire family.

At first glance, this seems surprising. For such a great scholar, someone who spent his days immersed in Torah study and teaching, wouldn't we expect his preparations for Shavuos to look different? Perhaps teaching an extra Torah class, or learning deeper commentaries on the Ten Commandments and the giving of the

Torah? Yet therein lies a profound lesson.

Where do we see the true impact of Torah upon a person? Not only while he is sitting in the study hall learning, and not only while he is engaged in prayer. Rather, the true effect of Torah is seen when a person is in his home and carries the lessons of Torah into every aspect of daily life, eating, sleeping, shopping, working, and all the ordinary activities that fill a person's day. When even those mundane moments are guided by the Torah's values and directives, *that is when the Torah has truly permeated a person's life.*

So when Rabbi Yossi celebrated Shavuos with a lavish meal, it was not a distraction from Torah learning. On the contrary, it was an expression of how deeply the Torah filled his life, so deeply that even his physical celebration became an extension of Torah itself. As we celebrate Shavuos, let us think not only about how we can increase our Torah learning, but also about how we can bring Torah into every part of our day, including the ordinary and mundane aspects of life.

May we merit to celebrate the Giving of the Torah this coming Shavuos together with Moshiach!

SOUTH ALABAMA KOSHER

Kosher Store

Mobile Kosher Market
451 Azalea Rd
mobilekoshermarket.com

Kosher sections - Mobile

Publix (dry goods and freezer)
4628 Airport Blvd
Mobile, AL 36608

Facebook group

Kosher Finds in Mobile and Baldwin, AL

Q & A CORNER: ASK THE RABBI



Q: "If the Torah was given over 3,300 years ago, how can it still be practical and relevant today?"

A: The Torah was given by Hashem, the Creator of heaven and earth, who is beyond time and space. Since Hashem created human nature and knows every person in every generation, the Torah remains eternally relevant. It is Hashem's guide for living with purpose and doing what is right. To say the Torah is outdated would imply that Hashem does not know the future.

Send your questions to: rabbi@chabadofmobile.com

CHASSIDIC QUOTE Hayom Yom: 5 Iyar



The Alter Rebbe received the following teaching from the saintly R. Mordechai, who heard it from the Baal Shem Tov: "A soul can descend into This World and live its seventy or eighty years — just in order to do a favor for a fellow Jew in material matters, and how much more so, in spiritual matters."



A Simple Path to Moshiach

Around 10-12 years ago I became involved with Chabad and my Jewish learning increased exponentially. That is when I started learning about Moshiach and the Rebbe's view that our generation will be the one to witness the miracle of his arrival. I think it was in the early 1990s the Rebbe spoke more about something Jews have prayed for across generations: the coming of Moshiach. His message was not abstract or distant. It was immediate, personal, and surprisingly practical and he taught how all Jews could become involved in helping bring about this miracle.

The Rebbe taught that the world is not waiting passively for redemption—it is actively being prepared for it. In his view, we are standing at the threshold. The question is not if Moshiach will come, but how ready we are to receive that reality, that precious gift from Hashem.

That idea - that we need to help prepare the world to receive this miracle can feel overwhelming at first. What does it mean to "prepare the world"? Do we need to be scholars, mystics, or spiritual giants? The Rebbe's answer was clear: no.

He emphasized something both simple and powerful—every mitzvah matters. Not just the big, life-changing commitments, but the small, everyday actions. Wrapping Tefillin. Lighting Shabbat candles. Giving a little more charity. Taking a moment to say a blessing with intention. Choosing kindness when it is easier to walk away.

This idea is seen in a passage from Pirkei Avot: "It is not upon you to complete the work, but neither are you free to desist from it." The lesson I take from this is we are not expected to finish the process of redemption—but we are expected to take part in it. The Talmud teaches that a single mitzvah can tip the balance for the entire world. That means nothing is wasted. No effort is insignificant. Even one additional good deed has real weight.

One of the most interesting and compelling parts of the Rebbe's message is that Hashem rejoices in every mitzvah, no matter how small it may seem. It means we don't have to wait until we feel "ready." We already matter. The Rebbe encouraged people to start where they are. Don't wait for perfect knowledge or perfect consistency. Add one mitzvah. Then another. Each step creates momentum.

Instead of seeing Moshiach as a distant hope, we can begin to see it as something we actively participate in. The future is not just something we wait for—it's something we help build.

Start small. *Because every step forward may be doing more than we realize.*

HOW TO CELEBRATE SHAVUOT

courtesy of Chabad.org



SHAVUOT 2026 (a two-day holiday, celebrated from sunset on May 21 until nightfall on May 23, 2026) coincides with the date that G-d gave the Torah to the Jewish people at Mount Sinai more than 3,000 years ago. It comes after 49 days of eager counting, as we prepared ourselves for this special day.

It is celebrated by lighting candles, staying up all night to learn Torah, hearing the reading of the Ten Commandments in synagogue feasting on dairy foods and more.

- Women and girls light holiday candles to usher in the holiday, on both the first and second evenings of the holidays.
- It is customary to stay up all night learning Torah on the first night of Shavuot.
- All men, women and children should go to the synagogue to hear the reading of the Ten Commandments on the first day of Shavuot. As on other holidays, special meals are eaten, and no "work" may be performed.
- It is customary to eat dairy foods on Shavuot. Menus range from traditional cheese blintzes to quiches, casseroles and more.
- On the second day of Shavuot, the Yizkor memorial service is recited. Some communities read the Book of Ruth during morning services, as King David—whose passing occurred on this day—was a descendant of Ruth the Moabite.



SHAVUOT

As the weathers getting warmer
And the summer storms return
As the schools begin to shutter
And the students cease to learn

Its just 7 weeks since Seder
But a distant memory
Where is it that we were headed
On the day He set us free?

For there always is a master
Though it may just be your heart
And your mind is a creation
Limited- however smart

And society is fickle
Those in power only care
For the growth of fame and fortune
And the path to get them there

So if I can choose a Master
The Creator has my vote
For the world that He created
There's a manual He wrote

As I'm heading into summer
And my time out in the sun
I know life will still feel empty
If the goal is just have fun

I've been counting seven weeks now
There's a Mitzvah for each day
And to live your life with purpose
Is a most meaningful way

And the Torah gives me purpose
Gives each part of life a lift
I'm so grateful the Creator
In His love, has shared this gift



They call us the “People of the Book” because of our legendary devotion to it. By law, we are required to pursue it every spare moment of the day and night. When a child is born, we wish his parents, “May you merit to raise him to Torah.” For four thousand years, the study of Torah has been the life’s occupation of the Jew and his highest mark of achievement.

Why we eat Dairy on Shavuot



There are a number of reasons for this custom. Here are a few:

- On the holiday of Shavuot, a two-loaf bread offering was brought in the Temple. To commemorate this, we eat two meals on Shavuot—first a dairy meal, and then, after a short break, we eat the traditional holiday meat meal
- With the giving of the Torah, the Jews became obligated to observe the kosher laws. As the Torah was given on Shabbat, no cattle could be slaughtered nor could utensils be koshered, and thus on that day they ate dairy.
- The Torah is likened to nourishing milk. Also, the Hebrew word for milk is *chalav*, and when the numerical values of each of the letters in the word *chalav* are added together: 8 + 30 + 2 = 40. Forty is the number of days Moses spent on Mount Sinai when receiving the Torah.
- When Moses ascended Mount Sinai, the angels urged G d to reconsider His decision to give His most precious Torah to earthly beings. “Bestow Your majesty upon the heavens . . . What is man that You should remember him, and the son of man that You should be mindful of him?” (*Psalms* 8:5-7). One of the reasons why the angels’ request went unheeded is because of the Jews’ meticulous adherence to the laws of the Torah—including the kosher laws. Not so the angels, who when visiting Abraham consumed butter and milk together with meat (*Genesis* 18:8). On Shavuot we therefore eat dairy products and then take a break before eating meat—in order to demonstrate our commitment to this mitzvah.

SHAVUOT CALENDAR & CANDLE LIGHTING BLESSINGS

SHAVUOT I

THURSDAY MAY 21

Light candles at 7:26 pm

Say blessings 1 & 3

SHABBAT & SHAVUOT II

FRIDAY MAY 22

Light candles after 7:27 pm*

Say blessing 2 & 3

* Light from a pre-existing flame

SHAVUOT II

SHABBAT MAY 23

Yizkor

Holiday ends at 8:26 pm

BLESSING #1

ברוך אתה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתָיו, וְצִוּוּנוּ לְהַדְלִיק נֵר שֶׁל יוֹם טוֹב.
Baruch Atah Ado-noi Elo-hay-nu Melech Ha-olam Asher Ki-de-sha-nu Be-mitz-vo-tav
Ve-tzi-vanu Le-had-lik Ner Shel Yom Tov.

BLESSING #2

ברוך אתה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתָיו, וְצִוּוּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת וְשֶׁל יוֹם טוֹב.
Baruch Atah Ado-noi Elo-hay-nu Melech Ha-olam Asher Ki-de-sha-nu Be-mitz-vo-tav
Ve-tzi-vanu Le-had-lik Ner Shel Shah-baht Ve-shel Yom Tov.

BLESSING #3

ברוך אתה ה', אֱ-לֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזִמְנוֹ הַזֶּה.
Baruch Atah Ado-noi Elo-hay-nu Melech Ha-olam She-heh-chi-yah-nu Ve-ki-ye-mahnu
Ve-hi-gi-ahnu Liz-man Ha-zeh.

JEWISH FLAVORS: CHEESECAKE by Nadine Mendelsohn-Ziskind

Prep Time: 20 minutes

Total Time: 1 hr, 5 minutes

Cook Time: 45 minutes

Servings: 12

INGREDIENTS

- 1 ¼ cups graham cracker crumbs
- ¼ cup melted butter
- 3 (8 ounce) packages cream cheese, softened to room temperature

INSTRUCTIONS

- 1. Prep Oven & Pan:** Preheat oven to 350°F.
- 2. Make the Crust:** Mix graham cracker crumbs with melted butter. Press mixture firmly into the bottom of a 9 inch springform pan. Optional crust swaps: gluten-free graham crackers, chocolate wafer cookies, vanilla wafers or other biscuits
- 3. Make the Filling:** In a large bowl, beat cream cheese and sugar until blended. Mix in vanilla or almond extract if using. Add eggs one at a time. Mix on low speed after each egg until just combined. Do not overmix to help prevent cracks.
- 4. Fill the Pan:** Pour cheesecake batter over the crust. Add in any other optional flavorings such as lemon zest or chocolate chips.

¼ cup sugar

3 eggs at room temperature

Optional: 1 tsp Vanilla Extract or ¼ tsp Almond Extract, or lemon zest, or mini chocolate chips

5. Bake: Bake for 35–45 minutes. Cheesecake is done when the center is almost set or reaches 145°F on an instant-read thermometer.

6. Cool: Turn off oven and crack the oven door halfway open. Let cheesecake cool in the oven to room temperature. Refrigerate for at least 4 hours before serving.

7. Serve: Remove cheesecake from fridge about 20 minutes before serving for best texture. Run a knife around the edge before removing the springform rim. Slice and serve. **Topping Ideas:** Fresh berries, fruit pie filling, whipped cream

8. Storage: Refrigerate leftovers covered for up to 4 days. Freeze up to 2 months. Thaw overnight in the refrigerator before serving.

A CHANGE NOT EASILY ATTAINED by Yehudah Silverwolf



In this column, I try to share how Jewish practice and ideals like mitzvos, study, tefillah etc impact my life in meaningful ways. I try to share real world experience of positive impact that Judaism can have on a life. I strive to be practical and I try to be real. This article will be about as real as it gets.

We all have something in our lives that causes us some degree of negativity. For me, it's my temper. I've lived my life in a state of hyper defense. When my boundaries are crossed, I'm immediately on the offensive. I've always felt I'm right and correct for this temperament.

I've been studying Tanya for years and much of the text deals with high states of teshuvah, a turning towards G-d. Rabbi Shneur Zalman, the author of Tanya, wanted us to be the best versions of ourselves and his book is a guide for achieving that.

In more than a few lessons, I've felt that the task of teshuvah is insurmountable. My intuition is that my temper is a stumbling block, but I also feel justified...after all, if I am wronged, doesn't the offender deserve my anger? I was trapped in an ideological paradox until a Talmudic teaching was pointed out.

The Talmud teaches that one who loses their temper is like an idolater, insomuch as they have given another person the power to evoke emotional responses that G-d hasn't. In anger, one attributes more power to another person than they give to G-d. Recently, this teaching has been a part of my meditations. It reveals my error in justifying my temper and allows me to move forward in correcting it. Will I achieve a high state of teshuvah? Maybe not, but I'll be better tomorrow than I am today.

THERE IS ALWAYS A SECOND CHANCE by Barbara Bracha Carlee



PESACH SHENI

It's doubtful any faithful Jew is unaware that Passover (Pesach) is among the primary Jewish holidays, fast days, and other special occasions. But did you know that if you miss the opportunity to celebrate Pesach, there is a 2nd day on which this holiday may be celebrated?

If you didn't know this, you are in good company because Passover is the only Jewish holiday with a specially appointed make-up day. According to *Numbers 9:6-7*, a year after the Exodus, when the people of Israel celebrated their first Passover, it became apparent that some were unable to prepare the Passover offering because they were ritually impure. Wanting an opportunity to participate and make their Passover offering to G-d, these individuals begged Moses and Aaron for a "second chance."

Hashem answered their petition by establishing the 14th of Iyar, one month after Passover, as the date for the Second Passover, or *Pesach Sheni*, for anyone not able to participate in Passover. Pesach Sheni differs from Passover in several ways.

For example, Pesach Sheni lasts only one day, there are no prohibited foods or special meals (no bitter herbs or endive), and leavened foods are permitted, though eating matzah (preferably *shmurah*) with a meal on that day is customary.

Because we no longer make sacrificial offerings, purity is not an issue, and Jews world-wide celebrate both Pesach, and Pesach Sheni. Arguably, the most significant message of Pesach Sheni, therefore, lies in the Chassidic perspective on this holiday.

Rabbi Yosef Yitzchak Schneersohn (the sixth Lubavitcher Rebbe) explained that Second Passover shows that there is always a second chance with G-d. It's symbolic of the power of our repentance and returning to Him. G-d is always there, always ready to take us back. He listens to our hearts, sees what is inside us, and if we are sincere about returning to Him, always accepts our repentance. Yet another beautiful meaning and message from our G-d of love!

CHABAD OF MOBILE

Chabad of Mobile is a local non-profit organization serving the needs of Jewish people living in or visiting throughout the lower Alabama region. We are part of the worldwide Chabad organization established by Rabbi Menachem Mendel Schneerson, with centers in every US state and more than 100 countries. We service Jews of all ages, backgrounds, affiliations, and abilities. We provide opportunities for Jewish practice, experience and education and strive to be an all around resource for every Jew.

Chabad of Mobile offers an array of programs and services including community Shabbat meals, holiday celebrations, Brunch and Learns, weekly Parsha class, weekly Tanya class, children's programs, women's events, one on one learning, home and hospital visitations, prison visitations, prayer services, kosher store, woman's mikvah, Jewish art calendar, and more.



Lag B'Omer Barbecue



Pesach Kid's Event