



# וזרח השמש בא השמש

**חוברת לימוד הכנה ליום שבת**

**יארצייט של הפריעדיקער רבי  
ויום הכתרת נשיא דורינו**



# זכרד השמש ובל השמש



Dear וילדי הפזונים,

In the last הכנה that you all took part in (to prepare for 150) we learnt about different חסידים and what we could learn from them.

While we were preparing for 60, we remembered a story. Rabbi Yosef Weinberg (author of lessons In Tanya) once saw a flyer advertising an event for 60 - that said on it - the day the Rebbe became Rebbe. He got very upset and said - we must also remember and stress that today is the 'אכצ"ס סכ"ע' as well. The Rebbe had so much respect for his father in law and would be so upset if people didn't mark this moment as well.

With that in mind the הכנה this year is combining the Rebbe and the סכ"ע teaching. The ח"ס is what the Rebbe put together based on the סכ"ע teachings. That is why although the Rebbe put together the ח"ס whenever it says "my father" or 'my grandfather' it is talking about the סכ"ע father and grandfather.

Every day there is a ח"ס to learn in Hebrew or in ע"י. We have put down the hard words to help you. Read this out together with the explanation at your dinner or breakfast table, take note of the ח"ס tip as well, and of course as always keep us posted by emailing us at [cyh@shluchim.org](mailto:cyh@shluchim.org)

Together we can come to 60 and say סכ"ע - I am connected! As always all participants will be entered into a raffle for a beautiful framed picture of the Rebbe. The raffle will take place at the 60 rally online.

הנהלה

Sara and Chanale of CYH

P.S. We also have a סכ"ע competition!

P.P.S. Log on to [www.shluchimkids.org](http://www.shluchimkids.org) to keep track of the daily missions and let us know your progress!



# זכר השמש ובא השמש



## Day 1: Monday ר"ח שבט

היום יום ל' שבט

במה וכמה חסידים חשבו יום בואם לליובאוויטש ליום הולדת שלהם. מורי הרשב"ץ בא בפעם הראשונה לליובאוויטש אור ליום ששי פרשת משפטים שנת תר"ח, ובכל שנה ושנה היה ער כל אותו הלילה, ומכיון להניח תפלין בה בשעה אשר נכנס להצמח צדק בפעם הראשונה.

חשבו - considered  
 ער - awake  
 יום בואם - the day they arrived  
 בה בשעה - at the exact time  
 נכנס - when he entered  
 הרשבץ - Reb Shmuel Betzalel

We just read that Reb Shmuel Betzalel considered the day he came to the Rebbe his birthday. You could understand this if maybe he had NOTHING to do with חסידות before he came, almost like someone who comes to your house and then you make him a מצה, but we learn that Reb Shmuel Betzalel was a tremendous חסיד and מצה in his town, but still the impact that coming to the Rebbe had on him was bigger than all of his previous accomplishments. What a lesson for the first day of our חסידות! You can be learning חסידות, doing your חסידות, doing incredible things. But the greatest impact is when you come to the Rebbe. Do you make sure that everything you are doing meets what the Rebbe wants? Do you know that feeling you feel at the Ohel, or in 770? When you are standing and remember what it is all about? Who sent you on your חסידות? Try and keep that feeling with you all day today to give you an extra חסידות in your learning and חסידות.

## התקשרות Tip

ה - הוראות

### Connect through the Rebbe's instructions

Can you think of some of the instructions or things the Rebbe established? I can! Mivtzoim, Chitas, Do you know all 10 Mivtzoim?

From the words of the Rebbe: "There's an advantage of keeping the Rebbe's instructions in actuality through Kabolas Ol, not because one understands it but only because that is what the Rebbe established, because specifically through קבלת עול we connect to the Rebbe's essence, and the essence of a Rebbe is one with Hashem! Through this we connect to the essence of ה'. Today put extra effort into following one of the Rebbe's הוראות.



# זכר השמש ובה השמש



## Day 2: Tuesday ב' שבט

זכר השמש

כל איש בישראל עליו לדעת, כי הוא שליח אדון כל, למען  
הביא לפועל – בכל מקום שהוא – רצונו יתברך וכוונתו  
בבריאת העולם, שהם להאיר את העולם באור תורה ועבודה,  
והוא על ידי קיום מצוות מעשיות והשרשת מדות טובות.

על ידי - through  
קיום- performance  
מצוות מעשיות - practical mitzvos  
והשרשת - Making a part of you

עליו לדעת - He must know  
אדון כל - Of Hashem  
למען - In order  
הביא לפועל - To bring about change  
וכוונתו - intention

The Friediker Rebbe is saying something super important here. Every *nik* must realize that we are *nik* of *nik*! That makes you children 'double *nik*', but definitely not 'double agents' as you are working for the same goal! To bring light into this world. You are even given two tips how to do this. 1) Do *nik*, sometimes on *nik* we can be busy helping other people do *nik* and we want to make sure that we are still improving in our own 2) Working on our *nik*. - Think about an extra *nik* you can do today and also something in your character that you can work on improving.

## התקשרות Tip

ת- תמונה

### Connect through the Rebbe's Picture

The Rebbe once said in a *nik* "Every morning, either before *nik* or after, anyone that saw the Rebbe, should picture the Rebbe in his mind and by doing so it will give him the strength to do what he has to do!"

In order to connect, we need a vision in our minds of who we are connecting to, we create this image by looking at the many pictures of our Rebbe. Make you have a picture of the Rebbe in your bedroom in an obvious place.



# זכרד השמש ובא השמש



## ג' שבט Day 3: Wednesday

אָאמו"ר אָמַר: אַ חֲסִיד מֵאֲכַט אַ סְבִיבָה. אויב נִיט, דאַרף ער גוט  
א טאַפ טאָן באַ זיך אין פֿעקל, וואָס טוט זיך מיט איהם אליין.  
און דאָס אליין וואָס ער מאַכט נִיט קיין סְבִיבָה – דאַרף איהם  
צופֿרעכען ווי אַ קינעלע (קיסם). און ער דאַרף פֿרעגן באַ  
זיך אליין: וואָס טו איך אויף דער וועלט?

היום יום זכרד

The Friediker Rebbe is giving us a teaching of his father the Rebbe Rashab. A חסיד creates an environment and if not - he should check his own 'luggage' seriously. He should look inside himself and where he is holding ברוחניות and see if he is on a good level, if he is doing enough. Just the fact that he isn't creating an environment should make him question himself 'what am i accomplishing over here?' He should really be bothered that he isn't creating an environment and should look into himself to find out why.

When your teacher walks into class, you will (hopefully ;!/) stop talking. When your father walks up to someone in shul, he will start looking into his siddur. When you see a policeman when you are in the car, you check to see if your seatbelt is done up. Different people 'create' different environments. Some people create a fun environments, some people create a stressful one. The Friediker Rebbe once told a story of a *חור* who had a connection with him. The *חור* was really just a young man as he had never studied in any *ישיבה*. He lived far away from anything Jewish and wasn't raised in a frum way. However so many people from his town started coming to the Friediker Rebbe. The Friediker Rebbe said, when someone learns something and truly believes it, other people around him are drawn to what he is learning. When the people in this town saw how strongly this boy was connected to the Rebbe, they wanted in on it too. So if we are not affecting people just by being us – we have to check if we believe strong enough. As *חור* do you create an environment? When you walk into shul do your friends start to daven? Does the conversation change to something more appropriate? What type of environment do you create?

## התקשרות קיד

ק- קול

### Connect through the Rebbe's voice

Listen to *ניגוני התועדות* - these are collections of *ניגונים* the Rebbe sang at Farbrengens. The amazing thing about listening to these *ניגונים* is that you hear them being sung correctly and with intense emotion, joy and longing.

- Maase Rav: Recordings of the Rebbe telling stories at farbrengens, fascinating and incredible to hear the Rebbe's take on many chassidische stories.
- Sichos: Listen to recordings of sichos the Rebbe said at Farbrengens at different times of the year. In learning a *שיחה* there is more to it than just the content. There is so much to learn from the WAY the Rebbe says things. So listen to the Rebbe, connect to the inner messages of what he is saying, the message we can only understand by truly listening, with our ears, to the voice



# זכר השמש ובל השמש



## ד' שבט Thursday Day 4

אז מען געהט אין גאס דארף מען טראכטען דברי תורה צי אין מחשבה צי אין דבור, דאס ווענדט זיך, צי מען מעג על פי דין ריידען דארטען דברי תורה. אבער אז ער געהט און איז נייט פארנומען אין דברי תורה, זאגט אים דער שטיין אויף וועמען ער טרעט: בולאך (גולם) וואס טרעטסטו אויף מיר? מיט וואס ביסטו העכער פאר מיר?

היום יום

One should think about words of תורה when walking down the street, either “saying” them or not, depending on whether one is allowed to speak words of תורה in that place (such as a filthy place, however thinking words of תורה is permitted) When one walks down the street without being occupied with words of תורה, the cobblestone on which he walks tells him: “Stupid person! who are you to be treading on me? What makes you better than me?”

Wow! What a strong Hayom Yom! Think about it.. what do you think about when you are thinking about nothing? Ha. That is a trick question because when you start thinking about the answer then you are thinking about that. Get it? But seriously though, תורה should be stuck in your head. When you aren't thinking about anything you SHOULD be thinking about תורה. A good idea to help you is to put a song to the תורה you learn. It could be גאט'ן אלץ פארק' אבות, תניא or currently גאט'ן אלץ פארק' אבות. Get learning!

## התקשרות Tip

ש- שרייבן

Connect through writing to the Rebbe

In the words of the רבי:

“Although 30 years have passed since the passing of the Frierdiker Rebbe [and we know that we can apply everything the Rebbe said about the Frierdiker Rebbe to the Rebbe] and one may think that since its 30 years... they can now stand on their own feet. However the truth is that a shepherd of ישראל does not leave his flock and we connect to him the same way now just as before.

Therefore we have to “hold onto the door handle: by going to the Ohel with our questions, writing Panim, asking for gashmius as well and for the keilim for all the brochos.” The Rebbe, just as before, will find a way to provide us with the answers we need.



# זכרד השמש רבא השמש



## Day 5: Friday ה' שבת

שם חסיד הוא שם קדום הנמצא בדברי רבותינו זכרונם לברכה גם על אדם הראשון (ערוכין יח ב), והוא תואר השלמות וההפלה אם בשכל או במדות או בשניהם יחדיו. אמן בתורת חסידות חב"ד תואר חסיד הוא, מי שמכיר מהותו העצמי ומעמדו בידיעת התורה ולמודה ומצבו בקיום המצוות. יודע הוא מה שחסר לו ונותן לב ודואג למלאות את החסר, ומרבה במשמעת בדרך קבלת עול.

ה' שבת

תואר - describes  
שלמות וההפלה - perfection and  
excellence  
מי שמכיר מהותו העצמי - the  
person who knows himself  
and where he stands - ומעמדו

With so many *חסידי* telling us the great responsibility we have as *חסידי* and as *חסידי*, it could start to feel overwhelming. We chose this *חסידי* because it has an important lesson to keep in mind. People used to say that a *חסידי* means someone who is perfect. *חסידי חסידות* says, as long as someone is doing their best. As long as someone knows where they are standing, what they need to work on and is working on themselves then THEY are a *חסידי*.

The Rebbe once said ' Every *חסידי* who wakes up in the morning and asks himself: 'How can today be better then yesterday?' is my *חסידי*. Be true to yourself, YES we have a lot of responsibilities as *חסידי* and even more as *חסידי*, but you got this!! Be true to yourself, keep working keep striving. So today - just do a *חסידי*, think about where you are and where you want to be.

## התקשרות Tip

ר-רב

Connect to the Rebbe by appointing a Rav, a Mashpia

In the words of the Rebbe:

"Definitely, everyone (men, women and children) must fulfill the הוראה of the mishna- עשה לך רב - appoint for yourself a mashpia that one can speak to about their עבודת ה'."

Have you ever made a החלטה and kept it to yourself? What about if you told someone about it? Your parent, teacher or counselor? Did they help you, remind you and cheer you on? The רבי stressed just how important it is for us to have someone who can encourage us in עבודת ה', know where we are up to and keep checking in.

Today's התקשרות tip is to tell someone where you are at: It could be how much חתת you say, what you daven on days off from school, how much מבצעים you do and ask them to keep checking and encourage you to do more.



# זכר השמש ובא השמש



## ה' שבת Shabbos Day 6

אָמרו"ר אָמר לָרַב אֶחָד – בַּעַל עֲבוּדָה וּמִתְמִיד בְּלִמּוּדוֹ: אֶרֶב  
בַּעֲדָאָרְךָ בְּכָל עֵת וּבְכָל רֶגַע גַּעֲדִינְקֶען, אַז תִּתְּמִיד שְׂטִיט עַר אויף  
דַּעַם שְׂוועל וואָס צווישען מִזְכֵּי הָרַבִּים און חֵס וְשָׁלוֹם מַחֲטִיא  
הָרַבִּים, אויף דַּעַם שְׂוועל פֿון עוֹמֶק רוֹם און עוֹמֶק תַּחַת, און  
אַלע עֲנִינִים בַּעֲדָאָרְךָ נוֹגַע זײַן אִין פְּנִימִית נְקוּדַת הַנֶּפֶשׁ מִמֶּשׁ,  
ווייל בְּנֶפֶשׁוֹ הוּא.

הַיָּסוּדִים הַגְּדוֹלִים

The Friediker Rebbe is giving us another teaching of his father the Rebbe Rashab. The Rebbe Rashab warned a חסיד who was a רב. 'You must remember that because of your position you are always in between causing people to do good, or חס ושלום the opposite. You are in between the greatest thing you can do and again חס ושלום the opposite.

Have you ever met someone who is super popular? They can make a whole class or bunk act in a certain way - for the good or for the bad. For example they can study really hard for a test so everyone will want to as well or they can say 'i dont care about the test' - causing other children not too as well. As חסידים you are always in a position of having people look at you and causing them to do another מצוה, to be impressed with חסידים - it is a responsibility but one we are sure you pass with flying colors. Today keep that in mind - realize your responsibility. Think to yourself - would i want someone ( my classmate, my sibling, someone in my community) to copy my behavior today?

## התקשרות Tip

ו- וידאו

Connect through watching a video of the Rebbe

We did not grow up seeing the Rebbe or sitting in 770 for Farbrengens, but we are lucky to be in a generation where we have ways to be able to picture the Rebbe! In other times, chassidim couldn't see their Rebbe if they lived in a different country or didn't have the means to travel and there were no pictures or videos readily available so they had no image of the Rebbe to picture in their mind and yet they remained strong חסידים. We are so fortunate to have all the videos and DVDs and clips. Through watching the way the Rebbe speaks, the way the Rebbe walks, the chayus that the Rebbe gives when the chassidim sing and dance, the image of the Rebbe comes to life in our minds.



# זכר השמש ובה השמש



## ז' שבת Day 7: Sunday

היום יום אחד

א שליח איז דאך איין זאך מיט דעם משלח, – על דרך המבואר  
בענין שהמלאך נקרא בשם ה' ממש כשהוא שליח מלמעלה,  
ומכל שכן נשמות, ומבואר שבנשמות הוא עוד במעלה יתרה.  
והנה חסידים זיינען שלוחים פון רבי'ן, פון אלטען רבי'ן, איז אז  
מ'טוט, איז מען מקושר, איז דאמאלט איז ער אין אלץ מקושר:  
עס געהט א חסיד, עסט א חסיד, שלאפט א חסיד.

An שליח is one with his sender. Just like when an angel is sent on a mission by Hashem, he is actually called by Hashem's name. If this is so with an angel it is certainly true for a נשמה; in fact with a נשמה (when a person is sent) the "being one" with his sender is even stronger!

Now chassidim are שלוחים of the Rebbe, the Alter Rebbe. So if the chassid actively accomplishes his mission, he is bound up with his Rebbe, bound up in his entire being - there walks a chassid, there eats a chassid, there sleeps a chassid.

We learned the definition of a חסיד, now the Friediker Rebbe tells us that a שליח is ONE with his sender. Just like when a שליח is sent on a mission we see he is called שליח - or sometimes even Hashem's name. If this is true with a messenger of ה even more so of א ה'.

We are sent by the רבי - so that means we are one with the Rebbe. Has anyone ever seen you and recognized you straight away without knowing you because you look like someone in your family? "Hey, you must be a \_\_\_\_\_ (fill your last name here). You look exactly like your father!" You want to make sure that you are doing something great when that person spots you right?

That is how recognizable being a שליח should be. Wherever you go people should SEE the רבי. There walks a חסיד, there eats a חסיד and there sleep a חסיד. Do you have a story walking around your hometown and somebody new you must be from a חסיד house? We would love to hear it! Email us at [cyh@shluchim.org](mailto:cyh@shluchim.org) to let us know!

## התקשרות קטן

ת - תורה

### תורה Connect through learning the Rebbe's

היום יום ט' אדר שני

The intense longing to be bound closely (to a Rebbe) can be satisfied only by learning מאמרים of Chassidus which the Rebbe delivers as oral discourses and writes down; simply seeing him is not enough. The chachomim explain the first word of the עשרת הדיברות = אנכי - Hashem put His very essence into the Torah. We know that צדיקים דומים לבוראם - the righteous resemble their creator, so in the same way, every Rebbe invests himself in his teachings. So learning the teachings of the Rebbe and making them a part of your life is connecting with the Rebbe.



# זכרד השמש ובא השמש



## Day 8: Monday ח' שבט

מורנו הפעל שם טוב אמר: כל דבר ודבר אשר האדם רואה או שומע, הוא הוראת הנהגה בעבודת השם. וזהו ענין העבודה, להבין ולהשפיל מכל דרך בעבודת השם.

היום יום

every single thing - דבר ודבר  
a lesson in how to behave - הוראת הנהגה  
to understand - להבין

When we learn חסידות it is very common to find a lot of *fen*. In תנ"א in order to explain to us about the נפש האלקית and נפש הבהמית inside of us the Alter Rebbe uses the *fen* of a city with two kings fighting over it. I am sure you have heard lots and lots of *fen* involving kings, and lots more with lots of other things.

Today's ח' is teaching us that the Bal Shem Tov said that EVERYTHING we see can be used as a lesson in how to serve Hashem. STOP. Look around your room now, find something and see how you can connect it to help you serve Hashem. Remember you can learn from everything you see, from some things you will learn how to behave and from some things you will learn how not to behave - but there is a lesson to be found everywhere. Keep your eyes open today to the wonderful lessons and let us know about what you learn!

## התקשרות Tip רבי ר-ראלי

### Connect through the Rebbe's Children Rallies

Go online and watch a video of the Rebbe at a childrens rally. The Rebbe go so much נחם from watching the children say the פסוקים and sing with so much חיות. Also you can create a childrens rally today with your siblings.

If you do, we would love to see a video of it! Send us yours!

Today's Hiskashrus Tip is to watch the video on [shluchimkids.org](http://shluchimkids.org) and make a rally of your own!



# וזרחה השמש ובלא השמש



## ט' שבט Tuesday Day 9

היום י"ג סיון

הצמח צדק חבר כמה נגונים, למודו היה בקול ונגון, ולפעמים היה מפסיק באמצע למודו, או כתיבתו דברי אלקים חיים או שאלות ותשובות, ומנגן איזה נגון. אאזמו"ר ספר, אשר מקול נגונו של הצמח צדק היה יודע כמה הוא עסוק באותה שעה.

עסוק - occupied, busy with

חבר - composed  
מפסיק - interrupt/stop  
ומנגן - sing

Wow, what an interesting ח"ו but the truth is is that we know music is that powerful. If i say Wedding, Kinus, Rosh Chodesh Kislev - I am sure different songs just flashed into your head. Some music when you hear it makes you dance, some music will make you want to daven and some will make you think. I am sure there are different songs that remind you of different summers or camps you were in. Music is so powerful and we should make sure to use only the right music for the right things. Try listen to a niggun before you daven today and see if it helps you get into the 'mood'.

## התקשרות Tip רבי

ב- בית חב"ד

Connect to the Rebbe through your Shlichus

Beis Chabad - We learnt that when you are a Shliach of someone you are representing them in EVERYTHING that they do. What better way to feel connected to the Rebbe then to put an extra חיות in your שליחות today. Go and ask your parents if there is something around the חב"ד house that they need help with today and enjoy your special time of connecting to the rebbe!



# זכר השמש וזרח השמש



י' שבט Day 10: Wednesday

היום ימים סיון

כְּתִיב וּבִרְכָּהּ ה' אֱלֹקֶיךָ בְּכָל אֲשֶׁר תַּעֲשֶׂה. הָאָדָם עָלִיו רַק לַעֲשׂוֹת  
כְּלִי לַפְּרָנְסָתוֹ, וּלְהַשְׁתַּדֵּל בְּכָל כּוֹחַ אֲשֶׁר הִכְלִי יִהְיֶה טָהוֹר מִכָּל  
סִיג וּפְסוּלֹת דְּאוֹנָאָה כּו', הֵינּוּ שְׂיֵהִיָּה הַכֹּל עַל פִּי דִינֵי הַתּוֹרָה,  
אֲשֶׁר אַז הוּא כְּלִי רְאוּי לְבִרְכָּהּ הָעֲלִיוֹנָה בְּשָׁנִים: פְּרָנְסָה בְּרִינּוֹחַ,  
וְאֲשֶׁר הַפְּרָנְסָה תִּלָּךְ לַמָּקוֹם הָרְאוּי.

וּפְסוּלֹת דְּאוֹנָאָה -  
dirt from cheating others  
ראוי - worthy  
בשנים - in two ways

כלי - vessel  
ולהשתדל - try his best  
סיג - impurity

It's been 10 days of learning different studies from the Frierdiker Rebbe, of concentrating on our *התקנות*, on learning about our responsibilities. We felt that this *י' שבט* was specifically important to end off with. Sometimes you can feel a little overwhelmed with all of the tasks you have - in this *י' שבט* the Frierdiker Rebbe is teaching us that as long as we have made a *כ'ל* - as long as we have done some effort then *ה'* will give us the *ברכות*. You dear *ה'לל' פ'רנ'ס'ה* have certainly made the effort to prepare for *שבט* ' in the most beautiful way and we are certain that *ה'* will take the *כ'ל* you have made and fill it with all the *ברכות* and especially that we should all be able to see the *כ'ל* and Frierdiker Rebbe at a giant *Farbengen* in honour of *נ'ען* NOW!

התקשרות Tip  
רבי

י - יהי רצון...

Remember the Rebbes biggest *שטורעם*, what he ended every *שיחה* with and every talk - to always have in mind our ultimate goal - *יהי* - *משיח* צדקנו בקרוב *ממש* - *יהי* ... *שיבנה* בית המקדש במהרה בימנו ותן חלקנו בתורתך *Today learn something in* *עניני* גאולה ומשיח!