Beth Tevillah Mikveh Society Women's Personal Galendar



תשס"ג~*5763*

(inside front cover)

Acknowledgements

WITH GRATITUDE to Hakadosh Baruch Hu, the Beth Tvillah Mikveh Society is pleased to present this Personal Mikveh Calendar to the women of the Cincinnati community. It is our hope that it will be an aid to further enhance adherence to the laws of taharas hamishpocha, family purity.

We wish to acknowledge the following individuals, who contributed so much of their time and talents to this collaborative effort:

- Chaiah Schwab
- Alter Raubvogel
- Rabbi Meir and Aviva Minster
- Eli Reidler, for calculating sunrise and sunset times.

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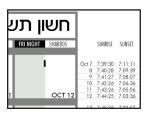
- How to Use this Calendar
- Laws of the Shiv'a Neki'im (Seven Clean Days)
- Basic Laws of Anticipating Dates of Separation
- Calendar: 5763-5764 (2002-2003)

לעילוי נשמת צביה בת יצחק אייזיק Carolyn Keiler Paul

How to Use This Calendar

This calendar incorporates both the Jewish and the secular calendars. Each page represents one Jewish month. Daily sunrise and sunset times for Amberley Village are listed at the end of every week, on the right-hand side of the page, organized by the secular (solar) date; these times have already been adjusted for standard/daylight time.

A Jewish calendar date begins in the evening and consists of one night and one day. Each date's space in this calendar is therefore divided into two parts. The shaded area represents night-time (the "night ona"), which begins at sunset and ends at sunrise. The unshaded area represents



daytime (the "day ona"), which begins at sunrise and ends at sunset.

The example at left shows one complete Jewish date—Shabbos, the sixth of Cheshvan. Note the Hebrew letter "vav," as well as the secular date, October 12. Also note the division of the date into night and day. The sunrise on this Shabbos morning is at 7:44 and 25 seconds; sunset is at 7:03 and 36 seconds.

If a woman were to get her monthly period on this Friday night, she would mark it down (after Shabbos) in the shaded area, the "night ona" of the sixth of Cheshvan. This would mark the first day of her period, and she could now make all of her other calculations.

Every woman should record:

- Her monthly period (in order to anticipate the "days of separation" for the following month).
- The actual day of her hefsek tahara. (The day of her hefsek tahara will determine the weekday of her immersion—one week later, after nightfall.)

Laws of the Shiv'a Neki'im (Seven Clean Days)

From the day that a woman becomes a niddah, she must count a minimum of five days. Afterwards, when all bleeding has stopped, she may make a hefsek tahara.

She should:

- A) Wash the appropriate area.
- B) Examine herself internally, in a careful, thorough manner, with a pre-checked, white cotton cloth ($3'' \times 3''$ minimum).
 - C) Complete this examination before sunset.
- D) Also before sunset, insert a pre-checked white cloth and leave it there until nightfall (50 minutes past sunset).

If both of these cloths remain free from any questionable colors, she may begin to count her shiv'a neki'im, seven clean days, the following morning.

Note: Someone who has difficulty counting the clean days should consult a Rav.

During the seven clean days, she should:

- A) Examine herself twice daily—once in the morning (after sunrise) and once in the evening (before sunset)
 - B) Wear white underwear day and night.
 - C) Use white bed linens.

In addition to the hefsek tahara, it is crucial that the examinations (bedikos) on both the first and seventh days be done during the daylight hours. The seven clean days must be consecutive, i.e., without interruption caused by finding a disqualifying color. A woman who encounters difficulty with her examinations should consult a Rav. Morning bedikos should be made after sunrise.

Reminder: Make the required examinations, and make them on time!

Important—Ask questions! Consult a Rav when needed; don't decide for yourself!

Basic Laws of Anticipating Dates of Separation

- 1. A period is considered regular if it appears:
- A) On the same day of three consecutive Hebrew months, either all three times by day, or all three by night.
- B) After three consecutive equal intervals, all three by day or all three by night.
- 2. A woman with a regular period need only separate on the day of her established regularity. If there is a change from her established date, she must separate on the new date, as well as on the (formerly) regular date. If she establishes a new regularity, she must separate on the new date. If she experiences variations in her cycle, she should consult her Rav.
- **3.** A woman with an irregular period must separate from her husband on the following dates:
- A) The same day of the Hebrew month when her last cycle started. If her period started on the second of Nissan, she separates on 2 lyar.
- B) The final day(s) of the interval(s) of her two previous periods. If there was a 29-day interval between her last two periods, then she counts 29 days and separates on the twenty-ninth day. The day she first sees blood and the first day of the next period are included in the interval. Separation on these two dates may be during day hours or night hours, depending on when the previous period came. Some extend this separation to include the preceding day or night.
- C) The thirtieth day from her last period. The day she first sees blood counts as the first of these thirty days. There are those who separate for a period of 24 hours, from sunset to sunset. Some separate on the thirty-first day, as well.

- **4**. Nighttime is from sunset to sunrise; daytime is from sunrise to sunset. One should note the time of day when bleeding began, in order to calculate anticipated dates of separation.
- **5**. On each of the days on which she anticipates her period:
- A) A woman is forbidden to have relations with her husband.
 - B) She must examine herself.

If a woman anticipates that her period will come during the day, she should examine herself once at the beginning of the day and once at the end of the day. If she anticipates that her period will come at night, she should examine herself once at the beginning of the night and once at the end. If the anticipated date passed and she did not examine herself, she should examine herself upon remembering. If there is no sign of bleeding, she is permitted to her husband.

There are those who have different minhagim (customs) regarding these laws. A woman should keep those minhagim she has accepted.

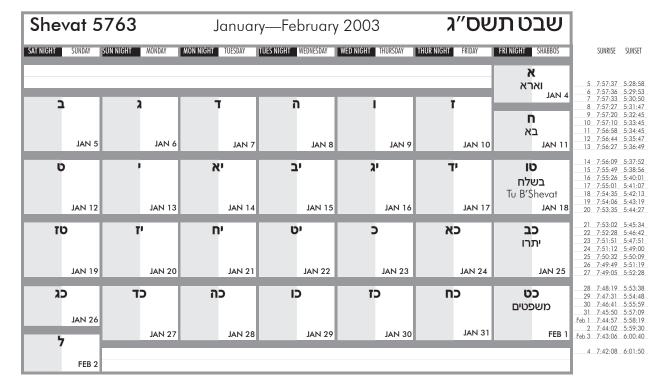
This is only a brief guide; if you have any questions, consult a Rav.

To learn more about these laws, or for additional educational opportunities, please call Aviva Minster at (513) 531-8966.

| Cheshva | n 5763 | October– | -Novembe | r 2002 | שס״ג: | חשוןת | |
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| T OCT 13 | OCT 14 | OCT 15 | OCT 16 | יא ОСТ 17 | יב ОСТ 18 | יג לך לך ОСТ 19 | 13 7:45:25 7:02:07 14 7:46:26 7:00:39 15 7:47:26 6:59:11 16 7:48:27 6:57:45 16 7:50:30 6:54:54 19 7:51:32 6:53:30 |
| Т і ОСТ 20 | OCT 21 | TO OCT 22 | Т' ОСТ 23 | O CT 24 | OCT 25 | כ וירא OCT 26 | 20 7:52:34 6:52:07 21 7:53:37 6:50:45 22 7:54:40 6:49:24 23 7:55:43 6:48:04 24 7:56:47 6:46:45 25 7:57:51 6:45:27 26 7:58:55 6:44:10 |
| Resume Standard Time | OCT 28 | OCT 29 | OCT 30 | OCT 31 | ID NOV 1 | כז חיי שרה NOV 2 | 27 7:00:00 5:42:54 28 7:01:05 5:41:40 29 7:02:10 5:40:27 30 7:03:15 5:39:15 31 7:04:21 5:38:04 Nov 1 7:05:27 5:36:55 2 7:06:33 5:35:47 |
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| Kislev 57 | 63 | Novembe | er—Decemb | per 2002 | שס״ג | כסלות | |
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| יב NOV 17 | , v | יד NOV 19 | NOV 20 | 10 NOV 21 | T' NOV 22 | יח וישלח 100 23 | 17 7.23.18 5.21.58 18 7.24.25 5.21.17 19 7.25.31 5.20.38 20 7.26.37 5.20.00 21 7.27.43 5.19.25 22 7.28.48 5.18.52 23 7.29.53 5.18.20 |
| NOV 24 | NOV 25 | כא 26 NOV | NOV 27 | XD NOV 28 | TD NOV 29 | כה וישב Chanukah NOV 30 | 24 7:30:57 5:17:51 25 7:32:01 5:17:24 26 7:33:04 5:16:59 27 7:34:06 5:16:36 28 7:35:08 5:16:15 29 7:36:09 5:15:56 30 7:37:10 5:15:40 |
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| Teves 576 | 63 | December 2 | 002—Janu | ary 2003 | שס״ג | טבת תי | |
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| Asara B'Teves | יא DEC 16 | יב DEC 17 |) DEC 18 | יד DEC 19 | DEC 20 | ויחי ויחי DEC 21 | 16 7:50:44 5:16:13 17 7:51:23 5:16:34 18 7:52:00 5:16:56 19 7:52:35 5:17:21 20 7:53:40 5:18:16 22 7:54:10 5:18:47 |
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| Adar I 5 | 763 | Febru | ary—March | 2003 | תשס״ג | אדר א׳ו | |
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| Siva | n 576 | 3 | | June 2003 | | א"כ | סיון תשי | |
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| n | 8 MUL | U JUN 9 | JUN 10 | יא 11 אטע | יב 12 אטנ | 1 JUN 13 | יד נשא 14 אטנ | 12 6:11:01 9:04:25 13 6:10:58 9:04:51 14 6:10:57 9:05:17 15 6:10:58 9:05:40 16 6:11:00 9:06:02 17 6:11:05 9:06:23 18 6:11:11 9:06:41 |
| טו | JUN 15 | TO JUN 16 | T' JUN 17 | יח JUN 18 | JUN 19 |) JUN 20 | כא בהעלותך 10 אטנ | 19 6:11:19 9:06:58 20 6:11:29 9:07:14 21 6:11:40 9:07:27 22 6:11:54 9:07:39 23 6:12:09 9:07:49 24 6:12:25 9:07:57 25 6:12:44 9:08:03 |
| כב | JUN 22 | JUN 23 | TD JUN 24 | כה JUN 25 | ID JUN 26 | 1D JUN 27 | כח שלח 1JUN 28 | 26 6:13:04 9:08:08 27 6:13:25 9:08:10 28 6:13:48 9:08:11 29 6:14:13 9:08:09 30 6:14:39 9:08:06 Jul 1 6:15:06 9:08:01 2 6:15:35 9:07:54 |
| כט | JUN 29 | ל 30 אטנ | | | | | | 3 6:16:05 9:07:45 4 6:16:37 9:07:34 5 6:17:10 9:07:22 |

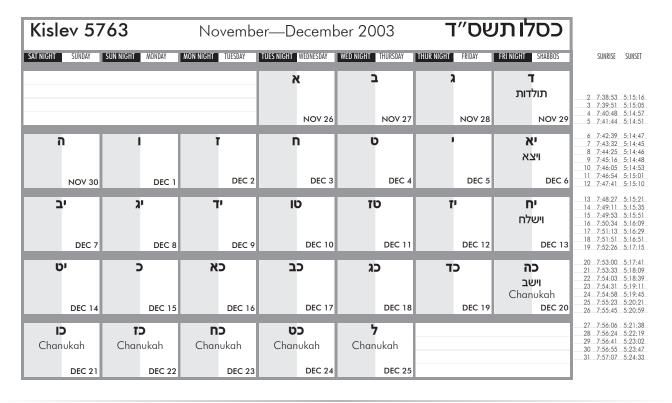
| Tamr | nuz | 5763 | | | | July 2 | 2003 | | | ג | שסע" | תמוז תו | | | |
|-----------|--------|-------------|--------|------------|--------------------|------------|--------------------|-----------------|----------|------------|--------------------|----------------------------------|--|---|---|
| SAT NIGHT | SUNDAY | SUN NIGHT M | ONDAY | MON NIGHT | TUESDAY | TUES NIGHT | WEDNESDAY | WED NIGHT | THURSDAY | THUR NIGHT | FRIDAY | FRI NIGHT SHABBOS | | SUNRISE | SUNSET |
| | | | | א | JUL 1 | 2 | JUL 2 | , | JUL 3 | Т | JUL 4 | ה קרח JUL 5 | 7 6 8 6 9 6 | 5:18:56 5:19:34 | 9:06:50 9:06:32 |
| ' | JUL 6 | ī | JUL 7 | n | JUL 8 | U | JUL 9 | , | JUL 10 | א | JUL 11 | יב חקת/בלק JUL 12 | 12 6 13 6 14 6 15 6 | 5:20:53 5:21:34 5:22:15 5:22:58 5:23:42 5:24:27 5:25:12 | 9:04:58 9:04:30 9:04:00 9:03:28 9:02:54 |
| יג | JUL 13 | יד | JUL 14 | IU | JUL 15 | īt |) JUL 16 | Shiv'a B'Tan | Assar | n | JUL 18 | י ט פינחס JUL 19 | 19 6 20 6 21 6 22 6 23 6 | 5:25:59 5:26:46 5:27:33 5:28:22 5:29:11 5:30:00 5:30:50 | 9:01:02 9:00:21 8:59:38 8:58:54 8:58:07 |
| 5 | JUL 20 | כא | JUL 21 | a : |) JUL 22 | 2 |) JUL 23 | Т: | JUL 24 | n: |) JUL 25 | כו מטות/מסעי JUL 26 | 26 6 27 6 28 6 29 6 Jul 30 6 | 5:31:41 5:32:32 6:33:24 6:34:16 6:35:08 5:36:01 6:36:54 | 8:55:39 8:54:46 8:53:51 8:52:55 8:51:58 |
| Cī | JUL 27 | cn | JUL 28 | υ: | JUL 29 | | | | | | | | | 5:38:41 | |

| Av 5 | 763 | | July | —August 20 | 003 | ז"כ | אבתשו | |
|-----------|--------|---------------------|----------------------|----------------------|--------------------|-------------------|------------------------------|--|
| SAT NIGHT | SUNDAY | SUN NIGHT MONDAY | MON NIGHT TUESDAY | TUES NIGHT WEDNESDAY | WED NIGHT THURSDAY | THUR NIGHT FRIDAY | FRI NIGHT SHABBOS | SUNRISE SUNSET |
| | | | | JUL 30 | J UL 31 | AUG 1 | ד דברים AUG 2 | 4 6:40:29 8:46:47 5 6:41:24 8:45:41 6 6:42:18 8:44:33 7 6:43:13 8:43:24 |
| ה | AUG 3 | AUG 4 | T AUG 5 | N AUG 6 | Tish'a B'Av | J AUG 8 | יא ואתחנן AUG 9 | 8 6:44:08 8:42:14 9 6:45:03 8:41:02 10 6:45:58 8:39:50 11 6:46:53 8:38:36 12 6:47:48 8:37:20 13 6:48:43 8:36:04 14 6:49:38 8:34:47 |
| יב | AUG 10 |) AUG 11 | 'T' AUG 12 | ID AUG 13 | TD AUG 14 | T' AUG 15 | יח עקב AUG 16 | 15 6:50:34 8:33:28 16 6:51:29 8:32:09 17 6:52:24 8:30:48 18 6:53:19 8:29:27 19 6:54:14 8:28:04 20 6:55:09 8:26:41 21 6:56:05 8:25:16 |
| ט | AUG 17 |) | CX AUG 19 | 20 | A UG 21 | TD AUG 22 | כה ראה AUG 23 | 22 6:57:00 8:23:5' 23 6:57:55 8:22:2' 24 6:58:50 8:20:5' 25 6:59:44 8:19:3' 26 7:00:39 8:18:0' 27 7:01:34 8:16:3' 28 7:02:29 8:15:0' |
| כו | AUG 24 | TD AUG 25 | ND AUG 26 | U) AUG 27 | 7 AUG 28 | | | Aug 29 7:03:23 8:13:33 30 7:04:18 8:12:02 31 7:05:12 8:10:30 Sep 1 7:06:07 8:08:56 2 7:07:01 8:07:25 |

| Elul | 576 | 3 | August | —Septembe | er 2003 | שס״ג | אלול תע | | |
|-----------|--------|------------------|--------------------|----------------------|---------------------|-------------------|-----------------------------------|--|---|
| SAT NIGHT | SUNDAY | SUN NIGHT MONDAY | MON NIGHT TUESDAY | TUES NIGHT WEDNESDAY | WED NIGHT THURSDAY | THUR NIGHT FRIDAY | FRI NIGHT SHABBOS | SUNRISE S | SUNSET |
| | | | | | | א | ב שופטים | | |
| | | | | | | AUG 29 | AUG 30 | 3 7:07:56 8 4 7:08:50 8 | |
| K | | 7 | ה | ' | Ī | n | ט כיתצא | 5 7:09:44 8 6 7:10:39 8 7 7:11:33 7 8 7:12:27 7 9 7:13:21 7 10 7:14:15 7 | 3:01:10 7:59:35 7:58:00 7:56:24 |
| | AUG 31 | SEP | SEP 2 | SEP 3 | SEP 4 | SEP 5 | SEP 6 | 11 7:15:10 7 | 7:53:12_ |
| , | SEP 7 | יא SEP 8 | יב SEP 9 | ر SEP 10 | יד SEP 11 | ID SEP 12 | טז כיתבוא SEP 13 | 12 7:16:04 7 13 7:16:58 7 14 7:17:52 7 15 7:18:47 7 16 7:19:41 7 17 7:20:36 7 18 7:21:30 7 | 7:49:59 7:48:22 7:46:45 7:45:08 7:43:31 |
| 71 | SEP 14 | יח SEP 1 | D' 5 SEP 16 | S EP 17 | כא SEP 18 | SEP 19 | כג נצבים/וילך SEP 20 | 19 7:22:25 7 20 7:23:20 7 21 7:24:14 7 22 7:25:09 7 23 7:26:04 7 24 7:27:00 7 25 7:27:55 7 | 7:38:39 7:37:02 7:35:24 7:33:47 7:32:10 |
| T: | SEP 21 | כה SEP 22 | SEP 23 | SEP 24 | ND SEP 25 | SEP 26 | | 26 7:28:51 7 Sep 27 7:29:46 7 28 7:30:42 7 29 7:31:38 7 30 7:32:35 7 Oct 1 7:33:31 7 | 7:27:20 7:25:44 7:24:08 7:22:32 |

| Tshrei 57 | 64 | Septemb | er—Octobe | er 2003 | שס״ד | תשרית | |
|---|------------------------|-------------------------------|---------------------|---------------------|--------------------------------------|--|--|
| SAT NIGHT SUNDAY S | UN NIGHT MONDAY | MON NIGHT TUESDAY | UES NIGHT WEDNESDAY | WED NIGHT THURSDAY | THUR NIGHT FRIDAY | FRI NIGHT SHABBOS | SUNRISE SUNSET |
| Rosh Hashanah | λ SEP 29 | 7 SEP 30 | о ст 1 | OCT 2 | T OCT 3 | א Rosh Hashanah SEP 27 ת האזינו OCT 4 | 2 7:34:28 7:19:22 3 7:35:25 7:17:47 4 7:36:22 7:16:13 5 7:37:20 7:14:39 6 7:38:18 7:13:06 7 7:39:16 7:11:33 8 7:40:14 7:10:01 9 7:41:13 7:08:29 |
| OCT 5 | Yom Kippur OCT 6 | יא ост 7 | יב ост 8 | γ ΟCΤ 9 | יד ОСТ 10 | I D Sukkos OCT 11 | 10 7:42:12 7:06:58 11 7:43:11 7:05:28 12 7:44:11 7:03:58 13 7:45:11 7:02:29 14 7:46:11 7:01:00 15 7:47:11 6:59:33 16 7:48:12 6:58:06 |
| Sukkos OCT 12 | T' Sukkos OCT 13 | n' Sukkos OCT 14 | Sukkos OCT 15 | Sukkos OCT 16 | כא Hoshana Rabba ост 17 | Shemini Atzeres | 17 7:49:14 6:56:40 18 7:50:15 6:55:15 19 7:51:17 6:53:50 20 7:52:19 6:52:27 21 7:53:22 6:51:05 22 7:54:25 6:49:43 23 7:55:28 6:48:23 |
| Simchas Torah OCT 19 7 Resume Standard Time OCT 26 | TD OCT 20 | OCT 21 | OCT 22 | TD OCT 23 | OCT 24 | כט נצבים/וילך OCT 25 | 24 7.56.32 6.47.04 25 7.57.33 6.45.45 26 6.58.40 5.44.28 0d 27 6.59.44 5.43.12 28 7.00.49 5.41.58 29 7.01.54 5.40.44 30 7.02.59 5.39.32 31 7.04.05 5.38.21 Nov 1 7.05.11 5.37.12 |

| Cheshvan 5764 | | October—November 2003 | | | חשון תשס״ד | | |
|----------------------|------------------|-----------------------|----------------------|---|-------------------|--------------------------------|---|
| SAT NIGHT SUNDAY SUN | N NIGHT MONDAY M | ON NIGHT TUESDAY TUE | S NIGHT WEDNESDAY WE | ED NIGHT THURSDAY THU | JR NIGHT FRIDAY F | RI NIGHT SHABBOS | SUNRISE SUNSET |
| | N OCT 27 | OCT 28 |) OCT 29 | T OCT 30 | OCT 31 | ן נח NOV 1 | 2 7:06:17 5:36:03 3 7:07:23 5:34:57 4 7:08:30 5:33:51 5 7:09:37 5:32:47 6 7:10:44 5:31:45 7 7:11:51 5:30:44 |
| NOV 2 | NOV 3 | b NOV 4 | NOV 5 | י א א א א א א א א א א א א א א א א א א א א | יב 100 א | יג לך לך 8 NOV | 8 7:12:58 5:29:45 9 7:14:05 5:28:47 10 7:15:12 5:27:51 11 7:16:19 5:26:57 12 7:17:27 5:26:05 13 7:18:34 5:25:14 14 7:19:41 5:24:25 |
| NOV 9 | NOV 10 | 10 NOV 11 | T NOV 12 | N OV 13 | NOV 14 | כ וירא NOV 15 | 15 7:20:48 5:23:37 16 7:21:55 5:22:52 17 7:23:02 5:22:08 18 7:24:09 5:21:27 19 7:25:15 5:20:47 20 7:26:21 5:20:09 21 7:27:27 5:19:33 |
| CX 80 100 16 | NOV 17 | CK NOV 18 | NOV 19 | NOV 20 | NOV 21 | כז חיי שרה NOV 22 | 22 7:28:32 5:18:59 23 7:29:37 5:18:28 24 7:30:41 5:17:58 25 7:31:45 5:17:30 Nov26 7:32:48 5:17:05 27 7:33:51 5:16:41 28 7:34:53 5:16:20 |
| NOV 23 | NOV 24 | 7 NOV 25 | | | | | 29 7:35:54 5:16:00 30 7:36:55 5:15:43 Dec 1 7:37:55 5:15:29 |



(inside back cover)

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Schwab Design