

# Women's Personal Calendar

THE BETH TEVILLAH MIKVEH SOCIETY

**תשס"ו**

2005–2006

**5766**

(inside front cover)

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*This calendar is dedicated  
in memory of*

**CAROLYN KEILER PAUL**

**צביה בת יצחק איידיק**

## 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:

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

# How to use this calendar

THIS CALENDAR INCORPORATES BOTH THE JEWISH AND the secular calendars. Each page represents one Jewish month, and each day's information is contained within a rounded frame.

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 nighttime (the "night *ona*"), which begins at sunset. The unshaded area represents daytime (the "day *ona*"), which begins at sunrise.

The illustration below shows one complete Jew-



ish date—Sunday, the first of Teves. Note the Hebrew letter "aleph," and the secular date, January 1. Also note the division of the date into night (here, Saturday night) and day.

Daily sunrise and sunset times for Amberley Village are listed at the top of every day's space; **these times have already been adjusted for standard/daylight time.** In our example, sunset on Saturday night is at 5:24 and 57 seconds; sunrise on Sunday is at 7:57 and 22 seconds.

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

Notes can be kept on each page or in the chart at the end of this calendar. 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.)

## The Shiv'a Neki'im Laws of the Seven Clean Days

FROM THE DAY THAT A WOMAN BECOMES A *NIDDAH*, she must count a minimum of five days. Then, when all bleeding has stopped, she may make a *hefsek tahara*.

She should:

- Wash the appropriate area.
- Examine herself internally, in a careful, thorough manner, with a pre-checked, white cotton cloth (3" × 3" minimum).
- Complete this examination before sunset.
- 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:

- Examine herself twice daily—once in the morning (after sunrise) and once in the evening (before sunset).
- Wear white underwear day and night.
- 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 necessary; don't decide for yourself!**

# Anticipating Dates of Separation Basic Laws

**1.** A period is considered regular if it appears:

- On the same day of three consecutive Hebrew months, either all three times by day, or all three by night; or—
- 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:

- 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 Iyar.
- 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.
- 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 a woman anticipates her period:

- She is forbidden to have relations with her husband.
- 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.

Tishrei

תשרי תשס"ו

OCT—NOV

| Sat. nite   | SUN   | Sun. nite  | MON  | Mon. nite  | TUE  | Tues. nite                                  | WED   | Wed. nite   | THU   | Thur. nite  | FRI   | Fri. nite   | SHAB  |
|---|---|--|--|--|--|---|---|---|---|---|---|---|---|
|   |   |  |  | 7:16:59<br>Rosh Hashanah<br>א<br>Oct 4                       | 7:36:52<br>Rosh Hashanah<br>ב<br>Oct 5                       | 7:15:25<br>Rosh Hashanah<br>ג<br>Oct 6      | 7:37:50<br>Tzom Gedaliah<br>ד<br>Oct 7      | 7:13:51<br>Tzom Gedaliah<br>ה<br>Oct 8            | 7:38:48<br>Tzom Gedaliah<br>ו<br>Oct 9            | 7:12:18<br>7:39:46<br>ז<br>Oct 10                 | 7:10:46<br>יולר<br>SHABBOS SHUVA<br>ח<br>Oct 11   | 7:40:44<br>יולר<br>SHABBOS SHUVA<br>ט<br>Oct 12   |   |
| 7:09:14<br>י<br>Oct 9                             | 7:41:43<br>י<br>Oct 9                             | 7:07:42<br>יא<br>Oct 10                              | 7:42:42<br>יא<br>Oct 10                              | 7:06:11<br>יב<br>Oct 11                                      | 7:43:42<br>יב<br>Oct 11                                      | 7:04:41<br>יג<br>Oct 12                     | 7:44:41<br>יג<br>Oct 12                     | 7:03:12<br>Yom Kippur<br>יזכור<br>יד<br>Oct 13    | 7:45:42<br>Yom Kippur<br>יזכור<br>טו<br>Oct 14    | 7:01:43<br>יז<br>Oct 15                           | 7:46:42<br>יז<br>Oct 15                           | 7:00:15<br>יז<br>Oct 16                           | 7:47:43<br>יז<br>Oct 16                           |
| 6:58:48<br>יז<br>Oct 16                           | 7:48:44<br>יז<br>Oct 16                           | 6:57:21<br>יח<br>Oct 17                              | 7:49:45<br>יח<br>Oct 17                              | 6:55:56<br>Sukkos<br>YOM TOV<br>יט<br>Oct 18                 | 7:50:47<br>Sukkos<br>YOM TOV<br>יט<br>Oct 18                 | 6:54:31<br>Sukkos<br>YOM TOV<br>כ<br>Oct 19 | 7:51:49<br>Sukkos<br>YOM TOV<br>כ<br>Oct 19 | 6:53:07<br>Sukkos<br>CHOL HAMO'ED<br>כא<br>Oct 20 | 7:52:51<br>Sukkos<br>CHOL HAMO'ED<br>כא<br>Oct 20 | 6:51:44<br>Sukkos<br>CHOL HAMO'ED<br>כב<br>Oct 21 | 7:53:54<br>Sukkos<br>CHOL HAMO'ED<br>כב<br>Oct 21 | 6:50:23<br>Sukkos<br>CHOL HAMO'ED<br>כג<br>Oct 22 | 7:54:57<br>Sukkos<br>CHOL HAMO'ED<br>כג<br>Oct 22 |
| 6:49:02<br>Sukkos<br>CHOL HAMO'ED<br>כד<br>Oct 23 | 7:56:01<br>Sukkos<br>CHOL HAMO'ED<br>כד<br>Oct 23 | 6:47:42<br>Sukkos<br>HOSHANAH RABBAH<br>כה<br>Oct 24 | 7:57:04<br>Sukkos<br>HOSHANAH RABBAH<br>כה<br>Oct 24 | 6:46:23<br>Shemini Atzeres<br>יזכור • GESHEM<br>כו<br>Oct 25 | 7:58:08<br>Shemini Atzeres<br>יזכור • GESHEM<br>כו<br>Oct 25 | 6:45:06<br>Simchas Torah<br>כז<br>Oct 26    | 7:59:13<br>Simchas Torah<br>כז<br>Oct 26    | 6:43:49<br>כח<br>Oct 27                           | 8:00:17<br>כח<br>Oct 27                           | 6:42:34<br>כט<br>Oct 28                           | 8:01:22<br>כט<br>Oct 28                           | 6:41:20<br>בראשית<br>ל<br>Oct 29                  | 8:02:28<br>בראשית<br>ל<br>Oct 29                  |
| 6:40:07<br>Standard Time<br>כז<br>Oct 30          | 7:03:33<br>Standard Time<br>כז<br>Oct 30          | 5:38:55<br>כח<br>Oct 31                              | 7:04:39<br>כח<br>Oct 31                              | 5:37:45<br>כט<br>Nov 1                                       | 7:05:45<br>כט<br>Nov 1                                       | 5:36:36<br>Rosh Chodesh<br>ל<br>Nov 2       | 7:06:51<br>Rosh Chodesh<br>ל<br>Nov 2       |   |   |   |   |   |   |

Time listings

Sunset in shaded area

Sunrise in white area

Cheshvan

חשוון תשס"ו

NOV—DEC

| Sat. nite  | SUN  | Sun. nite   | MON  | Mon. nite   | TUE  | Tues. nite  | WED  | Wed. nite  | THU  | Thur. nite  | FRI   | Fri. nite   | SHAB   |
|--|--|---|--|---|--|---|--|--|--|---|---|---|--|
|  |  |   |  |   |  |   |  | <div>5:35:29</div> <div>Rosh Chodesh</div> <div>א</div> <div>Nov 3</div> | <div>7:07:58</div> <div>Rosh Chodesh</div> <div>ב</div> <div>Nov 4</div> | <div>5:34:23</div> <div>7:09:04</div> <div>ג</div> <div>Nov 5</div>   | <div>5:33:18</div> <div>7:10:11</div> <div>ד</div> <div>Nov 6</div> | <div>5:33:18</div> <div>7:10:11</div> <div>ה</div> <div>Nov 7</div>   |  |
| <div>5:32:15</div> <div>ו</div> <div>Nov 6</div>   | <div>7:11:18</div> <div>ו</div> <div>Nov 6</div>   | <div>5:31:14</div> <div>7:12:25</div> <div>ה</div> <div>Nov 7</div>   | <div>7:12:25</div> <div>ה</div> <div>Nov 7</div>   | <div>5:30:14</div> <div>7:13:32</div> <div>ו</div> <div>Nov 8</div>   | <div>7:13:32</div> <div>ו</div> <div>Nov 8</div>   | <div>5:29:15</div> <div>7:14:39</div> <div>ז</div> <div>Nov 9</div>   | <div>7:14:39</div> <div>ז</div> <div>Nov 9</div>   | <div>5:28:18</div> <div>7:15:47</div> <div>ח</div> <div>Nov 10</div>     | <div>7:15:47</div> <div>ח</div> <div>Nov 10</div>                        | <div>5:27:23</div> <div>7:16:54</div> <div>ט</div> <div>Nov 11</div>  | <div>7:16:54</div> <div>ט</div> <div>Nov 11</div>                   | <div>5:26:30</div> <div>7:18:01</div> <div>י</div> <div>Nov 12</div>  | <div>7:18:01</div> <div>י</div> <div>Nov 12</div>  |
| <div>5:25:38</div> <div>יא</div> <div>Nov 13</div> | <div>7:19:08</div> <div>יא</div> <div>Nov 13</div> | <div>5:24:48</div> <div>7:20:16</div> <div>יב</div> <div>Nov 14</div> | <div>7:20:16</div> <div>יב</div> <div>Nov 14</div> | <div>5:24:00</div> <div>7:21:23</div> <div>יג</div> <div>Nov 15</div> | <div>7:21:23</div> <div>יג</div> <div>Nov 15</div> | <div>5:23:14</div> <div>7:22:30</div> <div>יד</div> <div>Nov 16</div> | <div>7:22:30</div> <div>יד</div> <div>Nov 16</div> | <div>5:22:29</div> <div>7:23:36</div> <div>טו</div> <div>Nov 17</div>    | <div>7:23:36</div> <div>טו</div> <div>Nov 17</div>                       | <div>5:21:47</div> <div>7:24:43</div> <div>טז</div> <div>Nov 18</div> | <div>7:24:43</div> <div>טז</div> <div>Nov 18</div>                  | <div>5:21:06</div> <div>7:25:49</div> <div>יז</div> <div>Nov 19</div> | <div>7:25:49</div> <div>יז</div> <div>Nov 19</div> |
| <div>5:20:27</div> <div>יח</div> <div>Nov 20</div> | <div>7:26:55</div> <div>יח</div> <div>Nov 20</div> | <div>5:19:50</div> <div>7:28:00</div> <div>יט</div> <div>Nov 21</div> | <div>7:28:00</div> <div>יט</div> <div>Nov 21</div> | <div>5:19:15</div> <div>7:29:05</div> <div>כ</div> <div>Nov 22</div>  | <div>7:29:05</div> <div>כ</div> <div>Nov 22</div>  | <div>5:18:43</div> <div>7:30:10</div> <div>כא</div> <div>Nov 23</div> | <div>7:30:10</div> <div>כא</div> <div>Nov 23</div> | <div>5:18:12</div> <div>7:31:14</div> <div>כב</div> <div>Nov 24</div>    | <div>7:31:14</div> <div>כב</div> <div>Nov 24</div>                       | <div>5:17:43</div> <div>7:32:18</div> <div>כג</div> <div>Nov 25</div> | <div>7:32:18</div> <div>כג</div> <div>Nov 25</div>                  | <div>5:17:17</div> <div>7:33:21</div> <div>כד</div> <div>Nov 26</div> | <div>7:33:21</div> <div>כד</div> <div>Nov 26</div> |
| <div>5:16:52</div> <div>כה</div> <div>Nov 27</div> | <div>7:34:23</div> <div>כה</div> <div>Nov 27</div> | <div>5:16:30</div> <div>7:35:25</div> <div>כו</div> <div>Nov 28</div> | <div>7:35:25</div> <div>כו</div> <div>Nov 28</div> | <div>5:16:09</div> <div>7:36:25</div> <div>כז</div> <div>Nov 29</div> | <div>7:36:25</div> <div>כז</div> <div>Nov 29</div> | <div>5:15:51</div> <div>7:37:25</div> <div>כח</div> <div>Nov 30</div> | <div>7:37:25</div> <div>כח</div> <div>Nov 30</div> | <div>5:15:35</div> <div>7:38:25</div> <div>כט</div> <div>Dec 1</div>     | <div>7:38:25</div> <div>כט</div> <div>Dec 1</div>                        |   |   |   |  |

Time listings

Sunset in shaded area

Sunrise in white area

# Kislev

כסלו תשס"ו

DECEMBER

| Sat. nite     | SUN               | Sun. nite     | MON               | Mon. nite     | TUE               | Tues. nite    | WED               | Wed. nite     | THU               | Thur. nite                   | FRI               | Fri. nite                                  | SHAB              |
|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|------------------------------|-------------------|--|-------------------|
|               |                   |               |                   |               |                   |               |                   |               |                   | 5:15:22<br>Rosh Chodesh<br>א | 7:39:23<br>Dec 2  | 5:15:10<br>תולדות<br>ב                     | 7:40:20<br>Dec 3  |
| 5:15:01<br>ג  | 7:41:17<br>Dec 4  | 5:14:53<br>ד  | 7:42:12<br>Dec 5  | 5:14:48<br>ה  | 7:43:06<br>Dec 6  | 5:14:46<br>ו  | 7:43:59<br>Dec 7  | 5:14:45<br>ז  | 7:44:51<br>Dec 8  | 5:14:47<br>ח                 | 7:45:41<br>Dec 9  | 5:14:51<br>ויצא<br>ט                       | 7:46:30<br>Dec 10 |
| 5:14:57<br>י  | 7:47:18<br>Dec 11 | 5:15:05<br>יא | 7:48:04<br>Dec 12 | 5:15:15<br>יב | 7:48:49<br>Dec 13 | 5:15:28<br>יג | 7:49:32<br>Dec 14 | 5:15:43<br>יד | 7:50:14<br>Dec 15 | 5:15:59<br>טו                | 7:50:54<br>Dec 16 | 5:16:18<br>טז                              | 7:51:32<br>Dec 17 |
| 5:16:39<br>יז | 7:52:09<br>Dec 18 | 5:17:03<br>יח | 7:52:44<br>Dec 19 | 5:17:28<br>יט | 7:53:17<br>Dec 20 | 5:17:55<br>כ  | 7:53:48<br>Dec 21 | 5:18:24<br>כא | 7:54:18<br>Dec 22 | 5:18:55<br>כב                | 7:54:45<br>Dec 23 | 5:19:28<br>כג                              | 7:55:11<br>Dec 24 |
| 5:20:03<br>כד | 7:55:34<br>Dec 25 | 5:20:40<br>כה | 7:55:56<br>Dec 26 | 5:21:18<br>כו | 7:56:15<br>Dec 27 | 5:21:59<br>כז | 7:56:33<br>Dec 28 | 5:22:41<br>כח | 7:56:48<br>Dec 29 | 5:23:24<br>כט                | 7:57:01<br>Dec 30 | 5:24:10<br>Rosh Chodesh<br>מקץ<br>CHANUKAH | 7:57:13<br>Dec 31 |

Time listings

Sunset in shaded area  
Sunrise in white area

# Teves

טבת תשס"ו

JANUARY

| Sat. nite     | SUN  | Sun. nite     | MON                          | Mon. nite                       | TUE               | Tues. nite    | WED               | Wed. nite     | THU               | Thur. nite    | FRI               | Fri. nite     | SHAB              |
|---------------|--|---------------|------------------------------|---------------------------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|
| 5:24:57<br>א  | 7:57:22<br>Chanukah<br>Rosh Chodesh<br>Jan 1 | 5:25:45<br>ב  | 7:57:29<br>Chanukah<br>Jan 2 | 5:26:35<br>ג                    | 7:57:33<br>Jan 3  | 5:27:26<br>ד  | 7:57:36<br>Jan 4  | 5:28:19<br>ה  | 7:57:36<br>Jan 5  | 5:29:13<br>ו  | 7:57:35<br>Jan 6  | 5:30:08<br>ז  | 7:57:31<br>Jan 7  |
| 5:31:05<br>ח  | 7:57:25<br>Jan 8                             | 5:32:02<br>ט  | 7:57:17<br>Jan 9             | 5:33:01<br>Asarah B'Teives<br>י | 7:57:06<br>Jan 10 | 5:34:01<br>יא | 7:56:54<br>Jan 11 | 5:35:01<br>יב | 7:56:39<br>Jan 12 | 5:36:03<br>יג | 7:56:22<br>Jan 13 | 5:37:06<br>יד | 7:56:03<br>Jan 14 |
| 5:38:09<br>טו | 7:55:42<br>Jan 15                            | 5:39:13<br>טז | 7:55:19<br>Jan 16            | 5:40:18<br>יז                   | 7:54:54<br>Jan 17 | 5:41:24<br>יח | 7:54:27<br>Jan 18 | 5:42:30<br>יט | 7:53:57<br>Jan 19 | 5:43:37<br>כ  | 7:53:26<br>Jan 20 | 5:44:44<br>כא | 7:52:53<br>Jan 21 |
| 5:45:52<br>כב | 7:52:17<br>Jan 22                            | 5:47:01<br>כג | 7:51:40<br>Jan 23            | 5:48:09<br>כד                   | 7:51:01<br>Jan 24 | 5:49:18<br>כה | 7:50:20<br>Jan 25 | 5:50:28<br>כו | 7:49:37<br>Jan 26 | 5:51:37<br>כז | 7:48:52<br>Jan 27 | 5:52:47<br>כח | 7:48:06<br>Jan 28 |
| 5:53:57<br>כט | 7:47:17<br>Jan 29                            |               |                              |                                 |                   |               |                   |               |                   |               |                   |               |                   |

Time listings

Sunset in shaded area  
Sunrise in white area

# Shevat

שבט תשס"ו

JAN – FEB

| Sat. nite               | SUN     | Sun. nite                              | MON                   | Mon. nite                              | TUE     | Tues. nite              | WED     | Wed. nite               | THU     | Thur. nite              | FRI     | Fri. nite               | SHAB    |
|-------------------------|---------|--|-----------------------|--|---------|-------------------------|---------|-------------------------|---------|-------------------------|---------|-------------------------|---------|
|                         |         | 5:55:07<br>Rosh Chodesh<br>א<br>Jan 30 | 7:46:27               | 5:56:17<br>ב<br>Jan 31                 | 7:45:35 | 5:57:28<br>ג<br>Feb 1   | 7:44:42 | 5:58:38<br>ד<br>Feb 2   | 7:43:47 | 5:59:48<br>ה<br>Feb 3   | 7:42:50 | 6:00:59<br>ו<br>Feb 4   | 7:41:51 |
| 6:02:09<br>ז<br>Feb 5   | 7:40:52 | 6:03:19<br>ח<br>Feb 6                  | 7:39:50               | 6:04:29<br>ט<br>Feb 7                  | 7:38:47 | 6:05:39<br>י<br>Feb 8   | 7:37:43 | 6:06:49<br>יא<br>Feb 9  | 7:36:37 | 6:07:59<br>יב<br>Feb 10 | 7:35:30 | 6:09:08<br>יג<br>Feb 11 | 7:34:21 |
| 6:10:18<br>יד<br>Feb 12 | 7:33:11 | 6:11:27<br>טו<br>Feb 13                | 7:32:00<br>Tu B'Shvat | 6:12:36<br>טז<br>Feb 14                | 7:30:48 | 6:13:44<br>יז<br>Feb 15 | 7:29:34 | 6:14:53<br>יח<br>Feb 16 | 7:28:19 | 6:16:01<br>יט<br>Feb 17 | 7:27:03 | 6:17:09<br>כ<br>Feb 18  | 7:25:46 |
| 6:18:16<br>כא<br>Feb 19 | 7:24:28 | 6:19:23<br>כב<br>Feb 20                | 7:23:09               | 6:20:30<br>כג<br>Feb 21                | 7:21:49 | 6:21:37<br>כד<br>Feb 22 | 7:20:28 | 6:22:43<br>כה<br>Feb 23 | 7:19:06 | 6:23:49<br>כו<br>Feb 24 | 7:17:43 | 6:24:55<br>כז<br>Feb 25 | 7:16:19 |
| 6:26:00<br>כח<br>Feb 26 | 7:14:54 | 6:27:05<br>כט<br>Feb 27                | 7:13:29               | 6:28:10<br>Rosh Chodesh<br>ל<br>Feb 28 | 7:12:02 |                         |         |                         |         |                         |         |                         |         |

Time listings

Sunset in shaded area

Sunrise in white area

# Adar

אדר תשס"ו

MARCH

| Sat. nite               | SUN     | Sun. nite               | MON                       | Mon. nite               | TUE              | Tues. nite                            | WED                      | Wed. nite               | THU     | Thur. nite              | FRI     | Fri. nite               | SHAB    |
|-------------------------|---------|-------------------------|---------------------------|-------------------------|------------------|---------------------------------------|--------------------------|-------------------------|---------|-------------------------|---------|-------------------------|---------|
|                         |         |                         |                           |                         |                  | 6:29:15<br>Rosh Chodesh<br>א<br>Mar 1 | 7:10:35                  | 6:30:19<br>ב<br>Mar 2   | 7:09:08 | 6:31:23<br>ג<br>Mar 3   | 7:07:39 | 6:32:26<br>ד<br>Mar 4   | 7:06:10 |
| 6:33:29<br>ה<br>Mar 5   | 7:04:41 | 6:34:32<br>ו<br>Mar 6   | 7:03:10                   | 6:35:35<br>ז<br>Mar 7   | 7:01:40          | 6:36:37<br>ח<br>Mar 8                 | 7:00:08                  | 6:37:40<br>ט<br>Mar 9   | 6:58:37 | 6:38:42<br>י<br>Mar 10  | 6:57:05 | 6:39:43<br>יא<br>Mar 11 | 6:55:32 |
| 6:40:45<br>יב<br>Mar 12 | 6:53:59 | 6:41:46<br>יג<br>Mar 13 | 6:52:26<br>Ta'anis Esther | 6:42:47<br>יד<br>Mar 14 | 6:50:52<br>Purim | 6:43:47<br>טו<br>Mar 15               | 6:49:18<br>Shushan Purim | 6:44:48<br>טז<br>Mar 16 | 6:47:44 | 6:45:48<br>יז<br>Mar 17 | 6:46:10 | 6:46:48<br>יח<br>Mar 18 | 6:44:35 |
| 6:47:48<br>יט<br>Mar 19 | 6:43:00 | 6:48:48<br>כ<br>Mar 20  | 6:41:25                   | 6:49:48<br>כא<br>Mar 21 | 6:39:50          | 6:50:47<br>כב<br>Mar 22               | 6:38:15                  | 6:51:46<br>כג<br>Mar 23 | 6:36:40 | 6:52:46<br>כד<br>Mar 24 | 6:35:05 | 6:53:45<br>כה<br>Mar 25 | 6:33:30 |
| 6:54:44<br>כו<br>Mar 26 | 6:31:54 | 6:55:43<br>כז<br>Mar 27 | 6:30:19                   | 6:56:42<br>כח<br>Mar 28 | 6:28:44          | 6:57:40<br>כט<br>Mar 29               | 6:27:10<br>Rosh Chodesh  |                         |         |                         |         |                         |         |

Time listings

Sunset in shaded area

Sunrise in white area



Nisan

ניסן תשס"ו

MAR—APR

| Sat. nite                               | SUN               | Sun. nite                               | MON               | Mon. nite                              | TUE               | Tues. nite                         | WED               | Wed. nite                                   | THU               | Thur. nite                   | FRI               | Fri. nite     | SHAB                                |
|---|-------------------|---|-------------------|--|-------------------|------------------------------------|-------------------|---|-------------------|------------------------------|-------------------|---------------|-------------------------------------|
|   |                   |   |                   |  |                   |                                    |                   | 6:58:39<br>Rosh Chodesh<br>א                | 6:25:35<br>Mar 30 | 6:59:38<br>ב                 | 6:24:01<br>Mar 31 | 7:00:36<br>ג  | 6:22:26<br>Apr 1                    |
| 7:01:35<br>Daylight Time<br>ד           | 7:20:52<br>Apr 2  | 8:02:33<br>ה                            | 7:19:19<br>Apr 3  | 8:03:32<br>ו                           | 7:17:45<br>Apr 4  | 8:04:30<br>ז                       | 7:16:12<br>Apr 5  | 8:05:29<br>ח                                | 7:14:39<br>Apr 6  | 8:06:27<br>ט                 | 7:13:07<br>Apr 7  | 8:07:26<br>י  | 7:11:35<br>SHABBOS HAGADOL<br>Apr 8 |
| 8:08:24<br>יא                           | 7:10:04<br>Apr 9  | 8:09:23<br>יב                           | 7:08:33<br>Apr 10 | 8:10:22<br>יג                          | 7:07:03<br>Apr 11 | 8:11:20<br>יד                      | 7:05:33<br>Apr 12 | 8:12:19<br>טו                               | 7:04:04<br>Apr 13 | 8:13:17<br>טז                | 7:02:35<br>Apr 14 | 8:14:16<br>יז | 7:01:07<br>Apr 15                   |
| 8:15:15<br>Pesach<br>CHOL HAMO'ED<br>יח | 6:59:40<br>Apr 16 | 8:16:13<br>Pesach<br>CHOL HAMO'ED<br>יט | 6:58:13<br>Apr 17 | 8:17:12<br>Pesach<br>CHOL HAMO'ED<br>כ | 6:56:47<br>Apr 18 | 8:18:11<br>Pesach<br>YOM TOV<br>כא | 6:55:22<br>Apr 19 | 8:19:10<br>Pesach<br>YOM TOV • YIZKOR<br>כב | 6:53:58<br>Apr 20 | 8:20:09<br>כג                | 6:52:34<br>Apr 21 | 8:21:08<br>כד | 6:51:12<br>Apr 22                   |
| 8:22:06<br>כה                           | 6:49:50<br>Apr 23 | 8:23:05<br>כו                           | 6:48:29<br>Apr 24 | 8:24:04<br>כז                          | 6:47:09<br>Apr 25 | 8:25:03<br>כח                      | 6:45:51<br>Apr 26 | 8:26:02<br>כט                               | 6:44:33<br>Apr 27 | 8:27:01<br>Rosh Chodesh<br>ל | 6:43:16<br>Apr 28 |               |                                     |

Time listings  
Sunset in shaded area  
Sunrise in white area

Iyar

אייר תשס"ו

APR—MAY

| Sat. nite     | SUN               | Sun. nite     | MON               | Mon. nite     | TUE               | Tues. nite    | WED               | Wed. nite     | THU               | Thur. nite    | FRI               | Fri. nite                 | SHAB              |
|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------------------|-------------------|
|               |                   |               |                   |               |                   |               |                   |               |                   |               |                   | 8:27:59<br>תזי-מצורע<br>א | 6:42:00<br>Apr 29 |
| 8:28:58<br>ב  | 6:40:46<br>Apr 30 | 8:29:57<br>ג  | 6:39:32<br>May 1  | 8:30:55<br>ד  | 6:38:20<br>May 2  | 8:31:53<br>ה  | 6:37:09<br>May 3  | 8:32:52<br>ו  | 6:35:59<br>May 4  | 8:33:50<br>ז  | 6:34:50<br>May 5  | 8:34:48<br>ח              | 6:33:43<br>May 6  |
| 8:35:46<br>ט  | 6:32:37<br>May 7  | 8:36:43<br>י  | 6:31:32<br>May 8  | 8:37:41<br>יא | 6:30:29<br>May 9  | 8:38:38<br>יב | 6:29:27<br>May 10 | 8:39:35<br>יג | 6:28:26<br>May 11 | 8:40:31<br>יד | 6:27:27<br>May 12 | 8:41:27<br>טו             | 6:26:30<br>May 13 |
| 8:42:23<br>טז | 6:25:34<br>May 14 | 8:43:19<br>יז | 6:24:39<br>May 15 | 8:44:14<br>יח | 6:23:46<br>May 16 | 8:45:08<br>יט | 6:22:55<br>May 17 | 8:46:02<br>כ  | 6:22:05<br>May 18 | 8:46:56<br>כא | 6:21:17<br>May 19 | 8:47:49<br>כב             | 6:20:31<br>May 20 |
| 8:48:41<br>כג | 6:19:46<br>May 21 | 8:49:33<br>כד | 6:19:03<br>May 22 | 8:50:24<br>כה | 6:18:22<br>May 23 | 8:51:14<br>כו | 6:17:42<br>May 24 | 8:52:04<br>כז | 6:17:05<br>May 25 | 8:52:53<br>כח | 6:16:29<br>May 26 | 8:53:41<br>כט             | 6:15:54<br>May 27 |

Time listings  
Sunset in shaded area  
Sunrise in white area



## MAY-JUNE

*Time listings*  
**Sunset** in shaded area  
**Sunrise** in white area

## JUNE—JULY

*Time listings*  
**Sunset** in shaded area  
**Sunrise** in white area

Av

אב תשס"ו

JULY – AUG

| Sat. nite     | SUN               | Sun. nite     | MON               | Mon. nite     | TUE               | Tues. nite                   | WED               | Wed. nite                    | THU               | Thur. nite    | FRI               | Fri. nite     | SHAB              |
|---------------|-------------------|---------------|-------------------|---------------|-------------------|------------------------------|-------------------|------------------------------|-------------------|---------------|-------------------|---------------|-------------------|
|               |                   |               |                   |               |                   | 8:56:16<br>Rosh Chodesh<br>א | 6:32:47<br>Jul 26 | 8:55:25<br>ב                 | 6:33:39<br>Jul 27 | 8:54:31<br>ג  | 6:34:31<br>Jul 28 | 8:53:36<br>ד  | 6:35:23<br>Jul 29 |
| 8:52:40<br>ה  | 6:36:16<br>Jul 30 | 8:51:42<br>ו  | 6:37:09<br>Jul 31 | 8:50:42<br>ז  | 6:38:03<br>Aug 1  | 8:49:41<br>ח                 | 6:38:57<br>Aug 2  | 8:48:39<br>ט                 | 6:39:51<br>Aug 3  | 8:47:35<br>י  | 6:40:45<br>Aug 4  | 8:46:29<br>יא | 6:41:39<br>Aug 5  |
| 8:45:23<br>יב | 6:42:34<br>Aug 6  | 8:44:15<br>יג | 6:43:28<br>Aug 7  | 8:43:05<br>יד | 6:44:23<br>Aug 8  | 8:41:55<br>טו                | 6:45:18<br>Aug 9  | 8:40:43<br>טז                | 6:46:13<br>Aug 10 | 8:39:30<br>יז | 6:47:08<br>Aug 11 | 8:38:15<br>יח | 6:48:03<br>Aug 12 |
| 8:37:00<br>יט | 6:48:59<br>Aug 13 | 8:35:43<br>כ  | 6:49:54<br>Aug 14 | 8:34:26<br>כא | 6:50:49<br>Aug 15 | 8:33:07<br>כב                | 6:51:44<br>Aug 16 | 8:31:47<br>כג                | 6:52:39<br>Aug 17 | 8:30:26<br>כד | 6:53:35<br>Aug 18 | 8:29:04<br>כה | 6:54:30<br>Aug 19 |
| 8:27:42<br>כו | 6:55:25<br>Aug 20 | 8:26:18<br>כז | 6:56:20<br>Aug 21 | 8:24:53<br>כח | 6:57:15<br>Aug 22 | 8:23:28<br>כט                | 6:58:10<br>Aug 23 | 8:22:02<br>Rosh Chodesh<br>ל | 6:59:05<br>Aug 24 |               |                   |               |                   |

Time listings

Sunset in shaded area  
Sunrise in white area

Ellul

אלול תשס"ו

AUG – SEPT

| Sat. nite     | SUN               | Sun. nite     | MON               | Mon. nite     | TUE               | Tues. nite    | WED               | Wed. nite     | THU               | Thur. nite                   | FRI               | Fri. nite     | SHAB              |
|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|---------------|-------------------|------------------------------|-------------------|---------------|-------------------|
|               |                   |               |                   |               |                   |               |                   |               |                   | 8:20:35<br>Rosh Chodesh<br>א | 7:00:00<br>Aug 25 | 8:19:07<br>ב  | 7:00:55<br>Aug 26 |
| 8:17:38<br>ג  | 7:01:49<br>Aug 27 | 8:16:09<br>ד  | 7:02:44<br>Aug 28 | 8:14:39<br>ה  | 7:03:39<br>Aug 29 | 8:13:08<br>ו  | 7:04:33<br>Aug 30 | 8:11:37<br>ז  | 7:05:28<br>Aug 31 | 8:10:05<br>ח                 | 7:06:22<br>Sep 1  | 8:08:33<br>ט  | 7:07:16<br>Sep 2  |
| 8:07:00<br>י  | 7:08:11<br>Sep 3  | 8:05:27<br>יא | 7:09:05<br>Sep 4  | 8:03:53<br>יב | 7:09:59<br>Sep 5  | 8:02:19<br>יג | 7:10:54<br>Sep 6  | 8:00:44<br>יד | 7:11:48<br>Sep 7  | 7:59:09<br>טו                | 7:12:42<br>Sep 8  | 7:57:34<br>טז | 7:13:36<br>Sep 9  |
| 7:55:58<br>יז | 7:14:31<br>Sep 10 | 7:54:22<br>יח | 7:15:25<br>Sep 11 | 7:52:46<br>יט | 7:16:19<br>Sep 12 | 7:51:09<br>כ  | 7:17:13<br>Sep 13 | 7:49:33<br>כא | 7:18:08<br>Sep 14 | 7:47:56<br>כב                | 7:19:02<br>Sep 15 | 7:46:19<br>כג | 7:19:56<br>Sep 16 |
| 7:44:42<br>כד | 7:20:51<br>Sep 17 | 7:43:04<br>כה | 7:21:45<br>Sep 18 | 7:41:27<br>כו | 7:22:40<br>Sep 19 | 7:39:50<br>כז | 7:23:35<br>Sep 20 | 7:38:12<br>כח | 7:24:30<br>Sep 21 | 7:36:35<br>כט                | 7:25:25<br>Sep 22 |               |                   |

Time listings

Selichos begin  
Sunset in shaded area  
Sunrise in white area

# Tishrei

תשרי תשס"ז

SEPT – OCT

| Sat. nite                                | SUN     | Sun. nite                               | MON     | Mon. nite                         | TUE     | Tues. nite                       | WED     | Wed. nite                         | THU     | Thur. nite                        | FRI     | Fri. nite                               | SHAB    |
|--|---------|---|---------|-----------------------------------|---------|----------------------------------|---------|-----------------------------------|---------|-----------------------------------|---------|---|---------|
|  |         |   |         |                                   |         |                                  |         |                                   |         |                                   |         | 7:34:58<br>Rosh Hashanah<br>א<br>Sep 23 | 7:26:20 |
| 7:33:21<br>Rosh Hashanah<br>ב<br>Sep 24  | 7:27:15 | 7:31:44<br>Tzom Gedaliah<br>ג<br>Sep 25 | 7:28:10 | 7:30:07<br>ד<br>Sep 26            | 7:29:06 | 7:28:31<br>ה<br>Sep 27           | 7:30:02 | 7:26:54<br>ו<br>Sep 28            | 7:30:58 | 7:25:18<br>ז<br>Sep 29            | 7:31:54 | 7:23:42<br>ח<br>Sep 30                  | 7:32:50 |
| 7:22:06<br>ט<br>Oct 1                    | 7:33:47 | 7:20:31<br>Yom Kippur<br>י<br>Oct 2     | 7:34:44 | 7:18:56<br>יא<br>Oct 3            | 7:35:41 | 7:17:22<br>יב<br>Oct 4           | 7:36:38 | 7:15:47<br>יג<br>Oct 5            | 7:37:36 | 7:14:14<br>יד<br>Oct 6            | 7:38:34 | 7:12:41<br>טו<br>Oct 7                  | 7:39:32 |
| 7:11:08<br>Sukkos<br>יז<br>Oct 8         | 7:40:30 | 7:09:36<br>Sukkos<br>יח<br>Oct 9        | 7:41:29 | 7:08:04<br>Sukkos<br>יט<br>Oct 10 | 7:42:28 | 7:06:33<br>Sukkos<br>כ<br>Oct 11 | 7:43:27 | 7:05:03<br>Sukkos<br>כא<br>Oct 12 | 7:44:27 | 7:03:33<br>Sukkos<br>כב<br>Oct 13 | 7:45:27 | 7:02:04<br>Shemini<br>כג<br>Oct 14      | 7:46:27 |
| 7:00:36<br>Simchas Torah<br>כד<br>Oct 15 | 7:47:28 | 6:59:09<br>כה<br>Oct 16                 | 7:48:29 | 6:57:42<br>כו<br>Oct 17           | 7:49:30 | 6:56:16<br>כז<br>Oct 18          | 7:50:32 | 6:54:52<br>כח<br>Oct 19           | 7:51:34 | 6:53:28<br>כט<br>Oct 20           | 7:52:36 | 6:52:04<br>בראשית<br>ל<br>Oct 21        | 7:53:39 |
| 6:50:42<br>Rosh Chodesh<br>א<br>Oct 22   | 7:54:42 |   |         |                                   |         |                                  |         |                                   |         |                                   |         |   |         |

Time listings  
Sunset in shaded area  
Sunrise in white area

# Cheshvan

חשוון תשס"ז

OCT – NOV

| Sat. nite               | SUN     | Sun. nite                              | MON     | Mon. nite               | TUE     | Tues. nite              | WED     | Wed. nite               | THU     | Thur. nite              | FRI     | Fri. nite               | SHAB    |
|-------------------------|---------|--|---------|-------------------------|---------|-------------------------|---------|-------------------------|---------|-------------------------|---------|-------------------------|---------|
|                         |         | 6:49:21<br>Rosh Chodesh<br>א<br>Oct 23 | 7:55:45 | 6:48:01<br>ב<br>Oct 24  | 7:56:49 | 6:46:42<br>ג<br>Oct 25  | 7:57:53 | 6:45:24<br>ד<br>Oct 26  | 7:58:57 | 6:44:08<br>ה<br>Oct 27  | 8:00:02 | 6:42:52<br>ו<br>Oct 28  | 8:01:06 |
| 6:41:38<br>ז<br>Oct 29  | 7:02:12 | 5:40:24<br>ח<br>Oct 30                 | 7:03:17 | 5:39:13<br>ט<br>Oct 31  | 7:04:23 | 5:38:02<br>י<br>Nov 1   | 7:05:29 | 5:36:53<br>יא<br>Nov 2  | 7:06:35 | 5:35:45<br>יב<br>Nov 3  | 7:07:41 | 5:34:39<br>יג<br>Nov 4  | 7:08:48 |
| 5:33:34<br>יד<br>Nov 5  | 7:09:55 | 5:32:30<br>טו<br>Nov 6                 | 7:11:02 | 5:31:28<br>טז<br>Nov 7  | 7:12:09 | 5:30:28<br>יז<br>Nov 8  | 7:13:16 | 5:29:29<br>יח<br>Nov 9  | 7:14:23 | 5:28:32<br>יט<br>Nov 10 | 7:15:30 | 5:27:36<br>כ<br>Nov 11  | 7:16:38 |
| 5:26:43<br>כא<br>Nov 12 | 7:17:45 | 5:25:50<br>כב<br>Nov 13                | 7:18:52 | 5:25:00<br>כג<br>Nov 14 | 7:19:59 | 5:24:11<br>כד<br>Nov 15 | 7:21:06 | 5:23:25<br>כה<br>Nov 16 | 7:22:13 | 5:22:40<br>כו<br>Nov 17 | 7:23:20 | 5:21:57<br>כז<br>Nov 18 | 7:24:26 |
| 5:21:15<br>כח<br>Nov 19 | 7:25:33 | 5:20:36<br>כט<br>Nov 20                | 7:26:39 |                         |         |                         |         |                         |         |                         |         |                         |         |

Time listings  
Sunset in shaded area  
Sunrise in white area

notes

| HEBREW DATE | (CIRCLE ONE) | DAY OF WEEK | SYMPTOMS | INTERVAL | ANTICIPATED DATES OF SEPARATION |         |             |
|-------------|--------------|-------------|----------|----------|---------------------------------|---------|-------------|
|             | DAY / NIGHT  |             |          |          | DAY OF MONTH                    | 30 DAYS | BY INTERVAL |
|             | D N          |             |          |          |                                 |         |             |
|             | D N          |             |          |          |                                 |         |             |
|             | D N          |             |          |          |                                 |         |             |
|             | D N          |             |          |          |                                 |         |             |
|             | D N          |             |          |          |                                 |         |             |
|             | D N          |             |          |          |                                 |         |             |
|             | D N          |             |          |          |                                 |         |             |
|             | D N          |             |          |          |                                 |         |             |
|             | D N          |             |          |          |                                 |         |             |
|             | D N          |             |          |          |                                 |         |             |
|             | D N          |             |          |          |                                 |         |             |
|             | D N          |             |          |          |                                 |         |             |
|             | D N          |             |          |          |                                 |         |             |
|             | D N          |             |          |          |                                 |         |             |

(inside back cover)



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