



## THE CALENDAR

Candle Lighting Times

Start and End of Shabbat and Holidays

### Deadline to eat Chametz ▶ Monday, March 25

Kinshasa D.R.C. - 10:03    Pointe Noire - 10:17    Abuja Nigeria - 10:34    Lagos Nigeria - 10:51  
Accra Ghana - 10:05    Malabo Equatorial Guinea - 10:29    Windhoek Namibia - 9:57

### Deadline to burn Chametz ▶ Monday, March 25

Kinshasa D.R.C. - 11:04    Pointe Noire - 11:17    Abuja Nigeria - 11:35    Lagos Nigeria - 11:51  
Accra Ghana - 11:06    Malabo Equatorial Guinea - 11:30    Windhoek Namibia - 10:57

### Eve Day | Candle Lighting<sup>12</sup> ▶ Monday, March 25

Kinshasa D.R.C. - 17:49    Pointe Noire - 18:02    Abuja Nigeria - 18:22    Lagos Nigeria - 18:38  
Accra Ghana - 17:52    Malabo Equatorial Guinea - 18:16    Windhoek Namibia - 17:39

### Candle Lighting<sup>\*12</sup> ▶ Tuesday, March 26

\* after the specified time

Kinshasa D.R.C. - 18:37    Pointe Noire - 18:51    Abuja Nigeria - 19:12    Lagos Nigeria - 19:27  
Accra Ghana - 18:41    Malabo Equatorial Guinea - 17:05    Windhoek Namibia - 18:30

### End of the first holidays ▶ Wednesday, March 27

Kinshasa D.R.C. - 18:37    Pointe Noire - 18:51    Abuja Nigeria - 19:12    Lagos Nigeria - 19:27  
Accra Ghana - 18:41    Malabo Equatorial Guinea - 17:05    Windhoek Namibia - 18:29

### Shabbat<sup>3</sup> ▶ Friday, March 29

B = Beginning - E = End

Kinshasa D.R.C. - B 17:47 - E 18:37    Pointe Noire - B 18:01 - E 18:50    Abuja Nigeria - B 18:22 - E 19:12    Lagos Nigeria - B 18:38 - E 19:27  
Accra Ghana - B 17:52 - E 18:42    Malabo Equatorial Guinea - B 18:15 - E 19:05    Windhoek Namibia - B 17:35 - E 18:27

### Second holidays | Candle Lighting<sup>1</sup> ▶ Sunday, March 31

Kinshasa D.R.C. - 17:46    Pointe Noire - 18:00    Abuja Nigeria - 18:22    Lagos Nigeria - 18:37  
Accra Ghana - 17:51    Malabo Equatorial Guinea - 18:15    Windhoek Namibia - 17:34

### Candle Lighting<sup>\*1</sup> ▶ Monday, April 1

\* after the specified time

Kinshasa D.R.C. - 18:34    Pointe Noire - 18:48    Abuja Nigeria - 19:11    Lagos Nigeria - 19:26  
Accra Ghana - 18:40    Malabo Equatorial Guinea - 19:04    Windhoek Namibia - 18:24

### End of Pesach ▶ Tuesday, April 2

Kinshasa D.R.C. - 18:34    Pointe Noire - 18:48    Abuja Nigeria - 19:11    Lagos Nigeria - 19:26  
Accra Ghana - 18:40    Malabo Equatorial Guinea - 19:04    Windhoek Namibia - 18:24

## The Blessings...

1. BARUCH ATA ADONAY ELOHEINU MELECH HAOLOM ASHER KIDESHANU BEMITZVOTAV VETZIVANU LEHADLIK NER SHEL YOM TOV

2. BARUCH ATA ADONAY ELOHEINU MELECH HAOLOM SHEHECHEYANU VIKEEYIMANU VIHIGEEANU LIZMAN HAZEH

3. BARUCH ATA ADONAY ELOHEINU MELECH HAOLAM ASHER KIDEESHANU BIMITZVOTAV VITZIVANOO LIHADLEEK NER SHEL SHABBAT KODESH

“Chabad of Central Africa

Wishes You a Kosher and Happy Passover”

ב"ה

# your guide to Pesach

5773 - 2013



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# Editorial

Freedom: A widespread word shared in our century again and again.

Rallies, protests, march's, sit-ins, revolutions, wars... all these actions that lead to the independence of afflicted groups, ethnic minorities, and free thinkers are surely well accounted for in all history. As Passover 'The Holiday of our Freedom' arrives, a new connotation of Freedom seems to ring in our ears.

The eight-day festival of Passover is celebrated in the early spring, from the 15th through the 22nd of the Hebrew month of Nissan, March 26th - April 2nd. It commemorates the emancipation of the Israelites from slavery in ancient Egypt. By following the rituals of Passover, we have the ability to relive and experience the true freedom that our ancestors gained.

Some three thousand years ago, a small nation, the Jewish People, had been enslaved for nearly 210 years of harsh, back breaking labor. On Passover night G-d Almighty Himself redeemed the Jewish nation from their enslavement. Yet, it puzzles our minds how to make of this 'Festival of Freedom', a true and meaningful event, for our present day and age.

In today's day and age, in the era of the Internet, high tech etc. seemingly all possibilities are so easily accessible and within a touch's reach, freedom may not appear so pertinent or necessary. Nevertheless, Our Sages instruct us that in every generation, every Jew must see himself as if he would be going out of Egypt today. Indeed, we all may be living in a free world, where equal rights, abuse, and poverty

are disputed for any society worldwide. Yet there exists a freedom, which is applicable for us today.

Regardless of our aptitudes and qualities, the 'Human' remains confined to his limits, boundaries, and habits, which were granted to him. True inner freedom, is only achieved by exceeding ourselves. Man was created as G-d's image, we must struggle and toil to resemble the 'Above', by sparking our Divine soul and let it enlighten our body, lives and surroundings. Hence, a Jew will make a fusion between Heavens and earth, body and soul, and ultimately achieve its purpose in creation.

This year lets utilize this help from the Almighty, and focus on the momentum. Together we will **pass over**, and transcend our boundaries by sitting together at the Seder table, and reliving all the events that brought, and will bring us to redemption, and ultimately to our true freedom.

*Wishing you a Kosher and Happy Passover  
Rabbi Shlomo Bentolila*

## a message from the Lubavitcher Rebbe

We find ourselves once again celebrating Passover. Another Seder night where we tell over the unforgettable story of the Jewish nations redemption. Is it really necessary more than 3000 years on to still commemorate our ancestors freedom from slavery in Egypt? Can't we move on to more pressing and contemporary issues?

To understand this let us first clarify what this celebration truly is. While sitting at the the Seder table, we are not simply just celebrating a memorial to events of the distant past. It sitting together at the Seder table is a dynamic process of freedom from the challenges of the present.

We are slaves. Slaves to our own inhibitions, fears, habits, cynicism and prejudices. These self-appointed "Pharaohs" are layers of our ego that prevent us from expressing our true inner self, from reaching our spiritual potential. Our souls are incarcerated in selfishness, laziness and indifference.

Pesach means "Passover." It is the season of liberation, when we pass over all these obstacles to our personal inner freedom. On Pesach, we give our souls a chance to be expressed.

Now let us reread the Haggadah. Every time it says "Egypt" read "limitations." Replace the word "Pharaoh" with "Ego." And read it in the present tense: "We were slaves to Pharaoh in Egypt" = "We are slaves to our egos, stuck in our limitations."

How do we free ourselves? Matza (the unleavened bread). After eating Matza, the Israelites were able to run out of Egypt and follow G-d into the desert. Matza represents the suspension of ego. Unlike bread, which has body and taste, Matza is flat and tasteless - the bread of surrender.

Usually, we are scared to suspend our egos, we think that we will lose ourselves. On Passover by eating the Matza, we suspend our egos and find ourselves - our true inner selves.

In the Haggadah it states a question: "Why is this night different from all other nights?" Now we find the answer: On this night we let ourselves go, we liberate our souls to follow G-d unashamed. We say, "I may not understand what this means, but I have a Jewish soul, and somehow that is the deepest layer of my identity."

That soul is the innocent child within us is waiting to be free. Now let us presently celebrate Passover.



*Pesach means "Passover." It is the season of liberation, when we pass over all these obstacles to our personal inner freedom. On Pesach, we give our souls a chance to be expressed.*

*- The Rebbe*



# The story in a Nutshell...

After many decades of slavery to the Egyptian Pharaohs, during which time the Israelites were subjected to backbreaking labor and unbearable horrors, G-d saw the Jewish people's distress and sent Moses to Pharaoh with a message: "Send forth My people, so that they may serve Me." Despite numerous warnings, Pharaoh refused to heed G-d's command. G-d then sent upon Egypt ten devastating plagues, afflicting them and destroying everything from their livestock to their crops.

At the stroke of midnight on the 15th of Nissan in the year 2448 from creation (1313 BCE), G-d struck the last of the ten plagues on the Egyptians, killing all their firstborn. While doing so, G-d spared the Children of Israel, "passing over" their homes—hence the name of the holiday. Pharaoh's resistance was broken, and he virtually chased his former slaves out of the land.

The Israelites left in such a hurry, in fact, that the bread they baked as provisions for the way did not have time to rise (the reason we eat Matzah on Passover). Six hundred thousand adult males, plus many more women and children, left Egypt on that day, and began the trek to Mount Sinai, to eventually receive the holy torah, and begin their long journey to their birth of G-d's chosen nation.



# Passover observances...

## Passover is divided into two parts:

The first two days and last two days (the latter commemorating the splitting of the Red Sea) are full-fledged holidays. Holiday candles are lit at night, Kiddush and sumptuous holiday meals are enjoyed on both nights and days, and we do not work. The middle four days are called 'Chol - Hamoed', semi-festive "intermediate days," when most forms of work are permitted.

## NO CHAMETZ

To commemorate the unleavened bread that the Israelites ate when they left Egypt, we don't eat—or even retain in our possession—any Chametz from midday of the day before Passover until the conclusion of the holiday. Chametz refers to leavened grain—any food or drink that contains even a trace of wheat, barley, rye, oats, spelt or their derivatives, and which wasn't guarded from leavening or fermentation. This includes bread, cake, cookies, cereal, pasta and most alcoholic beverages.

## Search for Chametz...

We conduct the formal search of the house for chametz on Sunday evening, March 24, after nightfall. Traditionally a candle, wooden spoon and feather are used for our search: the candle lights the way; any chametz found is swept by the feather onto the wooden spoon and dumped into a paper bag.

Before beginning the search the following blessing is recited:

***Baruch Atah Ado-noi Elo-hei-nu Melech Ha-olam Asher Ki-de-sha-nu  
Be-mitz-vo-sov Ve-tzi-vanu Al Bi-ur Chametz.***

After your search, place the bag—containing the chametz, feather, candle and spoon—in a place you won't overlook, until the morning (which then it will be burnt), and recite the following disclaimer:

***"All leaven or anything leavened which is in my possession, which I have neither seen nor removed, and about which I am unaware, shall be considered naught and ownerless as the dust of the earth."***

## Burning of the Chametz...

The morning after your chametz search, Monday March 25th, retrieve your bag of chametz, take it outside and burn it in a safe place.

While your chametz is burning the following passage is said:

***"All leaven or anything leavened which is in my possession, whether I have seen it or not, whether I have observed it or not, whether I have removed it or not, shall be considered naught and ownerless as the dust of the earth."***





# Sell your Chametz

Ridding our homes of Chametz is an intensive process. It involves a full-out spring-cleaning search-and-destroy mission during the weeks before Passover, and culminates with a ceremonial search for Chametz on the night before Passover, and then a burning of the Chametz ceremony on the morning before the holiday. Chametz that cannot be disposed of can be sold to a non-Jew for the duration of the holiday.

Find the form for selling your chametz below.

I, the undersigned .....  
Resident .....  
Town .....  
City .....  
Contry .....

fully empower and permit Rabbi Shlomo Bentolila to act in my place and stead, and in my behalf to sell all CHAMETZ possessed by me defined as claimed by The Torah and Rabbinic Law, and to lease all places wherein the Chametz owned by me may be found, especially in the premises indicated below and elsewhere. :

I hereby give the said Rabbi Bentolila full power and authority to appoint a substitute in his stead with full power to sell and lease as provided herein. The above given power is in conformity with all Torah, Rabbinical regulations and laws, and also in accordance with the laws of the Country where we reside.

Date :

Signature :



**The highlight of Passover is the Seder, observed on each of the first two nights of the holiday. The Seder is a fifteen-step family-oriented tradition and ritual-packed feast.**

The focal points of the Seder are:

### Eating matzah

To commemorate the bread which our ancestors ate while leaving Egypt.

### Eating bitter herbs

to commemorate the bitter slavery endured by the Israelites.

### Drinking four cups of wine

a royal drink to celebrate our newfound freedom.

**The recitation of the Haggadah** a literature describing in detail the story of the Exodus from Egypt. The Haggadah is the fulfillment of the biblical obligation to recount to our children the story of the Exodus on the night of Passover.

