

January 1969

Tevet – Sh'vat 5729

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11th of Tevet	2 12th of Tevet	3 13th of Tevet 4:24p Candle lighting	4 14th of Tevet Parashat Vayechi 5:55p Havdalah (72 min)
5 15th of Tevet	6 16th of Tevet	7 17th of Tevet	8 18th of Tevet	9 19th of Tevet	10 20th of Tevet 4:30p Candle lighting	11 21st of Tevet Parashat Shemot 6:02p Havdalah (72 min)
12 22nd of Tevet	13 23rd of Tevet	14 24th of Tevet	15 25th of Tevet	16 26th of Tevet	17 27th of Tevet 4:38p Candle lighting	18 28th of Tevet Parashat Vaera Mevarchim Chodesh Sh'vat 6:10p Havdalah (72 min)
19 29th of Tevet	20 1st of Sh'vat, 5729 Rosh Chodesh Sh'vat	21 2nd of Sh'vat	22 3rd of Sh'vat	23 4th of Sh'vat	24 5th of Sh'vat 4:47p Candle lighting	25 6th of Sh'vat Parashat Bo 6:18p Havdalah (72 min)
26 7th of Sh'vat	27 8th of Sh'vat	28 9th of Sh'vat	29 10th of Sh'vat	30 11th of Sh'vat	31 12th of Sh'vat 4:55p Candle lighting	

February 1969

Sh'vat – Adar 5729

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 13th of Sh'vat Shabbat Shirah Parashat Beshalach 6:27p Havdalah (72 min)
2 14th of Sh'vat	3 15th of Sh'vat Tu BiShvat	4 16th of Sh'vat	5 17th of Sh'vat	6 18th of Sh'vat	7 19th of Sh'vat 5:04p Candle lighting	8 20th of Sh'vat Parashat Yitro 6:36p Havdalah (72 min)
9 21st of Sh'vat	10 22nd of Sh'vat	11 23rd of Sh'vat	12 24th of Sh'vat	13 25th of Sh'vat	14 26th of Sh'vat 5:12p Candle lighting	15 27th of Sh'vat Shabbat Shekalim Parashat Mishpatim Mevarchim Chodesh Adar 6:44p Havdalah (72 min)
16 28th of Sh'vat	17 29th of Sh'vat	18 30th of Sh'vat Rosh Chodesh Adar	19 1st of Adar, 5729 Rosh Chodesh Adar	20 2nd of Adar	21 3rd of Adar 5:21p Candle lighting	22 4th of Adar Parashat Terumah 6:52p Havdalah (72 min)
23 5th of Adar	24 6th of Adar	25 7th of Adar	26 8th of Adar	27 9th of Adar	28 10th of Adar 5:29p Candle lighting	

March 1969

Adar – Nisan 5729

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 11th of Adar Shabbat Zachor Parashat Tetzaveh 7:00p Havdalah (72 min)
12th of Adar	2 13th of Adar 5:05a Fast begins Ta'anit Esther 6:24p Fast ends Erev Purim	3 14th of Adar Purim	4 15th of Adar Shushan Purim	5 16th of Adar	6 17th of Adar 5:37p Candle lighting	7 18th of Adar Shabbat Parah Parashat Ki Tisa 7:08p Havdalah (72 min)
19th of Adar	9 20th of Adar	10 21st of Adar	11 22nd of Adar	12 23rd of Adar	13 24th of Adar 5:44p Candle lighting	14 25th of Adar Shabbat HaChodesh Parashat Vayakhel-Pekudei Mevarchim Chodesh Nisan 7:16p Havdalah (72 min)
26th of Adar	16 27th of Adar	17 28th of Adar	18 29th of Adar	19 1st of Nisan, 5729 Rosh Chodesh Nisan	20 2nd of Nisan 5:52p Candle lighting	21 3rd of Nisan Parashat Vayikra 7:23p Havdalah (72 min)
4th of Nisan	23 5th of Nisan	24 6th of Nisan	25 7th of Nisan	26 8th of Nisan	27 9th of Nisan 5:59p Candle lighting	28 10th of Nisan Shabbat HaGadol Parashat Tzav 7:31p Havdalah (72 min)
11th of Nisan	30 12th of Nisan	31				

April 1969

Nisan – Iyyar 5729

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		13th of Nisan	14th of Nisan 4:13a Fast begins Ta'anit Bechorot Erev Pesach 6:04p Candle lighting	15th of Nisan Pesach I 7:36p Havdalah (72 min)	16th of Nisan Pesach II (CH''M) 1st day of the Omer 6:06p Candle lighting	17th of Nisan Pesach III (CH''M) 2nd day of the Omer 7:38p Havdalah (72 min)
18th of Nisan Pesach IV (CH''M) 3rd day of the Omer	19th of Nisan Pesach V (CH''M) 4th day of the Omer	20th of Nisan Pesach VI (CH''M) 5th day of the Omer 6:11p Candle lighting	21st of Nisan Pesach VII 6th day of the Omer 7:42p Havdalah (72 min)	22nd of Nisan 7th day of the Omer	23rd of Nisan 8th day of the Omer 6:14p Candle lighting	24th of Nisan Parashat Shmini 9th day of the Omer Mevarchim Chodesh Iyyar 7:45p Havdalah (72 min)
25th of Nisan 10th day of the Omer	26th of Nisan 11th day of the Omer	27th of Nisan Yom HaShoah 12th day of the Omer	28th of Nisan 13th day of the Omer	29th of Nisan 14th day of the Omer	30th of Nisan Rosh Chodesh Iyyar 15th day of the Omer 6:21p Candle lighting	1st of Iyyar, 5729 Rosh Chodesh Iyyar Parashat Tazria-Metzora 16th day of the Omer 7:53p Havdalah (72 min)
2nd of Iyyar 17th day of the Omer	3rd of Iyyar 18th day of the Omer	4th of Iyyar Yom HaZikaron 19th day of the Omer	5th of Iyyar Yom HaAtzma'ut 20th day of the Omer	6th of Iyyar 21st day of the Omer	7th of Iyyar 22nd day of the Omer 6:28p Candle lighting	8th of Iyyar Parashat Achrei Mot-Kedoshim 23rd day of the Omer 8:00p Havdalah (72 min)
9th of Iyyar 24th day of the Omer	10th of Iyyar 25th day of the Omer	11th of Iyyar 26th day of the Omer	12th of Iyyar 27th day of the Omer			

May 1969

Iyyar – Sivan 5729

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				13th of Iyyar 28th day of the Omer	1 14th of Iyyar Pesach Sheni 29th day of the Omer 7:36p Candle lighting	2 15th of Iyyar Parashat Emor 30th day of the Omer 9:07p Havdalah (72 min)
4 16th of Iyyar 31st day of the Omer	5 17th of Iyyar 32nd day of the Omer	6 18th of Iyyar Lag BaOmer 33rd day of the Omer	7 19th of Iyyar 34th day of the Omer	8 20th of Iyyar 35th day of the Omer	9 21st of Iyyar 36th day of the Omer 7:43p Candle lighting	10 22nd of Iyyar Parashat Behar-Bechukotai 37th day of the Omer 9:14p Havdalah (72 min)
11 23rd of Iyyar 38th day of the Omer	12 24th of Iyyar 39th day of the Omer	13 25th of Iyyar 40th day of the Omer	14 26th of Iyyar 41st day of the Omer	15 27th of Iyyar 42nd day of the Omer	16 28th of Iyyar Yom Yerushalayim 43rd day of the Omer 7:50p Candle lighting	17 29th of Iyyar Parashat Bamidbar 44th day of the Omer Mevarchim Chodesh Sivan 9:21p Havdalah (72 min)
18 1st of Sivan, 5729 Rosh Chodesh Sivan 45th day of the Omer	19 2nd of Sivan 46th day of the Omer	20 3rd of Sivan 47th day of the Omer	21 4th of Sivan 48th day of the Omer	22 5th of Sivan Erev Shavuot 49th day of the Omer 7:55p Candle lighting	23 6th of Sivan Shavuot 7:56p Candle lighting	24 7th of Sivan Parashat Nasso 9:27p Havdalah (72 min)
25 8th of Sivan	26 9th of Sivan	27 10th of Sivan	28 11th of Sivan	29 12th of Sivan	30 13th of Sivan 8:02p Candle lighting	31 14th of Sivan Parashat Beha'alotcha 9:33p Havdalah (72 min)

June 1969

Sivan – Tamuz 5729

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15th of Sivan 1	16th of Sivan 2	17th of Sivan 3	18th of Sivan 4	19th of Sivan 5	20th of Sivan 8:06p Candle lighting 6	21st of Sivan Parashat Sh'lach 9:37p Havdalah (72 min) 7
22nd of Sivan 8	23rd of Sivan 9	24th of Sivan 10	25th of Sivan 11	26th of Sivan 12	27th of Sivan 8:10p Candle lighting 13	28th of Sivan Parashat Korach Mevarchim Chodesh Tamuz 9:41p Havdalah (72 min) 14
29th of Sivan 15	30th of Sivan Rosh Chodesh Tamuz 16	1st of Tamuz, 5729 Rosh Chodesh Tamuz 17	2nd of Tamuz 18	3rd of Tamuz 19	4th of Tamuz 8:12p Candle lighting 20	5th of Tamuz Parashat Chukat 9:43p Havdalah (72 min) 21
6th of Tamuz 22	7th of Tamuz 23	8th of Tamuz 24	9th of Tamuz 25	10th of Tamuz 26	11th of Tamuz 8:13p Candle lighting 27	12th of Tamuz Parashat Balak 9:43p Havdalah (72 min) 28
13th of Tamuz 29	14th of Tamuz 30					

July 1969

Tamuz – Av 5729

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		15th of Tamuz	16th of Tamuz	17th of Tamuz 3:42a Fast begins Tzom Tammuz 9:11p Fast ends	18th of Tamuz 8:12p Candle lighting	19th of Tamuz Parashat Pinchas 9:42p Havdalah (72 min)
20th of Tamuz	21st of Tamuz	22nd of Tamuz	23rd of Tamuz	24th of Tamuz	25th of Tamuz 8:09p Candle lighting	26th of Tamuz Parashat Matot-Masei Mevarchim Chodesh Av 9:39p Havdalah (72 min)
27th of Tamuz	28th of Tamuz	29th of Tamuz	1st of Av, 5729 Rosh Chodesh Av	2nd of Av	3rd of Av 8:05p Candle lighting	4th of Av Shabbat Chazon Parashat Devarim 9:35p Havdalah (72 min)
5th of Av	6th of Av	7th of Av	8th of Av 8:19p Fast begins Erev Tish'a B'Av	9th of Av Tish'a B'Av 8:57p Fast ends	10th of Av 7:59p Candle lighting	11th of Av Shabbat Nachamu Parashat Vaetchanan 9:29p Havdalah (72 min)
12th of Av	13th of Av	14th of Av	15th of Av Tu B'Av	16th of Av		

August 1969

Av – Elul 5729

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 17th of Av 7:52p Candle lighting	2 18th of Av Parashat Eikev 9:21p Havdalah (72 min)
19th of Av 3	20th of Av 4	21st of Av 5	22nd of Av 6	23rd of Av 7	24th of Av 8 7:44p Candle lighting	25th of Av 9 Parashat Re'eh Mevarchim Chodesh Elul 9:13p Havdalah (72 min)
26th of Av 10	27th of Av 11	28th of Av 12	29th of Av 13	30th of Av 14 Rosh Chodesh Elul	1st of Elul, 5729 15 Rosh Hashana LaBehemot Rosh Chodesh Elul 7:34p Candle lighting	2nd of Elul 16 Parashat Shoftim 9:03p Havdalah (72 min)
3rd of Elul 17	4th of Elul 18	5th of Elul 19	6th of Elul 20	7th of Elul 21	8th of Elul 22 7:24p Candle lighting	9th of Elul 23 Parashat Ki Teitzei 8:53p Havdalah (72 min)
10th of Elul 24	11th of Elul 25	12th of Elul 26	13th of Elul 27	14th of Elul 28	15th of Elul 29 7:13p Candle lighting	16th of Elul 30 Parashat Ki Tavo 8:42p Havdalah (72 min)
17th of Elul 31						

September 1969

Elul 5729 – Tishrei 5730

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	18th of Elul	19th of Elul	20th of Elul	21st of Elul	22nd of Elul 7:02p Candle lighting	23rd of Elul Leil Selichot Parashat Nitzavim-Vayeilech 8:31p Havdalah (72 min)
24th of Elul	25th of Elul	26th of Elul	27th of Elul	28th of Elul	29th of Elul Erev Rosh Hashana 6:50p Candle lighting	1st of Tishrei, 5730 Rosh Hashana 5730 8:19p Candle lighting
2nd of Tishrei Rosh Hashana II 8:17p Havdalah (72 min)	3rd of Tishrei 5:15a Fast begins Tzom Gedaliah 7:37p Fast ends	4th of Tishrei	5th of Tishrei	6th of Tishrei	7th of Tishrei 6:38p Candle lighting	8th of Tishrei Shabbat Shuva Parashat Ha'azinu 8:07p Havdalah (72 min)
9th of Tishrei Erev Yom Kippur 6:35p Candle lighting	10th of Tishrei Yom Kippur 8:04p Havdalah (72 min)	11th of Tishrei	12th of Tishrei	13th of Tishrei	14th of Tishrei Erev Sukkot 6:26p Candle lighting	15th of Tishrei Sukkot I 7:55p Havdalah (72 min)
16th of Tishrei Sukkot II (CH" M)	17th of Tishrei Sukkot III (CH" M)	18th of Tishrei Sukkot IV (CH" M)				

October 1969

Tishrei – Cheshvan 5730

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 19th of Tishrei Sukkot V (CH" M)	2 20th of Tishrei Sukkot VI (CH" M)	3 21st of Tishrei Sukkot VII (Hoshana Raba) 6:15p Candle lighting	4 22nd of Tishrei Shmini Atzeret 7:44p Havdalah (72 min)
5 23rd of Tishrei	6 24th of Tishrei	7 25th of Tishrei	8 26th of Tishrei	9 27th of Tishrei	10 28th of Tishrei 6:04p Candle lighting	11 29th of Tishrei Parashat Bereshit Mevarchim Chodesh Cheshvan 7:33p Havdalah (72 min)
12 30th of Tishrei Rosh Chodesh Cheshvan	13 1st of Cheshvan, 5730 Rosh Chodesh Cheshvan	14 2nd of Cheshvan	15 3rd of Cheshvan	16 4th of Cheshvan	17 5th of Cheshvan 5:53p Candle lighting	18 6th of Cheshvan Parashat Noach 7:22p Havdalah (72 min)
19 7th of Cheshvan	20 8th of Cheshvan	21 9th of Cheshvan	22 10th of Cheshvan	23 11th of Cheshvan	24 12th of Cheshvan 5:43p Candle lighting	25 13th of Cheshvan Parashat Lech-Lecha 7:12p Havdalah (72 min)
26 14th of Cheshvan	27 15th of Cheshvan	28 16th of Cheshvan	29 17th of Cheshvan	30 18th of Cheshvan	31 19th of Cheshvan 4:34p Candle lighting	

November 1969

Cheshvan – Kislev 5730

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 20th of Cheshvan Parashat Vayera 6:03p Havdalah (72 min)
2 21st of Cheshvan	3 22nd of Cheshvan	4 23rd of Cheshvan	5 24th of Cheshvan	6 25th of Cheshvan	7 26th of Cheshvan 4:26p Candle lighting	8 27th of Cheshvan Parashat Chayei Sara Mevarchim Chodesh Kislev 5:56p Havdalah (72 min)
9 28th of Cheshvan	10 29th of Cheshvan	11 1st of Kislev, 5730 Rosh Chodesh Kislev	12 2nd of Kislev	13 3rd of Kislev	14 4th of Kislev 4:20p Candle lighting	15 5th of Kislev Parashat Toldot 5:49p Havdalah (72 min)
16 6th of Kislev	17 7th of Kislev	18 8th of Kislev	19 9th of Kislev	20 10th of Kislev	21 11th of Kislev 4:15p Candle lighting	22 12th of Kislev Parashat Vayetzei 5:45p Havdalah (72 min)
23 13th of Kislev	24 14th of Kislev	25 15th of Kislev	26 16th of Kislev	27 17th of Kislev	28 18th of Kislev 4:11p Candle lighting	29 19th of Kislev Parashat Vayishlach 5:42p Havdalah (72 min)
30 20th of Kislev						

December 1969

Kislev – Tevet 5730

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 21st of Kislev	2 22nd of Kislev	3 23rd of Kislev	4 24th of Kislev 4:52p Chanukah: 1 Candle	5 25th of Kislev 4:10p Chanukah: 2 Candles 4:10p Candle lighting	6 26th of Kislev 5:41p Chanukah: 3 Candles Parashat Vayeshev Mevarchim Chodesh Tevet 5:41p Havdalah (72 min)
7 27th of Kislev 4:52p Chanukah: 4 Candles	8 28th of Kislev 4:52p Chanukah: 5 Candles	9 29th of Kislev 4:52p Chanukah: 6 Candles	10 1st of Tevet, 5730 Chag HaBanut 4:52p Chanukah: 7 Candles Rosh Chodesh Tevet	11 2nd of Tevet 4:53p Chanukah: 8 Candles	12 3rd of Tevet Chanukah: 8th Day 4:11p Candle lighting	13 4th of Tevet Parashat Miketz 5:41p Havdalah (72 min)
14 5th of Tevet	15 6th of Tevet	16 7th of Tevet	17 8th of Tevet	18 9th of Tevet	19 10th of Tevet 5:48a Fast begins Asara B'Teet 4:13p Candle lighting	20 11th of Tevet Parashat Vayigash 5:44p Havdalah (72 min)
21 12th of Tevet	22 13th of Tevet	23 14th of Tevet	24 15th of Tevet	25 16th of Tevet	26 17th of Tevet 4:17p Candle lighting	27 18th of Tevet Parashat Vayechi 5:48p Havdalah (72 min)
28 19th of Tevet	29 20th of Tevet	30 21st of Tevet	31 22nd of Tevet			