



535 West 246th Street

Riverdale, NY 10471

Library@ChabadRiverdale.org

Tel. 718-549-1100 ext. 10

Fax 718-549-4397

www.ChabadRiverdale.org

CHABAD LUBAVITCH OF RIVERDALE

Shabbat Parshat Lech-Lecha

B”H

Friday, November 8, 2019

10 Cheshvan, 5780

Candle lighting 4:26 PM

Mincha at 4:36 PM

Shabbat Services

Tanya/soul maps	8:30 AM
Shacharit	9:00 AM
Mincha	4:26 PM
Shabbat Ends	5:26 PM
Havdalah Service/Living Torah DVD of the Rebbe	5:26 PM

Junior Congregation

10:45 am - 12 pm

PreK-Grade 3 (upstairs) - Mrs. Dina Klapper

Grades 4+ Girls (downstairs) -

Aviva Laskin & Maya Rudoy

Grade 4+ Boys (downstairs library)

NEXT WEEKS SCHEDULE

Sunday Shacharit 8:45 AM

Monday-Friday 6:55 AM

A TWEET TREAT FOR SHABBAT

There is something special about a mother's tears

<http://ChabadRiverdale.org/1414106>

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WELCOME: To our Scholar in residence Rabbi Mendy and Shterny Tubul

SHABBAT AT THE OHEL: This Shabbat Rabbi Levi Shemtov and several members of our Chabad house are participating in the yearly Shabbaton at the Ohel.

SAVE THE DATES:

MEN'S SHIUR: The Men's weekly Wednesday Chasidus Shiur is sponsored by Barbara Alexander in memory of Arthur (Arye Leib ben Dovid HaKohen). If you would like to host the Shiur in your home please talk to Rabbi Levi Shemtov.

NEXT SHABBAT: ROSH CHODESH SOCIETY SERIES OF CLASSES FOR WOMEN, LESSON 1, Changing of the Garden. Whether you're an optimist, pessimist or a realist please join me as we gain some "INSIGHT" together.

Looking forward to seeing you Shabbat, November 16th, 12:30-1:30 PM or Tuesday, November 19th 10:00-11:00 AM. (see flyer for details)

LIVE LECTURE "MY LIFE IS IN DANGER": Come hear Shira tell her personal story of being trapped and then rescued from an Arab village in Yad L'Achim.

Suggested donation \$15.00, Motzei Shabbos December 7th.

KOSHER MEDITATION WORKSHOP: The Jewish Women's Circle presents a Holistic Techniques for today's Jew: A Torah workshop to Jewish Meditation Monday, December 16th 7:45-9:30 PM. (see flyer for details)

CHABAD EARLY LEARNING CENTER: We have 1-2 spaces available in the 2's and 3's. For more information, or questions, email preschool@chabadofriverdale.org.

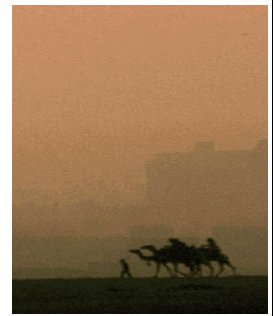
WHAT WILL BE YOUR JEWISH LEGACY: Help ensure a bright future for Judaism in our community. Remember Chabad of Riverdale in your will.

PARSHA IN A NUTSHELL

Lech Lecha

Genesis 12:1-17:27

G-d speaks to Abram, commanding him, "Go from your land, from your birthplace and from your father's house, to the land which I will show you." There, G-d says, he will be made into a great nation. Abram and his wife, Sarai, accompanied by his nephew Lot, journey to the land of Canaan, where Abram builds an altar and continues to spread the message of a one G-d.



A famine forces the first Jew to depart for Egypt, where beautiful Sarai is taken to Pharaoh's palace; Abram escapes death because they present themselves as brother and sister. A plague prevents the Egyptian king from touching her, and convinces him to return her to Abram and to compensate the brother-revealed-as-husband with gold, silver and cattle.

Back in the land of Canaan, Lot separates from Abram and settles in the evil city of Sodom, where he falls captive when the mighty armies of Chedorlaomer and his three allies conquer the five cities of the Sodom Valley. Abram sets out with a small band to rescue his nephew, defeats the four kings, and is blessed by Malki-Zedek the king of Salem (Jerusalem).

G-d seals the Covenant Between the Parts with Abram, in which the exile and persecution (galut) of the people of Israel is foretold, and the Holy Land is bequeathed to them as their eternal heritage.

Still childless ten years after their arrival in the Land, Sarai tells Abram to marry her maidservant Hagar. Hagar conceives, becomes insolent toward her mistress, and then flees when Sarai treats her harshly; an angel convinces her to return, and tells her that her son will father a populous nation. Ishmael is born in Abram's eighty-sixth year.

Thirteen years later, G-d changes Abram's name to Abraham ("father of multitudes"), and Sarai's to Sarah ("princess"), and promises that a son will be born to them; from this child, whom they should call Isaac ("will laugh"), will stem the great nation with which G-d will establish His special bond. Abraham is commanded to circumcise himself and his descendants as a "sign of the covenant between Me and you." Abraham immediately complies, circumcising himself and all the males of his household.

Chabad of Riverdale
EARLY LEARNING CENTER
 Where Learning Comes Alive!
 A Comprehensive Jewish preschool experience for children ages 2-4.

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Support a Chabad Program that is meaningful to you!

A MONTHLY COURSE FOR WOMEN
FROM THE ROSH CHODESH SOCIETY



insight

INFUSED WITH WISDOM OF THE LUBAVITCHER REBBE

LESSON 1

Changing of the Garden

A WORLD ABLOOM IN GOODNESS. One of the Rebbe's outstanding qualities was his indefatigable optimism. He insisted on seeing the good in everything—in every event and in all phenomena. Was this optimism anchored in reality? The Rebbe taught that there is no divide between G-d and the material world, between goodness and each aspect of our lives. The entire universe and all that transpires are expressions of G-d's beautiful "garden." The reality, then, is that below the surface of all that is lies a wellspring of goodness, holiness, and heightened potential. It is our job to dig beneath the surface and uncover that goodness. **Gain insight into a different view of the world.**

Taught by Rebbetzin Sorah Shemtov

SHABBAT, NOVEMBER 16TH, 12:30 PM & TUESDAY, NOVEMBER 19TH, 10:00 AM

@ Chabad

535 West 246th Street
Light Refreshments served.

There is no fee for the course but student textbooks
are available for purchase.

Walk-Ins welcome
RSVP appreciated

Contact: 718-549-1100
sorahshmtv@gmail.com




A Program of
The Rohr Jewish Learning Institute

Holistic Techniques for Today's Jew

A Torah Approach to Therapeutic Meditation

Rus Devorah Wallen LCSW, ACSW

Founder  Owner of Toratherapeutics™

Monday,
December 16, 2019
18 Kislev, 5780

7:45 p.m. - Light Refreshments

8:00-9:30 p.m. - Workshop

 **Experience kosher meditation and how it can help us in our fast-paced world**

 **Attain inner calm and focus through simple exercises**

 **Learn life-enhancing skills to help you rise above everyday challenges**

 **Learn about neuroplasticity and how your brain can change**

At the home of Jennifer Jacobson
6 Delafield Way
(Delafield Estates)

Couvert - \$18
Sponsor - \$50

A Project of Jewish Women's Circle,
Chabad Lubavitch of Riverdale.

Rus Devorah's CD of kosher meditation and relaxation techniques will be available for purchase after the talk.

RSVP appreciated:

Call or Text Suzanne - 914-720-4634
or Email - sorahshmtv@gmail.com



Toratherapeutics™
A Torah Inspired Approach to Holistic Growth & Healing

TEHILLIM (PSALMS) LIST

We compile and maintain a Tehillim list of the names of people who need a refuah shlaima (speedy recovery) so we may all daven for them. Dr. Frimet Skolas has volunteered to coordinate names for a Tehillim list for the weekly Shabbat bulletin. So if you know someone who isn't well, please contact Frimet at 1-347-602-7951, fax 1-347-602-7951, or e-mail: skolasf@outlook.com. All names need to be reinstated 8 weeks after submission or they will automatically be deleted. Frimet will update the list every Wednesday evening.

Rabbi Adin ben Rivka Lea	Elisheva Malka bas Sarah Miriam	Nechama Miriam bas Shternah Chana
Aurilia Myriam bat Rivka Victoria	Esther bas Rochel	Pesha Soroh bas Esther
Avraham Ben Devorah	Esther bat Maguy	Reuven ben Aliza
Avraham Abba Ben Sara Chana	Ephraim Matan Ben Chana	Rivkah Leah bas Sarah Raiza
Avraham Shmelka ben Sarah	Feigele Frimet bas Devorah Blima	Riva Devorah bas Raizel Gittel
Baruch Moshe ben Esther	Frimet bas Chaya Gitel	Reizel Gitel bas Rochel Leah
Beila bas Sarah	Freida Rochel bas Esther	Ruth bas Rivka
Bracha Faiga bas Yehudis	Gershon Elchanan hachain ben Tzvia	Rachel Chana bas Sidell
Bracha Rivkah bat Yehudis Devorah	Gitel bas Sheindel	Sara bat Shoshana
Carmela bat Juliet	Golda Shira bat Yenta Rochel	Sarah bas Yael
Channah bat Rivka	Hadassah Raizel bat Sorel	Schneur Chaim Yitzchok Alexander Ben Nechama Dina
Chana bas Devorah	Hinda Sorah Rochel bas Yitta	Shlome Alter Dov Yehuda Halevi ben Gila Esther
Chana bas Mushka	Huna ben Esther	Shmuel ben Ellen
Chana Breindel bas Gittel	Juliet bat Hanna	Sholom Mordechai Halevi Ben Rivkah
Chaim Dovid ben Blume	Jadon and Anias bas Nicole	Shoshanah Faige bas Devorah
Chaim Shraga Feivel ben Chaya Leah Malka	Kalman ben Dobe	Sima bas Chana
Chana Chaya bas Yenta Bayla	Kayla Sarah bas Malka Yentel	Sorah Hadassah bas Gittel
Chaya Bella bas Rivka	Lea bat Valerie	Tzvi ben Miriam
Chaya Sorah bas Devorah Yuda	Leah bat Rachel	Tzadik haLevi ben Masha Rachel
Channah Liba bat Chaya Sarah	Leah Luba bas Baila	Yael bas Sarah
Cherna bas Liba	Liat bat Carmela	Yaacov aryeh dov ben resha matel
Daliya Bat Batya	Lieba Chaya bas Devora Yuda	Yakot bat Zochra
Daveda shimona bas Malka rivka	Malka Devorah bat Ella Chava	Yehudit bat Sarah
Devorah Hinda bat Bracha	Masha bas Tzimi	Yehudis bas Feigel Rachel
Devorah Lieba bas Yael	Meir ben Trina	Yehudis Chaye bas Gittel
Doba Baila bas Malka	Menucha Rochel bas Gilah Elkah	Yehudis Tirtza Chana bas Bracha
David Shlomo ben Lea	Menachem Mendel Mordechai ben Miriam	Yissaschar ben Roza Rasha
Dovid Shlomo ben Shoshana Malka	Mechachem Ksil ben Kayla	Yona bas Chana
Dovid ben Sarah	Moshe Chaim ben Yehudis	Yoshua Tzvi ben Nechama Lea
Eheskiel Baruch Ben Leah	Moshe Yoel Lee ben Chana	Yosef Yisrael ben Dina
Eliyahu ben Miriam	Miriam bas Chaya Sorah	Yosef bezalel ben Rus
Eliezar Ben Pearl	Miriam Esther Bas Sorah	Yonatan Halevi ben Malka
Elisheva Malka bas Sarah Miriam	Naftali Hertz Chaim ben Feiga Gitel	Zehava Nechama Chaya bat Elisheva
Eliana bat Chana	Nechama bas Chana	

If you only knew - The Tzemach Tzedek said - the power of verses of Tehillim and their effect in the highest Heavens, you would recite them constantly. Know that the chapters of Tehillim shatter all barriers; they ascend higher and still higher with no interference; they prostrate themselves in supplication before the Master of all worlds; and they effect and accomplish with kindness and compassion (Chaf). We know that when an individual says any amount of Tehillim (Psalms) she/he can merit many blessings. This is particularly true when the entire book of Tehillim is recited by a group of individuals, since G-d blesses us when we are united in peace with one another. It is also considered as if each of the individuals who take part in the group recited the entire Tehillim, not just their allotted chapters. You can say it anytime and anywhere that Shabbat. If you wish to participate, please indicate how many average-sized chapters (psalms) you would like to say and your preference. I will contact you to let you know your allotted chapters. In the merit of saying Tehillim may we receive the blessings we need individually and for Klal Yisrael. Please reply to Frimet Skolas at skolasf@outlook.com or call 1-347-602-7951.

How did the Jewish faith come into existence?

The Midrash describes the birth of Judaism with the following cryptic parable:

"And G-d said to Abraham: 'Go from your land, your birthplace, and your father's house...' (Genesis 12:2) ~ To what may this be compared? To a man who was traveling from place to place when he saw a palace in flames. He wondered: "Is it possible that the palace has no owner?" The owner of the palace looked out and said, "I am the owner of the palace." So Abraham our father said, "Is it possible that the world lacks a ruler?" G-d looked out and said to him, "I am the ruler, the Sovereign of the universe."

Abraham's bewilderment is clear. This sensitive human being gazes at a brilliantly structured universe, a splendid piece of art. He is overwhelmed by the grandeur of a sunset and by the miracle of childbirth; he marvels at the roaring ocean waves and at the silent, steady beat of the human heart. The world is indeed a palace.

But the palace is in flames. The world is full of bloodshed, injustice and strife. Thugs, abusers, rapists, kidnappers and killers are continuously demolishing the palace, turning our world into an ugly tragic battlefield of untold pain and horror.

What happened to the owner of the palace? Abraham cries. Why does G-d allow man to destroy His world? Why does He permit such a beautiful palace to go up in flames? Could G-d have made a world only to abandon it? Would anyone build a palace and then desert it?

The Midrash records G-d's reply: "The owner of the palace looked out and said: 'I am the owner of the palace.' G-d looked out and said to Abraham: 'I am the ruler, the Sovereign of the universe.'"

What is the meaning of G-d's response?

Note that the owner of the palace does not make an attempt to get out of the burning building or to extinguish the flames. He is merely stating that He is the owner of the palace that is going up in smoke. It is as if, instead of racing out, the owner were calling for help. G-d made the palace, man set it on fire, and only man can put out the flames. Abraham asks G-d, "Where are you?" G-d replies, "I am here, where are you?" Man asks G-d, "Why did You abandon the world?" G-d asks man, "Why did you abandon Me?"

Thus began the revolution of Judaism humanity's courageous venture to extinguish the flames of immorality and bloodshed and restore the world to the harmonious and sacred palace it was intended to be. Abraham's encounter with G-d in the presence of a burning palace gave birth to the mission statement of Judaism to be obsessed with good and horrified by evil.