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CHABAD LUBAVITCH OF RIVERDALE

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## Shabbat Parshat Chayei Sara

B”H

**Friday, November 15, 2019**  
**17 Cheshvan, 5780**  
**Candle lighting 4:14 PM**  
**Mincha at 5:16 PM**

### Shabbat Services

Tanya/soul maps 8:30 AM  
Shacharit 9:00 AM  
Mincha 4:14 PM  
Shabbat Ends 5:16 PM  
Havdalah Service/Living Torah DVD  
of the Rebbe 5:16 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

Why no one can argue  
over Hebron

<http://ChabadRiverdale.org/2713>

Updates 1  
Parsha in a Nutshell 2  
Rosh Chodesh Society 3  
Meditation Workshop 4  
Tehilim List 5  
Weekly Article 6

### 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.

**THIS 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)

**SHLUCHIM BANQUET:** Representing their respective communities worldwide, over 5,000 emissaries of our beloved Rebbe, of blessed memory, will attend the International Chabad-Lubavitch Shluchim Conference. Please be my guest at the Gala Banquet on **Sunday, November 24, 2019.** I've reserved a seat for you at my table in the hall at the **New Jersey Convention and Exposition Center, 97 Sunfield Avenue in Edison, New Jersey.** Doors open at 4:30pm and appetizers will be served. Dinner will begin at 5:30pm followed by the program at 6:30pm. For reservations go to <http://www.kinus.com/go.asp?page=kinusguest&key=9791-21N-673> or call 347-524-7389.

**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)

**KIDS FIRST:** is an early intervention agency servicing infants and toddlers (birth to 3 years old) with developmental disabilities in the home and community setting (e.g., daycare/preschool). We are a Riverdale-based agency with the following services available to families whose children qualify for services: Speech Therapy (bilingual Hebrew), Occupational Therapy, Feeding Therapy, Special Instruction, ABA Therapy, Social Worker. If you need services email [justinfranks@kidsfirstei.com](mailto:justinfranks@kidsfirstei.com) or give us a call at 718-701-4807

## Chayei Sarah

Genesis 23:1-25:18

Sarah dies at age 127 and is buried in the Machpeilah Cave in Hebron, which Abraham purchases from Ephron the Hittite for 400 shekels of silver.

Abraham's servant, Eliezer, is sent laden with gifts to Charan to find a wife for Isaac. At the village well, Eliezer asks G-d for a sign: when the maidens come to the well, he will ask for some water to drink; the woman who will offer to give his camels to drink as well shall be the one destined for his master's son.

Rebecca, the daughter of Abraham's nephew Bethuel, appears at the well and passes the "test". Eliezer is invited to their home, where he repeats the story of the day's events. Rebecca returns with Eliezer to the land of Canaan, where they encounter Isaac praying in the field. Isaac marries Rebecca, loves her, and is comforted over the loss of his mother.



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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](mailto: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](mailto: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	Pesha Soroh bas Esther
Aurilia Myriam bat Rivka Victoria	Esther bas Rochel	Reuven ben Aliza
Avraham Ben Devorah	Esther bat Maguy	Rivkah Leah bas Sarah Raiza
Avraham Abba Ben Sara Chana	Ephraim Matan Ben Chana	Riva Devorah bas Raizel Gittel
Avraham Shmelka ben Sarah	Frimet bas Chaya Gitel	Reizel Gitel bas Rochel Leah
Baruch Moshe ben Esther	Freida Rochel bas Esther	Ruth bas Rivka
Beila bas Sarah	Gershon Elchanan hachain ben Tzvia	Rachel Chana bas Sidell
Bracha Faiga bas Yehudis	Gitel bas Sheindel	Sara bat Shoshana
Bracha Rivkah bat Yehudis Devorah	Golda Shira bat Yenta Rochel	Sarah bas Yael
Carmela bat Juliet	Hadassah Raizel bat Sorel	Schneur Chaim Yitzchok Alexander Ben Nechama Dina
Channah bat Rivka	Hinda Sorah Rochel bas Yitta	Shlome Alter Dov Yehuda Halevi ben Gila Esther
Chana bas Devorah	Huna ben Esther	Shmuel ben Ellen
Chana bas Mushka	Juliet bat Hanna	Sholom Mordechai Halevi Ben Rivkah
Chana Breindel bas Gittel	Jadon and Anias bas Nicole	Shoshanah Faige bas Devorah
Chaim Dovid ben Blume	Kalman ben Dobe	Sima bas Chana
Chaim Shraga Feivel ben Chaya Leah Malka	Kayla Sarah bas Malka Yentel	Sorah Hadassah bas Gittel
Chana Chaya bas Yenta Bayla	Lea bat Valerie	Tzvi ben Miriam
Chaya Bella bas Rivka	Leah bat Rachel	Tzadik haLevi ben Masha Rachel
Chaya Sorah bas Devorah Yuda	Leah Luba bas Baila	Yael bas Sarah
Channah Liba bat Chaya Sarah	Liat bat Carmela	Yaacov aryeh dov ben resha matel
Cherna bas Liba	Lieba Chaya bas Devora Yuda	Yakot bat Zochra
Daliya Bat Batya	Malka Devorah bat Ella Chava	Yehudit bat Sarah
Daveda shimona bas Malka rivka	Masha bas Tzimi	Yehudis bas Feigel Rachel
Devorah Hinda bat Bracha	Meir ben Trina	Yehudis Chaye bas Gittel
Devorah Lieba bas Yael	Menucha Rochel bas Gilah Elkah	Yehudis Tirtza Chana bas Bracha
Doba Baila bas Malka	Menachem Mendel Mordechai ben Miriam	Yissaschar ben Roza Rasha
David Shlomo ben Lea	Mechachem Ksil ben Kayla	Yona bas Chana
Dovid Shlomo ben Shoshana Malka	Moshe Chaim ben Yehudis	Yoshua Tzvi ben Nechama Lea
Dovid ben Sarah	Moshe Yoel Lee ben Chana	Yosef Yisrael ben Dina
Eheskiel Baruch Ben Leah	Miriam bas Chaya Sorah	Yosef bezalel ben Rus
Eliyahu ben Miriam	Miriam Esther Bas Sorah	Yonatan Halevi ben Malka
Eliezar Ben Pearl	Naftali Hertz Chaim ben Feiga Gitel	Zehava Nechama Chaya bat Elisheva
Elisheva Malka bas Sarah Miriam	Nechama bas Chana	
Eliana bat Chana	Nechama Miriam bas Shternah 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](mailto:skolasf@outlook.com) or call 1-347-602-7951.



Why are so many marriages failures? And why do so many fail so soon after the wedding?

This week we read about the first shidduch in history. Abraham sends his trusted servant, Eliezer, to find a wife for his son Isaac. He returns with Rebecca and they live happily ever after. The verse tells us "And [Isaac] took Rebecca, she became his wife, and he loved her." So, it would appear that in the Biblical scenario, true love comes after marriage, not before. Before a marriage can take place there has to be a commonality between two people, shared values, mutual aspirations and, yes, certainly a degree of chemistry between them. But true love has to be nurtured over time.

Without doubt, a primary cause of many marital breakdowns today is the unrealistic expectations that people have going into marriage. Our generation has been fed a constant diet of romantic novels, hit parade love songs, glossy magazine advice and Hollywood fiction ~ all of which bear little resemblance to the real world. (Dare I suggest that Shrek is the industry's first realistic love story?)

"We fell in love!" "It was love at first sight." I confess to being a bit of a romantic myself, but surely "love at first sight" has got to be a contradiction in terms. "Love" by definition takes years to develop. If you are honest with yourself, the only thing you can feel at first sight is lust. "Love at first sight" is a monumental bobba meise.

So we "fall in love" thinking it's real, hoping it will be true and lasting, and then at the slightest disappointment we fall right out of love. Which only proves that it wasn't true love in the first place. True love takes years, true love is the mature conviction that our lives are intertwined and inseparable no matter what ~ even if my partner goes grey or flabby or loses his money. That kind of love is measured not in romantics but in long-term commitment.

When I officiate at a wedding ceremony I make a point of observing not only the bride and groom but also their parents. A single glance that passes between father and mother under that chupah ~ radiating nachas and feelings of shared satisfaction ~ tells me that they have had a good marriage. That, to me, is more telling than the mushy swooning of the newlyweds. As exciting as it is, their love may still be in the infatuation stage. Yet untested, it's still early days.

So the first rule is patience. Love takes time. It needs nurturing. Sadly, too many give up too soon.

Secondly, the Hollywood effect leaves us so naively impressionable that, at first, we convince ourselves that our partner must be the proverbial Prince Charming or Princess Grace. But then, at the first sign of imperfection, "Hey, I bought a lemon! I'm outta here!" Remember, nobody is perfect. Not even you, my dear. In the passage of time we do indeed discover the little imperfections of our chosen partners. Some things can be unlearned, with gentle encouragement and, again, patience. Others, we may just have to learn to live with. Acceptance is an art. Weigh up in your mind the relative significance of minor inadequacies against the greater good in the grand scheme of things. You may very well realize that you can actually live with those small, petty irritants. Admittedly, if it's something major then you may need to go for some serious counseling.

And in making these calculations consider the following: Do I stop loving myself just because I am imperfect? Do I stop loving my children because the teacher told me they were really bad at school? Of course not. Why then do I have difficulty loving my spouse because of a perceived fault?

Marriage is the beginning, not the end. If we can be realistic about our relationships we can find true love. But it takes time, patience, and the wisdom to overlook the little things that can annoy us. Then, please G-d, with true commitment will come true love, togetherness, a lifetime of sharing and caring, and the greatest, most enduring contentment in our personal lives. Amen.