



535 West 246th Street  
Riverdale, NY 10471  
[Library@ChabadRiverdale.org](mailto:Library@ChabadRiverdale.org)

CHABAD LUBAVITCH OF RIVERDALE

Tel. 718-549-1100 ext. 10  
Fax 718-549-4397  
[www.ChabadRiverdale.org](http://www.ChabadRiverdale.org)

## Shabbat Parshat Vayeitsei

B"H

Friday, December 6, 2019  
8 Kislev, 5780  
Candle Lighting 4:10 PM  
Mincha at 4:20 PM

### Shabbat Services

|  |         |
|--|---------|
| Tanya/soul maps                                | 8:30 AM |
| Shacharit                                      | 9:00 AM |
| Mincha   | 4:10 PM |
| Shabbat Ends                                   | 5:13 PM |
| Havdalah Service/Living Torah DVD of the Rebbe | 5:13 PM |

### Junior Congregation

10:45 am - 12 pm  
PreK-Grade 3 (upstairs) - Mrs. Dina Klapper  
Grades 4+ Girls (downstairs) - Girls lounge  
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 couldn't Jacob's wives just get along?

<http://ChabadRiverdale.org/448633>

|                      |   |
|----------------------|---|
| Updates              | 1 |
| Parsha in a Nutshell | 2 |
| Riverdale & Beyond   | 3 |
| Meditation Workshop  | 4 |
| Tehilim List         | 5 |
| Weekly Article       | 6 |

### THIS SHABBAT: ROSH CHODESH SOCIETY SERIES OF CLASSES FOR WOMEN,

**LESSON 2,** Brewed to Perfection: Your Unconditional Potential. Unconditional love. Acceptance of all people. How can we rise to the challenge, and see neither failure nor weakness, but the internal core of perfection in every human being? Gain insight into a different view of the human being. Looking forward to seeing you **Shabbat, December 7th, 12:30-1:30 PM or Tuesday, December 10th 11:00-12:00 PM.**

**GIRLS SHABBAT LOUNGE:** Instead of Jr. Congregation for your daughter Grade 4+ we are excited to offer the *"Girls Shabbat Lounge"* which is a comfy welcoming space where she can daven, snack and schmooze with her friends. It will be open every week on Shabbos with older supervision from 10:45-12 pm.

**BRING JOY TO CHILDREN WITH ILLNESS!:** We will be delivering toys to sick children in the hospital over Chanukah. Please donate **unwrapped toys** to Chabad of Riverdale, 535 West 246th Street. Our offices are open from 9 am-5 pm, Monday-Thursday. Donations can also be made online on our website. We are also looking for volunteers to visit hospitals on Dec 10 -13. If you can help, email us at [library@chabadrivdale.org](mailto:library@chabadrivdale.org).

**CHANUKAH ON ICE:** -Sunday December 22, 5-8 pm, at Lasker ring North Central Park. Online: \$22/admission with no skate rental; \$30/with skate rental; under 3 is free At the door: \$28/admission with no skate rental; \$35/with skate rental, under 3 is free RSVP @ [CHANUKAHONICENYC.COM](http://CHANUKAHONICENYC.COM)

**GIANT MENORAH LIGHTING:** Join us for our annual Giant Menorah Lighting on Sunday December 22, 4pm, at the Bell Monument! Live music, Latkes, Doughnuts Dreidels and .... Monday - Thursday 4pm Friday 3:00 pm Saturday night 6:30 pm Sunday December 29 4pm

**LIVE LECTURE "MY LIFE IS IN DANGER":** Come hear Tamar 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)

## Vayeitzei

Genesis 28:10-32:3

**Jacob** leaves his hometown **Be'er Sheva** and journeys to **Charan**. On the way, he encounters "**the place**" and sleeps there, dreaming of a **ladder** connecting heaven and earth, with angels climbing and descending on it; G-d appears and promises that the land upon which he lies will be given to his descendents. In the morning, Jacob raises the **stone** on which he laid his head as an altar and monument, pledging that it will be made the **house of G-d**.



In Charan, Jacob stays with and works for his uncle **Laban**, tending Laban's sheep. Laban agrees to give him his younger daughter **Rachel** ~ whom Jacob loves ~ in marriage, in return for seven years' labor. But on the wedding night, Laban gives him his elder daughter, **Leah**, instead ~ a deception Jacob discovers only in the morning. Jacob marries Rachel, too, **a week later**, after agreeing to work another seven years for Laban. Leah gives birth to six sons ~ **Reuben**, **Shimon**, **Levi**, **Judah**, **Issachar** and **Zebulun** ~ and a daughter, **Dinah**, while Rachel remains barren. Rachel gives Jacob her handmaid, **Bilhah**, as a wife to bear children in her stead, and two more sons, **Dan** and **Naphtali**, are born. Leah does the same with her handmaid, **Zilpah**, who gives birth to **Gad** and **Asher**. Finally, Rachel's prayers are answered and she gives birth to **Joseph**. Jacob has now been in Charan for fourteen years and wishes to return home, but Laban persuades him to remain, now offering him **sheep** in return for his labor. Jacob prospers, despite Laban's repeated attempts to swindle him. After six years, Jacob leaves Charan in stealth, fearing that Laban would prevent him from leaving with the family and property for which he labored. Laban pursues Jacob, but is warned by G-d in a dream not to harm him. Laban and Jacob make a pact on **Mount Gal-Ed**, attested to by a pile of stones, and Jacob proceeds to the Holy Land, where he is met by **angels**.



Chabad of Riverdale  
**EARLY  
 LEARNING  
 CENTER**  
 Where Learning  
 Comes Alive!

A Comprehensive Jewish  
 preschool experience for  
 children ages 2-4.



PARTNER  
 WITH  
**CHABAD**  
 OF RIVERDALE

Support a Chabad Program  
 that is meaningful to you!



# 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](mailto:sorahshmtv@gmail.com)**



**Toratherapeutics™**  
A Torah Inspired Approach to Holistic Growth & Healing

## RIVERDALE & BEYOND

**HOUSE FOR SALE BY OWNER:** 6 bedroom (includes maids room on lower level)/6 bathroom (5 full plus 1 powder) house for sale by owner. Large circular driveway with 4 brick columns Extensive landscaping. Full gut renovation, all new. Call or text for details (917) 496-5373

**THE GEMACH OF RIVERDALE:** Provides interest-free loans to Riverdale families and individuals in our community who find themselves with unexpected shortfalls or short-term capital needs. The Gemach is flexible - providing interest-free loans from \$500-\$100,000, and with repayments up to 5 years. Founded in 2013, Gemach has funded over 30 loans totaling over \$325,000 for uses such as Credit Card Consolidation, Unexpected Tax Bills, Student Loan Payments, Starting a New Business, Medical Procedures, Home Repairs, Planning a Simcha, New Home Expenses, Tuition Payments. 1. If you or someone you know can use an interest free loan, please contact Gemach of Riverdale. 2. Every loan requires two guarantors who stand ready to repay if the borrower doesn't. We wish to acknowledge and thank all those people in the community who have served as guarantors for their fellow Jew. 3. Know that all inquiries and discussions with the Gemach are handled with absolute confidentiality. 4. To learn more about the Gemach or how you can help in this effort, please contact Rabbi Moish Drelich. The Gemach is an incredible community wide resource, established to help strengthen our Riverdale Jewish community. The Gemach has granted loans to members of every shul in our community. GemachOfRiverdale@gmail.com 917.408.3035

### **BIKUR CHOLIM:**

Bikur Cholim of Riverdale wishes to inform you that the Yehuda Memorial Bikur Cholim Room at Montefiore Hospital will be fully stocked with food for Yom Tov.

We are currently planning the volunteer schedule for this coming year. If you would like to volunteer on a weekly, bi-monthly or monthly basis or you would like to volunteer for Respite please contact us. We need your help!! If you need more information about the room or the services Bikur Cholim provides year-round, please contact us Bikur Cholim of Riverdale or Tammy Alter at 917-543-4844 and Orital Weinroth at 917-257-5681.

The Bikur Cholim of Riverdale Medical Equipment Gemach, named in memory of Dr. Mark Ellen, Elimelech ben Chaim Yehoshua Hakohen loans out medical equipment at no charge to those in need in the Riverdale community. We stock wheelchairs, walkers, rollaids, commodes, adult and children's crutches, shower chairs, a bed assist rail, an IV stand, a cane, a waterproof cast protector and other small medical-related items. Please contact Bikur Cholim of Riverdale or Orital Weinroth at 917-257-5681 and Tammy Alter at 917-543-4844 for more information or to arrange a drop-off or pick-up.

## TEHILLIM (PSALMS) LIST

We compile and maintain a Tehillim list of the names of people who need a refuah shlama (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 rein-stated 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 Gittel              | Reizel Gittel 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                 | Gittel 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 Gittel | 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.

So what's the best way to get to heaven? Walk across a busy highway? Perform some amazing act of faith? Save a thousand lives? Well, a pretty good answer may be found in this week's Parshah.

We read the story of Jacob's dream and the famous ladder with its feet on the ground and head in the heavens. "And behold the angels of G-d were ascending and descending on it."

Let me ask you what they might call in Yiddish, a *klotz kashe* (simplistic question). Do angels need a ladder? Everyone knows angels have wings, not feet. So, if you have wings, why would you need a ladder?

There is a beautiful message here.

In climbing heavenward one does not necessarily need wings. Dispense with the dramatic. Forget about fancy leaps and bounds. There is a ladder, a spiritual route clearly mapped out for us; a route that needs to be traversed step-by-step, one rung at a time. The pathway to Heaven is gradual, methodical and eminently manageable.

Many people are discouraged from even beginning a spiritual journey because they think it needs that huge leap of faith. They cannot see themselves reaching a degree of religious commitment which to them seems otherworldly. And yet, with the gradual step-by-step approach, one finds that the journey can be embarked upon and that the destination aspired to is actually not in outer space.

When I was growing up in Brooklyn, I would pass a very big building on my way to school every morning. It was the King's County Savings Bank. All these years later I still remember the Chinese proverb that was engraved over the large portals at the entrance to the bank. "A journey of a thousand miles begins with but a single step." Now that's not only Chinese wisdom; we Jews agree. And it's not limited to starting a savings plan. It is a simple yet powerful idea that it need not be "all or nothing."

What do you think is a rabbi's fantasy? A guy walking into my office and saying, "Rabbi, I want to become 'frum' (fully observant), now tell me what I must do"? Is that what I lie awake dreaming of? And if it did happen, do you think I would throw the book at him and insist he did every single mitzvah from that moment on? Never! Why not? Because a commitment like that is usually here today and gone tomorrow. Like the popular saying goes, "Easy come, easy go." I'm afraid I haven't had such wonderful experiences with the "instant Jew" types. The correct and most successful method of achieving our Jewish objectives is the slow and steady approach. Gradual, yet consistent. As soon as one has become comfortable with one mitzvah, it is time to start on the next, and so on and so forth. Then, through constant growth, slowly but surely we become more knowledgeable, committed, fulfilled and happy in our faith.

When my father was in yeshiva, his teacher once asked the following question: "If two people are on a ladder, one at the top and one on the bottom, who is higher?" The class thought it was a pretty dumb question ~ until the wise teacher explained that they were not really capable of judging who was higher or lower until they first ascertained in which direction each was headed.

If the fellow on top was going down, but the guy on the bottom was going up, then conceptually, the one on the bottom was actually higher.

And so my friends, it doesn't really matter what your starting point is or where you are at on the ladder of religious life. As long as you are moving in the right direction, as long as you are going up, you will, please G-d, succeed in climbing the heavenly heights.

Wishing you a safe and successful journey.