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CHABAD LUBAVITCH OF RIVERDALE

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Shabbat Parshat Yitro

B”H

Friday, February 14, 2020

19 Shevat, 5780

Candle Lighting 5:10 PM

Mincha at 5:20 PM

Shabbat Services

Tanya/soul maps	8:30 AM
Shacharit	9:00 AM
Mincha	5:10 PM
Shabbat Ends	6:11 PM
Havdalah Service/Living Torah DVD of the Rebbe	6:11 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

Mon-Fri 6:45 AM

A TWEET TREAT FOR SHABBAT

This week, we get the Big 10

<http://ChabadRiverdale.org/1752426>

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THIS WEEKEND SORAH SHEMTOV: Will join more than 3,000 women leaders from all 50 U.S. states and 100 countries (including a few women from our shul), hailing from as far away as Laos and Angola, Ghana and Uzbekistan, at the International Conference of Chabad-Lubavitch Women Emissaries (Kinus Hashluchos) in Brooklyn, N.Y.

This Sunday night Sorah and these women will be at the Banquet. Watch it live at Chabadriverdale.org/kinuslive. The conference is a tribute to the legacy of Rebbetzin Chaya Mushka Schneerson, the esteemed wife of the Rebbe, and is timed to the anniversary of her passing. Rebbetzin Schneerson’s deep care for and insight into their work remains a source of inspiration to the Chabad women emissaries.

RIVERDALE CHABAD REFRESH: By **Andrew Kramer**, We are creating a fund to refresh the shul with a fresh coat of paint and refinish the wood floors. Any amount is welcome. Please send your checks in to Chabad today. With your help, Chabad will be “Pretty by Pesach”!! Thanks.

PURIM IS COMING! CAN YOU HELP?:

We need volunteers to help pack the shalach manot gifts on **Sunday morning, March 1, 9:30-12:30**. Any time you can spare is appreciated!

Contact Sorah to book your slot: sorahshmtv@gmail.com

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.

BAR MITZVAH CLUB: Rabbi Shneur Wolfman will be teaching Bar Mitzvah boys and at Chabad on a weekly basis, if you are interested to have him teach your son please email Rabbi Levi Shemtov asap rabbi@chabadriverdale.org

CANDLE LIGHTING TIMES: JAN-MAR:

<u>FEB:</u>	<u>LIGHT</u>	<u>END</u>	<u>MAR:</u>	<u>LIGHT</u>	<u>END</u>
21	5:19	6:19	6	5:35	6:35
28	5:27	6:27	13	6:43	7:42
			21	6:50	7:50
			27	6:58	7:58

Yitro

Exodus 18:1-20:23

Moses' father-in-law, Jethro, hears of the great miracles which G-d performed for the people of Israel, and comes from Midian to the Israelite camp, bringing with him Moses' wife and two sons. Jethro advises Moses to appoint a hierarchy of magistrates and judges to assist him in the task of governing and administrating justice to the people.

The Children of Israel camp opposite Mount Sinai, where they are told that G-d has chosen them to be His "kingdom of priests" and "holy nation." The people respond by proclaiming, "All that G-d has spoken, we shall do."

On the sixth day of the third month (Sivan), seven weeks after the Exodus, the entire nation of Israel assembles at the foot of Mount Sinai. G-d descends on the mountain amidst thunder, lightning, billows of smoke and the blast of the shofar, and summons Moses to ascend.

G-d proclaims the Ten Commandments, commanding the people of Israel to believe in G-d, not to worship idols or take G-d's name in vain, to keep the Shabbat, honor their parents, and not to murder, commit adultery, steal, bear false witness or covet another's property. The people cry out to Moses that the revelation is too intense for them to bear, begging him to receive the Torah from G-d and convey it to them.



Chabad of Riverdale

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

The Ten Commandments were engraved on two tablets. The five commandments etched on the first tablet deal with man's relationship with G-d; the second tablet contains five commandments which concern man's relationship with his fellow man.

Of the 613 biblical commandments, G-d selected these ten commandments for special attention. He directly communicated them to the Jews without using Moses as an intermediary, and inscribed them on the tablets which were placed in the Holy Ark within the Holy of Holies. It is evident that although all the mitzvot are vital, the five carved into the first tablet were chosen because they form the basis of our relationship with the Creator, while the latter five serve as the foundation of our relationship with fellow people. The following is an attempt to delve briefly into the deeper meaning of the Ten Commandments.

First Tablet:

1. I am the L-rd your G-d, who took you out of the land of Egypt: It isn't beneath G-d—the almighty omnipotent G-d, before whom “all is considered like naught”—to personally interfere in the workings of this world, to liberate a persecuted nation from the hand of their oppressors. We can always trust that He is watching over us attentively and controlling all the events which affect our lives.
2. You shall not have other gods in My presence: G-d is the only one who controls all events and occurrences. No other entity—not your government, not your boss, not your spouse—can benefit or harm you, unless G-d has so decreed. Every one of us shares a special relationship with G-d, and no power can interfere with or disturb this relationship.
3. You shall not take the name of the L-rd, your G-d, in vain: The above-described relationship may indeed be intimate and personal, but you must never lose perspective—He's your Creator, not your buddy.
4. Remember the Sabbath day to sanctify it: Maintaining this relationship with G-d requires effort on our part. All too often, we are so immersed in our daily routine that we forget that in actuality it is our connection with G-d which matters most. Therefore, G-d commanded us to allocate one day every week for “relationship maintenance.” This is the Sabbath, a day to focus on the real priorities in life, and to draw inspiration for the following week.
5. Honor your father and your mother: Why is this commandment included in the “between man and Creator” tablet? Doesn't this command belong on the second tablet? Perhaps the lesson is that although we owe everything to G-d, we must not forget to express gratitude to those people whom G-d has empowered to help us in our journey through life. As the Talmud says: “The wine belongs to the host, but thanks is [also] said to the waiter.”

Second Tablet:

Although most of the following prohibitions are admonitions against egregious sins which most of us wouldn't even consider committing, these prohibitions have subtle undertones which are applicable to every person.

1. Do not murder: Murder is a result of one person's deeming another person totally insignificant. In truth, every human was created by G-d in His holy image, and therefore has an innate right to exist. The first message we must internalize is the importance of respecting every individual. G-d thinks this person is important; so should you.
2. Do not commit adultery: Misguided love. Yes, we must be loving, kind and respectful to everyone, but love isn't a carte blanche which justifies all. There are guidelines which we must follow. Sometimes, faithful love—to a child, student, member of the opposite gender, etc.—entails being severe and abstaining from exhibiting love.
3. Do not kidnap: The essence of kidnapping is utilizing another for personal gain. Focus on being a real friend; don't be in the relationship only for your own benefit. Be there for your friend even when it is uncomfortable or inconvenient for you.
4. Do not bear false witness against your neighbor: Every person is a judge. We are constantly observing our acquaintances and friends, judging their every word and action. We must be wary of a tendency to “bear false witness” in the process of issuing our personal verdict. We must always give the benefit of the doubt, taking into consideration various factors of which we may be unaware, ensuring that we don't reach an erroneous judgment.
5. Do not covet your neighbor's possessions: Be happy for your neighbor's good fortune! All the abovementioned exercises pale in comparison with this final message imparted by the Ten Commandments. After you've trained yourself to intellectually respect your fellows and consistently view them in a positive light, now it's time to get your heart involved. Love them. Be happy with their accomplishments. Share their sorrow during their difficult moments. Don't be afraid of getting emotionally involved—that's what family is all about!