

# The Shul

at the Lubavitch Center

6701 Old Pimlico Road  
Baltimore, MD 21209

[www.chabadshul.org](http://www.chabadshul.org)



January 21, 2023

Vaera — Shabbat M'vorchim

28 Tevet, 5783

## Fresh Air, Fresh Food, Fresh Water

Imagine taking more than a few breaths in a room filled with air made stale from a party the previous evening. Or consider the taste of a corned beef on rye (hold the pickle, it has too much sodium) that's been in the fridge for a whole week. And who would even dream of taking a sip of water that had been sitting out for a whole month!

Though you might not become ill from breathing stale air for a few minutes or eating one questionable corned-beef-on-rye, you could become very sick from constantly breathing old air and eating old food.

Fresh air, fresh food, fresh water.

These commodities are necessary to live not only healthy lives, but to life in general.

Jewish teachings are collectively assigned the name "Torah" and Torah is often referred to as Torat Chaim - the Living Torah. Judaism is a living religion. For us to feel the vibrancy of Judaism, we must live it on a daily basis.

This means that in order to maintain our Jewish health, yesterday's "air" and last week's "food" are not enough.

The memories of a family Passover seder of years gone by are great for reminiscences, but what have I done freshly Jewish TODAY?

Chewing over, for weeks, a thought heard at a Jewish lecture attended last month is great, but what have I done TODAY that will be like a breath of fresh air for my soul?

Remembering on Friday night the Sabbath candles Bubby lit and the fresh challa Zaidy blessed is beautiful and will bring tears to many an eye, but lighting Sabbath candles this Friday before Shabbat and saying the blessing over the challa this Friday evening will be a refreshing and restful way to end a stress-filled and tiresome week.

Our Sages teach that "Every day the Torah should be as new." This does not mean that we should bend and bow every time a new translation of the Bible comes out, or fawn over a new "retelling" of the story of the Creation. It also does not mean that we can change, reshape, or alter those parts of Torah and Jewish tradition we feel are not conducive to life, today.

For, by calling Judaism a living religion we do not mean to say that it can grow and change without restrictions.

The Living G-d gives us a living Torah which is true and relevant for all times and all places.

Living Judaism means that Judaism is alive and that we are truly alive when we live it on a daily basis.

Throughout the day, breathe deeply the fresh, life-supporting air of mitzvot. Savor the fresh taste of daily Torah study.

Experience Living Judaism.

*(from <http://www.lchaimweekly.org/>)*

## Raise the Bar

"Someone once saw Napoleon crying and asked him why he was crying. Napoleon said, 'I looked up to Alexander the Great as a role model. Now people will look up to me as a role model. Since I'm not as good as Alexander the Great, there will be a lowering of standards of what a ruler can accomplish.'" (Rabbi Simcha Zissel Brodie zt"l, as heard from my good friend, Barnea Selavan)

When G-d commanded Abraham to sacrifice Yitzchok, G-d said "please" (Biraishis 22:1-19). The Gemara in Sanhedrin says that G-d was telling Abraham to make sure he "passes this test" and obeys His commandment, because otherwise Abraham will negate his earlier successes. (Our Rabbis tell us that G-d gave Abraham ten tests, which he passed.) Why does one failure invalidate other successes? When a person does an action, it reflects on his entire being!! Since Abraham passed all of the tests until now, people felt that his essence was one of total devotion to G-d. If he would fail one, that would reflect a lesser dedication to G-d. This in turn would affect to what extent other people would put into their service of G-d.

As parents, educators, and friends, we don't always realize it, but people DO look at us as guideposts in life. Don't lower the bar of standards of what can be accomplished in life!!

*(by Rabbi Chaim Flom from Project Genesis at [www.torah.org/](http://www.torah.org/))*

# שנת הקהל

## Hakhel Monthly Gatherings For Women

THE SOUL TALKS TORAH  
SING THE SONG OF YOUR SOUL  
SOUL STRINGS THROUGH A STORYLINE

### Awaken the soul

HOSTED BY REBBETZEN ROCHEL KAPLAN

ALL JEWISH WOMEN ARE INVITED  
SPONSORSHIPS WELCOMED  
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TUESDAY 2023  
JAN 24 ▪ FEB 21 ▪ MARCH 21  
APRIL 18 ▪ MAY 23 ▪ JUNE 20  
8:00 PM  
LIGHT FARE ▪ NO CHARGE

Kol Hanaarim– Father and Son Learning – every Friday evening during the winter at 7:45 to 8:30 p.m. in The Shul. Cholent and other refreshments are served. Each session is 'topped off' at the end with a fascinating story. For any questions, please see Rabbi Itzkowitz.

Dr. Steven and Mrs. Chayah Deutsch are sponsoring Kiddush this Shabbat  
in memory of Steven's beloved father  
**Shmuel ben Menachem.**



#### Yahrzeits This Week:

Avraham Rosenblum    28 Tevet - Friday night / Shabbat    for mother    Ita Bluma bas Moshe

#### DAVENING AND SHIURIM SCHEDULE

##### Friday, 1/20 — 27 Tevet

Shacharit — 7:00 a.m.  
Shabbat Candles — 4:54 p.m.  
Minchah / Ma'ariv — 4:55 p.m.

##### Shabbat, 1/21 — 28 Tevet

Shacharit — 9:00 a.m.  
Sof Z'man Kriat Shema — 9:48 a.m.  
Minchah — 4:40 p.m.  
Shiur: *Overcoming Folly* — after Minchah  
Ma'ariv — 5:57 p.m.

##### Sunday, 1/22 — 29 Tevet

Shacharit — 8:00 a.m.  
Minchah / Ma'ariv — 5:05 p.m.

##### Monday — Rosh Chodesh Shevat, 1/23 — 1 Shevat

Shacharit — 6:40 a.m.  
Minchah / Ma'ariv — 5:05 p.m.

##### Tuesday, 1/24 — 2 Shevat

Shacharit — 7:00 a.m.  
Minchah / Ma'ariv — 5:05 p.m.

##### Wednesday, 1/25 — 3 Shevat

Shacharit — 7:00 a.m.  
Minchah / Ma'ariv — 5:05 p.m.

##### Thursday, 1/26 — 4 Shevat

Shacharit — 6:50 a.m.  
Minchah / Ma'ariv — 5:05 p.m.

##### Friday, 1/27 — 5 Shevat

Shacharit — 7:00 a.m.  
Shabbat Candles — 5:02 p.m.  
Minchah / Ma'ariv — 5:05 p.m.