

The Shul
at the Lubavitch Center
6701 Old Pimlico Road
Baltimore, MD 21209
410-486-2666
www.chabadshul.org



September 3, 2016

Re'eh

30 Av, 5776

Monitoring

Monitoring. It's not just part of life, it's critical to our functioning, our progress and our growth. We monitor just about everything, not just our health.

A coach monitors the progress, the practices and plays of an athlete. Does he - or she - understand the playbook? Is the swing within his zone? How's the bat being held? Is she pacing herself throughout the race, and if not, is she running too fast in the middle?

In school, we're monitored. Our social skills, our behavior, and of course our learning. Progress Reports. Tests and grades - when they work right. Observations.

On the job, we're monitored. Performance reviews, meetings with a supervisor, feedback from peers. And if we're in the public service sector - police, firefighters, teachers, first responders, etc. - we're monitored by the public.

If it's done right, we're informed of the results of the monitoring, and together with the monitor we come up with a plan of action - change this, do a little bit more, or less, keep things the same, etc.

So while we are the recipients of monitoring, to implement the findings and observations, we must be participants.

Monitoring is not just an integral part of activities, our interactions with others. Monitoring is an integral part of our daily lives, of how we view, analyze and interact with ourselves. And it happens on all four levels of our being.

Physically, we monitor ourselves through exercise, diet, our activities of daily living. Am I getting enough sleep? Where's the muscle ache come from, perhaps lifting that box the wrong way? Am I getting enough vegetables? Etc.

Emotionally, we monitor ourselves by how we feel, how our relationships impact our emotions. Am I sad? Happy? Angry? Proud? Is this the way I want to feel? If not, what can I do to change it? If so, what can I do to maintain it?

Intellectually, we monitor ourselves by our thoughts, our learning, our curiosity, our ability to reason and argue. We are all self-monitoring scientists, setting up experiments with and about our minds, developing a hypothesis - about who we are, about why we are - testing it, learning from mistakes and failures. Reading, classes, arguments we make and encounter, this is how we monitor the intellectual part of our selves. And we either progress, or regress. Life-long learning, not just in school.

And spiritually, we monitor ourselves by our relationship with the Divine, by our generosity, service and charity, by our acts of goodness and kindness. Is the Divine a living presence, an eye that sees? A relationship requires trust, communication, awareness of and responsiveness to the will, or needs, of the other. How do we relate to G-d?

And spiritually, there's a tested way to monitor that relationship: prayer. Prayer, done properly, done with reflection and intention, is the way to spiritually monitor ourselves, to measure, judge and improve our relationship with G-d and through that, our relationship, on all levels, with others.

(by David Y.B. Kaufmann from <http://www.lchaimweekly.org/>)

The following is a list of sefarim missing from the shul:

- (a) **Ain Yaakov volume 2** ; (b) **Shaarei Halacha U'minhag volume 3** ;
- (c) **Downstairs Mishna Berura volume 5** ;
- (d) **Downstairs Shas: missing Pesachim and Shekalim (one volume)** ;
- (e) **Artscroll Gemaras: missing Brachos, Pesachim 3, Taanis, Megilla, Kedushin 1, Bava Kama 3** ;
- (f) **Feldheim Chovos Halevavos volume 1** ; (g) **Mishnayos Yaven Umayvin Zeraim Aleph** ;
- (h) **Lessons in Tanya volume 4 (full size version)** .

If you have any of these, please return to Rabbi Kaplan or Menachem Berry

We will iy"H have groups on Rosh Hashanah and Yom Kippur from 10-12 run by our very own Rivky Goldenberg.



Rabbi Kaplan will deliver a Labor Day breakfast shiur
"B'zeias Apecha - By the Sweat of your Brow: Is Work a Curse?"
Monday morning (9/5) after 8:00 a.m. Shacharit.

We happily wish Mazel Tov to **Rabbi Shalom and Nuchie Zirkind**
on the **Birth and Bris of their son, Simcha Yerachmiel.**



We happily wish Mazel Tov to the **Mr. Shaul and Mrs. Naomi Allan**
on the **Birth of their daughter.**



On behalf of all the entire Shul I want express our appreciation to **Wes Wilson** and **Shaul Allan** for continuing to do a host of fixing jobs around the Shul. We'd like to express our heartfelt appreciation to **Menachem Berry** for the many hours of work he put into organizing and shelving the Shul's seforim.

Rabbi Shmuel Kaplan

The **Israilov Family** sponsored the kiddush last Shabbat in memory of the yahrzeit of Mrs. Israilov's mother, **Dina bas Yitzchak**. Her nishama should have an aliah.



We wish a Mazel Tov to **Mr. Marvin and Mrs. Sara Izkowitz**
on the **Bar Mitzvah** of their **Grandson, Chesky Fine.**

We happily wish Mazel Tov to **Mr. Shmuel and Mrs. Esther Lyss** on the **birth of a Son!** Mazel tov also to **grandparents Mr. Meier and Mrs. Sarah Leah Palanker and Mrs. Miriam Lyss.** And a very special Mazel Tov to **great-grandmother Mrs. Lillian Palanker!** The Shalom Zachor will take place IY"H this Friday night September 2nd at the Lyss's home 2449 Forest Green Rd at 9:00 p.m. The Bris will iy"H take place this Shabbos Rosh Chodesh Elul in shul following davening at approximately 11:30 a.m. Kiddush this Shabbat is sponsored by the **Lyss and Palanker families** in honor of the Bris of their son, grandson, and great grandson.



Davening and Shiurim Schedule

Friday 9/2 — 29 Av

Shacharit — 7:00 a.m.
Parshat HaShavua Shiur — 7:45 a.m.
Minchah / Ma'ariv — 7:00 p.m.

Shabbat — Rosh Chodesh Elul, 9/3 — 30 Av

Shacharit — 9:00 a.m.
Sof Z'man Kriat Shema — 9:49 a.m.
Berachot Gemora Shiur — 6:05 p.m.
Minchah & Seudah Shilishit — 7:05 p.m.
Ma'ariv — 8:17 p.m.

Sunday — Rosh Chodesh Elul, 9/4 — 1 Elul

Shacharit — 8:00 a.m.
Shulchan Aruch Shiur — 8:45 a.m.
Minchah / Ma'ariv — 7:10 p.m.

Monday — Labor Day, 9/5 — 2 Elul

Shacharit — 8:00 a.m.
Breakfast Shiur — 8:45 a.m.
Minchah / Ma'ariv — 7:10 p.m.

Tuesday, 9/6 — 3 Elul

Shacharit — 7:00 a.m.
Parshat HaShavua Shiur — 7:45 a.m.
Minchah / Ma'ariv — 7:10 p.m.

Wednesday, 9/7 — 4 Elul

Shacharit — 7:00 a.m.
Parshat HaShavua Shiur — 7:45 a.m.
Minchah / Ma'ariv — 7:10 p.m.

Thursday, 9/8 — 5 Elul

Shacharit — 6:50 a.m.
Parshat HaShavua Shiur — 7:45 a.m.
Minchah / Ma'ariv — 7:10 p.m.
Tanya Shiur — 9:00 p.m.

Friday, 9/9 — 6 Elul

Shacharit — 7:00 a.m.
Parshat HaShavua Shiur — 7:45 a.m.
Candles — 7:05 p.m.
Minchah / Ma'ariv — 7:00 p.m.