

The Shul
at the Lubavitch Center
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July 28, 2018

VaEtchanan – Shabbat Nachamu

16 Av, 5778

Quality Time

When it comes to quality time, most of us think about specific blocks of time - however limited they might be - that we set aside to be with our immediate family.

If someone started speaking to you about “Jewish quality time,” you’d probably think they were going to launch into a lecture about setting aside specific time for such Jewish pursuits as doing mitzvot, praying, and studying Torah.

Yes and no.

Even over a thousand years ago, in Talmudic times, there lived people known as chasidim. Their performance of mitzvot was typified by going above and beyond the letter of the law. They used to spend tremendous amounts of time in prayer and only a few hours a day in Torah study. But, the amount of Torah knowledge they gained in those few hours of study was inordinately greater than what the average person would have gained. The reward for their intensive prayer schedule was that the time spent studying Torah became “quality time” and their studies were blessed.

The mitzva of Torah study is incumbent upon us at all times. In fact, according to the Talmud, if a person wastes even one minute that he could have spent studying, it’s as if he belittled the entire Torah. Yet, the Talmud also states that someone who is involved in helping the community has fulfilled the commandment to study Torah by simply saying one verse from the Shema in the morning and in the evening. Quality time!

In the Mishna Ethics of the Fathers, customarily studied in these summer months, we read that Rabbi Yaakov said that one hour of repentance and good deeds in this world is greater than the entire time one will live in the World to Come. What does this mean?

On the simplest level, Rabbi Yaakov is telling us that quality time counts. Through spending even just one hour in teshuva - turning away from one’s transgressions - and good deeds, we will merit the various levels of revelations of G-dliness in the Messianic Era. In fact, all the G-dliness we will experience during the World to Come can be acquired just through a one-hour spiritual workout here and now.

But how do we accomplish this? The Hebrew word for hour, “sha-ah,” also means bending or lowering. By bending ourselves in this world, and setting aside specific times - an hour a month, or a week, or even a day, for teshuva and good deeds, we are assuring ourselves a portion in the World to Come.

Jewish quality time, it’s amazing, isn’t it?

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

The Jealousy Antidote

“And you shall not covet your fellow’s wife, you shall not desire your fellow’s house, his field, his slave, his maidservant, his ox, his donkey, or anything that belongs to your fellow” (5:18)

Perhaps one of the hardest commandments to understand — let alone fulfill — is Lo Sachmod, not to be jealous.

As Ibn Ezra asks (Shemos 20:14), how can the Torah command us not to feel an emotion that comes naturally when someone has something that we would like to have? When the neighbor redoes his house and builds a pool, how can a person be expected not to want to have a pool as well?

Ibn Ezra answers this question through a parable.

Imagine a commoner who visits the royal palace. As he is viewing the beautiful grounds, he sees the princess step outside in her royal garments. Though struck by her beauty, does he think for a moment, I want to marry her?

Most people wouldn’t entertain that thought for a second. They realize that the king’s daughter is out of their league. People desire something that they can conceivably have, not something that is totally out of reach.

The same should hold true for someone else’s possessions, says Ibn Ezra. We should train ourselves to realize that since Hashem gave the pool to the neighbor, it is something that He wants the neighbor to have, not us. As such, it should not be within the realm of our desires.

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The Ibn Ezra's approach has become the classical answer to this question, but Rav Simchah Zissel Brodie derives another explanation from a Ramban.

The Ramban cites the following Midrash: The Ten Commandments are all repeated in Parashas Kedoshim in some form or another. For instance, the verse, "Ani Hashem Elokeichem" (Vayikra 19:3) corresponds to the first commandment, and "Veilokei maseichah lo sa'asu lachem — and molten gods shall you not make for yourself" (ibid. v. 4) corresponds to the second commandment.

The parallel to Lo Sachmod, says Ramban cryptically, is "Ve'ahavta lerei'acha kamocho — Love your fellow as yourself" (ibid. v. 18).

Rav Simchah Zissel explains the correlation between the two.

Did you ever hear a father or mother wish that their children would have less material possessions just because they had less when they were at the same stage in life? No. Parents are thrilled when their children have more than they did. Why? Because they love their children as much as they love themselves — if not more — so they are happy when their children can afford anything they want.

If we would truly fulfill ve'ahavta lerei'acha kamocho and love every Jew as we love ourselves, says Rav Simchah Zissel, we wouldn't feel jealous of them for owning possessions that we cannot afford. We would be happy for them, just as we are happy when our own children have more than we do.

(by Rabbi Yissocher Frand from Project Genesis at www.torah.org)

Yomim Noraim forms are now available on the shul website at www.chabadshul.org, and there will be a few printed versions available in the vestibule of the Shul. Please fill out and submit all forms at least 10 days before Rosh Hashanah; i.e. by the end of August.



Sponsorships are available for two flower displays on the Bima during each of Rosh Hashanah, Yom Kippur and Succot. Please consider sponsoring the flowers in honor or in memory of someone. Please email Allan Genut at agenut@gmail.com to make arrangements.

The Zelman Family of Ramat Beit Shemesh is sponsoring Kiddush this Shabbat in honor of their **dear children Yehudah and Bracha Buchwalter and Family.**



The Summer Ladies Class presented by **Mrs. Rochel Kaplan** is **cancelled** for this week.
The class will resume next Shabbat.

Yahrzeits This Week:

Yitzchok Jakobi 22 Av - Thursday night/Friday for father David Michael Jakobi

Davening and Shiurim Schedule

Friday — Tu b'Av, 7/27 — 15 Av

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

Shabbat, 7/28 — 16 Av

Shacharit — 9:00 a.m.
Sof Z'man Kriat Shema — 9:35 a.m.
Berachot Gemara Shiur — 6:50 p.m.
Minchah & Seudah Shilishit — 7:50 p.m.
Ma'ariv — 9:06 p.m.

Sunday, 7/29 — 17 Av

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

Monday, 7/30 — 18 Av

Shacharit — 6:50 a.m.
Minchah / Ma'ariv — 8:00 p.m.

Tuesday, 7/31 — 19 Av

Shacharit — 7:00 a.m.
Minchah / Ma'ariv — 8:00 p.m.

Wednesday, 8/01 — 20 Av

Shacharit — 7:00 a.m.
Minchah / Ma'ariv — 8:00 p.m.

Thursday, 8/02 — 21 Av

Shacharit — 6:50 a.m.
Minchah / Ma'ariv — 8:00 p.m.

Friday, 8/03 — 22 Av

Shacharit — 7:00 a.m.
Candles — 7:57 p.m.
Minchah / Ma'ariv — 7:00 p.m.