

The Shul

at the Lubavitch Center

6701 Old Pimlico Road

Baltimore, MD 21209

410-486-2666

www.chabadshul.org



March 17 2018

VaYikra — Rosh Chodesh Nissan - Parshat Hachodesh

1 Nissan, 5778

Bringing Into Line

Emotions are a funny thing.

When something triggers emotion in me, I know that it matters. Emotions also form a bridge - or a barrier - between people. So emotions are a critically important part of the personality.

But emotions can also get away from you. Like when you 'fly off the handle.' Emotions are your psyche's fire. And, like fire, we need to treat them carefully and keep them under control.

Emotion even impacts our understanding. Unless I'm 'emotionally-available' to internalize and accept hear your words, I probably won't be able to appreciate their logic (i.e. if I don't like you, your opinion is probably wrong).

Sometimes, it can feel like our emotions control the joystick of our lives. But they don't have to. Because we also have intellect.

Intellect is the more sedate and controlled side of the human psyche. Logic is cool, calm and somewhat detached. It's soothing water to help you control your emotional fire.

I remember reading how a man sat on a subway in New York city, while a father with three young children sat next to him. The kids were unruly and really got under this fellow's skin. As his anger-quotient rose, the father noticed his discomfort. Apologizing for his children's behavior, he explained that they were on the way home from the hospital. The children's mother had just passed away and they were a bit overwhelmed with the confusion in their lives.

This subway traveler was totally transformed. Ashamed of his snap to judgment, his anger was immediately replaced by empathy and concern.

Why do you think his anger disappeared?

It's because his perspective changed. With new information, a new understanding, he revised his mental 'framing' of the situation, and his emotions immediately followed suit.

Too often we feel that our emotions 'run away with us.' They don't have to. When we reframe how we see the world, our emotions can come into line with our reasonable selves.

Much of Torah life, the mitzvot (commandments) and their mindset, guides us toward this goal of corralling human nature and bringing it into line with a purposeful life. Each Mitzvah is its own exercise, bringing us closer to our better selves.

G-d wants us to become optimally-functioning human beings, so G-d gave us a user's manual for life - the Torah - to help us achieve that goal.

Check out the program.

It works.

(by Rabbi Mendy Herson from <http://www.lchaimweekly.org/>)

This past week we noted the Shloshim of the passing of our dear fellow mispallel and friend Yaakov (Eugene) Fischer. In the last months of his life Yaakov expressed a special interest in stimulating the dedication of plaques on the Shul board which is prominently located in the hall at the entrance to the Shul. I believe this would be a most appropriate way for us to honor him and support the Shul as well. Below is the list of items available. Please contact Rabbi Kaplan for more information.

1. Top (large) Plaques \$5,400
2. Medium Plaques \$3,600
3. Small Plaques \$1,000
4. Simcha leaf \$150



We wish a Mazel Tov to **Nachi Kahn** on the occasion of his **Bar Mitzvah**.
 We also wish a hearty Mazel Tov to Nachi's parents - **Chaim and Estie Kahn**, Nachi's Grandparents - **Mrs. Eva Kahn**, and **Rabbi Hesh & Mrs. Suri Cohen**, and all of Nachi's **Aunts, Uncles, and Cousins** who are here with us celebrating this Simcha.

Chaim and Estie invite the congregation to a kiddush after davening at the Ner Tamid Synagogue.



We wish Mazel Tov to **Mr. Jeffrey and Mrs. Shira London** on the **engagement of their daughter Kochava**

to

Joey Callan

of Toronto, Canada.

We wish both of you much mazel, simcha and a long life together.

We also extend a hearty Mazel Tov to Joey's parents, **Brian and Jeannine Callan** and to Kochava's grandparents - **Mr. Harry & Mrs. Betty Rashbaum**.

Sale of Chometz forms are both online at www.chabadshul.org and in the bins in the Shul lobby. Deadline for giving these filled-in forms to Rabbi Kaplan is Wednesday, March 28, 2018.



Yahrzeits This Week:

Mitch Mayer

2 Nissan - Saturday night / Sunday

for father

Israel ben Meyer

SHUL DIRECTORY

Rabbi: Shmuel Kaplan . rabbikaplan@chabadmd.com
Treasurer: Michael Frank . . . shul.chabad@gmail.com
Membership: Jay Bernstein . . . bernstein1@msn.com
Kiddush: Reuven Frank rfrank82@gmail.com
Bulletin: Howard Kaplon hkaplon@towson.edu
Website: Shoshana Zakar sue.zakar@gmail.com

Gabbaim:

Yehudah Buchwalter . . . judahbuchwalter@verizon.net
 Allan Genut agenut@gmail.com
 Ephraim Siff
Mikvah Mei Menachem 410-415-5113
Aleph Learning Institute . Mrs. Rochel Kaplan, Director
www.alephlearninginstitute.org / email: alephjli@gmail.com

Davening and Shiurim Schedule

Friday, 3/16 — 29 Adar

Shacharit — 7:00 a.m.
 Candles — 6:56 p.m.
 Minchah / Ma'ariv — 7:00 p.m.

Shabbat — Rosh chodesh Nissan, 3/17 — 1 Nissan

Shacharit — 9:00 a.m.
 Sof Z'man Kriat Shema — 10:13 a.m.
 Berachot Gemora Shiur — 6:15 p.m.
 Minchah & Seudah Shilishit — 6:45 p.m.
 Ma'ariv — 7:57 p.m.

Sunday, 3/18 — 2 Nissan

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

Monday, 3/19— 3 Nissan

Shacharit — 6:50 a.m.
 Minchah / Ma'ariv — 7:00 p.m.

Tuesday, 3/20— 4 Nissan

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

Wednesday, 3/21 — 5 Nissan

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

Thursday, 3/22 — 6 Nissan

Shacharit — 6:50
 Minchah / Ma'ariv — 7:00 p.m.

Friday, 3/23 — 7 Nissan

Shacharit — 7:00 a.m.
 Candles — 7:03 p.m.
 Minchah / Ma'ariv — 7:00 p.m.