

The Shul
at the Lubavitch Center
6701 Old Pimlico Road
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www.chabadshul.org



March 30, 2019

Shemini — Parshat Parah — Shabbat M'vorchim

23 Adar א, 5779

Spiritual Exercise

Ahh, spring. If spring is here, can summer be far behind?

Spring forces us out of hibernation. In the spring we yearn to be outdoors, at least more than we were during the cold, dreary winter months. Spring, and the summer season that follows, inspires us to exercise and get in shape.

Interestingly, Jewish mystical teachings explain that being involved with “strengthening the body” can lead to a “weakening of the soul.”

Thus, especially in the spring and summertime, when we are more preoccupied with getting and staying in shape, we have to be especially diligent about exercising and fortifying our souls.

Traditionally, this spiritual body-building is done through the study of Ethics of the Fathers - Pirkei Avot - on Shabbat afternoons beginning on the Shabbat after Passover.

In the first chapter of Pirkei Avot we read that Rabbi Yehoshua ben Perachya said: “... Judge every person favorably.”

At first glance, this doesn't seem like such a difficult task. After all, it's like saying that we should give someone the benefit of the doubt or that we should uphold that great American principle of “Innocent until proven guilty.”

However, in real life situations, it's not so simple to consistently “judge every person favorably.”

After all, it's easy to give someone the benefit of the doubt when we don't even have to lift a finger to do so. But this precept is teaching us to judge favorably even if doing so is a struggle.

Imagine someone asking you to bench 10 pounds. What a joke! Now, imagine being told to bench 100 pounds. That's much more serious. What if you were asked to bench 200 pounds? That's something altogether different.

Judging someone favorably when the other person's actions don't impact on you is no big deal. It's like benching 10 pounds. It's practically a joke. But if the other person's conduct does affect you and does not seem worthy of favorable judgement, that's more like benching 100 pounds or even 200 pounds. Yet, even then, one should endeavor to find redeeming virtue in him.

Judging a person favorably involves an honest appreciation of the challenges which that person faces. And this awareness should also lead to the understanding that G-d has surely given that person the ability to overcome these challenges. For, as our Sages state, G-d forces a person to confront only those challenges which he can overcome. Knowing that G-d has entrusted the formidable powers necessary to overcome difficult challenges should heighten the esteem with which we regard this individual.

With our newfound respect for the person, our interactions with the person will be permeated with admiration. Our attitude will, in turn, inspire the individual to bring these potentials to the surface.

As the warm weather continues to lure us to be more involved in healthy and pleasurable pursuits, let's remember to build our characters and strengthen our spiritual muscles as well.

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



Local Orthodox Boy Scouts troop is looking for a Scoutmaster.

If you have any suggestions please contact Yehudah Buchwalter.

Mrs. Sally Friedman
is sponsoring a Kiddush after davening this Shabbat
in honor of
Rabbi Shmuel and Rebbetzin Rochel Kaplan
and
The Congregation.



Next Wednesday



AN EVENING OF

Soul Music

FOR WOMEN

Reservations \$25
EARLY BIRD BY MARCH 20

Entry fee \$36

FOR RSVP & INFO
410.486.1959
alephjli@gmail.com
alephlearninginstitute.org

SPONSORS ARE WELCOME
ALL PROCEEDS TO
SUPPORT ALEPH LEARNING
INSTITUTE

Wednesday
April 3, 2019
7:30 p.m.

Sarah Hecht
Star Singer
and Songwriter

Aleph Learning Center
6701 Old Pimlico Road
Baltimore, Maryland 2109

The *Matzah Order* and *Sale of Chometz* Forms are available on the Shul Website – www.chabadshul.org

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DAVENING AND SHIURIM SCHEDULE

Friday, 3/29 — 22 Adar א
Shacharit — 7:00 a.m.
Minchah / Ma'ariv — 7:00 p.m.

Shabbat, 3/30 — 23 Adar א
Shacharit — 9:00 a.m.
Sof Z'man Kriat Shema — 10:01 a.m.
Berachot Gemora Shiur — 5:55 p.m.
Minchah & Seudah Shilishit — 6:55 p.m.
Ma'ariv — 8:10 p.m.

Sunday, 3/31 — 24 Adar א
Shacharit — 8:00 a.m.
Minchah / Ma'ariv — 7:20 p.m.

Monday, 4/1 — 25 Adar א
Shacharit — 6:50 a.m.
Minchah / Ma'ariv — 7:20 p.m.

Tuesday, 4/2 — 26 Adar א
Shacharit — 7:00 a.m.
Minchah / Ma'ariv — 7:20 p.m.

Wednesday, 4/3 — 27 Adar א
Shacharit — 7:00 a.m.
Minchah / Ma'ariv — 7:20 p.m.

Thursday, 4/4 — 28 Adar א
Shacharit — 6:50 a.m.
Minchah / Ma'ariv — 7:20 p.m.

Friday, 4/5 — 29 Adar א
Shacharit — 7:00 a.m.
Candles — 7:16 p.m.
Minchah / Ma'ariv — 7:00 p.m.