

The Shul
at the Lubavitch Center
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January 5, 2019

Vaera — Shabbat M'vorchim

28 Tevet, 5779

Anticipation Vs. Anxiety

Anxiety is experiencing failure in advance. Marketing expert Seth Godin explains the problem of working with anxiety: when we're anxious, we expect failure and try to cover ourselves, so to speak. We try to insure against disaster and prepare pre-emptive excuses. It's not a good way to work or get much done.

Anticipation, on the other hand, is also experiencing in advance. But anticipation implies excitement, joy, surprise of the good kind. As Godin notes, what we anticipate we build towards and work harder for.

People say anxiety feeds on itself, but in truth it feeds on our self-appraisal, our self-worth, and the value of our goals.

But without anxiety we become complacent. We see only a smooth surface and fail to 'anticipate' the details and adjustments we'll encounter.

So we have a choice how we approach the events in our lives: Are we anxious? Do we tense up, withdraw, prepare for the worst? Do we see failure as disaster?

If we see ourselves as always growing, then, although we're still anxious, our anxiety leads us to see failure as opportunity, as one step closer, a necessary step toward success.

Anxiety in that mind-set leads to anticipation and we can ask: Do we anticipate success? Do we commit ourselves to the work, the enterprise, wholeheartedly? Do we search for the challenges inherent in the task? Do we ignore our egos and devote all our resources to getting the job done?

When we're too anxious, we look for the small details and miss them. But when we transform the initial anxiety into anticipation, we keep our minds focused and plans flexible; we can see the small details.

Anxiety can lead us astray, to diversions and excuses and the path of least resistance. Anticipation leads us ahead, to confrontation with our inner doubt and negativity, to struggle with our yetzer hara, our evil inclination. When we anticipate an outcome, we also devote ourselves to overcoming the greatest resistance.

But, as we said, there's a place for anxiety. There's a time to be concerned. But we should be anxious not about a future event, but about our present selves. When it comes to mitzvot (commandments), we should be anxious. We should say, "When will I reach my potential? When will I be worthy, when I will justify G-d's faith in me? When will I begin to elevate myself and transform the portion of the world entrusted to me?"

Anxiety is Hillel's "If not now, when?" Anxiety is the push to begin - now.

But once we've taken that initial step, once anxiety has pushed us to start - or really the face-off with anxiety, the defiance of anxiety that anxiety itself generates - we have to shift to anticipation.

We have to relish the process. And we have to proceed with a certainty we can and will accomplish the goal.

This duality infuses all aspects of our lives. Not just our approach to "work" - how we earn a living (or if we're in school, how we approach our studies). It also influences our spiritual work - how (or if) we invest ourselves in a mitzva, commit to Torah study, transform the world through charity and acts of godness and kindness.

And most of all, we must be anxious about what we have done so far to bring Moshiach, and we should anticipate, with all the enthusiasm and energy we can, the safe, peaceful, harmonious, satisfying era of the imminent Redemption.

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

Time to Think

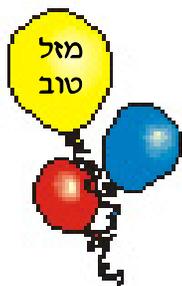
"I know he gave me an important message, but thank G-d, I've been so busy with my daughter's wedding, I haven't been able to think about it yet."

(continued on the other side)

“And Moshe spoke to Bnai Yisroel, but they didn’t listen to him because of shortness of spirit and hard labor.” (Shemos 6:9) So often, we have thinking to do, and improvements to make, but we are too busy.

The Gemarah in Sota (5b) says “Those who deliberate their paths in this world will be worthy to witness the salvation of G-d.” Just the contemplation itself is an essential part of our victories in life!!

(by Rabbi Chaim Flom from Project Genesis at www.torah.org)



A Hearty Mazel Tov to
Dr. Allan and Kate Genut and Family
 on the **marriage of their grandson**
Eli Teichman
 to
Rivky Vaiselbuh
 of Monsey, New York.

Mazel Tov also to the parents **Devora & Michael Teichman,**
Mr. & Mrs. Iacov Vaiselbuh and **Orah Vaiselbuh,**
 and to the grandparents **Turid Teichman** and **Chayah Vaiselbuh.**

Kiddush after davening this Shabbat
 is sponsored in honor of the **Nechemiah Gertner's birthday**
 by **his wife and family.**



Yahrzeits This Week:

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

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Davening and Shiurim Schedule

Friday, 1/04 — 27 Tevet
 Shacharit — 7:00 a.m.
 Candles — 4:38 p.m.
 Minchah / Ma'ariv — 4:40 p.m.
 Father & Son Learning (& Chollent) — 7:45 p.m.

Shabbat, 1/05 — 28 Tevet
 Shacharit — 9:00 a.m.
 Sof Z'man Kriat Shema — 9:47 a.m.
 Berachot Gemora Shiur — cancelled this week
 Minchah & Seudah Shilishit — 4:25 p.m.
 Ma'ariv — 5:40 p.m.

Sunday, 1/06 — 29 Tevet
 Shacharit — 8:00 a.m.
 Minchah / Ma'ariv — 4:45 p.m.

Monday — Rosh Chodesh Shevat, 1/07 — 01 Shevat
 Shacharit — 6:40 a.m.
 Ma'ariv — 8:15 p.m.

Tuesday, 1/08 — 2 Shevat
 Shacharit — 7:00 a.m.
 Ma'ariv — 8:15 p.m.

Wednesday, 1/09 — 3 Shevat
 Shacharit — 7:00 a.m.
 Ma'ariv — 8:15 p.m.

Thursday, 1/10 — 4 Shevat
 Shacharit — 6:50 a.m.
 Ma'ariv — 8:15 p.m.

Friday, 1/11 — 5 Shevat
 Shacharit — 7:00 a.m.
 Candles — 4:45 p.m.
 Minchah / Ma'ariv — 4:45 p.m.
 Father & Son Learning (& Chollent) — 7:45 p.m.