

The Shul
at the Lubavitch Center
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March 14, 2020

Ki Tisa — Parshat Parah

18 Adar, 5780

The Three Essential Food Groups

We all know that there are three essential food groups: carbohydrates, proteins and fats.

Each of these food groups supplies us with energy, but we require each of them for a different purpose.

Let's start with carbohydrates. These are our main source of energy. There are three types of carbohydrates: sugar (which comes in two forms) - the quick energy food; starches - slower, provides long term energy; fiber - we can't digest these.

Then there's protein. We also get energy from protein, but it has another function. Proteins are the "growth and maintenance" food. They keep the cells functioning. Proteins also help us digest food and fight off infection.

Then there's fat. Fat stores energy. Fat also insulates the body against cold. We all know that too much fat is bad for us, but we need some fat, and the right kind can prevent disease.

Just as the body needs all three food groups to survive and prosper, so, too the soul needs its "three essential food groups." We can see the three essential "spiritual" food groups in the following expression of our Sages: "The world stands on three things: on Torah, on Divine Service (prayer) and on acts of loving-kindness (mitzvot - commandments)."

These three areas of human activity, upon which the world depends, correspond to the three food groups upon which the human body depends, as we'll explain.

Acts of loving-kindness (mitzvot) correspond to the carbohydrates we eat. How so? Unless we're on a special diet, most of our energy comes from carbohydrates. Similarly, unless we are a rare individual who spends all day in study or all day in prayer, most of spiritual activity is expressed in mitzvot - performance of the commandments. And like the three types of carbohydrates, we can classify three types of mitzvot.

Sugar, the quick energy, the most common form - these are the mitzvot we do every day.

Starches, the slower, longer lasting energy, less common - these are the mitzvot that occur occasionally, (like matza on Passover) that sustain us for longer periods of time.

Fiber, the indigestible carbohydrate are the prohibitions, the command-ments we fulfill by not acting.

Torah corresponds to protein. It is through Torah study that we grow. Through Torah we maintain our connection to G-d, that is, we gain (or absorb) inspiration. Torah heals us, enables us to fight off spiritual diseases, enables us to understand "what's going on" with the mitzvot, In short, Torah keeps us functioning.

Divine Service, or prayer corresponds to fat. A little goes a long way. A long, long way. Not only that, prayer insulates us, keeps us spiritually warm, excited about Judaism and G-d. It protects us against the "cold," that freezes our fervor, chill our enthusiasm for things spiritual (like mitzvot!).

And yes there are "bad prayers" - prayers that, like fat, are "saturated." That is, a prayer that is "saturated" with the person's ego has no room for G-d. Such a "saturated prayer" just increases a person's arrogance, harming one spiritually, interfering with one's relationship with G-d.

An "unsaturated prayer," on the other hand, indicates a state of self-nullification, where the ego is put aside and the person makes room for G-d within himself - as G-d commands in regard to the Tabernacle: "make Me a sanctuary and I will dwell within them" - that is, within the individual.

So make sure that when checking your diet for the three essential food groups, you also check your spiritual diet for the three essential spiritual food groups.

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

Sale of Chometz forms are online at www.chabadshul.org
and in the bins in the Shul lobby.

Deadline for giving these filled-in forms to Rabbi Kaplan is **Sunday, April 5, 2020.**



Purchasing Matzoh can **ONLY** be done online at www.chabadshul.org.
The price is \$26 per pound and all orders **must be submitted by Sunday, March 22, 2020.**

Community Information of Interest

March 14: Two Parties and a State: Israel and the Jewish People 1980-1983. Lecture by Rabbi Dovid Katz. *Unbowed, Uneducated, Uncertain – Diaspora Jewry in the Early Eighties.* **This lecture will begin at 9:00 p.m.** and be held at the Congregation Shomrei Emunah.

Absentee Voting in Baltimore has begun. If you'd like a ballot sent to you please go to VoteInBaltimore.com

NOTE: Due to construction, there will **NOT** be youth groups this Shabbos!

Jay and Dina Bernstein are sponsoring Kiddush this Shabbat
in commemoration of the yahrtzeit of their nephew
Rabbi Binyamin Insel — Harav Binyamin Yosef ben Gadel.



Yahrzeits This Week:

Allan Genut	19 Adar - Saturday night / Sunday	for mother	Mamtze Fruma Nechama bas Avrohom Laib
Chaim Eisenberg	21 Adar - Monday night / Tuesday	for father	Avrohom Kopel ben Aryeh Lev HaCohen

SHUL DIRECTORY

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DAVENING AND SHIURIM SCHEDULE

Friday, 3/13 — 17 Adar

Shacharit — 7:00 a.m.
Candles — 6:54 p.m.
Minchah / Ma'aiv — 6:55 p.m.

Shabbat, 3/14 — 18 Adar

Shacharit — 9:00 a.m.
Sof Z'man Kriat Shema — 10:15 a.m.
Beitzah Gemora Shiur — Canceled this week
Minchah & Seudah Shilishit — 6:40 p.m.
Ma'ariv — 7:55 p.m.

Sunday, 3/15 — 19 Adar

Shacharit — 8:00 a.m.
Minchah / Ma'ariv — 7:05 p.m.

Monday, 3/16 — 20 Adar

Shacharit — 6:50 a.m.
Mincha / Ma'ariv— 7:05 p.m.
Kerisus Gemora Shiur — 7:40 p.m.

Tuesday, 3/17 – 21 Adar

Shacharit — 7:00 a.m.
Mincha / Ma'ariv— 7:05 p.m.
Kerisus Gemora Shiur — 7:40 p.m.

Wednesday, 3/18 – 22 Adar

Shacharit — 7:00 a.m.
Mincha / Ma'ariv— 7:05 p.m.
Kerisus Gemora Shiur — 7:40 p.m.

Thursday, 3/19 – 23 Adar

Shacharit — 6:50 a.m.
Mincha / Ma'ariv— 7:05 p.m.
Kerisus Gemora Shiur — 7:40 p.m.

Friday, 3/20 — 24 Adar

Shacharit — 7:00 a.m.
Candles — 7:08 p.m.
Minchah / Ma'aiv — 7:00 p.m.