

The Shul

at the Lubavitch Center

6701 Old Pimlico Road

Baltimore, MD 21209

410-486-2666

www.chabadshul.org



November 30, 2019

Toldot

2 Kislev, 5780

Stay Healthy!

Based on the Hebrew and Yiddish languages, it would appear that life and good health is almost a Jewish preoccupation.

For a start, what is the most familiar Jewish toast? L'Chaim! (Literally, "To life!")

If someone wants to say, "No worries; keep it and enjoy," how does he say that in Yiddish? He says, Zol zain tzu gizunt! ("Let it just add to your health!")

With what words does one farewell a friend? Zai mir gizunt! ("Do me a favor and stay healthy!").

And if a Yiddish-speaker wants to reassure an anxious friend that the best thing to do about a passing crisis is to view it in perspective and ignore it, he simply says, Abi gizunt! ("As long as you have your health!")

A Jew, then, is constantly concerned about a life of good health - and rightly so, from both a physical and a spiritual standpoint.

Chasidic teachings indicate that the spiritual and physical health of a Jew are inexorably intertwined.

The Rebbe's approach to healing is holistic. The Rebbe would take into consideration the physical, mental and spiritual dimensions of an ailment or of the ailing individual and would advise accordingly.

At the same time, the Rebbe drew a clear line between the physical and spiritual aspects of healing. The physical aspect of healing was invariably dealt with in an entirely medical manner, while the spiritual aspect - such as checking mezuzot and tefillin - was not intended to serve as a substitute for what was to be done within the confines of nature.

An example: In two public talks the Rebbe stated emphatically that in a choice between two doctors, one of whom is an acknowledged expert but is not necessarily G-d-fearing, while the other is less expert but more G-d-fearing, Jewish law directs the patient to the more competent physician. Healing a patient, the Rebbe explained, is an issue of pikuach nefesh, a matter of life and death. And what counts here is the doctor's expertise, not his religiosity.

The Rebbe also stated at a public gathering: "The general response to the questions many people [ask me] regarding medical matters: Follow the advice of an expert doctor; better yet, the advice of two expert doctors. Should they disagree, a third doctor should be consulted and the majority opinion should be followed."

A few days later, the Rebbe added the following: "On questions of health and healing, there is the commandment and instruction of the Torah, 'Scrupulously guard your health,' which is accomplished by following the instructions of the doctor; better yet, a doctor who is also the patient's friend, for then he is truly interested in his welfare, and so on.

Ultimately, however, we hope and pray that the healing will come from G-d Himself and not from a mortal doctor.

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

We Have a Share

"And it was, when Yitzchak had finished blessing Yaakov, and Yaakov had scarcely left the presence of Yitzchak, his father, when Esav, his brother, came back from his hunt." (27:30)

R' Chaim Chaikel of Amdur z"l (early Chassidic Rebbe in Lithuania; died 1787) writes: The Torah was given originally on Shavuot on Har Sinai. Subsequently, every year, Hashem "sends down" a new power of intelligence that renews our ability to understand the Torah and enables us to interpret it in new ways. However, this power comes with Bechirah / free will, i.e., the Yetzer Ha'ra is strengthened at the same time [in accordance with the principle that the balance between good and evil must be maintained if we are to have true Bechirah].

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This, continues R' Chaim Chaikel, is alluded to in our verse: No sooner had Yaakov received Yitzchak's blessing, giving him new spiritual opportunities, did Esav, representing the Yetzer Ha'ra, show up at his side. This, he concludes, is a Jew's "life story"—to be constantly presented with new opportunities for spiritual growth accompanied by challenges that must be overcome in order to realize that growth. (Chaim Ve'chessed No. 471)

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

Community Information of Interest

November 30: Two Parties and a State: Israel and the Jewish People 1980-1983. Lecture by Rabbi Dovid Katz. "Revenge of the Nerds": The Israeli Elections of 1981. This lecture will begin at 8:00 p.m. and be held at the Congregation Shomrei Emunah.

Kol Hanaarim— Father and Son Learning – every Friday evening during the winter at 7:45 to 8:30 p.m. in The Shul. Chulent and other refreshments are served. Each session is "topped off" at the end with a fascinating story. For any questions, please see Rabbi Itzkowitz.

Kiddush this Shabbat is being sponsored by
the Frank and Friedman families,
 on the occasion of the
yahrtzeit of Victor Friedman, Avigdor Shaul ben Paltiel,
 whose yahrtzeit is 3 Kislev.



As the days get shorter, and it is dark both on the way to Shul in the morning and going home after Ma'ariv; please wear reflective clothing, bands, belts, vests, etc. when walking to and from Shul.



Yahrzeits The Next Three Weeks:

Aaron Margolies	2 Kislev - Sunday night / Monday	for mother	Shoshana bat Moshe ha-Levi
Terry Frank	3 Kislev - Monday night / Tuesday	for father	Avigdor Shaul ben Paltiel
Sally Friedman	3 Kislev - Monday night / Tuesday	for husband	Avigdor Shaul ben Paltiel

SHUL DIRECTORY

Rabbi: Shmuel Kaplan . . rabbikaplan@chabadmd.com
Treasurer: Michael Frank . . . shul.chabad@gmail.com
Security: Jay Bernstein . . jaybernsteinesq@gmail.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 — Rosh Chodesh Kislev, 11/29 — 1 Kislev

Shacharit — 6:40 a.m.
 Candles — 4:26 p.m.
 Minchah / Ma'ariv — 4:25 p.m.

Shabbat, 11/30— 2 Kislev

Shacharit — 9:00 a.m.
 Sof Z'man Kriat Shema — 9:28 a.m.
 Beitzah Gemora Shiur — 3:45 p.m.
 Minchah & Seudah Shilishit — 4:15 p.m.
 Ma'ariv — 5:27 p.m.

Sunday, 12/1 — 3 Kislev

Shacharit — 8:00 a.m.
 Minchah / Ma'ariv — 4:30 p.m.

Monday, 12/2 — 4 Kislev

Shacharit — 6:50 a.m.
 Ma'ariv — 8:15 p.m.

Tuesday, 12/3— 5 Kislev

Shacharit — 7:00 a.m.
 Ma'ariv — 8:15 p.m.

Wednesday, 12/4 – 6 Kislev

Shacharit — 7:00 a.m.
 Ma'ariv — 8:15 p.m.

Thursday, 12/5 – 7 Kislev

Shacharit — 6:50 a.m.
 Ma'ariv — 8:15 p.m.

Friday, 12/6 – 8 Kislev

Shacharit — 7:00 a.m.
 Candles — 4:25 p.m.
 Minchah / Ma'ariv — 4:25 p.m.