

# The Shul

at the Lubavitch Center

6701 Old Pimlico Road  
Baltimore, MD 21209

[www.chabadshul.org](http://www.chabadshul.org)



February 5, 2022

Terumah

4 Adar א, 5782

## Happiness Is ...

Who can repress a smile when seeing the joy of a small child shrieking in delight as he glides down a slide in a park? Whose gait isn't emboldened as he passes a newsstand and the headlines report good news? Or what about when you're at a wedding and the stomp of the foot on the breaking glass elicits resounding cries of "mazel tov"; the surge of simcha, or joy, is electric.

"Serve G-d with joy," King David demands. And since we are in the employ of our Boss 24-7 we must be in a continual state of joyousness.

"That's easier said than done," you might be thinking. Perhaps in the above-mentioned scenarios joy is intrinsic, but what of other times, those regular, run-of-the-mill days when there's no particular reason to rejoice? Or worse yet, those gray periods when we see everything around us through cheerless lenses? How can we sustain an upbeat feeling, an optimistic outlook?

By not thinking too much about ourselves. When a person focuses on himself, it's natural that he should start thinking about what he lacks materially or his failings in regard to self-growth and actualization. Obviously, these thoughts aren't conducive to inspiring a cheerful attitude.

Also, by not thinking too much of ourselves. When a person has an inflated sense of self, he is often hurt or angered by slights real and imagined.

If a person really wants to be in a joyous frame of mind, he has to rise above self-concern. He needs to spend time reflecting on the idea that there is something deeper and great beyond him, G-d. And when a person thinks more about G-d and less about/of himself (especially if those reflections are based on the Jewish mystical teachings found in Chasidism), he will find it easier to maintain a positive and even joyous attitude in life.

And there's something in it for us, as well. When a person is joyous, he generates a new-found energy that he would not otherwise be able to muster. This doesn't mean that real problems miraculously cease to exist (though sometimes they do disappear), but rather that we are able to view them and even solve them from our new, energized positive perspective.

When our joy is more on the level of "bursting" with happiness, it's natural to want to share it with others. An instinctive part of being happy is wanting those around us to be happy as well. And share it we should, especially now, as we enter the Jewish month of Adar. The Talmud teaches, "From the beginning of Adar we increase in joyousness." So start being happy now.

One more thought about simcha: In Hebrew it shares the same root letters as Moshiach. By actually working on ourselves to be happy, we actually hasten the time when the whole world will be happy - the times of Moshiach.

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

## A Home for Us

In this week's Parashah, we read of the Mitzvah to build the Mishkan / Tabernacle in the desert and, later, the Bet Hamikdash. The anonymous sage known only as "a Levi from Barcelona" (Spain; 13<sup>th</sup> century) offers what he describes as a possible reason for this Mitzvah: Know, he writes, that Hashem gets nothing out of our Mitzvah performance. Rather, all He wants is to do good for us. But, in order for Him to do good for us, we need to be good. Therefore, He informed us how we can become good—namely, by observing the Torah. This is the meaning of the verses (Devarim 10:12-13), "Now, Yisrael, what does Hashem, your Elokim, ask of you? Only to fear Hashem, your Elokim, . . . to observe the commandments of Hashem and His decrees, which I command you today, for your benefit."

*(continued on the other side)*

He continues: In light of the above, we must say that building a Mikdash for Hashem, and praying and offering sacrifices there, is intended to prepare our hearts to serve Him; Hashem Himself has no need to dwell among human beings. It is well known that man is influenced by his actions, and the more frequently a person performs a good deed, the more the thoughts in his heart will be purified and refined. Therefore, He commanded us to establish a place that will be the epitome of purity, where, through his actions, man can purify his thoughts and direct his heart to Him. Perhaps He chose the specific location [i.e., the Temple Mount in Yerushalayim] because it is the "center" of the world, or perhaps for some other reason that He alone knows. (Sefer Ha'chinuch No. 95)

(by Rabbi Shlomo Katz from Project Genesis at [www.torah.org](http://www.torah.org))

### Community Information of Interest

**February 5: Two Last Years before Oslo: Israel and the Jewish People 1988-1992. Lecture by Rabbi Dovid Katz.** *Life After Gedolim: Reflections on American Orthodox Jewry in the Late 20<sup>th</sup> Century.* This lecture will begin at 8:00 p.m. and be held at the Congregation Shomrei Emunah. Also this lecture will be available on Rabbi Katz's YouTube site Moitze Shabbat – February 12, 2022.

**Mr. and Mrs. Yechiel Rubin** are sponsoring Kiddush this Shabbat  
in memory of Yechiel's Mother, **Etel Ruchama bas Yehoshua**,  
whose *yahrzeit* is this Shabbat.



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.

### Yahrzeits This Week:

Laurie Margolies	4 Adar א - Friday night / Shabbat	for father	Ze'ev ben Yitzchak
Yechiel Rubin	4 Adar א - Friday night / Shabbat	for mother	Etel Ruchama bas Yehoshua
Howard Elbaum	6 Adar א - Sunday night / Monday	mother	Chaya bas Yisrael Pinchas

### SHUL DIRECTORY

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### DAVENING AND SHIURIM SCHEDULE

#### Friday, 2/4 — 3 Adar א

Shacharit — 7:00 a.m.  
Shabbat Candles — 5:12 p.m.  
Minchah / Ma'ariv — 5:10 p.m.

#### Shabbat, 2/5 — 4 Adar א

Shacharit — 9:00 a.m.  
Sof Z'man Kriat Shema — 9:43 a.m.  
Minchah — 5:00 p.m.  
Ma'ariv — 6:13 p.m.

#### Sunday, 2/6 — 5 Adar א

Shacharit — 8:00 a.m.  
Minchah / Ma'ariv — 5:20 p.m.  
Father and Son Learning — 6:00 p.m.

#### Monday, 2/7 — 6 Adar א

Shacharit — 6:50 a.m.  
Minchah / Ma'ariv — 5:20 p.m.

#### Tuesday, 2/8 — 7 Adar א

Shacharit — 7:00 a.m.  
Minchah / Ma'ariv — 5:20 p.m.

#### Wednesday, 2/9 — 8 Adar א

Shacharit — 7:00 a.m.  
Minchah / Ma'ariv — 5:20 p.m.

#### Thursday, 2/10 — 9 Adar א

Shacharit — 6:50 a.m.  
Minchah / Ma'ariv — 5:20 p.m.  
Chavrusa Learning with Chabad Yeshiva — 8 to 10 p.m.

#### Friday, 2/11 — 10 Adar א

Shacharit — 7:00 a.m.  
Shabbat Candles — 5:20 p.m.  
Minchah / Ma'ariv — 5:20 p.m.