



November 26, 2022

Toldot

2 Kislev, 5783

Eat Breakfast

Do you dash out of the house having only downed a cup of coffee? Or perhaps you take the time to prepare a fruit smoothy or protein shake? Maybe you enjoy a glass of fresh orange juice, toast and eggs as you read the morning paper?

According to the Mayo Clinic, breakfast should include whole grains, a lean protein and fruits or vegetables.

Rush University Medical Center recommends that breakfast include a protein, fruit and carbohydrate. They call breakfast the 'most important meal of the day.' Harris Business School recommends breakfast because it improves performance, supplies energy, and can improve your morning mood!

The 'Abridged Code of Jewish Law' (Kitzur Shulchan Aruch) - a compilation of all the practical applications of mitzvot today - encourages us to do just that.

'It is advisable that a person should accustom himself to have breakfast in the morning,' states chapter 32, entitled 'Rules Concerning Physical Well-being.' Further on, it explains that a person should try to live where the air is pure and clear and where the temperature is even; neither too hot or too cold. It adds, 'Therefore, precautions should be taken not to overheat the house in the winter ... because excessive heat occasions many illnesses, G-d forbid.' Pretty good for a book published over 150 years ago, which itself was based on a work written in the 16th century.

One chapter earlier, there is a discussion on how to fulfill the verse in Proverbs, 'In all thy ways acknowledge Him [G-d].' Everything we do, even those things we do in order to live, must be done in order to sustain life. When eating foods 'that are not forbidden ... we should eat only the things that are helpful to, and good for, the health of the body ... One should always sleep and rest for the purpose of gaining good health ... When engaged in business, the intention should not be merely to accumulate wealth, but to support the family, to give charity, and to raise children to study the Torah.'

There's a lot of nourishment for the soul in those words. Bon Appetite.

The Previous Rebbe recounts: When my grandmother, Rebbitzin Rivkah, was about 18 years old, she was very ill. The doctor ordered her to eat as soon as she woke up. However, since she did not want to eat before her morning prayers, she would pray very early in the morning, and have her breakfast after pray.

When her father-in-law, the Tzemach Tzedek, learned of this, he told her: 'A Jew must be healthy and strong. Concerning the mitzvot it is written, 'One should live in them,' which means that one must invest the mitzvot with life ('vitality'). And in order to be able to bring vitality into one's mitzvot, one must be strong and happy.'

He concluded: 'You should not pray on an empty stomach. Better to eat in order to pray, than to pray in order to eat.' He then blessed her with long life. She lived till over 80!

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

Different Messages

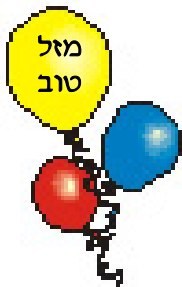
"Wow !! That was so-o-o-o inspiring !!"

"I thought it was refreshing. I slept through the whole thing."

"And Eisav said 'I am going to die-why do I need this birthright?!'" (Biraishis 25:32) The Chofetz Chaim explains that the birthright was of great spiritual value. It was our ticket to getting the Torah. For many people, death causes great spiritual introspection, for others it causes great spiritual rejection. (The way we live our lives will have an affect which group we are in.)

For parents, teachers, Rabbis, speakers, internet/email writers, and anyone with interpersonal relationships: Different people react differently to the same messages !!

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

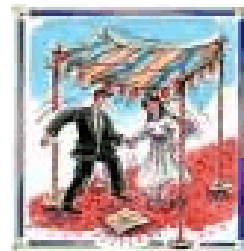


A Hearty Mazel Tov to:
Mr. Marvin and Mrs. Mindy Pazornick
 on the **marriage of their daughter**
Penina
 to
Gilad Berkowitz
 of Baltimore, Maryland.

Mazel Tov also to Gilad's parents, **Dr. Dan and Dr. Diane Berkowitz**.

We wish a Mazel Tov to **Mr. Tuvia and Mrs. Sheva Givre and family**
 on the Aufruf of their son
Mel
 and on his upcoming marriage to
Aviva Beck.

Mr. Tuvia and Mrs. Sheva Givre and family are sponsoring a kiddush
 after davening today in honor of this Simcha.



Kol Hanaarim— Father and Son Learning – every Friday evening during the winter at 7:45 to 8:30 p.m.
 in The Shul. Cholent 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:

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

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DAVENING AND SHIURIM SCHEDULE

Friday — Rosh Chodesh Kislev, 11/25 — 1 Kislev

Shacharit — 6:40 a.m.
 Shabbat Candles — 4:27 p.m.
 Minchah / Ma'ariv — 4:30 p.m.

Shabbat, 11/26 — 2 Kislev

Shacharit — 9:00 a.m.
 Sof Z'man Kriat Shema — 9:26 a.m.
 Minchah — 4:15 p.m.
 Shiur: *Overcoming Folly* — after Minchah
 Ma'ariv — 5:29 p.m.

Sunday, 11/27 — 3 Kislev

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

Monday, 11/28 — 4 Kislev

Shacharit — 6:50 a.m.
 Minchah / Ma'ariv — 4:30 p.m.

Tuesday, 11/29 — 5 Kislev

Shacharit — 7:00 a.m.
 Minchah / Ma'ariv — 4:30 p.m.

Wednesday, 11/30 — 6 Kislev

Shacharit — 7:00 a.m.
 Minchah / Ma'ariv — 4:30 p.m.

Thursday, 12/1 — 7 Kislev

Shacharit — 6:50 a.m.
 Minchah / Ma'ariv — 4:30 p.m.

Friday, 12/2 — 8 Kislev

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