

Shabbat Noach

MarCheshvan 5-6, 5767
October 27-28, 2006

Candle Lighting: 5:40 PM
Shabbat Ends: 6:39 PM

Chabad of the West Side & Chabad Early Learning Center

Weekly Bulletin

VOLUME I

FRIDAY, OCTOBER 27, 2006 5 MARCHESHVAN, 5767

ISSUE V

Numerous Learning Opportunities This Fall at Chabad



Now that the holidays are behind us and we are getting back into the routine of our day to day lives, it is a great time to consider adding one of the many classes at Chabad to your schedule. True, our schedules are always hectic and we never seem to have enough time to do everything we want to, but a Torah class can invigorate our day and uplift our spirit. Some of the learning opportunities this fall are:

Rabbi Ossey's popular Monday night Tanya meets every Monday night at 8:15 pm at Chabad. The class goes through the fundamental work of Chabad philosophy, the Tanya, by Rabbi Schenur Zalman of Liadi, and is presented in a refreshing and understandable manner. The class just recently began part one of Tanya (again) so now is a great time to jump in. Text will be provided and the class is open to men and women.

For women, Rabbi Kugel gives a class every Wednesday morning from 11 - 11:45 am at the home of Deborah Shimko, 500 West End Ave #8C. Called Pathways to the Soul, this class will definitely offer you a boost of spirituality in the middle your busy day.

A new class started by Rabbi Fried will take place every Wednesday night at the home of the Eckstein's, 20 West 87th St. #1B, The class which will cover practical halachah, promises to be both informative and down to earth and will cover such areas as the Shabbos Kitchen and Kashruth.

Possibly the longest running class on the West Side, Rabbi Fried's Rambam class is ongoing every Shabbat afternoon, one hour before Minchah at Chabad. The class, which is open to men, is textual and delves into the Rambam's Magnum Opus, the Mishnah Torah.

Tuesday, Wednesday and Friday mornings, Rabbi Kugel has a pre-minyan shiur at Chabad. Beginning at 7 AM, the class delves into the Rebbe's teaching on the Parshah of the week and upcoming holidays. Coffee is served.

In formation: We are in the process of restarting last year's popular Parshah shiur for Chabad ELC mothers with Rabbis Ossey and Fried. The exact morning and location (whether 97th St. or 92nd St.) will be announced shortly. If you are interested in joining, please contact our office.

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By Yaakov Brawer

There are Chassidim who relish davening on airplanes. Immediately after takeoff, a Chassid of this breed stands up in the aisle (the farther forward, the better), intones a thunderous brachah, and with a great sweeping motion, envelops himself in a tallit, causing nearby passengers to flinch as flying tzitzit miss their eyes by millimeters. He then prays with an ardor rarely seen in shul, blocking the aisle and attracting the attention of everyone on the plane, and that, of course, is precisely his intent. He is, after all, a Chassid, charged with the mission to reveal G-d's presence within whatever niche of creation he happens to occupy at any given moment. Although the airline is under the impression that it has staged the flight in order to make money, and the passengers think that they are on the plane in order to actually arrive somewhere, the Chassid knows better. The Chassid understands that the objective of the flight is to sequester 150 souls 50,000 feet above sea level so that they can watch him daven and learn that there is a G-d in the world. When finished davening, any Chassid worth his salt works the cabin, entwining Jewish men in tefillin, reminding Jewish women to light Shabbat candles, and exhorting non-Jews to keep the seven Noahide commandments.

Although my admiration for these stalwarts knows no bounds, I am most definitely not one of them. I just do not have the genes. I abhor public display and I can not bear to make a spectacle of myself, no matter how worthy the cause. It goes without saying that I am useless on mitzvah campaigns, except in those instances in which an adult is simply needed to drive the getaway car.

Thus, some years ago, while en route to LA, my stomach knotted up as I realized that I would have to daven on the plane on my return trip. The homeward flight left too early to pray the morning service beforehand and because of the time change, it would not arrive until well past noon. The fact that the flight was scheduled for the tenth of Tevet, a fast day on which the morning service is unusually protracted, didn't help. While pondering my predicament, I recalled that, when our kids were small, my wife always asked for the bulkhead seats when we traveled. As I remembered, the bulkheads were partitions that separated the last five or so rows of seats from the rest of the plane. I looked down the aisle and confirmed that there were indeed panels partially isolating the back end of the cabin, just as I had remembered. If I could secure a seat immediately behind a panel for the return flight, I could stand facing this partition and pray in relative privacy. Such an arrangement was not ideal, but I could live with it, and I began to relax.

Immediately upon my arrival in LA I rushed to the ticket counter and procured a boarding pass for a bulkhead seat for my

homeward flight. Thus assured of a reasonable place to daven, I left for the city with a light heart.

When I arrived at the departure gate for my return flight, I glanced at my precious ticket to semi-invisibility and noted, with some unease, that the seat number seemed quite low for a position at the back of the plane. My uneasiness ballooned into anxiety when I caught a glimpse of the plane. It was much larger than the one on which I had arrived and it had an upper deck. I approached the agent at the gate who examined my boarding pass and assured me that I did indeed have a bulkhead seat. However, when I boarded the plane and showed my pass to the flight attendant, she indicated a seat right at the doorway, facing the cavernous entry to the plane. I stared at her in disbelief and explained to her that I had been assigned a bulkhead seat. Just so, she replied, and pointed to the same seat. It began to dawn on me that the airline personnel and I did not speak the same language. Another brief exchange with

the attendant set me straight. The "bulkhead", as the term applied to this particular aircraft, was nothing other than the door to the plane, behind which were endless rows of seats all facing forward.

My davening that morning would be graced by a captive audience of about 300 people. Pavarotti could have wished for no better.



The plane took off and soon the captain switched off the seatbelt sign indicating that we had reached our cruising altitude. The moment of truth had arrived, and I had no choice but to pray as best I could. As I stood up and donned tallit and tefillin, I soon discovered that the doorway area afforded plenty of space in which to stand and I found that if I positioned myself hard by the door, I was visible only to a few forward rows. Maybe it wouldn't be so bad after all. However, the revelation that it would be so bad after all was not long in coming.

Just as I finished Baruch Sh'amar, I felt a tap on my shoulder. I turned to confront two very impatient flight attendants standing by a mammoth

Please Contact Us!

**THE CHABAD STAFF IS ALWAYS
READY TO HELP**

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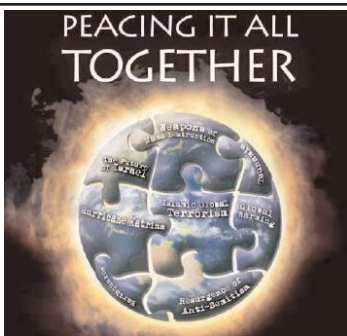
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Upcoming Events



A number of times a year there are Shabbatons held in Crown Heights, Brooklyn. These events are a great opportunity to experience the warm and vibrant community of Crown Heights, center of the worldwide Chabad-Lubavitch movement. While the Shabbatons always have dynamic speakers, I especially recommend this Shabbaton being led by the renowned Communicator, Rabbi Manis Friedman.

Rabbi Kugel

“Peacing It All Together – The Future of the World”

”Right, Left or Center - Who's Really Right?”

A Shabbaton Weekend with Rabbi Manis Friedman

**November 10-12, 2006
19-21 Cheshvan, 5767**

To register, or for more information visit
www.shabbaton.org,
or call 718-953-1000



**JOIN OUR NEXT
EVENT!**

**It's All About
SHABBAT!**

**PREPARE SHABBAT PACKAGES
AND BAKE A JUMBO CHALLAH**

**WEDNESDAY
NOVEMBER 8, 2006**

5:00 - 6:30 PM

Join Chabad Kids Club!

The Alumni & Friends Kids Club is geared to Chabad ELC Alumni and their friends ages 3-5 and 6-8

YEARLY MEMBERSHIP: \$150 per child / \$300 for 2 +

HALF YEAR MEMBERSHIP: \$90 per child / \$180 for 2 +

Session 1: Oct-Jan Session 2: Feb-May

Membership includes: Kids Club T-Shirt,
membership kit, admission to all club events.

INDIVIDUAL EVENTS: \$25 per child / \$50 for 2 +

Register online at www.Chabadwestside.org/ckc

For more information, please contact:
Rachel Bregman, our parent coordinator
at 212-864-5010

Sign Up Today!

Chabad Women's Circle

A monthly group established to create an atmosphere
of inspiration, creativity and camaraderie



Achieving Personal Growth:

Bringing out the Best in Ourselves

Nechama Heber, Lecturer, Teacher, MS in Special Education



Glass Painting

Design and Paint a Glass Bowl and Votive Candle Holder

Elisheva Kirschenbaum, Co-Director, Chabad of Washington Heights;
Interior Designer



Hosted by Beverly Nerenberg, 838 West End Ave. #5A - Corner 101st St.
Wednesday, November 1, 2006 - 8:15pm □ 9:45pm - \$5.00 couvert
R.S.V.P. - cwc@chabadwestside.org - 212-864-5010 x10

Looking forward to seeing you there!

Esther Miriam Fried - Rivka Kugel - Sarah Ossey

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mobile bar. "Sir, you can't do that here. This is the bar area". "See here young lady, it so happens that I am a servant of G-d and a Chassid of the great and holy Rebbe of Lubavitch, and I intend to sanctify this spot by reciting my morning prayers here. So take yourself and your bar elsewhere". This is precisely what I did not say. In fact I didn't say anything because I was between Baruch Sh'amar and Yishtabach, an interval in which speech is not permitted. I couldn't have spoken in any case because my stomach had lurched up against my diaphragm, and I began to wheeze and hyperventilate. I raised my eyebrows, which had become decorated with fine beads of sweat, and shrugged hoping that the attendants would understand this gesture as an appeal for sympathy, help and understanding. Unfortunately, they were unreceptive. They were clearly annoyed that this apparition from the biblical era had not only commandeered their bar area, but wouldn't even speak to them. "Sir, you can do whatever you are doing at the back of the cabin near the rear galley."

So there was a place at the back of the plane where I could do whatever I do. A sense of relief surged through my distraught brain, and my stomach let go of my diaphragm, allowing me to take a couple of normal breaths. I nodded vigorously at the flight attendants, utilizing the opportunity to shake a drop of perspiration from the tip of my nose, and I began untying the strap of my tefillin in preparation for my escape to the refuge at the back of the plane.

Suddenly I froze with the dread realization that Providence was not about to let me off so easily. This was simply one of those shlock disaster-movie interludes, the moment of false hope, in which the poor suckers about to be decimated by an inevitable and inescapable catastrophe are deluded into believing that salvation is at hand.

I would remove my tallit and tefillin and walk to the rear of the cabin, but what then? Did I need to recite a brachah upon re-strapping the tefillin or not? Did a walk down the aisle of the aircraft imply *hesech hadaat* (loss of conscious attention from the tefillin)? If it did, then a blessing was required. If not, and I recited the blessing on the tefillin, it would be "a brachah in vain" - a severe halachic prohibition. Although instinctively I felt that a brachah was unnecessary, I wasn't really sure. Just two weeks before I had listened in on a complicated debate on just this subject at the Yeshivah, and the situation was far from clear. What should I do? My frenzied cogitations were cut short by the flight attendants, now, openly hostile, who insisted that I must move at once.

There was no way out. I picked up my tallit bag, took my prayer book and walked the full length of the plane, resplendent in tallit and tefillin. My trek down the aisle electrified the entire cabin. "What the...?" "Mommy, what's that?" "Hey look Lucy, Moses is back" "Bizarre, man" "What's that box on his head?" From the corner of my eye, I caught images of bewilderment, shock, and amusement. As for me, the death of a thousand cuts would have been preferable. Somehow I made it to the semisecluded

haven at the back of the cabin and tried to collect myself. I started to daven but the only prayerful thought that I could muster was a fervent hope that the rear emergency door would blow open, and I would be mercifully sucked out of the aircraft.

This would never do. I had to pull myself together and daven properly. After all, the brain, by virtue of its innate superiority, rules the heart, right? I thought of Reb Mendel Futerfas (of blessed memory), who managed to perform mitzvot and daven with zeal in a Siberian labor camp surrounded by the dregs of humanity. I reminded myself of the parable in Tanya of the "heathen" whose efforts to distract a Jew from praying were really a Divine gift, intended to elicit from the afflicted individual hidden spiritual strengths. I told myself that this episode presented a golden opportunity to transcend my own personal limitations, and that I should be overjoyed. None of it worked. The emotional turbulence and the effects of caffeine withdrawal as a result of the fast had dissipated whatever inner resources I might have had. My brain, despite its vaunted innate superiority, did not rule my heart, nor, for that matter, any other part of me. I recited the prayers like a zombie and removed my tefillin and tallit. I cringed at the thought of walking back up the aisle to my seat, and I briefly considered crawling, until I realized that everyone would be able to see me anyway.

I hunched my shoulders, stared at the floor and quickly proceeded up the aisle. The cabin was quiet and fairly dark. It was obvious that the in-flight movie had begun. I glanced up at the movie screen and the marvel that met my eyes stopped me dead in my tracks. There on the screen were Jews, dozens of them, all wearing tallit and tefillin, and all davening. I couldn't get over it. I stood and watched until this extraordinary tableau faded to another scene, and I then continued up the aisle. The movie, which as I later discovered was "The Jazz Singer", had also apparently made quite an impression on the other passengers.

As I made my way, I attracted considerable attention, but it was of a totally different kind than that which I had received an hour earlier. The looks were those of admiration and respect. People nodded knowingly to each other and smiled. I saw one woman pointing to me and explaining something to her small child. People in aisle seats wished me good morning and one man even stood up. When I arrived at my place the erstwhile testy flight attendants deferentially inquired after my comfort.

I was aglow with wonder, gratification, and thankfulness. I was also more than a little ashamed of myself. The Almighty did not produce and direct this magnificently orchestrated comedy of errors only in order to apprise 300 people of His eternal and all-encompassing presence. It seems that the 301st passenger, namely myself, was also in need of some serious instruction in this ultimate truth.

I thought of the Kotsker Rebbe. When he was a child someone jokingly told him "Mendel, I will give you a penny if you tell me where G-d is". The little boy answered "I will give you two if you tell me where He is not."



Chabad ELC

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Morah Yoga

Wednesday afternoons are in-service hours for the teachers at Chabad ELC. The time is dedicated to classroom maintenance, team meetings and staff development. On Wednesday, October 25, Jodi Komitor of Next Generation Yoga was the guest presenter.

Jodi discussed the benefits of incorporating yoga into the daily classroom routine. By practicing yoga in a playful and non-threatening manner, children develop strong, flexible bodies; increase their levels of concentration and acquire tools for stress management and self-reflection.

Stretched out on yoga mats, the teachers had a great time participating in the fun Yoga & Music

routines, breathing exercises and guided visualizations. With simple, catchy tunes and movements that are to be done "as best as you can", yoga is a fun and helpful addition to every classroom.

Equipped with Jodi's books, CDs and step-by-step visual guides our teachers are ready to make yoga a reality in their rooms. In addition, we hope to have Jodi visit each of the classrooms at least once before her move to the West Coast.



Next Week at CELC



Monday, October 30	Sun, Moon & Stars PK Art Workshop Music 92
Tuesday, October 31	Pre-K Moms Chat with Leila Music 97
Wednesday, November 1	Kinderdance 92 Bookworms PK
Thursday, November 2	Kinderdance at 97

Fall Shabbat Dinner FAQs

Q: When is the Fall Shabbat Dinner?

A: The dinner will take place on Friday, November 10th - just two weeks from this evening - at Manhattan Day School (310 W. 75th Street).

Q: Who comes to the dinner?

A: The dinner is for the Chabad ELC community. Students come with their entire families. We are joined by the Rabbis and morahs and their families which makes it a very special evening.

**Q: What happens at the dinner?**

A: The evening begins with candle lighting at 4:25 followed by a family-friendly and inspirational Kabbalat Shabbat service led by our rabbis and morahs at 4:50. At 6:00, dinner will begin. During dinner, families sit together at tables designated by your child's class at school, so your child will be sitting with his/her friends and you will have a chance to get to know the other parents from your child's class. The best part is that after the children have their dinner (served while the adults have the first course), the children leave with their morahs for special shabbat activities and games and you get to enjoy the company of your fellow parents over dinner!

Q: It sounds like a wonderful evening, and I don't want to miss it!**How do I reserve places for my family?**

A: You can make a reservation by returning the response card that came with your invitation to the CELC office. Alternatively, you can call the office or make your reservation online using your credit card at www.chabadwestside.org/parents.

Q: I would love to help in some way to make the dinner happen. What can I do?

A: We welcome your help in two ways! To volunteer your time, contact Deborah Shapira at (212) 932-8205 or dshapira@nyc.rr.com. We are also looking for sponsors to help cover the overall costs of the evening. You can be a Morah Sponsor for \$40 per morah, and you can be a Shabbat Angel by

contributing \$180. These contributions may be made along with your reservation.

Q: Whom should I contact for more information?

A: If you have any questions, please contact: Iris Bikel *Dinner Co-chair*
212-362-3654 / IBikel@nyc.rr.com

Tamar Ekstein *Dinner Co-chair*
212-873-1101

Sarah Zitter Milstein *PA President*
212-799-3099 / sarahzittermilstein@yahoo.com

Deborah Shapira *PA Vice-President*
212-932-8205 / dshapira@nyc.rr.com

BYOB - Bring Your Own Bottle...

to the Fall Shabbat Dinner



While the children are enjoying special programs with their morahs during the dinner, enjoy some nice wine!

If you would like to bring a bottle of wine for your class' table, please sign up on the classroom door or contact one of the Dinner Chairs. All wine must have OU or OK supervision and marked "mevushal". Feel free to contact us with any questions.

Nit Check

All the children and staff members at Chabad ELC have been checked and found to be free of nits and lice. They will be checked periodically in the course of the school year.



Snakes-n-Scales

Now that Noah's ark is the main topic of discussion in many of our classrooms, Thursday's reptilian visit hardly surprised anyone at 97th Street. The children enjoyed learning loads of interesting facts about the food reptiles eat, the habitats they live in and the methods used to protect themselves from predators.

In the course of the presentation the children had the opportunity to pet and/or examine a baby alligator, boa constrictor, blue-tongued lizard and turtle. Thank you for this great opportunity.



Life in Pre-K

Discussion with Leila Silver

Children in Pre-K deal with many new changes and challenges. Join fellow Pre-K parents and Leila for coffee and discussion in the library following drop-off on **Tuesday, October 31.**



RSVP by Monday, October 30 to celc@chabadwestside.org/212-864-5010.

Torah Class Survey

We want to get our weekly Torah Class going and we want **YOUR** input! Surveys will be distributed in the course of next week. Please take a few moments to complete and return the survey so we can make it work for as many of us as possible.



CPR Certification

As of this week, all Chabad ELC Morahs are newly certified in Child CPR and First Aid. Our staff members are now trained to respond to breathing, choking and cardiac emergencies in children and infants.



Boxtops Deadline Tuesday, October 31

Keep those Boxtops coming! Each top turned in is another dime towards the purchase of new classroom materials.

The first batch will be sent in on October 31, so if you've got a stack sitting around - drop them off at the school office ASAP and help us exceed our \$500 goal.

Stay tuned for more information and for updates.



Mazal Tov! Mazal Tov! Mazal Tov!

Morah Chani Korf (N2) upon her engagement to **Menachem Zirkind**. Best wishes to the Korf and Zirkind families!

Marc Kramer and Jeffrey Richard upon the adoption of twin girls. Best wishes to **Matan** (PN2) and the entire family!

Karen and David Naggar upon the birth of **Ben** this past August. Best wishes to **Yaniv** (PK), Chabad alum **Ari, Gabriella, Anna** and the entire family!

Face Off

When the Torah introduces Noah at the beginning of this week's Parshah, it calls him a "Tzaddik Tamim, a perfectly righteous person." Yet, when G-d addresses Noah directly, He only refers to him as a Tzadik, a righteous person, but omits the added praise of Tamim.

Rashi explains that this teaches us that when we praise a person to his face, we may say only part of the praises he deserves. However, when we the person we are praising is not present, we say his full praise.

Apparently, the reason for this distinction is that when we speak directly to an individual, mentioning all of his or her qualities might cause that person to become conceited. To prevent the knowledge of one's own qualities going to one's head, we should never reveal all of their praises in their presence.

But this explanation is problematic. Knowing one's qualities is just as essential as knowing one's faults. Being aware of one's personal virtues does not in and of itself give rise to feelings of arrogance. Egotism comes from the false feeling that one's qualities are a result of one's personal effort, without recognizing the role G-d plays in helping one's personal development.

That being the case, why would G-d omit some of Noah's praises, in order to insure humility, when He could have praised Noah fully and - at the same time - reminded him that his virtues were G-dly gifts?

There is another pitfall that can come from telling someone all of their praises. It can lead to spiritual stagnation. True, the person receiving the praise might realize that his personal accomplishments are thanks to G-d helping him and thus he may not become conceited, but a person might still delude himself into thinking he has reached the summit of his potential and that there is no more room for spiritual growth.

On the other hand, if a person only hears some of his praises voiced by others, he might realize that just as other people's perception of him is incomplete - after all, his admirers didn't notice qualities X,Y & Z - so too might his assessment of himself be incomplete. Maybe there are some issues he can improve upon. Maybe there are some qualities that can be further refined.

A person who feels he has reached a level of completeness is

liable to fail in two areas. Firstly, such a person is vulnerable to backslide. Human nature is such that when one thinks he has reached the top, he can very easily lose some of the accomplishments he has already gained.

Secondly, and perhaps more importantly, a person who feels that they have reached the pinnacle of their personal development will not strive to grow and reach greater heights. Why should a person strive to fulfill greater potential when others tell him, essentially, that he has "reached the top," that he "has made it?"

A deeper meaning behind Rashi's teaching that "you should not relate all of one's virtues to his face" can be interpreted to mean that we should not think that all of a person's qualities are "on the face," meaning fully evident on the surface. There are many qualities that have yet to be discovered. We should not offer all of our fellow's praise in their presence because we ourselves have not yet fathomed the depth of their personality. If we verbalize all of the evident qualities, we give the impression that there are no others, when in fact it would take years to uncover many of the qualities that are "not on the face," but are rather beneath the surface.

This might explain why many of the qualities the Jewish people have been endowed with were not fully articulated in the Torah or Talmud and were first brought to light more recently by the Ba'al Shem Tov, and even more recently by the Rebbe. For example, Chassidism teaches that each Jew possesses a unique G-dly soul that is holy and pure, no matter how close or distant that soul appears to be from Judaism.

So why did it take until recent times, through the efforts of the Rebbe, to give more robust expression to this concept? In light of the above, we can say that since we are now on the verge of the arrival of Moshiach, qualities possessed by the Jewish people that until now were more hidden beneath the surface can finally be revealed and appreciated. At this late stage in our national spiritual development, there is no need to worry that revealing our hidden qualities will cause us to stagnate. To the contrary, as we prepare for Moshiach's arrival, it behooves us to appreciate all of our national qualities and capitalize upon them - and this includes even those virtues that for the majority of our history were hidden well below the "face."

Moshiach Matters...

Though the month of MarCheshvan has no holidays in it, the Midrash tells us that it is "owed" a holiday. Though King Solomon finished the building of the Temple in MarCheshvan (see I Kings 6:38), the inauguration was not celebrated until the following Tishrei. When Moshiach comes, G-d will "pay back" MarCheshvan by making the inauguration of the Third Temple in it. Let us hope that it happens immediately at the beginning of the month! (The Rebbe)

Moshiach - It's a Jewish issue. For more info, visit www.moshiach.com

Halachic Times
Week of October 26 - November 2

Earliest Tefillin (latest of the week):5:37 AM
Latest Shma (earliest of the week):9:01 AM
Torah Reading:Noach (Genesis 6:9 - 11:32)
Haftorah (special for Erev Rosh Chodesh):
..... Zechariah 2:14 - 4:7
Earliest Kiddush Levana
.....Sunday, 10/29, 8:21 & 7/18 AM

Shabbat Parshat Noach

FRIDAY, OCTOBER 27

Candle Lighting:5:40 pm
Mincha:5:50 pm
Dvar TorahRabbi Ossey
Kabbalat Shabbat:6:20 pm

SHABBAT, OCTOBER 27

Chassidut Shiur:8:45 am
Shacharit:9:45 am
Kids Shul & Junior Minyan:11:00 - 12:15
Kiddush:approx. 12:30 PM

*Kiddush is sponsored by **Rabbi Yitzchok and Chana Hershop**
in honor of the birth of their daughter **Devora Lea**, granddaughter
of **Rabbi Shlomo & Rivka Kugel**.*

Rambam:4:40 pm
Mincha:5:40 pm
Ma'ariv & Havdallah:6:39 pm
Each week, a Video of the Rebbe is shown after Havdallah.

Daily Minyan:

Sunday::9 AM
Monday & Thursday::7:15 AM
Tuesday, Wednesday & Friday::7:30 AM
Rosh Chodesh::7 AM

Learn Rambam everyday at
www.chabadwestside.org/dailystudy/rambam.asp

Wanted: Torah Readers

Chabad is looking for volunteer Ba'al Korehs. If you or someone you know can layn a Parshah - we would love to have you layn at Chabad. Whether you want to refresh your Bar Mitzvah Parshah and want to prepare a new one, please call our office. The following Parshahs in Beresihit are already reserved:

VaYera, November 11
Toldot, November 25
VaYigash, December 30

Blessings for Shabbat Candle Lighting

Blessings for FRIDAY, OCTOBER 20

***Ba-ruch A-tah A-do-nai E-lo-hei-nu Me-lech Ha-olam
A-sher Ki-de-sha-nu Be-mitz-vo-tav Ve-tzi-va-nu Le-
had-lik Ner Shel Sha-bat Kodesh.***

***Translation: Blessed are you, L-rd our G-d, King of the
universe, who has sanctified us with His command-
ments, and has commanded us to kindle the light of the
holy Sabbath.***

NEXT WEEK AT A GLANCE

Shabbat Parshat Lech LechaNOVEMBER 3-4

Friday, November 3
Candle Lighting:4:31 PM

Saturday, November 4
Shabbat ends:5:31 PM

Customs Corner

Kiddush Levana

Each month, a special blessing, called Kiddush Levana, is recited, thanking G-d for the moon. The blessing is significant because the Jewish people, who have had their ups and downs, are compared to the moon which waxes and wanes. The blessing should be said in the first half of the month, as the moon is waxing, symbolizing our growth and spiritual climb. The blessing should be said a few days after Rosh Chodesh, when the moon's crescent is large enough to be visible in the night sky. The Chabad custom is to wait until 7 days after the "birth" (molad) of the new moon to say the Brachah, and that is the "earliest time for Kiddush Levana" printed in the Halachic Times (to the right). Others have a custom of saying it as early as three days after the Molad. Kiddush Levana should be said in a joyous spirit and is traditionally said after Shabbat, when people are in an extra good mood and have their Shabbat clothes on.

***Note: If you have any questions that you might want dis-
cussed in the Customs Corner, please email Rabbi Fried
at ryf@chabadwestside.org***

KIDDUSH SPONSORSHIP OPPORTUNITIES:

Sponsoring a Kiddush is a great way to share you Simchah or special family event with the community!

Kiddushim can be sponsored to celebrate a birthday, graduation or to commemorate the Yahrzeit of a loved one. Kiddush sponsors are encouraged to share some words of Torah at their Kiddush. Kiddushim cost \$300, \$400 or \$500.

To sponsor a kiddush, please email Rabbi Fried at ryf@chabadwestside.org, or call at 212-864-5010 x 14.

Kiddush Schedule:

Shabbat Noach, October 28,

Kiddush is sponsored by Rabbi Yitzchok and Chana Hershkop in honor of the birth of their daughter

Devora Lea, granddaughter of Rabbi Shlomo & Rivka Kugel

Shabbat Lech Lecha, November 4,.....

Kiddush is sponsored by Judy and Rodney Greenwald with gratitude to Hashem

Shabbat VaYera, November 11,

Kiddush is sponsored by Greg and Channie Bell

Shabbat Chaye Sarah, November 18,.....

Kiddush is available

Shabbat Toldot, November 25,

Kiddush is sponsored by Daniel Rubinoff in honor of his Ufruf and his upcoming marriage to

Shabbat VaYetzei, December 2,

Kiddush is available

Thank you - and a wishlist

Thank you **Eric Targan** for your donation of 10 volumes of the Gutnick Chumash to the Chabad Shul. The Gutnick Chumash is a wonderful compilation of the Rebbe's teachings on the chumash with a very readable translation of the text. The seforim were donated in memory of two of Eric's grandparents, Minni Wolf and Samuel Targan.

Anyone interested in **donating more sefarim** to the Chabad library, please contact our office. We have a number of books on our wishlist, waiting for kind hearted donors, including the **brand new Gutnick Book of Haftorahs**.

MarCheshvan: Bitter, Water, Prayer for Rain, Remembering the Flood, Bul

The month of Cheshvan is the second month of the year. Traditionally, it is called **MarCheshvan** and in fact, that is how the name is written on all halachic documents like a Ketubah (marriage contract).

The name Mar has two meanings: one is **bitter**, and refers to the fact that this month is the only month of the year with no special events or holidays in it, thus making it somewhat bitter.

Mar also means a **drop of water** as in the verse (Isaiah 40:15) "the nations are a drop in a bucket." This refers to the fact that this month begins the rainy season, especially in Israel. For this reason, on the 7th of MarCheshvan, (Sunday, October 29), in Israel, they begin to say the prayer of **VeTein Tal U'Matar**, Give rain and dew for blessing" (recited in the 9th blessing of Shemoneh Esrei). Outside of Israel, we do not begin to say this prayer until ma'ariv on Monday night, December 4. See more about this prayer below.

Speaking of drops of water, **the Flood**, which we read about in this week's Parshah of Noach, began during the month of MarCheshvan, on the 17th of the month (this year, November 10).

In the Bible, where most months have no name (the names of the months we use, Elul, Tishrei etc, were introduced by the Jewish people later, after the Babylonian exile) Marcheshvan is called **Bul**. This name can be connected with withering, Balah, since in this month the grasses wither; Yevul, produce, since in this month planting is done in Israel; or Mabul, flood, since in this month, the flood began.

Important dates on the Jewish Calendar: Zayin (7) MarCheshvan

As we mentioned above, the 7th of MarCheshvan, this Sat. night and Sun., Oct. 28 & 29, is when the Jews in Israel begin to formally ask for rain in the daily Shemoneh Esrei. This is the date when the people who lived furthest from Jerusalem finally made it back home from their visit to the Temple on Sukkot. Until that date, since people were travelling, it was not proper to ask for rain, making the roads impassable. From a spiritual perspective, 7 MarCheshvan represents the "true" end of Tishrei and its festive spirit. Just as in olden days, people were still in a Yom Tov frame of mind until Zayin MarCheshvan when they finally returned home and began their "normal" lives, so too is this day an auspicious time for us to internalize our Tishrei experiences and take them into the rest of the year.

Happy Birthday!

<u>To</u>	<u>Hebrew Birthday</u>	<u>Occurs on</u>
Allison Berkowitz	11 Cheshvan	November 2, 2006
Elizabeth Fisher	10 Cheshvan	November 1, 2006
Adi Frischer	6 Cheshvan	October 28, 2006
Zachary Gordon	9 Cheshvan	October 31, 2006
Anna Gross	5 Cheshvan	October 27, 2006
Emily Kaplan	5 Cheshvan	October 27, 2006
Amy Lewinger	6 Cheshvan	October 28, 2006
Elliot	7 Cheshvan	October 29, 2006
Eliezer Spigel	9 Cheshvan	October 31, 2006
Hannah Vorchheimer	12 Cheshvan	November 3, 2006

Why Celebrate My Birthday?

By Aron Moss

Question:

It's my birthday this weekend but I have always felt funny about celebrating it. My birth was a bit of an accident -- my parents said I was a surprise, and I was born six weeks premature. Is there any meaning in celebrating the day that I wasn't really supposed to have been born?

Answer:

Your birthday is chosen by G-d -- not your parents, your astrologer or the obstetrician. Birth is G-d saying that the world can't go on without you. It is the day that your soul's mission had to begin.

There were already nearly six billion people on earth when you were born. Did the world really need you? Can one more soul really make a difference? Obviously the answer is yes; otherwise G-d would not have sent your soul to this earth. The fact that you were born means there must be some unique gift that you have to offer the world that none of those other six billion people could possibly achieve.

There were already nearly six billion people on earth when you were born. Did the world really need you? Your birthday is an opportunity to reflect: This is the day that my soul was dispatched on its mission. How is the mission going? Have I been contributing my part to the furthering of G-d's purpose to create heaven on earth? Have I been doing my bit to enhance and improve myself and my world? How much time and energy do I spend on meaningful pursuits? How much time could I add to that amount in the coming year?

Far from being an accident, your birth was clearly a deliberate act. The fact that you surprised your parents and arrived early just shows how urgently the world needed you -- your soul couldn't even wait a few weeks for the due date to get down here. G-d had another due date in mind.

Your soul was sent down by priority delivery. Make sure your soul always remains a priority.

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