



Mount Sinai Jewish Center

ב'ו א'

OF CONGREGATION MT. SINAI ANSHE EMETH & EMES WOZEDEK OF WASHINGTON HEIGHTS, INC. AND CONGREGATION BETH HILLEL AND BETH ISRAEL

Kesher קשר

**Parshat Shemot • January 17th-18th, 2019 • 21 Tevet 5780
Artscroll Stone Chumash: Parsha (pg. 292) Haftorah (pg. 1147)**

Mount Sinai Eruv - Up YU Eruv - Up

*Please note that the Eruv does not extend to Fort Tryon Park or Gorman Park.
The eruv extends to where Broadway meets Bennett.*

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OFFICE HOURS:
M-W 9:00am-3:00pm

The office will be closed
01/20-01/23.
Office staff may be available
by phone or email. Please
don't hesitate to reach out.

Shabbat Schedule

Candle Lighting	4:37 pm
Mincha/Kabbalat Shabbat	4:42 pm
Security Oneg	8:00 pm
Hashkama	7:00 am
Shacharit	9:00 am
Post-Hashkama Shiur	9:10 am
Zman Kri'at Shema	9:42 am
Minyan Katan	9:45 am
Junior Minyan	10:00 am
Tot Shabbat	10:20 am
Early Mincha	3:00 pm
Daf Yomi	3:45 pm
Mincha/Seudah Shlishit	4:30 pm
Shkiah	4:56 pm
Maariv/Havdalah	5:38 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
January 19 22 Tevet	January 20 23 Tevet MLK Day	January 21 24 Tevet	January 22 25 Tevet	January 23 26 Tevet	January 24 27 Tevet
Shacharit 7:30,8:00,8:30, 9:00a	Shacharit 6:45,7:15,8:00, 9:00a	Shacharit 6:50,7:25,8:00a	Shacharit 6:50,7:25,8:00a	Shacharit 6:45,7:15,8:00a	Shacharit 6:50,7:25,8:00a
Daf Yomi 9:30a	Mincha/Maariv 4:45p	Mincha/Maariv 4:45p	Mincha/Maariv 4:45p	Mincha/Maariv 4:45p	Candle Lighting 4:45p
Mincha/Maariv 4:45p	Monday Night Learning 8:00p				Mincha/Kabbalat Shabbat 4:50p
Shiur with Rabbi will not meet	Daf Yomi 8:15p	Daf Yomi 8:15p	Daf Yomi 8:15p	Daf Yomi 8:15p	Tackling Taboos 7:30pm

Mount Sinai Jewish Center • 135 Bennett Ave. New York, NY 10040 • 212-568-1900

www.mtsinaishul.com • office@mtsinaishul.com

SPONSORSHIPS

SHABBAT SECURITY IS SPONSORED BY

- Atara Sheinson
- The Security Committee

HASHKAMA KIDDUSH IS SPONSORED BY

The Koenigsberg family, to celebrate Zalman Yosef becoming a bar mitzvah. We wish Zalman Yosef success in all that he does, and he should give continued nachas to the Ribono shel Olam and all of Klal Yisrael.

ANNOUNCEMENTS

HAKARAT HATOV

- Yosef Rabinowitz for checking the eruv this week.
- Thank you to our team of Daf Yomi shiur givers Rabbi Taubes, Rabbi Shmuel Kresch, Rabbi Shaya First, Avi Feder, Dovi Nadel, and Elan Rieser.
- Rebecca Silver for organizing the name tag Shabbat this week.
- Sarah Ratner for running an incredible membership drive this past month.

WELCOME NEW MEMBERS!

Ezra Cohen, Tanya Farber, Moshe Gelberman, Gordon Golbart, Ryan Libesman, Noah Marlowe, Shlomo Roz, Inbar & Aviad Sapir, Tove Sklar, Devorah Spigelman, Yosef Tseitkin, and Tali & Yossi Zimilover.

THIS SHABBAT

FRIDAY NIGHT

SECURITY ONEG– 8:00pm-10:00pm

Join us tonight for an oneg with the security committee to discuss safety and security in our community.

SHABBAT DAY

NAME TAG SHABBAT

At main kiddush, find your name tag and introduce yourself to someone you do not yet know!

POST HASHKAMA SHIUR, 9:10am in the Memorial Room

Rabbi Taubes will be giving the post-hashkama shiur this week.

HOLOCAUST LIBRARY HOURS

The Spier Family Holocaust Memorial Library is open every Shabbat afternoon beginning 1 1/2 hours before Mincha.

MEMBERSHIP DRIVE UPDATE

Welcome to the 126 new members that joined our shul this month and welcome back to the 212 members that renewed! A total of 338 members!

Due to popular demand, we have extended our early bird rates for one more week! Take advantage before time runs out!

If you are a first time member, use code "NEWMEMBER" at checkout to take an additional 50% off your first year of membership. www.mtsinaishul.com/membership-rates.html

Welcome To Mount Sinai Jewish Center!

CHESED OPPORTUNITIES

SENIOR VISITS

Mount Sinai's Chessed Committee and The Jewish Community Council of Washington Heights are partnering to connect generations. Sign up with a buddy to visit once a week, once a month, or make a phone call to a senior in the community. www.mtsinaishul.com/form/seniorvisits

KNOCK KNOCK GIVE A SOCK

Mount Sinai is partnering with FTJC to collect socks for the homeless. Donations can be in ALL sizes (infant to adult) and colors of 'gently used' or brand new pairs. The socks will be donated to the Corner Project. Please do NOT donate mismatched/single socks. A labeled box for donations is located in the entry way by the main entrance of the shul. The sock drive is in its final weeks! Donate now!

UPCOMING EVENTS/PROGRAMS

MENTAL HEALTH FIRST AID TRAINING—THIS Sunday, January 19th, 9:30am-5:30pm

Mount Sinai is offering a FREE mental health first aid course given by Thrive NYC. Upon Completion, you will receive a certificate from the National Council for Behavioral Health In Mental Health First Aid. Sign up is required <https://mountsinaijewishcenter.timetap.com>.

FRIDAY NIGHT DINNER—Friday, January 24th, following Maariv (approx. 5:45pm)

Join us as we mix up our meal and meet new faces in the Mount Sinai community. \$20 members/ \$25 not-yet-members. Register online at www.mtsinaishul.com/form/friday-night-dinner

TACKLING TABOOS—Friday, January 24th, 7:30pm

Our tackling taboo series is back! Join us for a panel discussion on the topic of, "Life After Divorce." Questions may be submitted anonymously via Google form on the dinner sign up page. Babysitting will be provided from 7:30-9:00pm.

LADIES NIGHT IN—Friday, January 31st, 8:00pm

Join us Friday night, January 31st for a women's oneg hosted by Sura Rozenberg. Enjoy snacks, singing, and divrei Torah with Rebbitzin Taubes and the women of Washington Heights. Oneg will take place at 666 W 188th St.

PANOPLY 2020— Motzei Shabbat, February 1st

You don't want to miss this exciting night filled with multi-media trivia, auction, delicious food, and tons of awesome prizes! \$80 member/\$90 not-yet-member. The 76th,85th,97th, &, 109th person to register will get 3 extra raffle tickets (and if you register for more than one person, you EACH get the extra 3). Register online at www.mtsinaishul.com/panopoly.

BLOOD DRIVE—Tuesday, February 4th, 5:30pm-10:00pm

Sign up to donate blood to those who are injured or in need. All those who are eligible, are encouraged to donate. Sign up online at www.mtsinaishul.com/blooddrive. Walk-ins welcome.

YOUNG PROFESSIONAL DINNER AND ONEG—Friday, February 7th

Mount Sinai and Shenk Shul are joining together to host a dinner (at Shenk) followed by an oneg (at Mount Sinai). This event is for single individuals in their 20's and 30's. Sign up for the dinner online at www.shenkshul.com/young-professionals-friday-night-meal.html

PAINT NIGHT—Motzei Shabbat, February 29th

Save the Date! Paint night for singles. More information to follow.

SECURITY INITIATIVE

SECURITY AND SAFETY INITIATIVE

We are currently raising funds and staffing our security committee. Join our safety and security campaign, and help keep our shul and community safe.

www.mtsinaishul.com/security

WEEKLY SAFETY TIP

Do you have a family plan? What would you do in an emergency if you were separated? Do you have supplies?

Make a plan, arrange a meeting place or way to communicate, and set aside some basic emergency supplies. Check Ready NY for more information and ideas.

WEEKLY SPORTS

[Men's Basketball](#): Mon/Wed, 8:00pm-10:00pm

[Women's Basketball](#): Tues, 9:00-10:00pm
mountsinaibasketball@gmail.com

[Ultimate Frisbee](#): Sundays, 10:00 am
Email frisbee@mtsinaishul.com to sign up

[Women's Zumba](#): Sundays & Tuesdays, 8:00pm-9:00pm. \$7 per class/\$30 for 5 classes.

KIDS CORNER

FAMILY LEARNING—Motzei Shabbat, January 25th,

6:30pm Learning, pizza and prizes for kids! Please remember to register online for each session individually.
www.mtsinaishul.com/form/familylearning

FRIDAY NIGHT TOT SHABBAT

This Shabbat, we will be restarting Friday night Tot Shabbat. This is a parent-and-me style group, geared to children ages 0-3 years old. Join us for songs, play, and getting into the shabbat spirit together. Meet in the Tot Shabbat room after Kabbalat Shabbat.

FRIDAY NIGHT GROUPS FOR KIDS 3+

Children ages 3+ are invited to come play in the gym during Friday night services. Sponsorship for this program has been extended.

SHABBAT DAY PROGRAMS

Our shul is growing and so are our programs!
[Tot Shabbat](#): parent-led shabbat group for children ages 0-3 years old.

[Minyan Katan](#): Drop-off Shabbat group for children 3 years old AND potty trained and older.

[Junior Minyan](#): A drop-off Shabbat group for children who are readers/first grade and older.

OPEN PLAY— Sunday, 10am-12pm— In the gym

This program runs on volunteers like you! Contact Ezra Wolkenfeld at ezra.wolkenfeld@gmail.com to volunteer.

LEARNING OPPORTUNITIES

education@mtsinaishul.com

THIS WEEK:

DAILY: DAF YOMI SHIUR BY COMMUNITY MEMBERS

Sundays, 9:30am. Monday-Thursdays, 8:15pm .
Fridays, will not meet. Shabbat, 45 minutes before mincha.
Join the WhatsApp group <https://chat.whatsapp.com/EWfg7u8uVXsDfXpOhbsawQ>

SUNDAY: SHIUR WITH R' TAUBES, 8:00pm

WILL NOT MEET

MONDAY: MONDAY NIGHT LEARNING, 8:00pm in the TTC

ONGOING LEARNING OPPORTUNITIES:

Torah MiSinai—WhatsApp Daily Learning : Short, on-the-road, daily Divrei Torah from Rabbi & Rebbetzin Taubes on practical topics, including halakha, parsha, and machshavah. Join with this invite link to the Whatsapp group: <https://chat.whatsapp.com/INo1C8hSNPrK6OYZO5xHC>

Chavruta Matchup: Are you looking to learn b'chavruta but are having trouble finding a learning partner? Sign-up on our website and we will pair you with someone who has a similar learning interest and time availability. www.mtsinaishul.com/form/chavrusa-match-up

TORAH TIDBITS

Let us begin this week's Torah Tidbit by asking a fairly obvious question: Why did the Egyptian Exile have to even take place? Why couldn't Jacob's family have grown into a nation in Israel and received the Torah there at some point? Why did God deem it necessary for the entire clan to travel to Egypt, become enslaved, be redeemed and then journey back to the Promised Land?

Perhaps the answer is as follows. Egypt is where the Jewish people developed into a nation, as opposed to a family. God wanted them to undergo suffering in order for the nation to develop sensitivities for the pain and suffering of other people. The Jews would therefore conduct themselves with concern for the underdog. God wanted to ensure that the Jews would develop national principles of empathy and caring, and would build a government based on fairness and equity.

We also see these principles in Moses himself. The Torah is commonly called the "Five Books of Moses", and we know the verse, "The Torah that Moses taught us is the inheritance of the Congregation of Jacob". We know very little about Moses prior to his mission. However, all of the incidents that we know about him have one theme: empathy. As soon as Moses matures, he goes out to the labor camp and does anything he can to help his unfortunate brothers, even though he was the prince of Egypt. We know about two episodes in the labor camps, both in which Moses defends the victim.

Moses then escapes Egypt and ends up in Midian, where he rescues seven young ladies from a bunch of unruly shepherds, who are attempting to push them into the well. Moses marries Zipporah (one of the young ladies he rescued) and works as a shepherd for his father-in-law. The Midrash goes into great detail on how Moses was conscientious about avoiding theft and how he personally cared for every single sheep, each according to its needs. In fact, the Midrash states that God assessed Moses' worthiness for leadership by the way he cared for the sheep. If Moses was able to care so diligently for every sheep, how much more so would he care for the needs of God's Sheep, the Jewish people.

Last but not least, we see how essential empathy is to being Jewish from God Himself. God's first revelation to Moses was in the thorn bush. We know that was the site of Mount Sinai, where the Torah was eventually given. God chose to reveal Himself in a thorn bush as opposed to any other tree for two reasons. Firstly, God wanted to show the Jewish people that He is suffering alongside with them. A parent is only as happy as his/her least happy child. Secondly, God wished to show that there is no spot in the world that is worthless and devoid of holiness. Therefore, every person must be honored and respected.

This week's Torah Tidbit is written by Robin Singer. If you would like to submit a thought for Torah Tidbits, please reach out to Jason at jasonbotvin@gmail.com

REFUAH SHELEIMA

Noah Rafael ben Sara, Shoshana Metuka Sara bat Riva Miriam, Leiba Sasya bat Esther, Mindel Fayga bat Perel Bebbel, Avraham ben Malka, Bunna Reva bat Menucha, Hershel ben Esther, Etel Malka bat Chaya Guta, Aviva bat Esther, Avraham ben Malka, Ariel Moshe ben Avital, Yonatan ben Malka, Yitzchak ben Sara, Joanne bat Viola

To add/remove a name to the list, email office@mtsinaishul.com

BRIDGE SHUL SHABBAT TIMES

Mincha/Kabbalat Shabbat	4:45 pm
Shacharit	8:40 am
Mincha	4:35 pm
Maariv	5:40 pm