

SCHEDULE

שבת קדש

Mincha Erev Shabbos	4:38 PM
Friday Night Learning	7:30 PM
Shacharis	8:30 AM
<i>Sof Zman K"ס מ"א 9:13 גר"א 9:49</i>	
Mincha- Followed by Shalosh Seudos	4:35 PM
Maariv	5:47 PM

Sunday

Shacharis	8:30 AM
<i>Followed by Shiur</i>	
Mincha / Maariv	4:45 PM
Torah Youth Shiur for High School Boys	7:30 PM
<i>Followed by Maariv at 8:00 PM</i>	
Maariv	9:45 PM

Weekday Minyanim & Shiurim

Monday—Friday

Gemarah Shiur (M—F)	6:00 AM
<i>Masechet Avodah Zarah with Rabbi Teichman</i>	
Shacharis	
Mon & Thur 6:40AM Tues, Wed, Fri 6:45AM	
Tur & Beis Yosef—Orach Chaim Shiur	7:30AM
Additional daily minyan (M—F)	8:10AM
Mincha— Mon, Tue, Wed, Thur	12:45PM
Open Beis Hamedrash	8:00 PM
Shiur	9:30 PM
Nightly Maariv	9:45 PM

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כ"ז טבת

אהל משה



Rabbi Zvi Teichman

2808 SMITH AVE
BALTIMORE, MD
21209

Volume #24

מזיני ט"ו

Chizkiyahu Benyamin Langer

On his bris this week

And to his parents

Aryeh & Debbie Langer

מזיני ט"ו

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RABBI'S MESSAGE

Croaking ,Cell phones and Calmness

We live in a world where it is becoming increasingly more difficult to focus. Cell phones assaulting us at any given moment, ipods serenading us every free minute we have, email, text messages and internet catching us unexpectedly in its web. The ability to contemplate and ponder with *ישׁוּב הַדַּעַת*; calmness, is becoming more elusive than ever before.

רשׁי tells us that the plague of צפרדע; frogs, was intended ליראם ולבהלם; to frighten and confuse the מצריים. This, he explains was patterned after the battle strategy of an attacking enemy who blare their horns and trumpets to confuse and distract the enemy preventing them from being able to concentrate on an effective response.

The constant croaking of the frogs was meant to instill within them a maddening angst. This בהלה; panic was contrasted by the calm and tranquility experienced by בני ישראל allowing them for the first time to catch their breath and contemplate with *ישׁוּב הַדַּעַת* the greatness of the השגחה.

The יצר הרע cleverly mimics this tactic in our daily "מצרים", by driving us to a frenzied existence that disables us from thinking and implementing strategies to counter his attack thus exposing us to all of its dangers.

We are in the period call שׁוֹבֵבִים, the acronym for the פרשיות שמות through משפטים. This is a time that is propitious for doing תשובה especially in matters of קדושה as indicated in the פסוק, *שׁוֹבֵב בָּנִים, פְּסוּק*, *שׁוֹבֵבִים*; return my wild and wayward son.

It is fascinating to note that the word "שובב"; wild and untamed, is rooted in the word שׁוֹב; return, the שׁוֹרשׁ of the idea of תשובה. What is the common thread in these seemingly opposite concepts?

A child who is wild and undirected is called a שׁוֹבֵב for he is constantly searching to find that connection that his נשמה so desperately seeks. Perhaps this is the meaning of the double "ב" emphasizing a frustrating bouncing back and forth. Without direction and guidance the child gropes at whatever stimulus comes his way in hopes of satisfying this "yearning".

Unless one returns to השם he is destined to constantly bounce wildly from one temptation to another in a futile attempt to quench his thirst with that which can not satisfy. Only upon turning to השם can one achieve a meaningful and gratifying life.

The שׁוֹבֵב is driven by the force of שׁוֹב and finally finds resolution in a life of תורה.

ישׁוּב הַדַּעַת; tranquility in life is also rooted in שׁוֹב. When we divorce ourselves from deafening distractions will we find an oasis of strength and meaningful connection with השם.

May we find calmness in our lives so that we may serve השם with great *ישׁוּב הַדַּעַת*.

באהבה,
צבי טייכמן

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Shacharis Minyanim

Join Us!

6:45/40 AM



WE NEED YOU

Join Us!

8:10 AM

Monday & Thursday 6:40 AM & 8:10AM

Tues, Wed, Fri 6:45 AM & 8:10AM

Rabbi Teichman, Unplugged

Join us weekly for 30 minutes of uninhibited Hashkafa & Mussar with Rabbi Teichman.

Thursday Nights after the 9:45 Maariv.

Topics will cover a variety of subjects from Shalom Bayis, to Chinuch, to matters of Parnassa and more!

You don't want to miss this...

- For Men -