

SCHEDULE

ליל שבת קודש

Candle Lighting	4:27 PM
Mincha & Kabalas Shabbos	4:27 PM
יום שבת קודש	
Daf Yomi @Main Shul	7:30 AM
Shacharis	
@Social Hall	7:00 AM
@Main Shul	8:30 AM
9:00 א"ת	
Netz - 7:22am Sof Zman K"ס 9:43-א"ת Sof Zman Tefilah	10:30-א"ת
Mincha	2:15 PM
Mincha	4:20 PM
Maariv/Havdala (50min)	5:36 PM
Avos Ubanim	6:25 PM

	37/20	מזג האוויר בשבת*
	38/30	Ohel Moshe Weather

CANDLES NEXT SHABBOS-4:31 PM

Weekday Tefilos
Shacharis

Sunday-6:50 & 8:30, M,Th-6:35

T,W-6:45, **F (FAST OF TEVES) - 6:30 & 8:30**

	SUN	MON	TUE	WED	THU	FRI
AM DAF	7:30	5:45	5:45	5:45	5:45	5:45
NETZ	7:22	7:23	7:24	7:24	7:25	7:25

Mincha Sunday-Friday	1:45 PM
Mincha/Maariv Sunday-Thursday	4:35 PM
Maariv Sunday-Thursday	7:45 PM

Learning Opportunities

PM Daf Yomi - Sun.-Thu. @Zoom	8:00 PM
Daf Hashavua - Mon. & Wed. @Main Shul	9:00 PM
Breathing Life - Monday @Main Shul	9:10 PM
Begging For More - Tuesday @Zoom	9:10 PM
Contemp. Halacha - Wed. @Zoom	9:00 PM
Open Bais Medrash - Sun.-Thu. @Main Shul	8:00 PM

THE HASHKAMA MINYAN IS LOOKING FOR PEOPLE TO LEIN. PLEASE CONTACT AITON MARIZAN - 410-206-5583

VIRTUAL NIGHT SEDER!!!



SEE THE **VIRTUAL SHUL PAGE** FOR THE LATEST NIGHT SEDER SPONSORED BY DONNY & MIRI ADLER

נעניכי נשמת יהושע בן מרדכי צבי

DAILY SPONSORSHIPS

SHABBOS DAF YOMI

SPONSORED BY:

REUVEN & JANINE CHAPMAN
IN HONOR OF THEIR SON ARI'S BIRTHDAY &

L'ILUY NISHMAS
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AVAILABLE SPONSORSHIPS
DAF YOMI LEARNING - \$72 | DAVENING - \$72
PM SHIURIM - \$72
ALL DAY SPONSOR - \$180
EMAIL: OFFICE@OHELMOSHEBALTIMORE.COM TO RESERVE

THANK YOU TO SPONSORS FROM THIS PAST WEEK:
CHALAVNA & MALKY METH
YEHOShUA & ESTHER PUREC
RACHELI & MATT ROSENBLATT
SHIMON SHAMOUELIAN

AVOS UBANIM!

Motzei Shabbos! 6:25 PM

@MAIN SHUL ONLY

Sponsored by Ari & Suri Schwartz,
לזכר נשמת חנה ראובן בן משה חיים ז"ל - Suri's father
whose yahrzeit was motzai shabbos Chanukah.
Featuring a story from the Rabbi plus learning, pizza and prizes!

For questions or sponsorship contact
Joel Mirkin at jmirkin@gmail.com

Shul Contacts

@OhelMosheBaltimore.com

Rabbi Teichman

410-570-3333 or ravzt@ohelmoshebaltimore.com

The Shul Office:

For any administrative, financial or other member or Shul matters.
Office@OhelMosheBaltimore.com

Gabaim:

Naftali Miller & Chaim Mordechai Meister - Gabbai@

Laining Schedule:

Pinchas Friedman, Sasha Zakharin & Aiton Marizan- Lain@

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שבת קודש
פרשת מקץ
ד' טבת תשפ"א

אהל משה



Rabbi Zvi Teichman

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Issue #660

RABBI'S MESSAGE:

Healing Trauma

One of the most traumatized figures in the Torah was certainly Yosef.

Imagine how after having experienced near death by the age of seventeen, at the hands of your brothers; being sold to a caravan of Arab slave traders; enticed and eventually tortured incessantly by a temptress; cast for two years into a prison cell with lowly criminals, then rising to a position of prominence, marrying and fathering two wonderful children and living a very peaceful life — and then your abusers, after twenty-two years, suddenly appear before you.

How would you react?

Yosef saw his brothers and he recognized them, but he acted like a stranger toward them and spoke with them harshly.

He asked them, "From where do you come?" And they said, "From the land of Canaan to buy food."

Joseph recognized his brothers, but they did not recognize him.

Yosef recalled the dreams that he dreamed about them...

His initial reaction upon recognizing his brothers is to portray estrangement and react unkindly. After hearing them state they have come for provisions, it reiterates his distinguishing them and adding the obvious, that they did not identify him. Why the repetition?

Lastly, it mentions that he remembered the dreams. Was that a later recollection? Didn't the memory of the entire episode come rushing forth as soon as he realized it was them?

Trauma is painful. The condition known as post-traumatic stress disorder is well documented. It is very real and debilitating.

It almost appears as if Yosef's reaction of distance and anger was instinctive and not necessarily a fully processed memory, as reaction to trauma often is.

Yosef had lived all these years trying to forget that scar that was seared into his psyche. Perhaps that natural reaction to simply suppress the memory was indicated in his naming of his first child, Menashe — *'for G-d has, נשני —made me forget all my hardship...'*

But that can last only as long as the memory never returns to haunt.

Yosef quickly discovered that despite the distance of time, it was still very much a part of him and affected him despite his attempt at suppression.

There are many therapies used to treat trauma. Two popular approaches are exposure and cognitive restructuring. Exposure refers to reliving the

memory from a safer place, learning to disengage from the reflexive emotions, preventing the memory from triggering a response. Restructuring pursues a better and healthier perspective on the events that transpired, hoping to provide a deeper understanding of what, how and why it happened. This often lessens the non-cognitive reactions.

Perhaps it is this second therapy that Yosef attempted to implement when it reports how he 'recognized them' but 'they could not recognize him'. It is not necessarily referring to his consciousness of their identity, and their lack of his at that moment. It is rather focusing on his beginning to fathom what had taken place so many years earlier. He realized that it all spiraled out of control because though he was able to appreciate their greatness despite their lapses of behavior and approached them on that fatal day so lovingly, yet they however never grasped the genuineness of their 'kid' brother, the 'dreamer', who in their minds was just seeking to diminish their esteem in their father's eyes.

Maybe the 'recalling his dreams' was an exercise in 'exposure', permitting himself from the safety of his position to securely experience the memory without fear, and thus reduce subsequent reactivity to the memory.

The Baal HaTurim writes that Yosef was eager to reconcile with his brothers as soon as he identified them. The angel Gavriel, though, intervened and educated Yosef to the intricacies of the nature of relationships, teaching him that sometimes differences cannot simply be papered over by good intention alone, and it requires a deeper analysis in order to gain a greater understanding of one's own emotions and a better appreciation of what is transpiring in the mind of those we interact with.

The students of the Vilna Gaon teach that the challenge in the days prior to the coming of Moshiach will be precisely the misunderstandings of intentions, and the inability to appreciate one another properly.

Joseph recognized his brothers, but they did not recognize him.

May we strive, in the spirit of Yosef, to appreciate the challenges others face that so often lead to misunderstanding and conflict, and improving our relationships, heralding the day when we will be truly of one mind again!

באהבה,
צבי יהודה טייכמאן

Building Project - Phase III

Expanding Our Boundaries & Increasing Our Possibilities!



TOTAL PLEDGES: \$423,724.15

COLLECTED FROM PAYMENT SCHEDULES: \$312,432.24

Figures reflect new pledges, lump sum gifts and payment plan installments toward the Phase III Fundraising Goal of \$999,999

To learn more or get involved in this exciting project contact The Building Committee at building@ohelmoshebaltimore.com or talk to Rocky Caine, Joel Gedalius, Yoni Herman, Chaim Meister, or Moshe Meir Rubin!

!!!**HAPPY BIRTHDAY!!!**

Dov Becker, Avraham Leichter, Avigail Vaks, Judah Katz, Yehudis Katz, Elliot Einbinder, Moshe Aryeh Gedalius, Ben Zuckerman, Moishe Sobel, Uri Cohn

!!!**HAPPY ANNIVERSARY!!!**

Ben & Ruchie Weiskind

YAHRTZEIT

Moty Kamenezky, for his mother, Rachel Kamenezky

רחל בת אברהם שמואל

Frank Berger, for his father, Howard Berger

חיים בן יהודה

Members: Please keep your profile updated in Shul Cloud so we can celebrate and commemorate all our important dates with you! (And occasionally save you from forgetting one!!)

Rocky & Bracha Caine on the engagement of their daughter Chavi to Yaakov Davidowitz!!!

Fast of Teves (Friday, December 25)

Fast Starts 6:13 AM

Shacharis 6:30 & 8:30 AM

Mincha 1:45 & 4:20 PM

Candle Lighting 4:31 PM

End of Fast 5:31 PM

Did you know that you can dedicate a Siddur, Chumash, Yahrzeit Plaque, and general donation in honor of someone or something? Details available on our website!



THANK YOU FOR YOUR SUPPORT!