



# CONGREGATION OHR TORAH Weekly Newsletter

270 Pleasant Valley Way □ PO Box 6169 □ West Orange, NJ 07052

28 Elul - 12 Tishrei September 28 - October 11, 2018

Rabbi Marc Spivak, President David Goldstein, Rabbinic Intern Mark Lubin



Eruv Hotline:

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## RABBI'S MESSAGE:



Walking into shul in the week before Rosh Hashana, regulars will recognize a different feeling. The covers for the Ark, Bima and all the Torahs are pure white. People are gathering late at night for special selichot prayers; we blow the shofar and add a special L'Dovid at the end of davening in the morning and evening.

Everything calls out that there is a great opportunity before us. We are about to start a new year with hope and anticipation. The Torah reading for the first day of Rosh Hashana tells us the story of Yishmael, who the midrash teaches was living a destructive evil life. Yet, despite his misdeeds, when he was stuck in the desert and called out to Hashem, the Torah states וַיִּשְׁמַע אֱלֹהִים אֶת־קוֹל הַנְּעָר that Hashem heard the prayers and granted him a new lease on life.

We learn from the story of Yishmael that repentance can lead to a new beginning. This gift of a new year allows us to contemplate the potential for change. As we approach the days of judgment, we should think about what type of life we want to live and be prepared to daven for it.

On Behalf of Congregation Ohr Torah, I wish you a Shana Tova and a happy and healthy new year for you and your family. I thank you for having the opportunity to serve as Rabbi and look forward to continuing our personal and communal growth over the course of the new year.

*Rabbi Marc Spivak*

## ROSH HASHANAH GREETINGS

To a good year:

**לְשָׁנָה טוֹבָה**

Or the longer form:

*May your name be written and sealed for a good year.*

**לְשָׁנָה טוֹבָה תִּכְתְּב**

**וְתִחַתֵּם**

(For a man)

**לְשָׁנָה טוֹבָה תִּכְתְּבִי**

**וְתִחַתְּמִי**

(For a woman)

**לְשָׁנָה טוֹבָה תִּכְתְּבוּ**

**וְתִחַתְּמוּ**

(For men or a mixed group)

**לְשָׁנָה טוֹבָה**

**תִּכְתְּבֶנָּה וְתִחַתְּמֶנָּה**

(For women)

## PRESIDENT'S MESSAGE:



Amazing how time flies. It seems like last Rosh HaShanna was just yesterday but here we are preparing for the Yomim Noraim once again. And before we know it, it will be time to prepare for next year. I had an amazing opportunity this summer to visit the homeland of my maternal grandparents in Hungary and Ukraine. I visited their birthplaces and where they lived as a young married couple and traced their steps during the Nazi occupation of Hungary from 1944 - 1945.

One of the places I visited was the shul in which my grandfather davened in Budapest after leaving his hometown as a young man. I stood on the same bima on which he stood when he led davening and looked around the room to see what he saw when he stood on the same spot. Although the shul has been restored to its original grandeur, there was a picture of the destruction that had been brought upon it by the Nazis so I could see the before/after view of what the war had wrought upon this building.

As I stood there taking in this sight, I felt a tremendous amount of pride. Pride in my ancestry. Pride in the Jewish people. Pride in my own Judaism. For if the Jewish people can rebuild not just their places of worship but their very humanity from the destruction that befell them, there is truly nothing we can't do. This experience has the theme of restoration on my mind as we enter the Yomim Noraim this year. Like the restoration of my grandfather's shul, as I enter Rosh Hashanna this year, I pray for the ultimate restoration of the Bais Hamikdash in Yerushalayim so that next year we can observe Rosh Hashanna there. L'Shana Haba'ah B'Yerushalayim.

Have a happy, healthy and sweet new year.

*David Goldstein*

## OHR TORAH GUIDE FOR SEPTEMBER 28 THROUGH OCTOBER 11TH

**SHABBAT KIDDUSH** is sponsored by Zev and Leora Weiner in memory of Rabbi David Twersky and the yahrzeits of Carolyn Twersky and Louis Weiner. **SEUDAH SH'LISHIT** Seudah Shlishit is sponsored by the Shul.

To sponsor a Shabbat Kiddush or Seudah Sh'lishit at the Shul, please contact Anna Chosak at [office@congregationohrtorah.org](mailto:office@congregationohrtorah.org).

**MISHNA B'RURA CLASS** with Rabbi Grosberg after Shabbat Mincha will be held in the Beit Midrash.

**RABBI SPIVAK'S WEEKLY CLASS** will meet this Wednesday evening at 7:30pm in the Beit Midrash.

**ED CROMAN'S KABBALAH CLASS:** The next class in the Fall session is Thursday, 7:30 - 9:30pm, October 3<sup>rd</sup> in the Beit Midrash and continues on the following Thursdays: October 17<sup>th</sup>, November 7<sup>th</sup> and 21<sup>st</sup>, and December 5<sup>th</sup>.

**MITZVAH A WEEK:** On page 7 you will find information on studying the 613 mitzvot before the big Siyum on January 1. A number of members approached Rabbi Spivak with interest in participating in the learning program but only wished to do one mitzvah a week at their Shabbat table. If you are interested in this option, please check it off on the [Google form](#) and the Rabbi will assign you 13 mitzvot to be completed before the end of the secular calendar year.

**YESHIVA UNIVERSITY HIGH SCHOOL FOR BOYS: (MTA):** Join their Open House on Sunday, November 10th, 9:30 am to learn more about our warm, personalized, and inspiring approach to Torah, academic, and extra-curricular programs. To RSVP, please visit [yuhbs.org/openhouse](http://yuhbs.org/openhouse). Questions? Contact Rabbi Yoni Stone at 646-994-0441 or [ystone@yuhbs.org](mailto:ystone@yuhbs.org).

**HOST NEEDED:** Heart Mind & Soul will be hosting their next Shabbaton here at Ohr Torah the weekend of November 8-10. If anyone can host an attendee for November 8-9, please call Sandy Trencher of HM&S at 860-922-8336. All meals are furnished by the Shabbaton, so they only need beds.

**COMEDY AT KUSHNER:** The annual Joseph Kushner Hebrew Academy/Rae Kushner Yeshiva High School ATID SOCIETY Event will be on Sunday, November 24. This year, the ATID SOCIETY will present the stand-up comedy of MODI, voted one of the "Top 10 comedians in NYC" by *Hollywood Reporter & Backstage*. The performance will take place at JKHA/RKYHS, 110 South Orange Avenue in Livingston, at 7:30 PM and will be followed by a deluxe dessert reception. A pre-concert dinner reception for all members of the ATID SOCIETY will take place at 6:00 PM. Please visit [www.jkha.org/atid](http://www.jkha.org/atid) to purchase tickets and join the ATID SOCIETY. For more information, please contact: [slevinson@jkha.org](mailto:slevinson@jkha.org) or 862-437-8001.

**OT SECURITY:** Thank you to our security volunteers this week who stepped up to keep us all safe. **We still need volunteers for October.** Even if you've never volunteered in the past, please try it out! Sign up and send Dov Chelst a message at [dncchelst@gmail.com](mailto:dncchelst@gmail.com) and he can tell you what is required.

**SENDING IN A CHECK FOR A PAYMENT TO OHR TORAH?** Assist us in our record keeping by writing on the memo line or include a note about the reason for the check. Also, remember that mail should always be sent to PO Box 6169, West Orange, NJ 07052, and not to 270 Pleasant Valley Way. Thank you!



**SMILE TIME:** Last week I was feeling nostalgic so I took a long drive to my hometown and went by my old childhood house where I grew up. I knocked on the door and asked if I could come in and see my old house. They opened the door, yelled, "No!" and slammed the door in my face. Parents can be so rude!



## Yahrzeits September 28 - October 11

**28 ELUL:** Rich & Deborah Finkelstein for their Grandson, Chaim Gavriel ben HaRav Aharon Chanina HaKohen, Gavriel Finkelstein, on Shabbat, September 28, 2019.

**1 TISHREI:** Marcia Schoppik for her Mother, Shoshana bat Yitzchak Isaac, Rose Dorfman, on Monday, September 30.

**1 TISHREI:** Steven Schwartz for his Mother, Malka bat Shlomo, Milly Schwartz, on Monday, September 30.

**1 TISHREI:** Elaine Scherman for Herman's Grandfather, Ze'ev Wulf ben Yitzchak, Zev Wulf Sirota, on Monday, September 30.

**2 TISHREI:** Jack Rosen for his Uncle, Binyamin ben Avroham Ha'Co-han, Benjamin Perel, on Tuesday, October 1.

**3 TISHREI:** Annie Goldfischer for her Cousin, Etel Raiza bat Binyamin, Ethel Maloratsky, on Wednesday, October 2.

**4 TISHREI:** Annie Goldfischer for her Mother, Breindel bat Moshe Ha'Levi, Bertha Forman Schwartzstein, on Thursday, October 3.

**5 TISHREI:** Rich Finkelstein for his Sister, Miriam Zisell bat Zev Yehuda Hakohen, Susan Summer, on Friday, October 4.

**5 TISHREI:** Glenn Goldberg for his Brother, Baruch ben Meir Yaakov, Barry Dresden Goldberg, on Friday, October 4.

**7 TISHREI:** Gary Schlanger for his Mother, Rudah Liebah bat Shimon, Rose Schlanger, on Sunday, October 6.

**8 TISHREI:** Sam Goldfischer for his Grandmother, Freidah Sarah bat Noach, Sarah Isseroff, on Monday, October 7.

**9 TISHREI:** Nancy Perl for her Mother, Adina Liba bat Avraham, Ade-line Storch, on Tuesday, October 8.

**10 TISHREI:** Urit Bocian for her Father, Eliyahoo ben Chanina, Eliyahoo Shmueli, on Wednesday, October 9.

**10 TISHREI:** Gary Lillianthal for his Father, Yitzchak ben Avram Meyer, Irving Lillianthal, on Wednesday, October 9.

**10 TISHREI:** Naomi bat Avraham, Naomi Dady Goldstein, on Wednesday, October 9.

**11 TISHREI:** Betsy Goldstein for her Father, Yehoshua Falke ben Tzvi Herschel, Samuel Kaplowitz, on Thursday, October 10.

**11 TISHREI:** Susan Kaplan for her Mother, Shayndel M'Shalit bat Yitzchak, Marilyn Sandman, on Thursday, October 10.

**12 TISHREI:** Debra Goldberg for her Mother, Miriam bat Avraham, Miriam Horenstein, on Friday, October 11.

**12 TISHREI:** Renee Spear for her Father, Yaakov ben Dovid, Jack Goodman, on Friday, October 11.

For changes/corrections to this list, please contact Elia Weixelbaum or send an e-mail to : [ShabbatNewsletter@congregationohratorah.org](mailto:ShabbatNewsletter@congregationohratorah.org)

**KAPPOROT:** For those that have the custom to use live chickens which are then donated to the needy, Kapparot will take place at Chabad of West Orange, 401 Pleasant Valley Way, on Sunday, October 6th, between 5 and 6pm. \$18 donation per chicken.



**Rosh HaShanah Arts and Crafts for the younger set took place Sunday, September 22nd at AABJ&D. The community wide event was sponsored by Ohr Torah, AABJ&D, Chabad of West Orange. See the pictures on page 10.**

**NEWSLETTER SUBMISSIONS:** Items for the Newsletter must be submitted before 4:00pm on the Wednesday before publication. Anything submitted after that time will be considered for the following issue. Email to: [shabbatnewsletter@congregationohratorah.org](mailto:shabbatnewsletter@congregationohratorah.org)

### CONTACT INFORMATION:

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**Board:** [board@congregationohratorah.org](mailto:board@congregationohratorah.org)

**Men's Club President:** Ari Katz, [ari@katzcrew.com](mailto:ari@katzcrew.com)

**Sisterhood President:** Bertha Sharret, [rsharret@hotmail.com](mailto:rsharret@hotmail.com)

**Chesed:** Rabbi Spivak, Anna Chosak

**Shiva Assistance:** Rabbi Robert Grosberg, Judy Carmeli, Stuart Rosenblum

**Building Committee:** Arnold Barton

**Subscription Requests:** [listserv@congregationohratorah.org](mailto:listserv@congregationohratorah.org)

**Monthly Calendar:** Elia Weixelbaum

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**Reading Torah:** Avi Klein, [otlaining@congregationohratorah.org](mailto:otlaining@congregationohratorah.org)

**Scheduling Calendar:** Anna Chosak, e-mail to

[Schedule@congregationohratorah.org](mailto:Schedule@congregationohratorah.org)

**Tributes/Siddurim/Chumashim/Machzorim Donations:** Debbie Druce

**Bookplate Design-Bar, Bat Mitzvah Inscriptions:** Debbie Druce

**Yahrtzeit/Tree of Life Plaques:** Jack Rosen

**Youth Committee:** Leron Thumim and Chavi Trenk (co-chairs)

[leron.Thumim@gmail.com](mailto:leron.Thumim@gmail.com) and [ebtrenk@gmail.com](mailto:ebtrenk@gmail.com)

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## Sisterhood Events and Donations

Sisterhood would like to thank Tamara Sofair-Fisch for a very interesting class last Shabbat based on the book 'Begin Again Now' by Zelig Pliskin. The book can be found in the Cindy Turkeltaub Grosberg Library in the Beit Midrash.

### Sisterhood Tribute Fund:

#### Sefer Fund:

To **Dr. Irwin Krasna** in memory of his beloved wife, Anne by Arlene and Sam Kaye.

To **Eta Levenson** in memory of her beloved mother by Arlene and Sam Kaye.

To **Bea Kallus** in honor of her great granddaughter, Maya Lily by Sam and Arlene Kaye.

To **Leslie and Mark Kallus** in honor of their granddaughter Maya Lily by Sam and Arlene Kaye.

#### Tributes:

To **Yaffa Hollander** in memory of her mother Cecile Loewy by Karen Miller.

Please consider making a donation to honor or in memory of someone in any of the following categories. Tributes—\$5; Sefer Fund—\$10; Youth Fund—\$18; Siddur or Machzor—\$40; Chumash—\$60. For more information, please contact Debbie Druce [deborahdruce@gmail.com](mailto:deborahdruce@gmail.com)

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## Power Prosecution

The Men's Club as part of the Insight Breakfast Events, hosted Glenn D. Goldberg who gave an informative, emotional, and fact based presentation on the topic of "Power Prosecution" last Sunday on September 22<sup>nd</sup>.

Glenn spoke about a few of the high profile, public interest cases he tried over the course of his 30 years as a Prosecutor. Included were cases of Organized Crime, Sexual Assault of a mentally challenged victim, Child Sexual Abuse of more than 30 preschool children by their teacher at their daycare center, Arson of the Paper Mill Playhouse in Millburn, and Murders. Glenn cited seven lengthy published books that relate in great detail the facts of these cases and the resulting trials.

The presentation contained dramatic examples of Courtroom events, such as when a defendant jumped out a third-floor window upon being pronounced Guilty of First Degree Murder by the Jury.

We want to thank Glenn for his impressive presentation that kept all of the attendees on the edge of their seats.



# High Holy Days Schedule

## Friday (09/27) Erev Shabbat

### NITZAVIM

Light Candles	6:28pm
Mincha	6:35pm
Shkia	6:46pm

## Shabbat (09/28)

Shacharit	9:00am
Latest Shema	9:48am
Mincha	6:15pm
Maariv	7:19pm
Shabbat ends	7:26pm

## Sunday (09/29) Erev Rosh HaShanah

Selichot/Shacharit	7:00am
Light Candles	6:24pm
Mincha	6:30pm
Shkia	6:42pm

## Monday (09/30) Rosh HaShanah Day 1

Shir HaKavod (Sanctuary)	7:50am
Shacharit (Sanctuary)	8:00am
Shacharit (JSDD)	8:40am
Latest Shema	9:49am
Tashlich	6:00pm
Mincha	6:30pm
Maariv	7:15pm
Light Candles after*	7:22pm

\*FROM EXISTING FLAME

## Tuesday (10/01) Rosh HaShanah Day 2

Shir HaKavod (Sanctuary)	7:50am
Shacharit (Sanctuary)	8:00am
Shacharit (JSDD)	8:40am
Latest Shema	9:49am
Mincha	6:25pm
Maariv	7:14pm
Holiday ends	7:21pm
Selichot	9:30pm

## Wednesday (10/02) Fast of Gedalia

Fast begins	5:41am
Shacharit	5:55am
Mincha/Maariv	6:10pm
Fast Ends	7:08pm
Selichot	9:30pm

## Thursday (10/03)

Shacharit	6:00am
Mincha/Maariv	6:25pm
Selichot	9:30pm

## Friday (10/04) Erev Shabbat

Shacharit	6:10am
Light Candles	6:16pm
Mincha	6:20pm
Shkia	6:34pm

## Shabbat (10/05) Shabbat Shuvah

### VAYEILECH

Shacharit	9:00am
Latest Shema	9:51am
Mincha	5:45pm
Drasha after Mincha	
Maariv	7:07pm
Shabbat ends	7:14pm

## Sunday (10/06)

Selichot/Shacharit	7:30am
Mincha/Maariv	6:10pm
Selichot	9:30pm

## Monday (10/07)

Shacharit	6:00am
Mincha/Maariv	6:10pm

## Tuesday (10/08) Erev Yom Kippur

Selichot/Shacharit	5:55am
Mincha	3:45pm
Kol Nidre	6:10pm
Candle Lighting	6:10pm
Fast begins	6:28pm

## Wednesday (10/09) Yom Kippur

Shir HaKavod (Sanctuary)	8:15am
Shacharit (Sanctuary)	8:25am
Shacharit (Beit Midrash)	8:55am
Latest Shema	9:52am
Yizkor after (Sanctuary)	11:45am
Yizkor after (Beit Midrash)	12:05am
Mincha (Sanctuary)	4:30pm
Mincha (Beit Midrash)	4:40pm
Ne'iyah (Sanctuary)	5:55pm
Ne'iyah (Beit Midrash)	6:00pm
Fast Ends	7:08pm

## Thursday (10/10)

Shacharit	6:00am
Mincha/Maariv	6:10pm

## Friday (10/11) Erev Shabbat

Shacharit	6:10am
Light Candles	6:05pm
Mincha	6:10pm
Shkia	6:23pm



## SIGNIFICANT OMENS (SIMANIM)

On the first night of Rosh HaShanah, after saying the Kiddush and then Ha-Motzei, the following blessing is said:

ברוך אתה יי אלהינו מלך העולם, בורא פרי העץ.

Blessed are You, L\_rd our G\_d, King of the Universe, Who creates the fruit of the Earth.

*Dip and Apple in Honey and recite:*

יהי רצון מלפניך, יי אלהינו ואלהי אבותינו, שתחדש עלינו שנה טובה ומתוקה.

May it be your will, L\_rd our G\_d, and G\_d of our ancestors, that You renew for us a good and sweet year.

Many people have the custom of eating some or all of the following symbolic foods on Rosh HaShanah and reciting these blessings (the order can vary):

### ON DATES:

יהי רצון מלפניך, יי אלהינו ואלהי אבותינו, שיתמו שונאינו.

May it be your will, L\_rd our G\_d, and G\_d of our ancestors, that enemies be consumed.

### ON A POMEGRANATE:

יהי רצון מלפניך, יי אלהינו ואלהי אבותינו, שגדלה זכות כרמון.

May it be your will, L\_rd our G\_d, and G\_d of our ancestors, that our merits increase like the seeds of the pomegranate.

### ON FENUGREEK OR CARROTS:

יהי רצון מלפניך, יי אלהינו ואלהי אבותינו, שגדלו זכותנו.

May it be your will, L\_rd our G\_d, and G\_d of our ancestors, that our merits grow greatly.

### ON LEEKS or CABBAGE (raw or cooked):

יהי רצון מלפניך, יי אלהינו ואלהי אבותינו, שיכרתו שונאינו.

May it be your will, L\_rd our G\_d, and G\_d of our ancestors, that enemies be cut off.

### ON BEETS:

יהי רצון מלפניך, יי אלהינו ואלהי אבותינו, שישתלקו.

May it be your will, L\_rd our G\_d, and G\_d of our ancestors, that enemies disappear.

### ON SQUASH or GOURD:

יהי רצון מלפניך, יי אלהינו ואלהי אבותינו, שתקרר רע גזר דיננו ויקראו לפניך זכותנו.

May it be your will, L\_rd our G\_d, and G\_d of our ancestors, that the evil decree against us to torn apart and our merits be proclaimed before You.

### ON THE HEAD OF SHEEP OR FISH:

יהי רצון מלפניך, יי אלהינו ואלהי אבותינו, שנהיה לראש ולא לזנב.

May it be your will, L\_rd our G\_d, and G\_d of our ancestors, that be like a head and not a tail.

### ON A FISH:

יהי רצון מלפניך, יי אלהינו ואלהי אבותינו, שינפח ונפח כרגים.

May it be your will, L\_rd our G\_d, and G\_d of our ancestors, that multiply like fish.

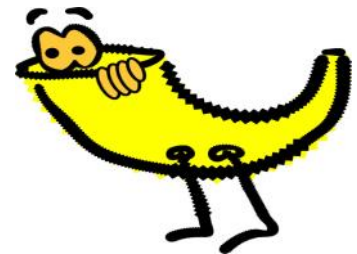
# APPLES AND WALNUTS CAKE

by Tsilla Weber

As easy to make dessert that your guests will love.

## Ingredients:

- 3 cups of peeled and cubed (about 1/2" cubes) baking apples (Granny Smith, Paula Red, or Empire work best)
- 1 1/2 cups of sugar plus two tablespoons for the top.
- 1/4 cup of sweet red wine
- 3/4 cup of oil
- 3 eggs
- Zest of 1 lemon
- 2 cups of self rising flour (or regular flour and 1 teaspoon of baking powder).
- 4 ounces of chopped walnuts
- 1/4 cup of raisins (optional)
- 1 1/2 teaspoons of cinnamon (optional)



## Cooking Instructions:

1. Soak the apple pieces in the wine for about one-half hour.
2. Add oil, sugar and eggs (one at a time) beaten.
3. Add the lemon zest.
4. Add the flour slowly through a sifter and mix well.
5. Pour into a round spring form greased pan.
6. Mix the nuts, raisins, and cinnamon and two tablespoons of sugar and put on top of the batter.
7. Bake at 350 degrees for approximately 45 minutes to an hour.



**CELEBRATE THE JANUARY 1, 2020 SIYUM SHAS:** Customarily, it takes seven years to complete the learning of the entire Gemara if you learn one page each day, known as "Daf Yomi". This current cycle of learning will end and culminate in a "Siyum Ha-Shas" celebration at MetLife

Stadium on January 1, 2020. We are privileged to live in close proximity to this event and I encourage us all to learn together and complete something so that we too can truly celebrate our own learning along with Klal Yisroel on January 1, 2020. Therefore, I would like to propose that our shul community dedicate time to learn the 613 mitzvot using the Sefer Hachinuch (in English, if preferred). In order to achieve this great accomplishment by the end of December, we would like to organize interested shul members into learning groups. Once a group is assembled, they will self-organize to find time to learn a set of mitzvot that will be assigned to them. The expectation is that each group would dedicate approximately 30 to 45 minutes per week to learn the mitzvot assigned.

If you are interested in participating in this learning initiative, sign up using the Google form at:

[https://docs.google.com/forms/d/e/1FAIpQLSdVh4ey2dwgqTJYaL99sVweR5iw\\_NS6UrpIq-5JxlblokRWPQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdVh4ey2dwgqTJYaL99sVweR5iw_NS6UrpIq-5JxlblokRWPQ/viewform)

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Please indicate if you are interested in serving as a group leader. Group leaders are asked to coordinate the learning sessions with the group members. We hope all shul members will be a part of this great opportunity.

**Rabbi Marc Spivak**



Ian Gleaner

*Ian Gleaner is a second year Internal Medicine resident at Temple University Hospital. He lives in Bala Cynwyd with his wife, Noa, and his rambunctious daughter, Maya. He is honored to be able to write this Dvar Torah in honor of the 15th anniversary of his Bar Mitzvah. In that vein, he would like to thank his Mom and Dad for helping him with his speech and giving him the strong values and Jewish education to allow him to add to this beautiful Jewish community. He'd like to thank his sister and brother, Ariel and Seth, for not annoying him too much and hopes to annoy them more in the year to come!*

## TORAH THOUGHT:

# Nitzavim: Hidden and Revealed

הַנְּסֻתִּים לַיהוָה, אֵלֶּיךָ יְיָ וְהַגָּלוּת לָנוּ וּלְבָנֵינוּ עַד עוֹלָם לַעֲשׂוֹת "The hidden things belong unto the Lord our God; but the things that are revealed belong unto us and to our children forever, that we may do all the words of this law (Devarim 29:28)". These words from our Parsha should sound familiar. We will be reciting them during our confession on Yom Kippur, the climax of our plea to be written in the book of life for another year. We also reference a similar idea in our daily Slichos in the wee hours of the morning as we prepare for Yom Hadin, when we say "Who can discern mistakes? From the hidden things, cleanse me" (Tehilim 19:13). What are these hidden and revealed aspects, and how can they help us, as we pursue Tshuva?

The reason it is included seems to be based on the explanation by Ramban (Rashi explains it differently), that the revealed things refer to the sins of which we are aware, and actively working to improve, while the hidden things are sins that we don't even know we are doing wrong, and so don't even have the capacity to seek Tshuva. It can be scary, on Rosh Hashana, to be "passing before Hashem, like sheep," accounting for all of our actions for the past year. Especially, knowing that our biased hearts and minds may not even be able to ask for forgiveness for our greatest flaws. What we don't know we are stumbling over, we can't even attempt to overcome. Hashem is assuring us that we should focus on what we can work on, and with honest introspection and a plan for improvement for those aspects, Hashem will forgive those things hidden from us, even without our conscious knowledge.

A different explanation I saw from the Netiv Shalom, is that the hidden things refer to our inner thoughts, while the revealed things refer to our actions. On first glance, when thinking of Tshuva, we would think the plan should be to change our inner Midos. If we are able to find the cause of what drives us to sin within ourselves, our Midos and emotions and drives, and change those directly, all of our actions will be changed, and the initial root of the sin will be uprooted. This seems like the ide-

al Tshuva: a total transformation of our negative Midos to good, with a resulting change in our actions. This, though, seems extremely difficult. When one is being "mepashpesh bemaasav (looking through one's actions)" during the month of Elul and beyond, an honest look will show us an infinite amount of improvement. We will see the negative Midos in ourselves, that we have been carrying around our entire life. It may be ideal to pull the sin out by its roots, but the roots are too deep! What the Torah is telling us here is that the revealed things, our actions, should be our focus. Hashem, in his Rachamim, is telling us to look inside ourselves, at our inner Midos, but in order to change them, it starts with an action. Rather than pulling the sin out by its roots, Hashem allows us to start cutting away the branches. On our own we may not be able to completely change ourselves, but Hashem is saying that as long as we are trying through our daily Mitzvos, "the hidden things," - our inner Midos, Hashem himself will cause to change. He changes nature, making it possible that cutting the branches actually uproots the tree. While we may not be perfect yet, the performance of Mitzvos themselves and the tiny decisions we make every day, with our actions, can lead to a change in our mindset.

For example, we may not be able to change a Mida of laziness. We can say "let's just stop being lazy," but that has never been successful. What we can do, though, is say "tomorrow I'm going to get up early for a big breakfast." That's a concrete action that is doable, with the added incentive of bagels and lox. The next day, we again can make the small decision to take the action of waking up early. Through this action, we have not even addressed our inner laziness Mida, or thought about why we are lazy, what in our childhood led us to this, and how we can change it. We just made one decision. With lots of "one decisions," we can find that what we thought was an ingrained Mida isn't found in us at all, and we can grow. This is the chesed Hashem offers us. It all starts with a small action. **Good Shabbos**

*Over the course of the next few months, we will have different people write a D'var Torah for the newsletter. The goal is to hear words of Torah from other Ohr Torah members and learn a little about who they are. I encourage everyone to participate. Please email me at [Rabbi@congregationohrtorah.org](mailto:Rabbi@congregationohrtorah.org) if you would like to volunteer to share your ideas with us. Torah unites our nation. We are really excited about this project and I hope it will strengthen our bonds as a community.*

**Rabbi Marc Spivak**

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# TASCHLICH

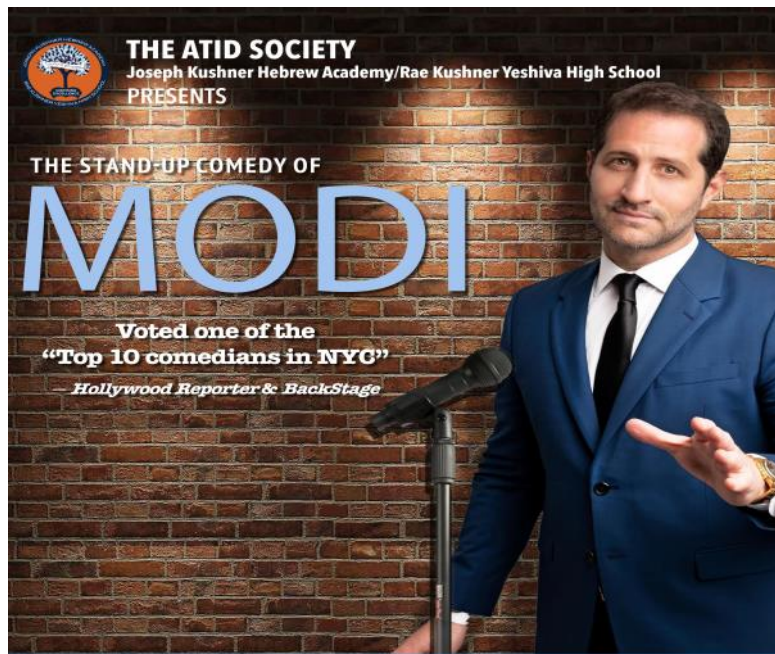
מִי־אֵל כְּמוֹדֵךְ נִשָּׂא עֶוֹן וְעֹבֵר עַל־פֶּשַׁע לְשִׂאֲרִית נִחַלְתּוֹ לֹא־הֶחֱזִיק לְעַד אִפּוֹ  
כִּי־חָפֵץ חֶסֶד הוּא : יָשׁוּב יִרְחֲמֵנוּ יִכַּבֵּשׁ עֲוֹנֵתֵינוּ וְתִשְׁלִיךְ בַּמַּצְלוֹת יָם  
כָּל־חַטָּאתָם : תִּתֵּן אֶמֶת לַיַּעֲקֹב חֶסֶד לְאַבְרָהָם אֲשֶׁר־נִשְׁבַּעְתָּ לְאַבְתֵּינוּ מִיָּמֵי  
קֶדֶם :

מִן־הַמָּצָר קָרָאתִי יְיָ הָ עָנְנִי בְּמִרְחָב יְיָ הָ : ח' לִי לֹא אֵירָא מִה־יַּעֲשֶׂה לִּי  
אֱדָם : ח' לִי בַּעֲזָרִי וְאֲנִי אֶרְאֶה בְּשִׁנְאִי : טוֹב לַחֲסוֹת בַּח' מִבְּטָח  
בְּאֱדָם : טוֹב לַחֲסוֹת בַּח' מִבְּטָח בְּנִדְיָבִים :

Who G-d is like you pardoning iniquity and forgiving transgressions of the remanant of His heritage? He does stay angry forever, but delights in loving-kindness. He will have compassion on us again, suppressing our iniquities, and toss in the bottom of the sea all their sins. Grant truth to Yaakov, chesed to Avraham, as you promised our fathers in days long ago.

In my distress I called out to the L-rd. The L-rd answered me and set me free. The L-rd is with me, I will not fear. What can man do to me? The L-rd is with me. He is my helper. I will observe the destruction of my enemies. It is better to take refuge in the L-rd than to trust in man. It is better to take refuge in the L-rd, than to trust in princes.

MANY PEOPLE ADD ADDITIONAL PRAYERS AND PSALMS WHICH CAN BE FOUND IN YOUR ROSH HASHANAH MACHZOR.



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