

WEEKLY NEWSLETTER

SHABBOS TIMES

Friday, January 7

Candle Lighting 4:26pm
Evening Service 4:30pm

Saturday, January 8

Morning Service 10:00am
Kiddush Brunch 12:00pm
Evening Service 4:30pm
Shabbos Ends 5:31pm

KIDDUSH SPONSOR:

Kiddush Club Members

SHALOSH SEUDOS SPONSOR

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DAILY MINYAN

January 9-14

MORNING SERVICE

Sunday 8:00am
Monday - Friday 7:00am

EVENING SERVICE

Evening Service 4:40pm

“My way of doing things” is very different from being “addicted” and not being able to stop. But when “I can’t do it any other way other than my way of doing things”, that’s when it starts looking and feeling a whole lot like an “addiction”.

When we get used to the way we like or want things, despite how correct or justified it may be, there always comes a time when we have to reconsider and rethink how things have been in order to allow for positive change and growth.

If we are unable to change, we are addicted, and addiction sticks in the face of any logic and reason, addiction can be very damaging.

Only with the power of humility can one master one’s own life and truly be free to make the correct choice in each individual circumstance, regardless of what one may be used to.



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A WORD OF TORAH

This is the week when we read of the great Exodus. "Let my people go that they may serve Me", was the Divine call transmitted by Moses to Pharaoh. Now, if the purpose of leaving Egypt and Pharaoh's whip was to be able to serve G-d, so where is the freedom? We are still slaves, only now we are servants of the Almighty!

Indeed, countless individuals continue to question the merits of religion in general. Who wants to submit to the rigors of religion when we can be free spirits? Religion, they argue, stifles the imagination, stunts our creative style, forever shouts instructions and lays down the law. Thou Shalt do this and Thou Shalt better not do that, or else! Do's and don'ts, rules and regulations are the hallmark of every belief system; but why conform to any system at all? Why not just be "me"?

Long ago, the sages of the Talmud said it was actually the other way around. There is no one as free as he who is occupied with the study of Torah. But how can this possibly be true? Torah is filled with rules of law, ethics and even expectations and exhortations that we take the high road and behave beyond the call of duty. How could they say that Torah makes us free? Surely it is inhibiting rather than liberating?

The yachtsman knows that if you want to enjoy the freedom of the high seas, you must first become a slave to the compass.

A young novice might challenge the experienced professional's advice. But why should I follow that little gadget? Why can't I go where I please? It's my yacht! But every intelligent person understands that without the navigational fix provided by the compass we will flounder and sail in circles. Only by following the lead of the compass will the wind catch our sails so we can experience the ecstasy and exhilaration of the high seas. If you want to enjoy the freedom of the high seas you must first become a slave to the compass.

The Torah is the compass of life. It provides our navigational fix so we know where to go and how to get there. Without the Torah's guidance and direction we would be lost in the often stormy seas of confusion. Without a spiritual guidance system we flounder about, wandering aimlessly through life. Just look at our kids when they're on vacation from school and are "free" from the disciplines of the educational system. Unless they have a program of some kind to keep them busy – like a summer camp – they become very frustrated in their "freedom."

Within the Torah lifestyle there is still ample room for spontaneity and freedom of expression.

We can be committed to the compass and still be free spirits. Indeed, there are none as free as they who are occupied with Torah.

-adapted from www.chabad.org

A Bisseleh Humor

A man walks into a bar. He calmly orders a drink and proceeds to abruptly pick up his glass and hurl it at the shocked bartender.

After a moment of uncomfortable silence he begins apologizing profusely, pleading for forgiveness: "I am mortified, I suffer from uncontrollable rage, I am deeply ashamed of it, I don't know what came over me, please forgive me for my embarrassing behavior." The bartender graciously forgives him. However this happens nightly for a week straight, each outburst followed by sincere regret. Finally, the bartender makes an ultimatum: "Either undergo intense anger-management therapy or do not ever enter this bar again." The man consented.

A year later, he returns to the bar, a rehabilitated man. But lo and behold, he immediately takes his glass and heaves it at the bartender. "What are you doing?" the bartender thundered, "I thought you went to therapy!" "I did," the man replied, "and now I am not embarrassed anymore."

Daily Dose Of Wisdom

The Baal Shem Tov taught, "Where a person's thoughts are, that's where he is, all of him."

So if you want to be healthy, put yourself in a healthy space.

Think healthy thoughts. Say healthy things.

Don't even say you are sick. Say you are recovering, becoming healthy. Getting stronger and stronger each day.

As the Rebbe wrote to someone who complained about his ailments, "I have told you many times: You are a healthy man. Think that way."

KIDS Parsha Lesson

Pharaoh still refuses to let the Jews leave Egypt, so G-d brings more plagues on Egypt. In the eighth plague, a very strong wind brings in great swarms of locusts, which are like grasshoppers. There are so many of them that they darken the earth and eat all the greenery, plants and fruits from the trees, and there is no more food in the land of Egypt.

Pharaoh refuses to let the Jews go, so in the ninth plague, G-d brings a very thick darkness on Egypt. For seven full days, all of Egypt (except for the homes of the Jews) is covered in complete and total darkness. The Egyptians can't see anything at all, and for the last three days of the plague, the darkness is so thick that they can't even move!

Pharaoh still remains stubborn, so G-d will bring one final plague upon him and his people. But before that, G-d gives the Jews some important things to do. In fact, the Jews now get their very first mitzvah—a special commandment from G-d. Eventually, the Jews receive many mitzvot, but this first one establishes that special connection. In this mitzvah, the Jews are commanded to set up a calendar based on the cycle of the moon. And this is the same Jewish calendar that we use today, over three thousand years later! Next the Jews must each bring a sacrifice of a goat or a lamb and brush the blood on to their doorposts. This way, when the final plague comes, G-d will know which houses to pass over. (All these miracles are celebrated on a special Jewish holiday called Passover—because G-d passed over the Jewish homes.) The Jews must then eat the roasted meat with Matzah and bitter herbs.

Now, for the tenth and final plague: On the fourteenth of the month of Nissan, at exactly midnight, every Egyptian firstborn dies. Pharaoh is terrified, for he himself is a firstborn; he jumps out of bed and rushes to find Moses and Aaron. When he does, he simply shouts frantically, "Go! Go! Leave this land, you and all the Jews. Take your sheep and your cattle and whatever you want. JUST GO!" And with that, after 210 years of slavery, Pharaoh practically chases the Jews out of Egypt. So they leave quickly, so quickly, in fact, that their dough does not have time to rise and becomes matzah—the very same flat bread that we eat on Passover. But they do have time to ask the Egyptians for their gold and silver, emptying Egypt of all its wealth. Now that the Jews are free, G-d tells Moses about the holiday that they will be celebrating each year to remember the occasion, Passover, by eating Matza and telling the story to their children. The Jews also receive the mitzvah of Tefillin, special boxes that are put on the head and arm to remind us of our exodus from Egypt and the connection we feel to G-d since then.

RECIPE

Double Chocolate Fudge Brownies

Ingredients:

- 8 Tbsp. margarine
- 2 cups chocolate chips, divided
- 1 1/2 cups sugar
- 3 eggs
- 1 tsp. vanilla
- 1 tsp. kosher salt
- 1 1/4 cups flour
- 1/2 tsp. baking powder
- 1 cup pecans

Directions:

1. Melt 1 cup chocolate chips with the margarine, until smooth.
2. Stir in the sugar, eggs, vanilla and salt until incorporated.
3. Add the flour and baking powder, mix until smooth.
4. Fold in the pecans and the other cup of chocolate chips.
5. Pour the batter into a 9 x 13 rectangle pan, or a 10 x 10 square pan. Bake on 350 for 30-40 minutes.

Enjoy!



UPCOMING EVENTS



Jteen Havdalah and Game Night!
Saturday Night, Jan. 8
 End of Shabbos Ceremony, Awesome Movie and games, Pizza and Ice Cream!
 Free admission! Open to all teens in grades 9-12
 Come and bring your friends!



Bat Mitzvah Club
Tuesday, Jan. 11
 Learn about the importance of a Jewish name and make your very own name plaque.
 Learning, games, crafts, snacks and fun!
 Open to all girls ages 11-13.



Pre-School & Jewish Day School
Grades K - 8 Parlor Meeting
 EXPLORE. INQUIRE. CONNECT.
 Come find out what all the rave is about at Tenafly Chabad Academy
 ■Advanced level of secular and Jewish subjects.
 ■Transportation available with rebates.



Tu B'Shvat dessert demo's ,
Womens night
Monday, Jan. 17
 Join for an evening for women, in honor of Tu B'shvat the New Year for Trees.
 All participants will make their own assorted chocolate truffles gift box.



MVP Program
Thursdays 4pm- 5pm
 Geared for boys and girls in grades 6th - 8th, MVP is volunteering and Mitzvah madness, while connecting with other pre-teens and having a meaningful impact!
 MVP is open to all junior teens free of charge!



Bris Avrohom of Fair Lawn

We are your center for everything Jewish, whatever your need may be, do not hesitate to contact us. Our ever popular holiday celebrations will enable you and your family to celebrate the Jewish holidays in style, with fun and educational ideas helping to make Judaism relevant to our youth. Our Torah classes will give you a second opinion on any subject or matter you may be dealing with and our Holiday programs will allow you to celebrate your Jewish pride with your family and friends. Our fun Hebrew School and Day Camp will fill your children with an educated sense of what it means to be Jewish and our synagogue services will give you the opportunity to pray, be inspired and experience spirituality. From pregnancy and baby celebrations to weddings and after life services including Kaddish and unveiling, we will be there for you and help create a meaningful and memorable experience. We are here to help you and serve you and look forward to seeing you soon!

Rabbi Berel & Leah Zaltzman | Rabbi Mendel & Elke Zaltzman | Rabbi Avrohom & Leah Engel

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