

January 5th, 2019 / כ"ח טבת תשע"ט

Parshat Vaera - Shabbat Mevarchim

פרשת וארא

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Shaarei Tefillah is the destination for families and individuals from diverse Jewish backgrounds who share a desire for strong Jewish values, relevant inspiration, personal growth and warm welcoming community!



To new congregants Arieh & Rahma Bloom, and their children Gidon, Adi, and Ovadia

(This essay by Rabbi Jonathan Sacks resonated with me, I hope it does for you as well!)

Here are some ideas worth thinking about as we begin our journey into a new calendar year.

The first idea is to dream. Seemingly the least practical activity turns out to be the most practical, and most often left undone. I know people who spend months planning a holiday but very little time planning a life. Imagine setting out on a journey without deciding where you are going to. However fast you travel, you will never reach your destination because you never decided where you want to be. In fact, the faster you travel, the more lost you will become. Dreams are where we visit the many lands and landscapes of human possibility and discover the one where we feel at home. The great religious leaders were all dreamers. Within my own tradition there was Moses, who dreamed of a land flowing with milk and honey, and Isaiah who dreamed of a world at peace. One of the greatest speeches of the 20th century was Martin Luther King's "I have a dream". If I were to design a curriculum for happiness, dreaming would be a compulsory course.

The second idea is, follow your passion. Nothing — not wealth, success, accolades or fame — justifies spending a lifetime doing things you don't enjoy. I have seen too many people enter careers to earn money to give their partners and children everything they want, only to lose their partners and become estranged from their children because they never had time for them. People who follow their passion tend to lead blessed lives. Happy in what they do, they tend to spread happiness to those whose lives they touch. That is a life worth living.

The third idea I learnt from the psychotherapist who survived Auschwitz, Viktor Frankl, whose *Man's Search for Meaning* is one of the most widely read books of our time. Frankl used to say: Don't ask what you want from life. Ask what life wants from you. The great lives are ones where people heard a call, had a sense of vocation. That is what set Abraham, grandfather of monotheism, on his journey and eventually it changed the world. Moses might have lived a life of ease as a prince of Egypt but he heard the cry of his people as they suffered under slavery, and God's call to him to lead them into freedom. There is a well-known story about three men who spent their lives quarrying rocks. When asked what they were doing, one replied, "Breaking rocks." The second said, "Earning a living." The third said, "Building a cathedral." We don't need to ask which of the three had the most job satisfaction. The late Steve Jobs spent his life making technology people-friendly. The creators of Google sought to make the world of information available to all. An overarching sense of the Why preceded the How. Where what we want to do meets what is crying out to be done, that is where we should be.

The fourth idea is: make space in your life for the things that matter, for family and friends, love and generosity, fun and joy. Without this, you will burn out in mid-career and wonder where your life went. In Judaism we have the Sabbath, a dedicated day of stillness each week, where we make space for all the things that are important but not urgent. Not every culture has a Sabbath, but life without dedicated time for renewal, like a life without exercise or music or a sense of humour, is a lesser life.

The fifth idea is work hard, the way an athlete or concert pianist or cutting-edge scientist works hard. The American psychologist, Mihaly Csikszentmihalyi, calls this the principle of "flow". By this he means the peak experience you have when you are working so hard at a task that you are unaware of the passing of time. No great achiever — even those who made it seem easy — ever succeeded without hard work. The Jewish word for serving God, *avodah*, also means hard work.

There are many other ideas but these are some of the most important. Try them and you will be surprised by joy.

WEEKLY DAVENING TIMES

FRIDAY NIGHT

EARLY CANDLE LIGHTING 3:57 PM

CANDLE LIGHTING 4:36 PM

MINCHA 4:45 PM

SHABBAT DAY

DAF YOMI 8:30 AM

MORNING SERVICES 9:00 AM

BREAKAWAY w/ R'LIPNER 10:15 AM

MINCHA followed by SEUDAH SHELSHIT 4:25 PM

MAARIV/HAVDALAH 5:43 PM

WEEKLY MINCHA 4:45 PM

SUNDAY, TUESDAY-FRIDAY

DAF YOMI 6:30 AM

SHACHARIT 6:30/7:30 AM

MONDAY- ROSH CHODESH SHEVAT

DAF YOMI 6:30 AM

SHACHARIT 6:30/7:30 AM

NEXT SHABBAT

EARLY CANDLE LIGHTING 4:04 PM

CANDLE LIGHTING 4:43 PM

FRIDAY MINCHA 4:50 PM

SPONSORSHIP OPPORTUNITY

We are planning some very exciting guest speakers and scholar in residence for 2019. If you are interested in sponsoring in honor/memory of someone please speak with Rabbi Lipner or email him at

YASHER KOACH & ANNOUNCEMENTS



Congregational Kiddush is generously sponsored by Howie & Olga Wolfe in memory of Howie's beloved father Yisroel Menachem ben Shmuel Alter A"H, whose Yahrzeit will be observed on the 3rd of Shevat. May his Neshama have an Aliyah



Parsha Sheet is generously sponsored by Benyomin & Malka Deena Lewis in honour of Benyomin's Hebrew birthday, which will be observed on the 28th of Tevet.



Seudat Shleishit is generously sponsored by Sandra Pellman, Rebecca, Ronen, Eva and Ethan Lewkowicz to commemorate the 1st Yahrzeit of Serach Devorah Dora Pellman A"H. Yahrzeit to be observed on the 28th of Tevet. May her Neshama have an Aliyah.



Thank you to the Ladovsky Family, Mena Shupak, Victor Safirstein, and Aaron and Rachel Marmer for sponsoring parshiot in our Sefer Torah to Israel.

Parshiot for our Sefer Torah to Israel



There are only 6 parshiot left! If you would like to be a sponsor please contact Rabbi Lipner at ravlipner@gmail.com

UPCOMING EVENTS

*Meaningful
DATE Night*

JFI & Shaarei Tefillah Present's
2 more incredible Wednesday nights
February 13th, & March 13th
for anyone dating, engaged or married!

CLASSES FOR THE WEEK:



Rabbi Alex Hecht (YU Kollel)-The Apter Hall
"Controversies of the 20th Century"

Classes will resume on January 7th, 2019

Rabbi Shlomo Schwartz
"Heaven From Ten to Eleven-a spirited discussion of modern Halacha"

Classes will resume on January 10th, 2019

Rabbi Rafi Lipner - The Social Hall

THIS WEEK'S YOUTH SHABBAT ACTIVITY

In this week's parsha, Vaeira, we begin to learn about the ten maccot.

As we do, the Makerspace will make cookies that represent the maccot, and the Nursery will learn about Moshe and Pharaoh's conversations.

-Ariel



This weeks Parsha focuses on the start of B'nai Yisrael's exodus from Egypt!

In STC groups we will take a dive into the amazing miracles of the Makkot, in a fun and interactive activity that will challenge creativity!

-Batya & Ryan

Yahrzeits for the Week

Deceased Name	Relationship	Member Name
Brenda Sandberg	Mother	Elana Kotler
Abraham Israel	Father	Rosalyn Figov
Avrom Sholom	Father	Gerry Korman
Michael Kates	Father	Marc Kates
Gary Lax	Brother	Alan Lax
Janet Lazarus	Mother	Harry Lazarus
Sollie Wolfe	Husband	Goldie Bellack
Sollie Wolfe	Father	Howard Wolfe
Mary Miller	Wife	Aaron Miller
Ethel Slippoy	Sister	Harry Lazarus
Ashne Abrahamson	Mother	Naomi Cohen
Rebecca Tolchinsky	Mother	Fran Polishuke