

### Shabbat Schedule

4:48pm Shabbat Candle Lighting

### Friday Night

4:50pm Mincha/Kabbalat Shabbat in the Nathaniel Richman Cohen Sanctuary.  
Dvar Torah given by **Rabbi Shaul Robinson**.

### Shabbat Morning

7:45am Hashkama Minyan in the Belfer Beit Midrash followed by Shiur given by **Dr. Moshe Sokolow**

8:30am Parsha Shiur given by **Rabbinic Intern, Jeremy Perlow** on *Our Timeless Song--the Ultimate Atonement* in the Nathaniel Richman Cohen Sanctuary

9:00am Services in the Nathaniel Richman Cohen Sanctuary. Musaf led by Chazzan Sherwood Goffin. Following Musaf, **Rabbi Dr. Kenneth Brander** will deliver The 13th Annual Jonathan H. Spanbock Memorial Lecture.

9:15am Beginners Service led by **Rabbi Ephraim Buchwald** in Rm LL201

9:39am Latest Shema

9:45am Rabbi Herschel Cohen Memorial Minyan in the Belfer Beit Midrash led by **Rabbi Josh Rosenfeld**

10:00am Youth Groups for children ages 2-12

11:00am "Baby & Me" (ages 0-24 months, 3rd floor gym)

### Shabbat Afternoon

3:20pm Beginners Mishna Chavura with **Moshe Sheinwexler** in the Belfer Beit Midrash

3:50pm Samson Raphael Hirsch Bible Class with **Rabbi Ephraim Buchwald** in Rm 211

3:50pm Louis & Rhoda Lazar Memorial Shiur given by **Rabbi Josh Rosenfeld** on "Between a Rock & a Hard Place": The Midrashim of *Keriyat Yam Suf*

4:35pm Mincha followed by Seudah Shlishit.

5:50pm Maa'riv/Shabbat Ends

### HAKARAT HATOV

Jesse Cogan for writing this week's Dvar Torah.

### MAZAL TOV

**Aviva and Marvin Sussman and Family** on the Bar Mitzvah of their grandson Yair Shalom Sussman, son of their children, Aliza and J.J. Sussman, Shabbat Shira in Modiin, Israel.

**Grandparents Gloria and Richard Kestenbaum** on the birth of a daughter, Isabella Ava (Izzy) Kestenbaum to their children, Tamar and Aron Kestenbaum.

**Lois and Leslie Katz** on celebrating their 50th wedding anniversary.

**Grandparents Judy and Moshe Sokolow** on the birth of a daughter to their children Dr. Shalom and Sharon Sokolow.

### SPONSORING A KIDDUSH

Sponsoring a Shabbat Kiddush at LSS is a wonderful way to honor a love one's memory or acknowledge a special occasion. To discuss a sponsorship, please contact Robin at the Shul office at (212) 874 6100 ext 105 or email [robin@lss.org](mailto:robin@lss.org).



### HASHAVAT AVEIDAH

An iPhone was found in Rabbi Josh Rosenfeld's office. If you are missing a phone please call the shul office at 212-874-6100.

### THIS SHABBAT

Services officiated by **Rabbi Shaul Robinson**. Musaf led by **Chazzan Sherwood Goffin**, followed by The 13th Annual Jonathan H. Spanbock Memorial Lecture which will be given by **Rabbi Dr. Kenneth Brander** on "The Newest Gifts in Reproductive Medicine through the Prism of Halakha."



Rabbi Brander is currently Vice President for University and Community Life at Yeshiva University and teaches rabbinics at RIETS. He will soon be making Aliyah and will be the president and *rosh hayeshiva* of Ohr Torah Stone in Israel. He will succeed Rabbi Shlomo Riskin, founding Rabbi of LSS. Related to his presentation, Rabbi Brander received special ordination from Machon Puah, a center of medical ethics in Israel and from then Chief Rabbi Mordechai Eliyahu, in the field of medical ethics; reproductive technology and halakha. Rabbi Brander has authored articles on Jewish law and philosophy appearing in scholarly journals. Rabbi Brander delivers popular lectures on Jewish thought and jurisprudence throughout North America, United Kingdom, South Australia and Israel.

### THANK YOU TO OUR SHABBAT KIDDUSH SPONSORS

#### Hashkama Kiddush:

Sponsored by the generous contributions to the Fund.

#### Main Kiddush:

**Jeff and Milayna Schwartz** in commemoration of the yahrtzeits of their mothers Eleanor Schwartz, Elka bat Tzemach Yechezkel *a"h* and Ruthe Subar, Rahel bat Azriel Yaakov Halevi *a"h*.

**The Spanbock Family** in loving memory of Jonathan Spanbock *z"l*, their dear son, husband, brother and father.

#### Rabbi Herschel Cohen Memorial Minyan Kiddush:

**Blima and Joel Abramson** in celebration of Tu B'Shevat.

#### Beginners Kiddush:

Sponsored in loving memory of Farokh *a"h* and Shmuel Shoshani *z"l* and in honor of **Rabbi Ephraim Buchwald**.

#### Seudah Shlishit:

**The Cogan Family** in commemoration of the yahrtzeit of their husband and father Rabbi Leo J. Cogan, HaRav Yehuda Leib ben Harav Tzvi Nachum *z"l*.

### NEXT SHABBAT

**Rav Yosef Tzvi Rimon** will be the Scholar in Residence. Rav Yosef Tzvi Rimon serves as the Rabbinic Head of the Jerusalem College of Technology, as a neighborhood Rav in Alon Shevut Darom, and teaches classes in Halacha at Yeshivat Har Etzion (Gush). He is also a prolific author on various halachic topics and teaches at the Herzog College and the Beit Midrash for Women in Migdal Oz.

**12:30pm: Beginners Luncheon.** The cost is only \$25. Register and pay online at [www.lss.org/beginners](http://www.lss.org/beginners) or call 212 874 6100. Please make your reservations and payment by Thursday, February 1.

**4:45pm: Women's Tefillah Group Mincha.** Please join us for a Women's Tefillah Group Mincha Service in the Belfer Beit Midrash.

### REMINDER

Please return last week's Echod to LSS or dispose of it in Shaymot properly because G-d's name is printed on it.

### Weekly Prayer Schedule: January 28

### Mincha/Ma'ariv: 5:00pm (Sun– Thurs)

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Daf Yomi	7:45am	6:15am	6:20am	6:20am	6:15am	6:20am
Shacharit	7:10am, 8:30am	7:00am, 7:50am	7:10am, 7:50am	7:10am, 7:50am	7:00am, 7:50am	7:10am, 7:50am

## UPCOMING EVENTS

**Thursday, February 8, 7:30pm: Board Meeting** (if you have a question about your board status please email [info@lss.org](mailto:info@lss.org))

**Thursday, February 22, 7:30pm: Membership Meeting**

**March 4-6, Annual AIPAC Policy Conference in Washington DC** The AIPAC Policy Conference attracts more than 18,000 community activists from all 50 states, members of Congress, and countless Israeli and American policymakers. Choose from hundreds of informative sessions. To register, visit [www.aipac.com](http://www.aipac.com). Discounts of \$100 or \$200 (club members) to attend the AIPAC Policy Conference in Washington are still available through Monday January 29, 2018. Contact [anncrane2750@gmail.com](mailto:anncrane2750@gmail.com) immediately with questions.

**Wednesday, March 7, 7:30pm: UNRWA: Breeding Ground for Terror.** UNRWA stands for the United Nations Relief and Work Agency. It operates in Gaza, the West Bank, Jordan, Syria and Lebanon. Its official mission is to deliver primary and vocational education. The reality is quite different. In this program, Arabic speaking experts who work for The Center for the Near East Policy and Research will discuss the Hamas infiltration of UNRWA refugee facilities and how it has affected the books and films shown to children attending UNRWA schools. Please register at [www.lss.org/event/unrwa](http://www.lss.org/event/unrwa).

**Wednesday, April 25: Annual NORPAC Mission to Washington DC** NORPAC's Mission to Washington is an annual event which brings 1,000 citizen activists to Washington, DC, in order to advocate for a stronger U.S.- Israel relationship with Members of Congress. Early Bird registration \$125 if booked by **March 4**, \$185 after March 4. Questions? Email Dan Feder at [dfeder02@aol.com](mailto:dfeder02@aol.com)

## CHESED OPPORTUNITIES

**Sunday, January 28 at 10:45am-2:00pm.** Please join the LSS team for this month's DOROT meal package delivery and visits to seniors (visits taking place on the West Side between 59th & 125th street). Imagine being a frail, homebound senior citizen during these frigid weeks, with unbearable cold, and snow on the way, and how badly you would need practical assistance and some cheerful company. RSVP by emailing Paris Stulbach at [parisstulbach@gmail.com](mailto:parisstulbach@gmail.com). Children age 8 and up are welcome (ages 8-10 must be accompanied by a teen or adult). \*\*Please be sure to bring your Photo ID \*\* Meeting & orientation location: Brandeis High School, 145 West 84th Street, between Columbus and Amsterdam.

**The Shabbat Shalom Initiative** is a way to bring seniors in our community some pre-Shabbat ruach. Youth, teens, and adult shul members will have the opportunity to provide chessed to one or two seniors by calling them on Erev Shabbat to wish them a Shabbat Shalom. Once Shabbat is longer we hope to also offer opportunities to visit seniors on Shabbat afternoon so stay tuned. If you're interested in participating in the Shabbat Shalom Call Initiative please email [parisstulbach@gmail.com](mailto:parisstulbach@gmail.com).

## WEEKLY LEARNING OPPORTUNITIES

There are times when, for various reasons, classes may be canceled. If you would like to confirm that any particular class is indeed taking place please call the shul office at 212-874-6100. To see our full Adult Ed. Brochure please visit us at [www.lss.org](http://www.lss.org)

### Sunday

- **Sunday Morning Responsa** with Rabbi Josh Rosenfeld; 9:15am-10:00am - Belfer Beit Midrash.
- **Sunday Morning Beit Midrash Program**; 10:15am– 11:45am. Come and join our Rabbinic interns as we begin a new season of the Beit Midrash program. Participants will have the choice of two different tracks of learning: Jewish Philosophy and Halacha. Both groups will learn in study groups in the Beit Midrash to create the best learning atmosphere. Breakout discussions and lectures will follow.

### Monday:

- **Chug Ivrit** given by Hai Piazsky. 7:00pm-8:15pm. In the class, we read articles from the Israeli press, watch videos of news stories, documentaries and comedy clips, listen to (and sing along!) Israeli songs and chat in Ivrit. Room 207
- **Our Tefillot - Are They Really Ours?: A Conversation About Prayer**; 7:30pm –8:30pm This series is now full. If you would be interested in similar classes in the future please email [rabbi@lss.org](mailto:rabbi@lss.org).
- **Besht: The Light From the Forest** given by Rabbi Josh Rosenfeld; 8:00pm-9:00pm –Belfer Beit Midrash - Join us for a new series exploring the life and teachings of Rabbi Israel Ba'al Shem Tov: The Besht, founder of Chassidut. About 300 years ago, a Rabbi & mystic living emerged from the Carpathian mountains. His teachings and personality uplifted and gave strength to a nearly broken Jewish people, radically challenging and changing the way we understand Judaism.

### Tuesday:

- **The Marilyn & Sam Isler, "Studies in the weekly Parsha"** led by Rabbi Shaul Robinson; 10:30am– 11:30am – LL201
- **Gemara b'Shana** in Memory of Bruce Ritholtz led by Rabbi Shaul Robinson; 7:15pm– 8:15pm Belfer Beit Midrash
- **Beit Midrash Night, The Book of Samuel II** led by Ron Platzer ; 7:30pm -8:30pm. Room 211

### Wednesday:

- **Beit Midrash night: The Subversive Religious Poetry of Yehuda Amichai** given by Sara Brzowsky; 8:00pm-8:45pm - Rm 207
- **Heretics & Heresies: Real and the Imagined.** This week: **Was Rabbi Eyeshutz a Sabbatean?** Led by Paul Shaviv; 8:00pm-9:00pm. Belfer Beit Midrash. A new series taking a proactive and an entertaining look at faith controversies throughout Jewish history. 10 lectures series: 1/10-3/21

### Thursday:

- **Womens Talk Time:** led by School Psychologist Ruth Moser Riemer; 11:30am-12:30pm-Rm LL201. Last weeks topic: *Body Language (this was the last class until the Spring — Upcoming Class schedule TBD)*
- **The Jacob Adler Parsha Class:** Explorations in the Weekly Parsha with Rabbi Shaul Robinson; 7:00pm–8:00pm– Belfer Beit Midrash
- **Save the Date: Tuesday, February 13, 6:30pm– 8:00pm: Intro to Bible: The Ten Commandments** with Rabbi Ephraim Buchwald. An in-depth study and analysis of the Decalogue (the Ten Commandments) and other basic biblical texts. The religious significance of the Bible, scriptural exegesis and the relationship of the written and oral law will be discussed and analyzed. To register, please call **212-874-6100** or register online at [www.lss.org/beginners](http://www.lss.org/beginners). Cost: \$90, Free to LSS Members. No one will be turned away for lack of funds.

## Youth Department

**זרעים** Seedlings (2 years old) Room 210  
**שורשים** Roots (3-4 years old) Room 211  
**ניצנים** Buds (K-1st) Room 208  
**פרחים** Flowers (2nd-7th) Room 206  
**ענפים** Branches (2nd-7th) Room 207



### Youth Schedule:

10:00 am - Drop Off (all rooms)  
 10:30 am - Davening (all rooms)  
 10:50 am - Parsha Summary - Splitting the Sea (Rooms 206, 207, 208, 211)  
 11:00 am - Put the "Manna" in the Pot (Room 210)  
 11:00 am - Baby and Me (3rd-floor Gym)  
 11:10 am - Running Circles in the Desert - Relay Races (208, 211)

## Parshat Beshalach

### Parsha Theme: Journey into the Desert

At the end of last week's Parsha, Pharaoh finally agreed to let the Jewish people go. In this week's Parshat Beshalach, Pharaoh changed his mind and pursued the Jewish people into the desert with 600 of his best chariots and soldiers. Hashem camouflaged the Jewish nation with a pillar of cloud during the day and protected them against the Egyptian arrows with a pillar of fire at night. In *Pasuk* 14:20, Rashi compares Hashem's protection of the Jewish nation to a man on the road with his child. When robbers attack from the front, the man puts his child behind him; if a wolf attacks from behind, the man puts his child in front of him. If attacked from both sides, the man fights to protect his child. In the same way, when the Red Sea was in front of the Jewish people and the Egyptians were behind, Hashem fought off the Egyptians and told Moshe to stretch out his hand and split the Red Sea. After the last Jewish person crossed, the waters came crashing down on the Egyptian army. When the Jewish people saw this incredible miracle, Moshe led them as they sang *Az Yashir*. Afterwards, they came to a place with no drinkable water. Hashem told Moshe to dip a tree in the water and the water became drinkable. When the people ran out of food, Hashem provided *Manna*, which they collected each morning. On Friday, they collected a double portion for Shabbat. This double portion is the origin of the term *Lechem Mishna*. Finally, the Jewish people came to a place called Rfidim. Hashem told Moshe to take his stick and hit the rock, and drinking water came out. In Rfidim, the Jewish nation was attacked by Amalak. Moshe told Yehoshua to choose men to go to battle against Amalak. Moshe sat on a rock while two men held up his hands. As long as Moshe's hands stayed up, the Jewish people succeeded.

### You can ask your children after shul:

Which special part of *Davening* is found in this week's Parsha?  
 Where do we learn the term *Lechem Mishna*?  
 Why did they call the special bread *Manna*?  
 Where does Moshe hit the rock for water?  
 What happened when Moshe's hands stayed up during the battle with Amalak?

### Save the date:

Sunday, Feb 11:

10:30am- 12:00pm

**"Babies and Brunch"** - a special musical edition of Baby and Me for parents and children ages 0-24 months

Sunday, Feb 25:

1:00pm-4:00pm

**The Purim Carnival**

## Baby & Me

### Baby and Me Recap: January 20, 2018

Last week, *Baby & Me* broke a new record with over 15 babies and 20 parents in attendance! During Shabbat Circle Time we said *Boker Tov*, read "My Very Own Mitzvah Feet," and sang and danced to "Stomp Your Mitzvah Feet." We snacked on strawberries, blueberries, animal crackers, and drank lots of cold water. If you enjoy *Baby & Me*, please email [youth@lss.org](mailto:youth@lss.org) with your name, your child's name and birthday so we can include you on our weekly Youth Blasts.



## Teen Department

As LSS Teens return from Winter Break, we're so excited to kick off February with our first Teen Minyan of 2018! Join us next Shabbat, Saturday **February 3rd at 10 AM** for a *full* Teen Minyan featuring high-energy davening, Dvar Torah from your peers, and an incredible Sushi-filled Kiddush! Minyan and Kiddush is graciously sponsored by Golda Hudes in honor of Shira and Hannah Hudes and in gratitude to LSS clergy and the community! And we know you're also counting down the 34 days until Purim - look out for a special teen event as we celebrate the big day!

**Shabbat Shalom, Danielle & Ariel**

## Housing for Interns

Please consider hosting one of our interns for housing, a meal or both at least once before the end of the year. This year we have three fantastic interns, **Zachary Rothblatt, Jeremy Perlow and Zissy Turner**— and at least one of them is with us every Shabbat. Why wait until last minute? If you know you will be having guests or making a simcha, or if you can offer housing (or vacant apartment) for a particular weekend— Please email [hospitality@lss.org](mailto:hospitality@lss.org) with INTERN in the subject line. While we may not know which of our interns will be on duty for a specific Shabbat, we know at least one will be here. They are all wonderful and each one of them will bring a special presence to your Shabbat table. Let's help our interns feel welcome for all they do at LSS and please keep them in mind as you make your Shabbat and simcha plans.



**"What Matters":** Let us help you demystify the details around end of life conversations. Need help clarifying the role of a health care proxy, standard will, or living trust? Reach out to us via email at [whatmatters@lss.org](mailto:whatmatters@lss.org) and we will be happy to help! Keep watch for new programs in March and in the Spring!

**WHAT MATTERS**  
 CARING CONVERSATIONS  
 ABOUT END OF LIFE





**TWO WAYS**

A *mohel* often leaves some strings of the *orla* (foreskin) behind. The kid can still become a *Gadol Hador*. Going back and getting the remainder of the *orla* is a *hiddur* (enhancement to a mitzvah) according to a Gemara in Maseches Shabbos. On a Shabbos bris, you do not go back because Shabbos overrides any *hiddur*.

But people make the Kiddush Cup more beautiful by making it out of silver or Israeli ceramic. They have jingly bells to escort *Sifrei Torah*, ring holders for washing, bottle tops for Shabbos wine, and yarmulkes with your name embroidered.

None of these are *hiddurim* of the mitzvah itself. You can make Kiddush from a Dixie cup, read from a *Sefer Torah* wrapped in a *tallis*, and put the rings in your mouth to hold them. A yarmulke isn't a mitzvah at all. It is a way of not going *Gilui Rosh*—a yarmulke can be silk like those handed out at a funeral home or a Mets baseball hat. The same lesson is learned later in Beshalach. Two concepts that have kept the Jews together are introduced in this week's *sedra*: Food and Shabbat. Both have kept the Jews united.

Right after Bnei Yisroel had witnessed the hand of God, they complained about food and water. One of God's solutions was manna, a miracle of nourishment that Bnei Yisroel hadn't heard of. There was enough for everybody all week long, except on the day God rested. On the sixth day, manna came in a double portion.

The Sabbath, with its family, community, rest and commitment to God is the winner. But for those who assimilated, food, more than anything else, has kept them together. “Bagel and Lox Jews” may not be religious, but they are very Jewish.

Jewish tastes, like the customs of the Sabbath, have adapted to the times. Brisket, slow cooking dishes and chicken have all developed through Jewish history. Wonder bread is not Jewish. Rye bread is. Fruit cocktail is Jewish. Lychee is not. Mother’s Margarine is. Land O’Lakes is not. Chinese is Jewish. African is not. All have reliable *hashgachot*.

Why is Chinese Jewish? Memories. On Christmas Eve, Chinese restaurants were packed with Jews. Mother's Margarine was in the fridge. And what better desert than Del Monte’s? Put food and Shabbos together, you are a player. Challah. Chicken soup. *Cholent* and *kiddushim* if you watch out for elbows. Latkes. Cheesecake and matzo balls are all holiday foods.

When a Jew puts ketchup on his pork, you know he is not *totally* assimilated.

Food and Shabbos. They are both introduced in basic forms in Beshalach. Wait till the people hear about *muktsa* and goat kids boiled in their mother's milk. And although Shabbos tops *hiddur* every time, both have kept the Jewish People together.

Shabbat Shalom!

**Dvar Torah for the Echod**

Volunteer to write a Dvar Torah for an Echod this season! Pick the parsha or holiday of your choice. The next available slots are: Ki Tissa (3/3), Vayakhel-Pekudei (3/10) and Vayikra (3/17). See Bill Greenbaum at shul, call the office, or email [dvar@lss.org](mailto:dvar@lss.org).

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