

SHABBAT SCHEDULE	REMINDER: DAYLIGHT SAVINGS TIME
5:37pm Shabbat Candle Lighting Friday Night 5:40pm 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 a shiur given by Rabbi Moshe Sokolow 9:00am Services in the Nathaniel Richman Cohen Sanctuary. Drasha given by Rabbi Shaul Robinson followed by Musaf. 9:11am Latest Shema 9:15am Beginners Service led by Rabbi Ephraim Buchwald in Rm LL201 9:45am Rabbi Herschel Cohen Memorial Minyan in the Belfer Beit Midrash 10:00am Youth Groups for children ages 2-12 11:00am “Baby & Me” (ages 0-24 months, 3rd floor gym) Shabbat Afternoon 3:00pm Herb Weiss Bikur Cholim Society: Meets in the Shele Danishefsky Covlin Foyer to visit patients at Mount Sinai West. 4:10pm Beginners Mishna Chavura with Moshe Sheinwexler in the Belfer Beit Midrash 4:40pm Samson Raphael Hirsch Bible Class and the Book of Esther with Rabbi Ephraim Buchwald in Rm 211 4:40pm Louis & Rhoda Lazar Memorial Shabbat Pre-Mincha Shiur in the Nathaniel Richman Cohen Sanctuary given by Rabbi Josh Rosenfeld on “What is Amalek?” A Two-Part Lesson on Torah and Morality 5:25pm Mincha/Seudah Shlishit. 6:39pm Ma’ariv/Shabbat Ends	Daylight Savings Time begins at 2:00am on Sunday March 10, 2019 Remember to set your clocks one hour ahead when you go to bed Saturday night.
	THANK YOU TO OUR SPONSORS
	Hashkama Kiddush: Marina and Michael Roxland in commemoration of the yahrtzeit of Michael's grandfather, Yisroel Meyer ben Shmuel z"l. Nathan Aaron Rosen in commemoration of the yahrtzeits of his grand-father, Haim Solomon Rosen z"l and his father Emanuel Abraham Rosen z"l. Main Kiddush: Judy and Cyrus Abbe in gratitude to Hashem. Drs. Lu Steinberg and Michael Schulder, and Esther and Bill Schulder, in commemoration of the yahrtzeit of Michael and Bill’s mother, Shirley Kestenbaum Schulder a”h. Beginners Kiddush: Sponsored in loving memory of Farokh and Shmuel Shoshani z”l and in honor of Rabbi Ephraim Buchwald. Seudah Shlishit: Judy and Cyrus Abbe in gratitude to Hashem.
	THIS SUNDAY
	Magen Avraham Teen Department Presents a Pre-Purim Chopped Cook-Off: 10:30am—12:30pm Join us for an awesome event that will get you in the Purim spirit! Cost: \$5. Registration will close at candle lighting. To register, please visit www.lss.org/event/chopped . Location: Pre-function room
	LSS FILM CLUB
	Thank you so much for joining us at LSS's screening of Who Will Write Our History last month. At that time, we had announced that the next film, "Black Honey" would be screened on March 24th. Unfortunately, some logistical constraints have forced us to postpone this event until the fall season. We will not be showing a movie on March 24th. Thank you for your support and best regards, LSS Film Committee
	MAZAL TOV
	Grandparents Shellee and Rabbi Saul Berman on the birth of a boy, Meir (Max) to their children Akiva and Carmela Leah Berman. Lauren and Sam Flaks on the birth of a baby girl Sarah Anne, Yaffa Ahuvah. Mazal tov to grandparents Charlotte and Perry Schneider and Susan and Michael Flaks.
	HAKARAT HATOV
	Hava Preil , daughter of Dr. Judith & Cyrus Abbe for writing this week’s Dvar Torah.

ALL THINGS PURIM
The LSS Mishloach Manot Campaign Have you checked it off your ‘to do’ list? We’re excited to show you what we’ve cooked up this year so head on over to our website and sign up to order your Mishloach Manot giving today! www.lss.org/campaign/purim2019 \$10 per family (6 family minimum, \$60), \$370 (maximum cost) <i>Deadline: 3/17/19</i> Sunday, March 17: <ul style="list-style-type: none"> Spring Food and Clothing Drive: 10:00am - 1:00pm Join LSS to clothe the needy and help feed the Jewish homeless. The food collected will be delivered in time for the homeless to utilize the foods as part of their Purim Seudah. We will mainly be collecting gently-used clothing in clean condition. If you are interested in volunteering, please email wbaker@panix.com. Purim Carnival: 1:00pm—4:00pm Join LSS for our annual Purim Carnival. Join us for a singalong with Tkiya, The Nature Company, a Bible Players performance, bounce houses and more. Cost: \$20 in advance, closes Thursday, March 14. \$25 at the door. To register, please visit www.lss.org/event/purimcarnival2019. Wednesday, March 20: <ul style="list-style-type: none"> The Beginners Purim Bash: 7:30pm - 11:00pm Maariv and Megillah reading followed by Purim Bash featuring renowned musical artist and performer Psachya Septimus. Cost: \$25 in advance, \$30 at the door. To register, please visit www.lss.org/beginners.

UPCOMING EVENTS

Tuesday, March 12: Board Meeting: 7:30pm

Location: Belfer Beit Midrash

Tuesday, March 12: Reversing the Silence: 7:45pm

Please note this is an offsite event An evening dedicated to creating a supportive community around fertility challenges. Leandra Medine, founder of "man repeller" will share her own fertility journey and a panel will feature Dr Zev Williams, chief of the division of reproductive endocrinology and infertility at Columbia University, Julia Baruch, Yoetzet halacha and Sarah Robinson, clinical social worker at the Jewish Board. Location: Congregation Kehilath Jeshurun, 125 E 85th St, NY, NY 10028

Shabbat, March 23: Minyan and Meaning: The Soulful Experience: 9:30am

Join LSS and Kol HaNeshamah on a unique and unforgettable spiritual journey to the heart with prayer, enchanting melodies, and fascinating, modern explanatory insights into the service and weekly parsha. Hear insights from Rabbanit Adena Berkowitz and Rabbi Robinson, with a fusion of r&b/jazz from the renowned chazzan and artist Mo Kiss and enjoy our famous mid-service Kiddush.

Sunday, March 24: Reforming UNRWA – The Master Initiative: 11:00am

David Bedein, Director of the Center for Near East Policy Research will present the latest initiatives of his organization in exposing how the United Nations Relief and Works Agency misappropriates donations to indoctrinate Arab students in Gaza and the West Bank and what is being done to combat this. Cost: \$15 in advance, \$20 at the door. To register, please visit www.lss.org/event/reformingunrwa.

March 31: Early Bird Deadline for the NORPAC event taking place on May 21

NORPAC's Mission to Washington is an annual event where close to 1,000 citizen activists meet with members of Congress on both sides of the aisle in order to advocate for a stronger U.S.-Israel relationship. Buses will leave LSS early in the morning and return later in the evening. This year's mission is especially important given that many of the new members of Congress need to be educated about the importance of the U.S.-Israel relationship. To register, please visit www.norpac.net/mission-to-washington. For questions, please contact Dan Feder at dfeder613@gmail.com.

Sunday, April 7: Lelamed: A Women's Torah Leadership Initiative: 10:00am

Learn the practical skills to become leaders and educators within our shul community. Please register at www.lss.org/event/lelamed. Location: Belfer Beit Midrash

Monday, April 8:

• **Naomi Shemer: The Honey & The Sting: 7:00pm**

Naomi Shemer's songs reflect Israel's history, the good times and the sad times. In this program, Roy Rimshon brings light and life to Naomi's story. The program will combine live music, well-known songs, videos and rare photos. Cost: \$15 in advance, \$20 at the door. To register, please visit www.lss.org/event/naomishemer.

• **Beginners Model Seder: 7:00pm**

Join Rabbi Ephraim Buchwald and Psachya Septimus for an intimate and exciting early rendition of the traditional Passover Seder. Refreshments will be served. Cost: \$15 before April 8th, \$20 at the door. For information or to make your reservation, contact LSS at 212-874-6100 or at www.lss.org/beginners.

WEEKLY LEARNING OPPORTUNITIES

Sunday:

• **Sunday Morning Responsa** with Rabbi Josh Rosenfeld; Takes place after the 2nd Minyan Location: Belfer Beit Midrash.

Monday:

• **Hebrew Reading Crash Course Levels I and II: 6:30pm-8:00pm**

There is no cost for this class. To register, please call 212-874-6100 or register online at www.lss.org/beginners.

• **Chug Ivrit** given by Hai Piazesky and Dan Munk. 7:00pm-8:15pm. In this class, we read articles from the Israeli press, watch videos of news stories, documentaries and comedy clips, listen to (and sing along!) to Israeli songs and chat in Ivrit. Location: Rm 207

• ***Jewish Living Workshop: 7:30pm-8:30pm (Please note this event will be meeting offsite this week)** Led by Dassa and Bill Greenbaum. Topic: *Thursday Night Shabbat Prep*. To register or for more information, please email jlworkshop@yahoo.com.

• **My Fire: The Spiritual Genius of Rebbe Nachman** led by Rabbi Josh Rosenfeld: 8:00pm-9:00pm. After his return from the Holy Land, Rebbe Nachman's springs of Torah wisdom began to overflow. Through excursions into his central ideas and teachings, we will both discover his unique genius and why it matters for improving our own spiritual lives and deepening a connection to G-d. Location: Belfer Beit Midrash

Tuesday:

• **The Marilyn & Sam Isler, "Studies in the weekly Parsha"** led by Rabbi Shaul Robinson: 10:30am– 11:30am. Location: Rm LL201

• **Introduction to Bible: The 10 Commandments with Rabbi Ephraim Buchwald: 6:30—8:00pm:** Cost: \$90, Free to LSS Members. To register, please call 212-874-6100 or register online at www.lss.org/beginners.

• **Beit Midrash night, The M'lachim (Kings) Study Group** led by Ron Platzer: 7:00pm-8:00pm. M'lachim, the Book of Kings - the death of David, the magnificent reign of Solomon and his fall, the split kingdom, the dramatic tales of Elijah and Elisha, and so much more. Join our lively weekly study/discussion group as we analyze, pasuk by pasuk, these exciting Biblical narratives. Location: Rm 211

• **Community Kollel** organized by Rabbinic Intern and Teen Director, Zac Schwartz: 7:30pm-9:30pm. To register please click on the link in the Echod electronic version or email teens@lss.org. Location: Belfer Beit Midrash

Wednesday:

• ***(Please note the time change) Beit Midrash night: The Subversive Religious Poetry of Yehuda Amichai** given by Sara Brzowsky: 7:00pm-8:00pm. Location: Rm 207

• **Jewish History Series: Israel & Zionism** led by Paul Shaviv: 8:00pm-9:00pm Topic: The Women of Zion Location: Belfer Beit Midrash

Thursday:

• **Women's Talk Time:** led by School Psychologist Ruth Moser Riemer: 11:30am-12:30pm. Last Week's Topic: Dealing with Inefficiency Location: Rm LL201.

• **The Jacob Adler Parsha Class:** Explorations in the Weekly Parsha with Rabbi Shaul Robinson: 7:00pm–8:00pm. Location: Belfer Beit Midrash

HOSPITALITY NEEDS: Please host our Rabbinic Intern and Community Educator for Shabbat meals and /or lodging.

Please email hospitality@lss.org with the subject line "Intern" and your availability to meet our current needs.

LSS Teen Directors and Rabbinic Intern, Zac & Rachel Schwartz are in need of meals and lodging on March 15-16 and March 29-30.

Community Educator, Zissy Turner and her husband, Sam, are in need of meals and lodging on April 5-6.

Weekly Prayer Schedule:		March 10				
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
Mincha/Maariv	6:45pm	6:45pm	6:50pm	6:50pm	6:50pm	6:50pm

NEW OPPORTUNITY

LSS presents a new opportunity to Boost Your Business by placing a monthly ad with LSS which would be featured on our website homepage, weekly emailed newsletter, and outdoor display located in a prime NYC location.

Cost: \$500 to place your ad in 3 locations, \$800 includes a link to your business website. To submit your ad, visit www.lss.org/boostyourbusiness.

For questions, contact Stephanie at 212-874-6100 or Stephanie@lss.org.

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



Shabbat schedule:

10:00 am Drop Off (Rooms 206-211)
 10:45 am Davening, Circle Time, and Healthy Kiddush (Rooms 206-211)
 11:00 am Parsha & Candy: Achieving Greatness—Betzael the Architect (Rooms 210-211)
 11:00am Baby & Me (3rd Floor Gym)
 11:10 am Recreation, Games, and Rehydration (Room 206-207)
 11:45 am Groups End

Dvar Torah

Parshat Pekudei repeats much of what we learned previously in *Parshat Tetzaveh*; commandments of the special garments worn by the *Kohen* and *Kohen Gadol*. These *mitzvot* are repeated to emphasize their importance to *Hashem*.

The beginning of the *Parsha* states, “Betzael, son of Uri, grandson of Chur, did everything that *Hashem* commanded Moshe.” The name “*Betzael*” literally means “shadow of G-d.” Betzael was Chief Architect of the *Mishkan* and Moshe’s right hand man. The *Midrash* says Betzael was thirteen years old when he designed the *Mishkan*--a lesson for the Youth Department that however young, one can achieve amazing accomplishments by working hard. We can also see signs of greatness in youth, just look at the wonderful group leaders!

Rashi explains that Moshe told Betzael to make the Ark, the *Shulchan* (table), and the Menorah, and then to build the *Mishkan*. Betzael replied that it’s more common to first build the house and then to put furniture inside of it. Upon hearing this, Moshe agreed.

After Shul Ask Your Children:

- Why does *Hashem* repeat certain *mitzvot* in the Torah?
- What was Betzael’s job?
- How old was Betzael when he began working on the *Mishkan*?
- In what order was the *Mishkan* built?

Answers:
 A. To tell us of *mitzvot* with special importance.
 B. He was the architect of the *Mishkan*.
 C. He was 13 years old
 D. First the *Mishkan* structure was built and then the items for the interior, like the Table, Menorah, and Ark.

PURIM APPEAL

Dear Youth Echod Reader,

Mark your calendar for March 17th - the Purim Carnival and event that will feature superheroes, princesses, face painters, balloon twisters, bounce houses, Live Purim Show, reptiles, cotton candy, Tkiya for babies, and a Sensory Room for relaxing entertainment. The Purim Carnival is the catalyst for raising as much of the youth budget as possible to cover the entire year. The funds raised defray the cost of weekly youth programming for Shabbat and Chagim, including payroll for four groups + Baby & Me, Yom Kippur and Rosh Hashanah, pre-chagim events like Sukkah Decorating and cookie & challah baking, healthy fruits and snacks each Shabbat, and nosh during the Parsha lessons each week.

LSS Youth programs are open to all Jewish children. This event enables us to expand the reach of our community, attract new families, and strengthen our core by uniting us around shared values. A donation is sincerely appreciated and will go a long way in helping us to cover the annual costs for Youth. All sponsorships are tax deductible. Thank you for your consideration and Shabbat Shalom.

To become a sponsor email youth@lss.org

To Register for the carnival visit www.lss.org/event/purimcarnival2019

With Gratitude, Ariella and Mendel Lazaros, Youth Directors

UPCOMING YOUTH DEPARTMENT EVENTS

Sunday, March 17: 1:00pm-4:00pm: Purim Carnival

See Purim Appeal Box Above

Sunday, March 31: 10:00 am - 12:00 pm:

Babies & Brunch: Jungle Babies: Thank you to our sponsors, The Kuzniecky and Kanarfogel families

UPCOMING MAGEN AVRAHAM TEEN DEPARTMENT EVENTS:

This Sunday (see front page for details)

Thursday, March 21: Teen Purim Fun Teen Shacharit, Megillah Reading (Main Sanctuary) followed by breakfast (Pre-function room)

To sponsor an event, please email teens@lss.org

"Gratitude to Hashem"

It was only a few months ago that I was privileged to recite a very special blessing. It was *Rosh HaShanah* afternoon, a time for introspection, when I buckled my two-month old baby into the stroller, had my three-year old ready to go, and headed off to *shul*. Yes, I got to *shul* before *Minchah* was over. I waited until after *davening* (thank G-d, my baby stayed sleeping) and once my husband gathered a quorum of men, I recited the special words of this blessing in the presence of a minyan:

ברוך אתה ה' אלוקינו מלך העולם הגומל לחייבים טובות שגמלני כל טוב

Blessed are you, Hashem, our God, King of the universe, Who bestows good things upon the guilty, Who has bestowed every goodness upon me. (ArtScroll Siddur)

This blessing is the *Bircat HaGomel* which is recited by one who survives a life-threatening situation. Yet, a question begs to be asked. Why does someone who went through a life-threatening experience thank G-d for his kindness. After all, it was also G-d who put him in this situation in the first place! Wouldn't it make sense for the one whose life is going smoothly to thank G-d for His kindness?

Since I personally recited this blessing after childbirth, I'd like to share with you an idea that I was privileged to learn about bringing a child into the world from a CD called "The Gift of the Present" (which I definitely recommend to mothers-to-be.)

The pain of childbirth is unique because the pain escalates and gets stronger as we get closer to receiving the most precious gift in the world. The stronger the pain, the closer we are to receiving ultimate goodness. It is for this reason that the time before the coming of the Messiah is called the *חבלי משיח*, the birth pangs of Messiah. The closer we get to the ultimate redemption, the greater the pain of our exile will be. Stronger and with fewer breaks in between. Just like childbirth.

The greatest pain brings with it the greatest good. This is one of the messages of childbirth and really applies to all aspects of life. When we're going through a difficult situation, it's really rough. When it's over, though, we often appreciate how we have grown and become stronger from it. It's actually that difficult situation that has made me into who I am today.

Did you ever think about the Jews living in the time of Purim? We read the *Megillah* joyously in one sitting but this story spanned many years. Imagine the pain, the fright of the Jews who didn't know the "happy ending." Did you ever think about what it was like for Queen Esther, a religious Jewish woman, to be married to a hedonistic king? Yet we know the happy ending. We understand that the plot unfolded as Hashem's brilliant Masterplan to save his people. The Jews' mourning and fasting led to the joyous holiday of Purim.

This idea is also reflected in the verse in Psalms (also a well-known song):

טוב להודות לה' ולזמר לשמך עליון להגיד בבוקר חסדיך ואמונתך בלילות

It is good to thank HASHEM and to sing praise to Your Name, O Exalted One; to relate Your kindness in the dawn and Your faith in the nights. (ArtScroll Machzor)

This verse distinguishes between two times one gives thanks to G-d. In the morning, when everything is clear and the sun is shining, we can proclaim G-d's kindness. Yet, there are also dark times in our lives, difficult times when everything is unclear, and the hand of G-d seems hidden. It is at those time that we must employ our faith and still give thanks to G-d. (Based on Malbim to Tehillim 92:3) Even those challenges are building us, leading us to ultimate goodness!

Perhaps that is the message of *Bircat HaGomel*. G-d, I thank you not only for my salvation but for my struggles as well. It is those struggles that have made me into the person I am today. Now that I have emerged from the pain, I can see in retrospect how it has strengthened me and brought me ultimate goodness. Thank you, G-d, שגמלני כל טוב, You have given me every goodness.

Hava Preil, daughter of Cyrus and Dr. Judith Abbe currently lives in Israel with her husband and children. She has developed online courses in Judaic Studies for Naaleh College and Cybersem. She also works as an adjunct professor for Excelsior College.