



SHABBAT SCHEDULE

Friday Evening

- 4:11pm Candle Lighting
- 4:15pm: Mincha/Kabbalat Shabbat in the Nathaniel Richman Cohen Sanctuary will be led by **Cantorial Intern Yisroel Lesches** and officiated by **Rabbi Shaul Robinson**.
- 4:15pm: Shir Hashirim followed by Sephardic Minyan in the Belfer Beit Midrash.

Shabbat Morning

- 7:45am: Hashkama Minyan in the Belfer Beit Midrash followed by Kiddush and shiur given by **Dr. Moshe Sokolow**
- 8:30am: Parsha Shiur by **Community Intern Talia Molitsky** on *3Tools to Spiritual Success*
- 9:00am: Services in the Nathaniel Richman Cohen Sanctuary. Services will be led by **Cantorial Intern Yisroel Lesches**. Drasha by **Community Intern Talia Molitsky** after Mussaf.
- 9:18am: Latest Shema
- 9:15am: Beginners Service led by **Rabbi Ephraim Buchwald** in room LL201 (Lower Level)
- 9:45am: Rabbi Herschel Cohen Memorial Minyan in the Belfer Beit Midrash.
- Drasha by **Rabbi Josh Rosenfeld**.
- 10:00am: Youth Groups for kids ages 2-12

Shabbat Afternoon

- 2:40pm: Beginners Mishna Chavura with **Moshe Sheinwexler** in the Belfer Beit Midrash
- 3:00pm: Herb Weiss Bikur Cholim Society meets in the shul lobby to visit patients at Mount Sinai West (formerly Roosevelt Hospital). Please consider volunteering to help fulfill the tremendous mitzvah.
- 3:10pm: Samson Raphael Hirsch Bible Class with **Rabbi Ephraim Buchwald** in Room 211.
- 3:10pm: Louis & Rhoda Lazar Memorial Shiur will be given by **Rabbi Josh Rosenfeld** on "A Well Known Halacha": *The Roots of Antisemitism* (Sponsored by **Dorothea Kreiger** commemorating the yahrzeits of **Moshe Nachum ben Bezael HaKohen, z"l**, & **Yitzchak Yaakov ben Moshe Nachum HaKohen, z"l**)
- 3:55pm: Mincha followed by Seudah Shlishit.
- 5:11pm: Ma'ariv/ Shabbat Ends

LOOKING AHEAD

December 9th: Friday Night Shabbat Oneg and Tisch with **Chazzan Yanky Lemmer** and **Rabbi Josh Rosenfeld** at the home of **Shirley Stark** and **Mark Hus**.

December 23rd-24th: **Guest Chazzan Aaron Max** from Australia (Erev Chanukah, Shabbat Mevarchim)

Save the Date : December 30th : Shabbat Chanukah Dinner after Friday evening services. More details to follow.

Chazzan Goffin will lead services on Shabbat Chanukah, December 31st.

THANK YOU TO OUR SPONSORS

Main Kiddush: Sponsors welcome.

Hashkama Kiddush: Sponsored by The Fund.

Beginners Kiddush: Sponsored by **Samantha Lee** in honor of **Alexandra (Sasha) Vasina's** conversion, and in honor of **Rabbi Ephraim Buchwald**.

Rabbi Herschel Cohen Memorial Minyan Kiddush: Sponsored by **Blima & Joel Abramson**, in commemoration of the yahrtzeit of Blima's father, **Chaim Mordechai (Tuchmajer) ben David "Kopl" Yaakov, a"h**.

Seudah Shlishit: Sponsored by **Barbara Epstein** and **Carol Hornung**, and Co-sponsored by **Lois Gottesman** and **Deborah Jakubovitz** in memory of **Ruth Englander, a"h**, and **Eleanor Jakubovitz, a"h**. **Rabbi Shaul Robinson** will speak.

IMPORTANT MEMBERSHIP MEETING: MON, DECEMBER 5TH

An important meeting of the LSS membership will take place on **Monday, December 5th at 7:30 pm**. We are scheduled to vote on two matters of great importance to the Synagogue - the modification of the mortgage agreement with Sterling Bank and the amendment to the Manhattan Star Academy lease.

The approval of both the mortgage modification and the lease amendment requires a vote of the members of LSS, either in person or by proxy, at the Membership Meeting.

Please make every effort to attend the meeting in person or, alternatively, you may submit your proxy by signing and emailing the Proxy Form to tamar@lss.org; dropping off the signed proxy in the designated box in the Shul lobby or office; or giving it to another member to submit at the meeting.

Please be sure to contact the office about any outstanding balances you may have before the end of the year. Contact the office or [click here](#) to pay your balance.

MAZAL TOV

Mazal Tov to grandparents **Esther & Dr. William Green** on the birth of a daughter, **Emma Rebecca**, to their children **Blima Malka & Zack Freud** and a son, **Samuel Isaac**, to their children **Rachel & Dr. Jonah Green**. Mazal Tov also to big brother **JJ Green**.

Mazal Tov to **Paris & Harry Stulbach** on the occasion of **Keren's** Bat Mitzvah. Mazal Tov to siblings **Amalia** and **Orly**, to grandmother **Shirley Wald** and to the entire extended family!

Mazal Tov to **Miriam & Michael Laufer** on the birth of a grandson to their children **Tova & Dov Mogyoros**.



STORY TIME WITH RABBI ROBINSON

Join us during our Main Kiddush
for a special story given by
Rabbi Shaul Robinson!



Weekly Prayer Schedule

For the Week of December 4th

On Sunday night at Maariv we begin reciting "VeTen Tal UMatar Livrach"
Mincha/Ma'ariv Sunday-Thursday: 4:20pm

Sunday	Mon & Thurs	Tues, Wed, Friday
Daf Yomi: 7:45am	Daf Yomi: 6:15am	Daf Yomi: 6:20am
Shacharit: 7:10am & 8:30am	Shacharit: 7:00am & 7:50am	Shacharit: 7:10am & 7:50am

SUNDAY

Coffee & Responsa with Rabbi Josh Rosenfeld

• **After Second Minyan • 9:15am**

Rabbi Eliezer Waldenberg on Halakhic Police Departments

TUESDAY

Parsha Shiur with Rabbi Shaul Robinson • 10:30am

Gemara B'Shana with Rabbi Shaul Robinson • 7:15 pm

A program dedicated to the memory of Bruce Ritholtz a"h with the ambitious goal of studying and completing an entire tractate of Talmud, focused on analysis and group discussion. This year we are studying tractate Megillah.

Introduction to Bible with Rabbi Ephraim Buchwald • 6:30pm

See Beginners Announcements for details.

Beit Midrash Night:

Samuel Group Chabura facilitated by Ron Platzer • 7:30pm

Adultery, incest, rebellion -- the travails of David, the greatest Jewish king -- A great story, complex characters, a subtle, sophisticated text.

Beit Midrash Night:

Tanach Survey: The Books of Samuel and Kings • 7:30 pm -

Facilitated by Marcy Zwecker and Robin Mitchnick (Meets in a private residence, please call office for details).

MONDAY

Hebrew Reading Crash Course Levels I & II • 6:30pm

See Beginners Announcements for more information.

Conversational Hebrew • 7:00pm

This is an opportunity to practice your conversational Ivrit in a friendly, participatory setting. The course is led by Hai Piasezky, the shaliach (representative from the State of Israel) for the UWS.

Jewish Living Workshop • 7:30pm

See Beginners Announcements for more information.

WEDNESDAY

Rabbi Robinson Lunch and Learn (Off Premises) • 12:45pm

Class takes place at 180 Maiden Ln #34.

Talmudic Logic with Rabbi Dennis Weiss • 7:30pm

An in-depth study of a particular topic in Talmud. This year's topic is "Lien On Me: A Study of Quasi Kinyan."

Rabbi Weiss is one of the world's unique Magidei Shiur, with a style that is rigorously intellectual and an approach that seeks the underlying conceptualization of the principles in the Talmud. The class is attended by men and women. There is no charge to attend the class.

Beit Midrash Night • 8:40pm

Facilitated by Sara Brzowsky. The Subversive Religious Poetry of Yehuda Amichai: We continue to analyze the Israeli poet's final masterpiece, Patuach Sagur Patuach.

Happy Learning!

THURSDAY

Parsha Class with Rabbinic Intern Mark Weingarten • 7:15pm Join Rabbinic Intern Mark Weingarten for an exciting and timely look at the weekly portion utilizing contemporary and ancient commentators to uncover new depth in Torah study.

Cholent Chabura with Rabbi Josh Rosenfeld • 8:45pm Welcome Shabbat early and explore a challenging new topic in Jewish thought each week in this informal and friendly gathering. Chabura meets in a private residence. *Please contact office for location.*

SAVE THE DATE

The Rebbetzins of the Upper West Side

cordially invite the women of the community to

The Annual Westside Mikvah Fundraiser Event

to celebrate and support the Upper West Side Mikvah



Guest Speaker:



Elisheva Liss

Licensed Marriage and Family Therapist

Monday Dec 19, 2016

Dessert Reception 7:30 PM

Speaker 8:00 PM

Location to follow

YOUTH EVENTS

Family Musical Havdala

Shabbat Dec 10th at 5:00pm

Join our community for a musical havdala in our main sanctuary. We will meet at 5:00pm in the lobby of the shul and give out glow bracelets and light up rings. This will be followed by an ice cream melava malka! Non dairy options will also be available.



Shabbat Youth Groups:

Groups at LSS start at 10:00am for kids ages of 2-12

Please pick your children up from groups at the end of services.

UPCOMING EVENTS - RSVP FOR ALL EVENTS AT LSS.ORG/EVENTS

Chanukah Toy Drive at our West End Synagogue neighbors!

Chanukah Toy Drive at our West End Synagogue neighbors! The West End Synagogue is sponsoring a drive for the Coalition for the Homeless to collect new, unwrapped toys for homeless children during the Chanukkah season. **If you wish to contribute to our neighbor's toy drive, toys may be left in a designated container located in our lobby.**



Offsite Event: Motzaei Shabbat, December 10th • 8:00pm-11:00pm

Manhattan Day School invites the entire community to join us for our annual Chanukah Boutique. Over 50 vendors, kids' activities and a great place to reconnect with friends. For pre-registration, please [click here](#). See you there!

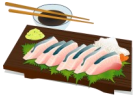
Documentary Film • Operation Wedding • Motzaei Shabbat, December 10th • 8:00 pm

The riveting story of a group of Soviet Jews with a daring plan to escape to Israel and what transpires after they are caught. The documentary was made by Anat Zalmanson-Kutznetsov, daughter of two of the dissident leaders, Edward Kutznetsov and Sylva Zalmanson. With Guest Speakers Israel Zalmanson—at 21, the youngest of the group—and Glenn Richter, an LSS member who was an advisor to the film. Register at LSS.org/film or call 212-874-6100. Tickets are \$10 in advance/\$15 at the door.



Young Professionals' Sake & Sushi • Motzaei Shabbat, December 10th • 8:00pm-10:00pm

Enjoy an evening of sushi making with expert chefs accompanied with sake and Asian food pairings. Sign up closes this Tuesday, December 6th. [Click here to register](#).



Breakfast at Sotheby's: Preview of Israeli Art Auction • Wednesday, December 14th • 10:00 am

1334 York Avenue, at 72nd Street

See and learn about the Israeli art that will be auctioned off by Sotheby's. Cost: \$36. To register, please visit www.LSS.org/art



Teen Oneg- Game Night, Divrei Torah, Refreshments • Friday, December 16th • 7:30pm-9:00pm

The oneg originally scheduled for November 18th has been rescheduled to Friday, December 16th. This event will take place at the Mero home, please contact the office for the address.



SAVE THE DATE: The Annual Westside Mikvah Fundraiser Event • Monday, December 19th • 7:30pm

See more information on page 2.

SAVE THE DATE: Sunday, December 25: Please join us for Sunday Morning for two dynamic speakers: Dr. Yardena Osband & Dr. Marvin Tokayer (open to the community) followed by a Chanukah Brunch (for singles Program attendees only)

SAVE THE DATE: Schlock Rock Concert at Lincoln Square Synagogue! • Sunday, January 1



ISRAEL CORNER • פינת ישראל

Israel Fire Response:

Tens of thousands of people in Israel were evacuated and hundreds of homes have been destroyed by the devastating fires that gripped the country last week.

Please give, as generously as you can, to support the LSS fundraising efforts for victims of the fires. [Click here](#) to make an online donation or send a check to the shul, made payable to "LSS Chesed Fund" with "Fires in Israel" in the memo line. Let us provide hope where there is despair and comfort where there is sadness



BEGINNERS ANNOUNCEMENTS

- You may still register for Rabbi Buchwald's Introduction to Bible (Began Tuesday, November 1st). This course, which **meets on Tuesdays for another 3 weeks**, from **6:30-8:00pm**, provides a general overview of the content and style of the Bible. We will review basic literary and theological approaches to Bible study, traditional and modern, through the analysis of the Biblical text. To register, please call 212-874-6100 or register online at www.LSS.org/beginners. Cost: \$90, free for LSS members. **No one is turned away for lack of funds.**
- The **LAST** session of the **Hebrew Reading Crash Course Levels I and II** will meet on **Monday, December 5th at 6:30pm**.
- The **LAST** session of the **Jewish Living Workshop** led by Dassa and Bill Greenbaum will meet **this Monday, December 5th, 7:30pm-8:30pm. Topic: Zmirot Workshop (with placement for Shabbat lunch December 10th).**
- Save the date! Friday and Saturday, December 23rd-24th** for the **Beginners Chanukah Shabbaton**. \$50 includes three meals (\$25 for just lunch). Don't miss it! **Payment and reservations must be received by Monday, December 19th.** Register online at www.LSS.org/beginners.
- Save the date! Wednesday, December 28th, 7:00 pm** for the **Beginners Annual Chanukah Bash**. Live music by Psachya Septimus. **\$25 in advance, \$30 at the door.** Register online at www.LSS.org/beginners. Sorry, no phone reservations.



D'var Echod B'lev Echod

Insights into the weekly Parsha and other matters at the heart of the LSS community

3 Kislev 5777 • December 2-3, 2016

Parshat Toldot

By: Rabbi Marc D. Angel

Isaac's Laughter

"...Abimelech king of the Philistines looked out a window, and saw, and, behold, Isaac was sporting with Rebecca his wife...(Bereishith 26:8)." Rabbi Harold Kushner, in a shiur for the New York Board of Rabbis, offered keen insight into what this verse might actually mean. Instead of translating metzahek as "sporting," Rabbi Kushner suggested going to the root meaning of the word: laughter. Isaac was making Rebecca laugh! (See also Targum Onkelos on this verse.)

The verse relates to a difficult time, when Isaac and Rebecca were in a precarious position vis a vis Abimelech. Isaac feared for his life. Rebecca was posing as Isaac's sister, and was in a vulnerable state. At this time of crisis, Isaac makes Rebecca laugh. He attempts to soothe her.

Earlier in this week's Torah portion, we find Isaac showing solicitude for Rebecca's well being. Rebecca had been distraught due to her inability to bear a child.

Isaac deeply empathized with her. He prayed for her. Isaac's behavior contrasts with that of his father Abraham and his son Jacob. Abraham's wife Sarah was barren; when Sarah suggested that Abraham have a child with Hagar, Abraham did so without apparent qualms. Jacob's wife Rachel was barren; when Rachel cried in despair at her barrenness, Jacob responded curtly: "Am I in God's stead who has withheld from you the fruit of the womb? (Bereishith 30:2)"

Only Isaac is recorded as having had deep sensitivity to the despondent feelings of his wife. Just as his own name suggests laughter, so he sought to bring laughter and optimism into the life of Rebecca.

We are not speaking here of silly laughter, or telling jokes to evoke a guffaw. Superficial comedians can actually be among the saddest and most pathetic people, hiding their inner selves by pretending to be happy and humorous. Rather, we are speaking of a positive worldview that seeks to bring light and joy to others on a profound emotional level. We are speaking of the special qualities of genuine empathy and loyalty that reflect love and happiness.

In his book, *Happiness and the Human Spirit* (Jewish Lights, 2009), Dr. Abraham Twerski describes what he calls "Spiritual Deficiency Syndrome." People feel a sense of malaise with their lives...because they do not realize that happiness depends on a spiritual worldview. They cannot gain happiness simply by attaining more physical or material things; they will always be left wanting more.

A spiritual deficiency is a lack in the development of those qualities which distinguish human beings from mere biological organisms. Among the human characteristics that is essential for happiness is compassion, a feeling of empathy for others. Dr. Twerski, who is both a rabbi and a psychiatrist, writes: "As a physician, I try to fix people's pain, to relieve them of their suffering. But as a rabbi, I learned to share people's pain. As advanced as modern medicine is, there are still times when I cannot fix things, but I can always share (p. 73)." He points out that empathic listening is a vital ingredient in living a happy and fulfilled life. Dr. Twerski notes that those who try to control others suffer from Spiritual Deficiency Syndrome. Instead of trying to share with others, they try to control others.

This reflects their basic discontent with themselves; to compensate for their poor self-image, they seek to lord over others and thereby gain status. But this strategy inevitably fails, because the controller still remains discontented. Dr. Twerski notes: "People who fulfill themselves by controlling others are caught in a vicious cycle. Because control is the antithesis of true self-fulfillment, the more we try to exert control, the less we fulfill ourselves, the greater our symptoms of Spiritual Deficiency Syndrome (p. 79)."

By empathizing with Rebecca's plight, Isaac showed himself to be a spiritually sensitive person. His love and loyalty led him to pray for Rebecca and to make her laugh, to make her see the brighter aspects of life. The quiet, meditative Isaac earned his place as one of our forefathers.

Reprinted with permission. The above essay originally appeared in the column entitled "Angel for Shabbat", on November 22, 2014, in [jewishideas.org](http://www.jewishideas.org).

In case of a bereavement, please call our Clergy at 646-543-7485 (day or night)

If you would like to receive the Shabbat Echod by e-mail, sign up at www.lss.org.

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