



נא לא לדבר בשעת התפילה
PLEASE NO CONVERSATION DURING SERVICES



WEEKDAY DAVENING INFORMATION

	Sunday (1/28)	Monday (1/29)	Tuesday (1/30)	Wednesday (1/31)	Thursday (2/1)	Friday (2/2)
Earliest Talit	6:12 AM	6:11 AM	6:10 AM	6:09 AM	6:08 AM	6:08 AM
Shacharit	8:15 AM	6:15 AM	6:25 AM	6:25 AM	6:15 AM	6:25 AM
Gedolah	12:35 PM	12:35 PM	12:35 PM	12:35 PM	12:36 PM	12:36 PM
Mincha - Maariv	4:55 PM					5:00 PM
Maariv Only		8:20 PM	8:20 PM	8:20 PM	8:20 PM	
Shkia	5:08 PM	5:10 PM	5:11 PM	5:12 PM	5:13 PM	
Tzait	5:53 PM	5:55 PM	5:56 PM	5:57 PM	5:58 PM	

שבת שירה/פרשת בשלה
SHABBAT SHIRAH/PARSHAT BESHALACH
11 SHEVAT/JANUARY 27
Haftorah is Judges 4:4-5:31. Final time for Kiddush Levana of Shevat is Wednesday night, Jan. 31, until 8:47 PM (16 Shevat).

FRIDAY NIGHT
CANDLE LIGHTING - 4:48 PM
MINCHA - 4:50 PM
TZAIT - 5:51 PM

SATURDAY
HASHKAMA/YOUTH - 8:20 AM
CHUMASH SHIUR - 8:30 AM
SHACHARIT MAIN - 9:00 AM
LAST KRIAT SHEMA - 9:41 AM
MINCHA - 4:35 PM
SHKIA - 5:07 PM
MAARIV/HAVDALAH - 5:52 PM

CONGREGATION AHAVAT ACHIM
18-25 SADDLE RIVER ROAD
FAIR LAWN, NJ 07410-5909
201-797-0502
WWW.AHAVATACHIM.ORG

BULLETIN INFORMATION
TO REQUEST A BULLETIN
ANNOUNCEMENT (BY 7:00 PM
WEDNESDAY) OR DEDICATE A
BULLETIN FOR \$36 (\$54 W/PHOTO),
EMAIL SEPLOTNICK@GMAIL.COM.

WILL YOU BE ON THIS YEAR'S SPONSOR LIST?

The Yachad/Yavneh Academy Shabbaton is Feb. 9/10. Please sponsor to defray our costs and support Yachad at the following levels: Platinum-\$180, Gold-\$118, Silver-\$72 & Bronze-\$36. Email Steve at seplotnick@gmail.com to sponsor. Contact Lori at garfinom@gmail.com if you can provide transportation for Yachad children to host homes (need to be at the shul at 4:00 PM Friday night). Email Betsy at estavels@aol.com or Sara at saralevine06@gmail.com to offer housing for our guests.

SPONSORS SO FAR: Platinum: Heller, Garfunkel, Plotnick, Wigod Family, Winchester; Gold: K&A Wigod, Silver: Bickel, R. Brooks/Chessin Carpe, Riskin, Smedresman; and Bronze: Banner, Baron, Bernstein, Brenenson, Dworkis, Fineman, Goldgur, Greene, Infield, Katter, Kirschenbaum, Komet, Kor, Lang, Latkin, N. Levine, S&K Levine, Lewis, Lewisohn, Racenstein, Rein, Sonnenblick, Strich, Vann, Weinraub.

Scholar in Residence/Super Bowl Shabbat will be on Feb. 2/3, with Rabbi Dr. Alex Mondrow, with a special Kick-Off, Cook-Off kiddush/luncheon. Volunteers needed to help cook (we have 4 crock-pots) your favorite dishes in the shul kitchen. Sponsors needed at the following levels: 1st Quarter - \$54, Halftime - \$72, 3rd Quarter - \$118 and Final - \$180. To volunteer and/or sponsor, please contact Randi at randi.spier@gmail.com or 201-777-0731.

SPONSORS SO FAR: Final: Winchester; 3rd Qtr.: Spier, Halftime: Heller, Plotnick & Smedresman; and 1st Qtr.: Agress, Bernstein, Greene, Lewisohn, Racenstein & Rein.



Kiddush Information

- ☆ If you are around when the Rabbi says “על המהירה”, your assistance in clean up would be appreciated.
- ☆ Kiddush setup for this Shabbat: Greene, Katter, Smith
- ☆ Kiddush setup for next Shabbat: Rein, Sokoloff, Wigod
- ☆ To sponsor a Kiddush (\$1000/\$613/\$318 plus scotch) send an email to gplotnick@aol.com.

Adult Education



- ☆ CHUMASH CLASS - Shabbat morning before Shacharit.
- ☆ GEMARA SHIUR - Winter Hiatus.
- ☆ DAYTIME TORAH VOYAGES - Thursdays at 2:00 PM.
- ☆ FUNDAMENTALS OF JEWISH THOUGHT - After Kiddush.
- ☆ PEREK ON THE LAWN, Pirkei Avot Periodic Shiur.

Community Events

- ☆ Jan. 27 – **Tu B'Shvat Cooking Demonstration**, with Chef Meir Levy (classically trained at Johnson & Wales University). DARCHEI NOAM, Sat. night, 7:30 PM – 10:00 PM. \$30 per person. For info, click here: [Chef Levy](#).
- ☆ Feb. 5 – **Yoetzet Halacha Program For Women: “What You Didn't Ask Your Kallah Teacher”**, with Yoetzet Shira Donath. DARCHEI NOAM, Mon. night, 8:00 PM – 10:00 PM. For info, click here: [Kallah Teacher](#).
- ☆ Feb. 10 – **Whiskey Tasting**. SHOMREI TORAH, Sat. night, 8:00 PM For info, click here: [Whiskey](#).



Shul Mishloach Manot orders are due Feb. 12. As a **major fundraiser**, please contribute to the best of your ability.

Gita Cooperwasser נ"ע

Youth Program



- ☆ Please contact Melanie at mkwstel@gmail.com and volunteer to host Chad (our Youth Director) for shabbat and/or meals.
- ☆ Youth groups begin at 10:15 AM. Tot Shabbat in the playroom.
- ☆ Parents, ensure that your children are in groups or with you at all times.
- ☆ NO FOOD DURING GROUPS!

Tu B'Shevat - Wed. (1/31)

- ☆ Custom is to eat fruits that grow on trees, for Tu B'Shevat is the "New Year of the Trees". Say שהחיינו on any seasonal fruit that one is eating for the first time that year (but not on artificially preserved fruits or fruits deficient in appearance or taste in comparison to the regular seasonal crop). Many have adopted the Kabbalistic custom of the Tu B'Shevat Seder. For details go to [Aish on Tu B'Shevat](#).



Ahavat Achim Future Events

- ☆ Jan. 31- Board Meeting (Tentative)
- ☆ Feb. 2 - Oneg Shabbat at Sonnenblicks'.
- ☆ Feb. 4 - Hot Cocoa Sale.
- ☆ Feb. 10 - Yachad Shabbaton
- ☆ Feb. 21 - Board Meeting (Tentative)
- ☆ Mar. 3 - A Cappella Shabbat, with family dinner
- ☆ Mar. 17 - Kiddush sponsored by Agress family in honor of Josh's Aufruf and upcoming marriage to Bronia Goldman
- ☆ Mar. 21- Board Meeting (Tentative)
- ☆ Apr. 15 - Men's Club trip to National Museum of American Jewish History in Philadelphia
- ☆ Apr. 25 - Board Meeting (Tentative)
- ☆ Apr. 28 - TABC Alumni Reunion
- ☆ May 23 - Board Meeting (Tentative)

Gita Cooperwasser נ"ע Youth Program's Tu B'Shvat Hot Cocoa sale will be at Rock Farmers Market, 924 Prospect St., Glen Rock, from 10 AM to noon on Sunday, February 4, to benefit the Jewish National Fund.



Points To Ponder (Answers Below)

- ☆ (2nd) In this aliyah, Moshe tells the people to stand back and observe a new facet of our relationship with God - what facet are they told to observe?
- ☆ (4th) How did the Egyptians sink in the sea? (there are 3 ways described in Az yashir)
- ☆ (5th) A model for faith is set up in this aliyah based on the cycle of night and day. What's the cycle? Why remember that God took us out Egypt at night?
- ☆ (7th) How does Hashem instruct Moshe to get water in this aliyah?

Answers to Points To Ponder

- ☆ (2nd) "yeshu'at Hashem" - the salvation of God.
- ☆ (4th) Like a stone, like straw and like lead.
- ☆ (5th) At night you will know that God took you out of Egypt and in the morning you will see the glory of God.
- ☆ (7th) By hitting the rock.

**Sisterhood of Ahavat Achim
of Fair Lawn, NJ**



PURIM MISHLOACH MANOT

February 28th, 2018 14th Adar 5778

**We invite you to participate in sending
Mishloach Manot to our members**

**Cost for Sisterhood Members: \$5 per recipient, or
\$150 sends to the entire shul**

**Cost for Non-Sisterhood members: \$6 per recipient, or
\$180 sends to the entire shul**

If you would like the sisterhood rates, you may include a \$40 membership fee with your order.
Single men receive the discounted membership rate.

**Please return the attached form and a check payable to
Sisterhood of Ahavat Achim by February 12th.**

Mail to:
Renee Freund
39-09 Fair Lawn Ave.
Fair Lawn, NJ 07410

Any questions? Call:
Renee Freund
(201) 703-9154
sisterhood@ahavatachim.org

**Please enclose your check with your order,
or your order will not be processed.**

PURIM 5778 MISHLOACH MANOT

Orders Due Monday, February 12th

Please select one of the following:

- I would like to send to all the names listed, \$150 (Sisterhood Members Only** and Single Men)
- I would like to send to all the names listed, \$180 (Non Sisterhood Members)
- I would like to send to the following people at \$5 per recipient (Sisterhood Members Only)
- I would like to send to the following people at \$6 per recipient (Non Sisterhood Members)

Symbols guide: * Sisterhood Member; ** see note at bottom to become a Sisterhood Member;
(A) Associate Member of Ahavat Achim

- | | | |
|--|---|---|
| <input type="checkbox"/> Ayala & Gideon Adler (A) | <input type="checkbox"/> Farnaz & David Gorelik | <input type="checkbox"/> Shelly & Samuel Racenstein * |
| <input type="checkbox"/> Amy & Stephen Agress * | <input type="checkbox"/> Naomi & David Graber | <input type="checkbox"/> Marty Reichardt (A) |
| <input type="checkbox"/> Elana & Hillel Attali | <input type="checkbox"/> Risa Goldman & Eli Greenbaum | <input type="checkbox"/> Howard Rein |
| <input type="checkbox"/> Alice & Burt Banner | <input type="checkbox"/> Dina & Elliot Greene * | <input type="checkbox"/> Andrea & Greg Riskin |
| <input type="checkbox"/> Talia & Etai Barach (A) | <input type="checkbox"/> Margo & Norman Greenstein | <input type="checkbox"/> Rosa & Luis Rojas * |
| <input type="checkbox"/> Zehava & Norman Baron | <input type="checkbox"/> Ruchama & Jerry Halpern | <input type="checkbox"/> Robyn & Jeffrey Safier * |
| <input type="checkbox"/> Renee & Lior Ben-Biniamin | <input type="checkbox"/> Joyce Heller | <input type="checkbox"/> Sara & Natan Santacruz |
| <input type="checkbox"/> Susie Berber | <input type="checkbox"/> Gail Hershkowitz * | <input type="checkbox"/> Arielle & Jonathan Schachter (A) |
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| <input type="checkbox"/> Lisa & Aryeh Brenenson | <input type="checkbox"/> Deborah & Mitchell Kempin | <input type="checkbox"/> Howard Shultz (A) |
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| <input type="checkbox"/> Michelle & Zvi Dubin * | <input type="checkbox"/> Al Kustanowitz | <input type="checkbox"/> Betsy & Marty Sonnenblick * |
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| <input type="checkbox"/> Ronnie & Mitchell Goldstein | <input type="checkbox"/> Lauri & Thomas Shestack Phipps (A) | |
| | <input type="checkbox"/> Gail & Steven Plotnick * | |

Your name as shown on the Mishloach Manot Scroll _____

**If you would like to receive the Sisterhood discounted price and are not shown as a Sisterhood member you may include your \$40 membership fee with your order.

BEFORE SUPER SUNDAY, THERE'S **SUPER SHABBAT** AT AHAVAT ACHIM FEBRUARY 2-3, 2018

SCHOLAR IN RESIDENCE RABBI DR. ALEX MONDROW

Rabbi Dr. Alex Mondrow is the middle school psychologist and Rebbe at Yeshivat Noam and a psychologist in private practice in Teaneck. He received his semicha and doctorate in psychology from Yeshiva University. His lectures and articles often integrate psychology and Torah.



ONEG SHABBAT FRIDAY NIGHT

Join Rabbi Dr. Mondrow and your friends at the Sonnenblick home.

KICK OFF/COOK OFF KIDDUSH/LUNCHEON

Join us for a hot kiddush/luncheon following services.

BECOME A SUPER SHABBAT SPONSOR

First Quarter: \$54
Halftime: \$72
Third Quarter: \$118
Final: \$180

CONTACT US

Cook your favorite Shabbat crock pot specialty and/or become a sponsor. Contact Randi at Randi.Spier@gmail.com



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LIFE-CHANGING IDEAS IN THE PARSHA WITH RABBI SACKS



ת"ד

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I am deeply touched that Covenant & Conversation has been generously sponsored by The Maurice Wohl Charitable Foundation in memory of Maurice and Vivienne Wohl ז"ל. Maurice was a visionary philanthropist on a vast scale, driven throughout his life by a sense of Jewish responsibility. Vivienne was a woman of the deepest humanity and compassion, who had a kind word for everyone. Together, they were a unique partnership of dedication and grace, for whom living was giving. Through their Charitable Foundation, they continue to bring blessings to Jewish communities around the world.

— RABBI LORD JONATHAN SACKS



The Longer, Shorter Road

Beshalach 2018 / 5778

At the end of his new book, *Tribe of Mentors*, Timothy Ferris cites the following poem by Portia Nelson. It's called 'Autobiography in Five Short Chapters':

Chapter 1: I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost... I am helpless. It isn't my fault. It takes forever to find a way out.

Chapter 2: I walk down the same street. There is a deep hole in the sidewalk. I pretend I don't see it. I fall in again. I can't believe I am in this same place. But it isn't my fault. It still takes a long time to get out.

Chapter 3: I walk down the same street. There is a deep hole in the sidewalk. I see it is there. I still fall in... It's a habit... But, my eyes are open. I know where I am. It is my fault. I get out immediately.

Chapter 4: I walk down the same street. There is a deep hole in the sidewalk. I walk around it.

Chapter 5: I walk down another street.

That is probably how life is like for many of us. It certainly was for me. We set off, confident that we know where we are going, only to find that it is rarely that simple. “Life,” said John Lennon, “is what happens while we are making other plans.” We fall into holes. We make mistakes. Then we make them again. Eventually we avoid them, but by then we may have the growing suspicion that we took the wrong turning to begin with. If we are lucky, we find another road.

“We set off, confident that we know where we are going, only to find that it is rarely that simple.”

Hence the opening of this week’s parsha:

When Pharaoh let the people leave, God did not lead them by way of the land of the Philistines, although that was nearby, for God said, “Lest the people change their minds when they encounter war and return to Egypt.” So God brought the people by a roundabout route by way of the desert to the Red Sea ... (Ex. 13:17-18).

This is actually quite a difficult text to understand. In and of itself it makes eminent sense. God did not want the people immediately to face battle with the seven nations in the land of Canaan since, as newly liberated slaves, they were psychologically unprepared for war. We now know also that there was an additional factor. There were Egyptian forts at various points along the sea route to Canaan, so the Israelites would come up against them even before reaching the land.

Three facts, though, still need to be reckoned with. First, the Torah itself says that God “hardened Pharaoh’s heart” (Ex. 14:4), leading him to pursue the Israelites with a force of six hundred chariots. This so demoralised the Israelites that they cried, “Were there not there are enough graves in Egypt that you had to bring us out here to die in the desert? ... It would have been better to be slaves in Egypt than to die in the desert” (Ex. 14:11-12). Why did God cause Pharaoh to pursue the Israelites if He did not want them to think of going back? He should surely have made the first stage of their journey as undemanding as possible.

Second, the people did face war long before they came anywhere near the land of Canaan. They did so almost immediately after crossing the Red Sea, when they were attacked by the Amalekites (Ex. 17:8). The strange fact is that when they had to fight a battle on their own, without any miraculous intervention from God, they expressed no fear. Inspired by Moses’ upraised arms, they fought and won (Ex. 17:10-13).

Third, the roundabout route failed to prevent the people's response to the report of the spies. Terrified by their account of the strength of the native population and the well-fortified nature of their cities, they said, "Let us appoint a (new) leader and return to Egypt" (Num. 14:4).

It seems, therefore, that the circuitous route by which God led the Israelites was not to prevent their wanting to return, but rather, to prevent their being able to return. Leading them miraculously through the Red Sea was like Caesar crossing the Rubicon, or Cortes burning his boats before his conquest of the Aztecs. It made retreat impossible. Whatever their doubts and fears, the Israelites had no real choice. They had to continue onward, even if in the end it took forty years and a new generation to reach their destination.

What this meant was that almost from the dawn of their history as a nation, Jews were forced to learn that lasting achievement takes time. You can never get there by the shortest road. Thanks to the work of Anders Ericsson, popularised by Malcolm Gladwell, we know that greatness in many fields takes 10,000 hours of practice.¹ The history of all too many nations born after the Second World War and the end of empire, shows that you can't create a democracy by United Nations decree, or freedom by a Universal Declaration of Human Rights. People who try to get rich fast often discover that their wealth is like Jonah's gourd: it appears overnight and disappears the next day. When you try to take a shortcut, you find yourself, like the poet, falling into a hole.

"Lasting achievement takes time. You can never get there by the shortest road."

The Talmud tells the story of Rabbi Yehoshua ben Hanania who asked a young man sitting at a crossroad, "Which is the way to the town?" The young man pointed to one of the paths and said, "This way is short but long. The other way is long but short." Yehoshua ben Hanania set out on the first path, quickly arrived at the town, but found his way blocked by gardens and orchards. He then returned to the young man and said, "Didn't you tell me that this path was short?" "I did," said the young man, "but I also warned you that it was long."² Better to take the long road that eventually gets you to your destination than the short one that doesn't even though it looks as if it does.

¹ See Anders Ericsson, *Peak: Secrets From The New Science of Expertise*, Mariner, 2017; Malcolm Gladwell, *Outliers*, Little, Brown, 2013. Of course, as many have pointed out, this is not true in all fields, nor is it the only relevant factor.

² Eruvin 53b.

Today's world is full of books, videos and programmes promising a fast-track to almost anything from weight loss to riches to success and fame. The life-changing idea symbolised by the route God led the Israelites on when they left Egypt is that there are no fast tracks. The long way is short; the short way is long. Better by far to know at the outset that the road is long, the work is hard, and there will be many setbacks and false turnings. You will need grit, resilience, stamina and persistence. In place of a pillar of cloud leading the way, you will need the advice of mentors and the encouragement of friends. But the journey is exhilarating, and there is no other way. The harder it gets, the stronger you become.

Shabbat shalom,



LIFE-CHANGING IDEA #16

"There are no fast tracks. Lasting achievement takes time. You can never get there by the shortest road. The harder it gets, the stronger you become."

LIFE-CHANGING IDEAS IN SEFER SHEMOT

- **SHEMOT:** When you learn to listen to views different from your own, realising that they are not threatening but enlarging, then you have discovered the life-changing idea of argument for the sake of heaven.
- **VA'ERA:** Freedom is an achievement. It is a muscle that needs to be exercised daily: use it or lose it.
- **BO:** Know your own story, because a told across the generations is a gift. When you know who you are and why, you can navigate the wilderness of time with courage and confidence.
- **BESHALACH:** There are no fast tracks. Lasting achievement takes time. You can never get there by the shortest road. The harder it gets, the stronger you become.



For more material from Rabbi Sacks, or to join his mailing list, please visit www.rabbisacks.org

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