



Congregation Schomre Israel of Poughkeepsie

Shabbat Bulletin

י' שבט התשפ"ד

שבת פרשת בא

Parshat Bo

January 19-20, 2024 / 5784

Rabbi
Shlomo Krasner

Acting President
Michael Rosenblatt

Gabbai
Abe Weisfelner

Sisterhood
Cassia Brown Roberta Grosman

שבת שלום * Shabbat Shalom

Shabbat Parshat Bo

Haftara: Jeremiah 46:13-28

Friday, January 19

4:36 pm Candle Lighting

4:30pm Mincha

Kabbalat Shabbat and Maariv
5:37pm Earliest Time for Shema

Shabbat, January 20

9:00am Shacharit

9:42am Sof Zman Shma

12:37pm Earliest time for Mincha

5:38pm Havdala

COMING WEEK SCHEDULE

Sunday 21st - Shacharis - 8:30am

Monday 22nd:

Shacharis - 8:00am

Yoga 10:00am

Maariv 7:00pm 32 Sunrise Ln

Tuesday 23rd:

* **Rambam – Intro to Ethics ch7 – 10:30am**

* **Conversational Hebrew (“Seasons and Weather”) 11:45am**

* **Reading Hebrew – Modeh Ani 6:00pm**

Thursday 25th:

Shacharis - 8:00am

Yoga 10:00am

Tu Bishvat celebration – Fruit Tasting and Fruit Carving 6pm

Friday 26^h:

Mincha – 4:45pm

Thai Shabbat Dinner in honor of Shabbat Shira ~6:00pm

* Indicates live and zoom (<https://zoom.us/j/2448244824> pwd 2448)

**Please daven for our Schomre
Families called in War:**

Yoni Schneider

Avi Nattan bas Beila Miriam

Evyasar Shalom ben Leah

Yaakov Daniel ben Avigayil

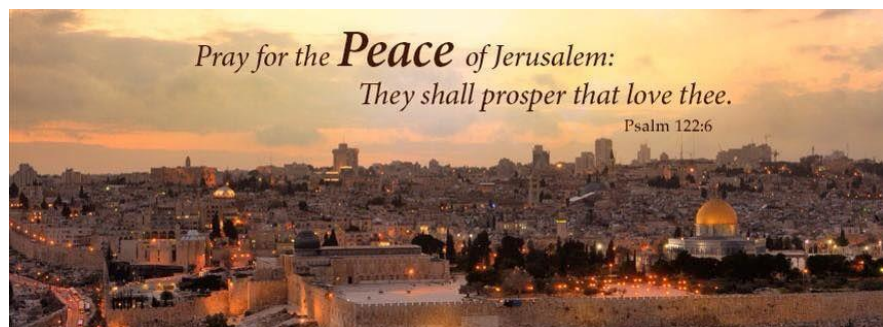
Yonaton Yizchak ben Yocheved

Shira Dina bas Yocheved

Eliyahu Yeshaya ben Adina Naomi

Future Events

**January 27th – After Shabbat – 7:00pm – Movie Night
*The Two of Us***



SHABBAT



SHALOM!



Sagiv Yehezkel, after scoring a goal for his team in Turkey shows his support for the captives. After being thrown in jail in Turkey, he is released to Israel to a hero's welcome



Birthdays

Shabbat, January 20 - Ella Sarah Berman

Sunday, January 21 - Ayelet Richter

- Joshua Ethan Kaplan

- Aharon Gross

Monday, January 22 - Benjamin Klein

- Phyllis Bressman

Wednesday, January 24 - Simon Felix Berman

Thursday, January 25 - Eliza Bess Kaplan

Anniversary

Shabbat, January 20 - Mr. and Mrs. Nechemyah N. Zinger

Yahrtzeits

Sunday, January 21 - Lillie Levine

Monday, January 22 - William Rosch

- Brian Weisfelner

Friday, January 26 - Regina Schichter

- Naomi Adina Sullum



IDF SOLDIERS ARE REMARKABLE HUMAN BEINGS

A unit of 100 reservists was given a break from fighting in Gaza for the first time since the war started. Before heading home, they all went to the vineyard owned by one of the members of the unit. He had talked about how it's all going to be ruined. They rolled up their sleeves and went to work. Through a full day of work they restored the vineyard. First, they rescued the livelihood of a fellow soldier. Then, they went home.



TuBishvat

Shabbat Shira

Celebration

We Will be gathering at 6pm to partake in new and unusual fruits and thank Hashem for the blessings that He provides.

We will be offering a Fruit Carving Class, so you can cut your fruit and eat it too

Thursday, Jan 25 6:00pm



In Honor of Shabbat Shira, we will be having a community Shabbat eve dinner featuring Thai Cuisine.

*Friday eve, January 26
Kabbalat Shabbat 4:45pm
Dinner starts ~ 6:00pm*



*We will be showing
The Two of Us
after-Shabbat, 27 7:00pm*

*Schomre Israel
18 Park Avenue
Poughkeepsie, NY
12603*

In honor of Tu B'Shvat, some people have a custom to eat various fruits. STAR-K presents our handy guide to checking various fruits grown and purchased in the United States. Checking procedures in other countries may be different.

NO CHECKING REQUIRED

- Purchase good quality brands.
- Make sure everything is properly sealed and stored in a cool dry area. Improper storage can lead to infestation issues.



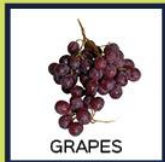
RAISINS



APRICOTS



NUTS



GRAPES

RINSE WELL

1. Wash the produce under a direct stream of water.
2. No further checking is necessary.

SOAP WASH

1. Prepare a basin of detergent solution, using at least 2 tablespoons of detergent per gallon of water.
2. Agitate the berries in the solution for 10-15 seconds.
3. Leave the berries to soak for at least one minute.
4. Rinse each berry well.
5. Repeat steps 1-4.
6. For **strawberries**: cut off the tops of the berry along with a little of the fruit. No further checking is required.
7. For **blueberries**: we recommend inspecting samples for presence of scale insects that may be embedded in the outer layer of the berry. We do not recommend organic, pick-your-own, or wild grown blueberries.



BLUEBERRIES



STRAWBERRIES

VISUAL CHECK

Carob - Look for holes on the outside, which are a sign of infestation. Then break open in several places to check for infestation. **Dates & Figs** - Slice open and check inside carefully for infestation.

Note: Due to potential for improper storage concerns, these guidelines apply even if the fruit has a *hechsher*.



DATES



FIGS



CAROB

NOT RECOMMENDED

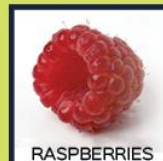
Checking is not practical.



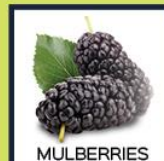
GOJI BERRIES (DRIED)



BLACKBERRIES



RASPBERRIES



MULBERRIES

PEEL PROPERLY



PINEAPPLE

Insects infest the crown and outer rind as well as inside the blossom

cups and crevices if the pineapple is not thoroughly peeled. The pineapple should be peeled until only yellow fruit is visible. The fruit and cutting board should be rinsed after peeling since the insects often crawl onto the cutting surface. The

crown and rind should not be used on decorative platters since the insects can transfer to other fruit.

Letter from Scottish professor Denis MacEoin to his students who voted to boycott Israel in 1916

To: The Committee Edinburgh University Student Association.

May I be permitted to say a few words to members of the EUSA? I am an Edinburgh graduate (MA 1975) who studied Persian, Arabic and Islamic History in Buccleuch Place under William Montgomery Watt and Laurence Elwell Sutton, two of Britain 's great Middle East experts in their day. I later went on to do a PhD at Cambridge and to teach Arabic and Islamic Studies at Newcastle University. Naturally, I am the author of several books and hundreds of articles in this field. I say all that to show that I am well informed in Middle Eastern affairs and that, for that reason, I am shocked and disheartened by the EUSA motion and vote.

I am shocked for a simple reason: there is not and has never been a system of apartheid in Israel.

That is not my opinion, that is fact that can be tested against reality by any Edinburgh student, should he or she choose to visit Israel to see for themselves. Let me spell this out, since I have the impression that those members of EUSA who voted for this motion are absolutely clueless in matters concerning Israel, and that they are, in all likelihood, the victims of extremely biased propaganda coming from the anti-Israel lobby.

Being anti-Israel is not in itself objectionable. But I'm not talking about ordinary criticism of Israel. I'm speaking of a hatred that permits itself no boundaries in the lies and myths it pours out. Thus, Israel is repeatedly referred to as a "Nazi" state. In what sense is this true, even as a metaphor? Where are the Israeli concentration camps? The einzatsgruppen? The SS? The Nuremberg Laws? The Final Solution? None of these things nor anything remotely resembling them exists in Israel, precisely because the Jews, more than anyone on earth, understand what Nazism stood for.

It is claimed that there has been an Israeli Holocaust in Gaza (or elsewhere). Where? When? No honest historian would treat that claim with anything but the contempt it deserves. But calling Jews Nazis and saying they have committed a Holocaust is as basic a way to subvert historical fact as anything I can think of.

Likewise, apartheid. For apartheid to exist, there would have to be a situation that closely resembled how things were in South Africa under the apartheid regime. Unfortunately for those who believe this, a weekend in any part of Israel would be enough to show how ridiculous the claim is.

That a body of university students actually fell for this and voted on it is a sad comment on the state of modern education. The most obvious focus for apartheid would be the country's 20% Arab population. Under Israeli law, Arab Israelis have exactly the same rights as Jews or anyone else; Muslims have the same rights as Jews or Christians; Baha'is, severely persecuted in Iran, flourish in Israel, where they have their world center; Ahmadi Muslims, severely persecuted in Pakistan and elsewhere, are kept safe by Israel; the holy places of all religions are protected under a specific Israeli law. Arabs form 20% of the university population (an exact echo of their percentage in the general population).

In Iran, the Bahai's (the largest religious minority) are forbidden to study in any university or to run their own universities: why aren't your members boycotting Iran? Arabs in Israel can go anywhere they want, unlike blacks in apartheid South Africa. They use public transport, they eat in restaurants, they go to swimming pools, they use libraries, they go to cinemas alongside Jews - something no blacks were able to do in South Africa.

Israeli hospitals not only treat Jews and Arabs, they also treat Palestinians from Gaza or the West Bank.

On the same wards, in the same operating theatres.

In Israel, women have the same rights as men: there is no gender apartheid. ...

University is supposed to be about learning to use your brain, to think rationally, to examine evidence, to reach conclusions based on solid evidence, to compare sources, to weigh up one view against one or more others. If the best Edinburgh can now produce are students who have no idea how to do any of these things, then the future is bleak.

I do not object to well-documented criticism of Israel. I do object when supposedly intelligent people single the Jewish state out above states that are horrific in their treatment of their populations. We are going through the biggest upheaval in the Middle East since the 7th and 8th centuries, and it's clear that Arabs and Iranians are rebelling against terrifying regimes that fight back by killing their own citizens.

Israeli citizens, Jews and Arabs alike, do not rebel (though they are free to protest). Yet Edinburgh students mount no demonstrations and call for no boycotts against Libya, Bahrain, Saudi Arabia, Yemen, and Iran . They prefer to make false accusations against one of the world's freest countries, the only country in the Middle East that has taken in Darfur refugees, the only country in the Middle East that gives refuge to gay men and women, the only country in the Middle East that protects the Bahai's.... Need I go on?

The imbalance is perceptible, and it sheds no credit on anyone who voted for this boycott. I ask you to show some common sense. Get information from the Israeli embassy. Ask for some speakers. Listen to more than one side.

Do not make your minds up until you have given a fair hearing to both parties. You have a duty to your students, and that is to protect them from one-sided argument.

They are not at university to be propagandized. And they are certainly not there to be tricked into anti-Semitism by punishing one country among all the countries of the world, which happens to be the only Jewish state. If there had been a single Jewish state in the 1930's (which, sadly, there was not), don't you think Adolf Hitler would have decided to boycott it?

Your generation has a duty to ensure that the perennial racism of anti-Semitism never sets down roots among you. Today, however, there are clear signs that it has done so and is putting down more. You have a chance to avert a very great evil, simply by using reason and a sense of fair play. Please tell me that this makes sense. I have given you some of the evidence.

It's up to you to find out more.

Yours sincerely,
Denis MacEoin

Rosh Chodesh & The Freedom of Time ... 100 Pain Filled Days Later

Michal Horowitz

In this week's parsha, Parshas Bo, the Bnei Yisrael finally march to freedom. After 210 years in Egypt, the redemption unfolds. The final three makkos – locusts, darkness, and the plague of the firstborn – are brought upon Egypt, the final blow that decimates an already destroyed country and land.

To prepare for the Exodus, the nation is commanded regarding the Korban Pesach, the Paschal lamb, that is the korban of geula and symbol of redemption (Shemos 12). However, immediately preceding the commands regarding the Korban Pesach, Hashem relays the first national mitzvah to Moshe and Aharon:

And Hashem spoke to Moshe and Aharon in the land of Egypt saying: הַחֹדֶשׁ הַזֶּה לָכֶם, ראש חודשים ראשון הוא, לָכֶם, this month shall be to you the head of the months; it shall be to you the first of the months of

the year (Shemos 12:1-2). Rashi explains: *על חדש ניסן אמר לו, זה יהיה ראש לסדר מנין הקדשים, שיהא איר קרוי שני, סיון* – the first month of the year is Nissan, and it will be first in the counting of the months, with Iyar being the second month and Sivan the third, and so on through the year (ibid).

It is important to consider the lessons learned from this first national mitzvah, the mitzvah of Rosh Chodesh, which was commanded to the nation as it prepared to leave Egypt. If we would contemplate some of the most significant mitzvos in the life of a Torah Jew, we might consider Shabbos, kashrus, taharas ha'misphacha, tzedaka, Yom Kippur, to be very weighty mitzvos. What can we learn from that fact that Hashem commanded the people regarding Rosh Chodesh, before commanding them regarding any other mitzvah?

Rabbi Josphe B. Soloveitchik, zt'l, the Rav, teaches, “‘This month shall be to you the head of the months.’ The first commandment they were given in Egypt, which signaled the commencement of their liberation, was to mark time. A slave is relieved of mitzvos asei she’hazman gerama, of time-bound positive commandments. This is because the slave lacks time experience. To the slave, time is a curse; he waits for the day to pass. The slave’s time is the property of his master. No matter how hard he may try to be productive in time, he will not reap the harvest of his work; therefore, he is insensitive to time. His sense of the movement of time, the passing of hours, days, weeks, is very dull. Life, to the slave personality, is motionless. He lacks the great excitement of opportunities knocking at the door, of challenges summoning him to action, of tense expectations and fears of failure. Any faith which is inseparably bound up with time is inapplicable to him” (Chumash Masores HaRav, commentary to Shemos 12:2).

The first national mitzvah was to mark, appreciate, and embrace the gift of time. Because no other mitzvah symbolizes freedom as does that of time. The moment in which I currently exist represents eternity. It holds within it the capacity for spirituality, for tefilah, for acts of chessed, for Torah learning, for doing for Am Yisrael and HKB”H, keviyachol. If one has the freedom to utilize every moment of time, he is indeed, a free man. And if he does not own his time, no other mitzvah, or event, has meaning or significance, for time cannot be utilized at will when one is a slave.

December 1, 2023: Moran Aloni, whose sisters Danielle and Sharon and three nieces were returned from captivity this week, said “‘minimal conditions’ would be an exaggeration” to describe what they went through while held hostage. “There wasn’t food every day. And if there was something one day it was not something you could count on to satisfy you. It kept them alive,” adding sometimes they would need to decide whether to save food for the evening since they weren’t sure if they’d receive something else.

Sharon’s husband David, also held hostage by Hamas, was initially held together with his wife, then later separated, Aloni said. The captors also tried to dampen their spirits, telling them that “Israel gave up on them. And it was something they felt — that Israel decided arbitrarily to raze everything. They had no idea what was going on,” he said.

Doctors have said that hostages have lost weight in captivity, and parents have said their children are instinctively speaking in whispers after being forced to be quiet during their nearly two months of captivity. A top Israeli doctor treating freed hostages said he’s heard testimonies that “are hard to bear” about their experiences in captivity. Individuals have “undergone hardship, physically and mentally,” said Dr. Itai Pessach, Director of Safra Children’s Hospital at Sheba Medical Center, at a press conference. “I feel the need to make their cry heard,” he said. “The world needs to know how evil and cruel the behavior of Hamas is.” He said he is not sharing details due to patients’ privacy, and says it is for them to tell their stories to the public (<https://www.timesofisrael.com/relative-of-freed-captives-say-hamas-branded-child-hostages-in-case-they-escaped/>).

Rav Soloveitchik teaches that, “Time-awareness also contains a moral element: responsibility for emerging events and intervention in the historical process. Man, according to Judaism, should try to mold and fashion the future. That is exactly why he has been created as a free agent. Man is free to reach central and basic decisions that will determine his, and sometimes the world’s, future.

“To connect retrospection with anticipation, memory with expectation, hindsight with foresight – one must cherish the present, fleeting moment as if it represented eternity. Judaism has a very sensitive approach to the present: every minute is valuable, each second is precious. With a fraction of a second, one may realize or destroy hopes, visions and expectations” (Chumash Masores HaRav, commentary to Shemos 12:2).

As we mark over 100 days of the captives in captivity, over 100 days when their time belongs to their cruel and wicked kidnappers, may their names be erased, over 100 days of their families torturous, sleepless nights and journeys through an alternative world of time, let us daven, hope and long for the immediate day when each captive, and his/her family, will once again be able to embrace the gift of **הַחֲדָשׁ הַזֶּה לָכֶם**, your time is now your own.