



Congregation Schomre Israel of Poughkeepsie

Shabbat Bulletin

כ"ט תשרי התשפ"ד
שבת פרשת בראשית
Parshat Bereishes
October 13-14, 2023 / 5784

Rabbi
Shlomo Krasner

Acting President
Michael Rosenblatt

Gabbai
Abe Weisfelner

Sisterhood
Cassia Brown Roberta Grosman

שבת שלום * *Shabbat Shalom*

Shabbat Parshat Bereishes

Haftara: Shmuel I 20 18-40

Friday, October 13

6:00pm Mincha, Kabbalat Shabbat
and Maariv

5:59pm Candle Lighting

7:00pm Earliest Time for Shema

Shabbat, October 14

9:00am Shacharit

9:53am Sof Zman Shma

1:12pm Earliest time for Mincha

6:59pm Havdala

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

**Yoni Schneider
Avi Nattan bas Beila Miriam**

COMING WEEK SCHEDULE

Weekday Shacharis: 7:00am

Sunday 15th:

Rosh Chodesh Shacharis and Tehillim 8:30am

Rosh Chodesh Breakfast (~9:30am)

Jewish War Veterans - 9:00am

Putting away the Sukkah (weather permitting) ~10:00am

Unveiling for Dan Wiko 3:00pm –

Cedar Cemetery Paramus 735 Forest Ave, Paramus, NJ 07652

Monday 16th:

Yoga 10:00am

Tuesday 17th:

***Conversational Hebrew** (Possessive Pronouns) 11:45am

***Reading Hebrew 204** (High Holiday prayers) 6:00pm

Thursday 19th:

Yoga 10:00am

***A Window into Yesteryear** 7:00pm *France 1000s with Rashi*
7:00pm

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

Next Sunday 22nd:

Gathering in prayer, inspiration, unity, and solidarity

– Details forthcoming

A few ways to help in our struggle for Survival:

Charities:

Orthodox Union (verified) - <https://upreaching.com/israel/Orthodox-Union?spMailingID=35157660>

National Council of Young Israel (verified) - <https://youngisrael.org/donations/support-the-idf>

For a friend's brother's platoon to have protective gear (verified) <http://www.levlachayal.org/donate>

Important!! Please add in the message box "For Simcha Lubling platoon"

Protective Vests (verified) <https://www.theyeshivaworld.com/news/headlines-breaking-stories/2230378/the-vest-shortages-an-urgent-need.html>

A List of Important Charities (unverified) - <https://www.standwithisrael.co.il>

Unxeptable (unverified) <https://www.unxeptable.org>

Taking Action:

Reach out to your representatives, local, state and federal and write to them or call them to support/continue support Israel till the end. <https://actnow.ajc.org/WV0VGeA>
<https://www.house.gov/representatives/find-your-representative> ,
<https://nyassembly.gov/mem/search/> <https://www.nysenate.gov/find-my-senator> ,etc

Reach out and thank President Biden for his support of Israel: <https://advocacy.ou.org/rabbi-moshe-hauer-take-action-thank-president-biden-for-his-support-of-israel>

Spiritually Adopt a Soldier <https://ncsy.org/standwithisrael>

Call out the Red Cross to ensure that the Israeli hostages are okay:
<https://www.icrc.org/en/contact#media-contacts>

Join rallies when our leaders promote them

Prayers, Tehillim and Mitzvos can have a huge effect

Stay Vigilant, Safe, and Aware



This.

Hamas: "WE WANT TO KILL YOU"

Okay, I'll seal you off from us so you can't kill us.
You can manage yourselves and we'll provide
aid and electricity for free.

Hamas: "WHAT?+ THIS IS A SIEGE! OPEN AIR
PRISON! GENOCIDE!"

If we let you out, will you kill us?

Hamas: "YES. WE WILL KILL EVERY JEW WE
FIND."

Okay. No.

Hamas escapes and kills every Jew they find.

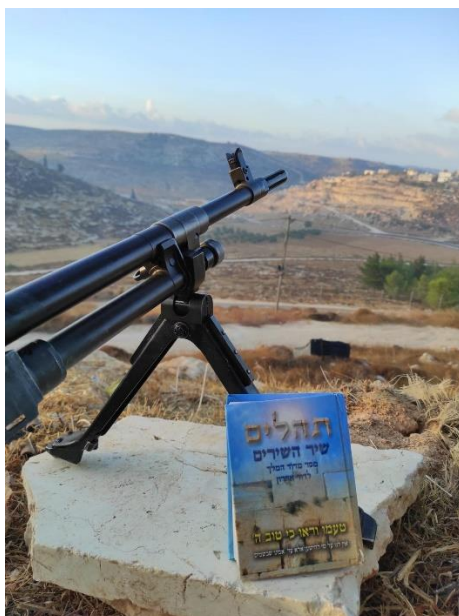
Islamic World: "See, they did this because you
built this wall. Israel, this is your fault."

THE FRISCH SCHOOL
ישיבת פריש
The Henry & Esther Swieca Family Campus

Dear Students and Parents,

Local psychologists have reached out to us
and informed us that the Israeli government is
urging parents to tell their children to delete
Instagram and Tik Tok immediately. We
strongly advise our students to do the same
as soon as possible. Terrorists are expected
to release distressing videos of hostages
begging for their lives. People who follow
Jewish or Israeli influencers may stumble
upon them. As one Israeli psychologist has
noted, "The videos and testimonies we are
currently exposed to are bigger and crueler
than our souls can contain."

Rabbi Eli Ciner, Principal



Send to every Jew



J U S T O N E
S H A B B O S

Parshas Bereishis

October 13-14, 2023 | All Around The World

Join the entire Klal Yisrael, all over the
world, in keeping Shabbos this week!

Let us unite in this mitzvah as a merit for
Hashem to make the Jews victorious and
to restore peace in Israel.

TOGETHER, we can bring the final
redemption!

From: Chief Rabbi Warren and Gina Goldstein

Dear partners and friends,

At this time of harrowing danger, let us harness the spiritual power of lighting Shabbat candles to pray for Israel. For generations, Jewish women have prayed for their children and families at candle-lighting.

This Friday afternoon, 18 minutes before sunset, after we light our Shabbat candles, let us pray for the families and children, and for the brave soldiers of the State of Israel. At a time when many of us are lost for words we offer you our personal prayer, to recite after you light your Shabbat candles this week.

This is a spiritual war against those who seek to destroy Israel, not because of its borders, but because of what it stands for as the world's only Jewish state. Our response must be to reaffirm our eternal Jewish values through Shabbat.

Please share this call and accompanying prayer with your mothers, sisters, daughters and grandmothers, and with all your friends and your wider community – and together, let's counter the darkness by bringing more light into the world.

“The Jewish people are redeemed in the merit of righteous women,” say our sages. In the merit of our prayers and the mitzvah of candle-lighting, may G-d bring security and safety to Israel and comfort to her people.

Prayer at Shabbat candle-lighting:

Our G-d and the G-d of our forefathers, Rock and Redeemer of Israel, hear my supplication in the merit of Sarah, Rivkah, Rachel and Leah, our mothers, and in the merit of lighting the holy Shabbat candles.

Protect and deliver the soldiers of the Israel Defence Forces and Security Forces, and all those engaged in saving lives, from all trouble and sorrow. Strengthen their hands and adorn them with the crown of Your salvation and victory.

I plead with You, Merciful One, in Your vast Majesty, liberate our captives, speedily deliver them from anguish to relief, and return them home to life and peace.

Save our brothers and sisters, our aged, men and women and children all who were wounded at the hands of the cruel enemy. Illuminate your presence for them and send them a complete healing, speedily in our days.

G-d, full of mercy and compassion, provide tranquil rest on the wings of the Divine Presence, for the souls of Your nation, men, women and children, murdered in cold blood, their blood spilled like water. May their eternal rest be in Gan Eden.

L-rd, our G-d, comfort the mourners of Your nation, heal the broken-hearted and bind up their wounds,

Turn Your countenance, oh G-d, to those dwelling in our land, from the border of Lebanon to the Egyptian desert; and spread over them Your shelter of peace, grant them safety, tranquillity and security. Send Your light and truth to the leaders of the State of Israel, her ministers and advisors, and grace them with Your good counsel.

Speedily bring your final redemption to the world, when “death will vanish in life eternal”, when You will “wipe away tears from all faces”, when “nation will not lift up sword against nation, neither will they learn war anymore... and the earth will be filled with the knowledge of G-d as the

waters cover the oceans.”

Amen.

[Link for full prayer](#)

From: **Shimrit Meir**

Saturday will be remembered as one of the most devastating days in Israel’s history.

The events were all too reminiscent of the attacks 50 years ago last week, on the morning of Yom Kippur, the holiest day of the Jewish year. That day, in October 1973, Israel was attacked by a coordinated Arab coalition triggering a brutal, three-week war. The country survived only because of the huge sacrifice of its young men and women. It traumatized an entire generation of Israelis and changed the nation profoundly.

Saturday was our 1973.

The videos circulating of Israelis — women, children, older people — taken hostage, defenseless, will haunt us for the rest of our lives. The images are anathema not only to the basic Israeli ethos of self-defense but also to the country’s *raison d’être* as a safe haven for Jews. It shakes us to the core, but we do not have the luxury to dwell in the shock. We don’t have the time to digest the horrors. The Israel Defense Forces need to find the strength to regroup immediately and, once it has contained the situation within Israel’s borders, recalibrate and retaliate in a way that holds Hamas and its allies accountable and has a strategic logic, too. Our political leadership as well must re-examine the path it has charted and significantly change course.

These tragic events have one protagonist: Hamas. But there are two major Israeli blind spots that prevented us from recognizing and forestalling what we should have seen. The first is a policy of trying to appease the enemy, in the hopes that Hamas would eventually grow out of its jihadist origin. Instead, it was Hamas’s military wing that grew — from a small organization to a powerful army. Our second blind spot was letting our internal political differences consume us, distracting us from external threats and dividing both our society and, critically, the army.

...

In the past five years, as Israel dissolved government after government and held divided election after divided election, and even more so in the past year since Benjamin Netanyahu was re-elected prime minister, the nation has been busy tearing itself apart from within. The Jewish state seems to have forgotten its second role in the world, as a place that embodies the idea of Jewish solidarity. Israelis instead found themselves engaged in an all-out war — not against terrorists but against themselves.

Over the past nearly 40 weeks, as the battle over the judiciary overhaul surfaced, violently, old questions of identity and religious affiliation, as well as ethnicity, class and privilege, shook the populace. Is Israel more Jewish or more democratic? Many in Israel experienced real anxiety: The judiciary change, presented by the most right-wing government in the country’s history, seemed to threaten the liberal nature of their beloved country. They felt that they were fighting for the soul of the nation and that in this fight, all bets were off and nothing was sacred — including the once-untouchable idea of shirking reserve duty in the army. Despite the turmoil in the streets, the ruling coalition refused to accept the fact that with a slim majority, it could not enforce such big changes without consensus, plowing ahead with ever more anxiety-inducing policies day by day.

As a nation, Israelis acted as if we could afford the luxury of a vicious internal fight, the kind in which your political rival becomes your enemy. We let animosity, demagoguery and the poisonous discourse of social media take over our society, rip apart the only Jewish army in the world. This is our tragedy. And it carries a lesson for other polarized democracies: There is someone out there waiting to gain from your self-made weakness. This someone is your enemy.

If there can be one conciliation after this darkest of days, it will be Israel returning to its senses, ending the political crisis and forming a unity government. There are many hard decisions that await us after the funerals, chief among them how to bring back home the young children and many

others taken hostage by Hamas's terrorists.

The acts of deep solidarity that we witnessed in the past day remind us of our true nature, beneath the layers of political differences and old resentments. So many have opened their homes to families fleeing the horrors in the south, lined up for hours to donate food, drink, blood. And then there are heroes who risked — and in too many cases sacrificed — their lives, going from home to home, saving family after family.

Joint Message from the **Agudah and Torah Umesorah**

With the death count over 1,200, thousands injured, over one hundred taken hostage, and soldiers on the front lines, the Israel-Hamas war is unparalleled in our generation. Horrifying pictures and videos of hostages, soldiers, victims, and those injured are circulating on social media and news sites. Much of this information is being distributed by Hamas and pro-Palestinian social media accounts with the abhorrent and traumatic goals of weakening the morale of Jews worldwide, and to show contempt to their victims. We anticipate that this disturbing material will only increase in the days to come, Hashem yeracheim, G-d forbid.

Please understand that exposure to this gruesome material can be extremely damaging emotionally. Therefore, anyone with social media accounts should refrain from using them, and to delete the apps from their phones to prevent seeing graphic images that can cause long-lasting psychological trauma. It is all the more incumbent upon us not to share these pictures or articles with our children.

While we never recommend that people should be on social media, at this time it is important to be especially vigilant. We request that anyone who sees any disturbing images not forward, share, or repost them in any way.

We call upon responsible news outlets to be sensitive to these concerns as they consider how they are covering the war in Gaza.

May our continued tefillos help bring a yeshuah.

From the OU

As you know, over Simchas Torah 5784 in the early hours of the morning, Hamas launched an unprecedented attack on Israel, killing unknown numbers of civilians and soldiers and taking hostages into Gaza.

It is easy to feel helpless being far away in America, as our brothers and sisters are sheltering in place, running to bomb shelters, and being called up to fight, but we can act from afar.

In addition to tefillah and tzedakah, we can ensure that America is there to support Israel in its time of extreme need. We have seen strong support from the U.S. government, both in statements and in action. Many of your senators, congressmen, and other political officials have made strong statements of support for the Israeli people and the IDF's actions against Hamas. You can help this effort by ensuring this support remains in place and by sending a message of thanks - hakaros hatov - to elected leaders if they have made a supportive statement.

You can look up your senators and representatives by clicking [here](#). Search their website and X (Twitter) account for any statements they may have recently made about the situation in Israel.

If their statement has been positive, you can send them a message of sincere appreciation by going to their website and sending them an email. Here is a sample you can copy and paste:

Dear Representative [insert His/Her Last name],

As a constituent and Jewish American with many friends and family in Israel, I want to thank you sincerely for your statement of support for our ally Israel in its time of need.

As you know, on October 7th, as Jews in Israel began celebrating the holiday of Simchat Torah—50 years since the devastating Yom Kippur War—the Iran-backed terror group Hamas launched an unprecedented attack on Israel, killing unknown numbers of civilians and soldiers and taking hostages into Gaza, including American citizens.

Your support gives us hope and encouragement that America will continue to be the best ally Israel has in the world.

Thank you from the bottom of my heart for your words.

Sincerely,

Your Name

Gareth Cliff

I am not a Jew and I'm not a citizen of Israel. I haven't even visited Israel. I don't trace my religion back to a holy site in Jerusalem and I don't have a problem with Arabs or Muslims or Christians. I've read about Abraham, Moses, David and Solomon; the Umayyads, the Abbasids and the Ottomans; I know about the British, the Balfour declaration, Ben Gurion and Golda Meir. I know a bit about the Six-Day War and the Intifada. I might not have any personal stake in the Holy Land, but humanity certainly does – and I'm a human being.

The women, men, children, elderly people and soldiers who were kidnapped, tortured, raped, humiliated and murdered on Saturday by Hamas in sovereign Israel were human beings too.

Those who did it to them are not.

Imagine what kind of rational and ethical gymnastics you have to do to justify the cold-blooded murder of teenagers at a music festival; or watching a child, perhaps 5 years old, being prodded with a stick and made to cry for his mother in Hebrew while children of a similar age laugh and mock him? We don't know that child's fate and for all we know what followed may have been much worse. It's depraved. To even enter a conversation about these disgraceful facts with a rehearsed retort about territory or Gaza being an "open-air prison" reeks of moral bankruptcy.

If you wail and scream about your land, dignity, rights, oppression and poverty but are willing to murder, rape, kidnap, torture or humiliate children; then I don't have to listen to your reasons. When the video footage, photographs and stories of Saturday's carnage come not from "Israeli propaganda" but from the Hamas terrorists themselves, then how am I to read anything else into it but that you want credit for these atrocities? You want me to know you did it. You want me to know you are proud of it. You want me to see you for who you are. Well, I do.

So, if you swarmed the Israeli Embassy in London, waving Palestinian flags and calling for genocide; if you went down to Times Square to celebrate a victory for decolonisation against "apartheid Israel"; if you sang along to "gas the Jews" chants at the Sydney Opera House or hung a "one settler, one bullet" Palestinian flag over Grayston bridge in Johannesburg then you're telling me who you are. Well, I see you – and you're my enemy.

I'm one of those people who believe civilisation is a real thing, and I've resisted the poison of moral relativists in the humanities departments of universities across the west who think that being nuanced about the idea of civilisation versus barbarism is a signal of intellectual prowess or critical self-reflection. Upon even a cursory investigation of these people or their positions, you will find every sign of pedestrian intelligence and self-absorbed navel-gazing, combined with a fetishisation of victimhood and always concomitant humourlessness. They too, are my enemies.

It is always interesting to note that only western liberal democracies tolerate and give succour

to the most heinous arguments and positions in public protests. You couldn't picket on the side of quite laudable things like education for girls in Taliban Afghanistan, gay rights in Syria, or against the death penalty in Saudi Arabia. The Ayatollahs of Iran wouldn't allow women to protest the hijab there under threats of violence. But London, New York, Sydney and even Johannesburg will embrace marches where people actively call for genocide. This is not how allies behave.

Perhaps when the dust has settled we can examine the insidious links between Anglo-American leftism and antisemitism, between Europe never reckoning with what happened in the holocaust and their growing Muslim populations, and between ignorant regimes like mine in South Africa and their determination to stand alongside the worst human rights abusers in the Middle East.

For now, it's no big mystery that this has nothing to do with the existence of the State of Israel and everything to do with Jew-hatred – that great, festering wound in the side of humanity from which all prejudice flows. It has been there for thousands of years and every time we think it has healed, some monstrous collective claws it open again.

Hamas aren't hiding the ball. Their leader, Ismail Haniyeh (safely skulking in Qatar) made this clear. He celebrated dead Jews, not territory won, nor Gazan lives saved.

I'm afraid there are only two sides in a war – your allies and your enemies. On September 11th 2001, I knew whose side I was on. I feel the same today.

Mark Levin

It's noteworthy that not a single Arab country has offered to accept Gaza Palestinians. Not one. And they are silent about Egypt keeping closed the main passageway for the Gaza Palestinians to leave Gaza, because Egypt doesn't want Gaza Palestinians coming into their country. Want more? Hamas Nazi leadership in Qatar has not asked Qatar, or any Arab country, take any Gaza Palestinians. Nor have Qatar or the Hamas Nazi leadership asked Egypt to stop blocking Gaza Palestinians from leaving Gaza. Of course, the Egyptians could house hundreds of thousands of Gaza Palestinians in the Sinai Peninsula. And no doubt the international community would assist with temporary housing, food, etc. But this would mean that the Arab world actually wants to help Gaza Palestinians rather than use their propaganda machine to attempt to turn Israelis into oppressors.

It's also noteworthy that the American and European media don't ask the Biden regime or the other leaders of countries around the world about any of this; they don't even report it. Yet, because the Arabs will not provide refuge to the Gaza Palestinians, and because the Qatar-funded and Iran-funded Hamas wages war against Israel, and Israel must now lose Lord knows how many soldiers in urban warfare in Gaza, the media will report numbers, Israel will be told its response to the Hamas Nazis should be "proportionate," and Blinken will continue to lecture Israel about rules of war when fighting terrorists who — by the way — are an exception to rules of war.

Chai – Ofrah Chaza

Shim'u echai, ani od chai
Ushte'ei einai od nisa'ot la'or
Rabim chochai, ach gam p'rachai
U'l'fanai shanim rabot misfor
Ani sho'el umitpalel
Tov shelo avda od hatikvah

Over mizmor, midor l'dor

Listen, my brothers, I'm still alive
And my two eyes are still raised to the light
Many are my thorns, but also my flowers
And ahead of me are years too numerous to count
I ask and I pray
It's good that hope was not yet lost

A psalm passes from generation to generation

K'ma'ayan mei'az v'ad olam
Ani sho'el umitpalel
Tov shelo avda od hatikva!

(Chorus:)
Chai, chai, chai - Ken, ani od chai!
Ze hashir shesaba
Shar etmol l'aba -
V'hayom ani.
Ani od chai, chai, chai
Am Yisrael chai
Ze hashir shesaba
Shar etmol l'aba
V'hayom ani.

Homim yamai v'leilotai
U'v'shamai amud ha'esh od kam
Ashir b'li dai [chai chai]
Efros yadai [chai chai]
L'y'didai asher mei'eiver yam
Ani sho'el umitpalel
Tov shelo avda od hatikva

Chorus - Chai , chai , chai

Shim'u echai, ani od chai
Ushte' einai od nisa'ot la'or
Az ko lechai, l'chawl orchai
Ul'vanai hamevakshim lachzor
Ani sho'el umitpalel
Tov shelo avda od hatikva

Chorus - Chai, chai, chai

Chai, chai, chai (2x)
Chai - Ani od chai, chai, chai!

Like a spring from long ago, and on to eternity
I ask and I pray
It's good that hope was not yet lost

Alive, alive, alive - Yes, I'm still alive!
This is the song which grandfather
Sang yesterday to father
And today I [sing]
I'm still alive, alive, alive
The people of Israel live
This is the song which grandfather
Sang yesterday to father
And today I [sing]!

My days and nights are full of life,
And in my sky the pillar of fire still rises*
I will sing endlessly
I'll spread out my hands
To my friends across the sea.
I ask and I pray
It's good that hope was not yet lost

Listen my brothers, I'm still alive
And my two eyes are still raised to the light
So here's to life! To all my guests,
And to my children who seek to return
I ask and I pray
It's good that hope was not yet lost

Alive alive alive (2x)
Alive, I'm still alive alive alive!

The Man From Vilna - Abie Rotenberg

I met a man last Sunday, who was on his way back home
from a wedding in Chicago, and was traveling alone.
He said he came from Vilna, a survivor I could tell
and I helped him with his suitcase, he could not walk very well.

A steward gave us coffee as we settled on the plane
and I asked him why he bothers, at his age there'd be no blame.
He said "no Simcha is a burden, though I miss my dear late wife"
and then he shared with me a story that has changed my view of life:

"We danced round and round in circles as if the world had done no wrong
from evening until morning, filling up the shul with song.
Though we had no Sifrei Torah to clutch close to our hearts
in their place we held the future of a past so torn apart.

I remember liberation, joy and fear both intertwined
where to go and what to do, and how to leave the pain behind?
My heart said 'go to Vilna', dare I pray yet once again
for the chance to find a loved one, or perhaps a childhood friend?

It took many months to get there, from the late spring to the fall

and as I, many others, close to four hundred in all,
and slowly there was healing, darkened souls now mixed with light
when someone proudly cried out, 'Simchas Torah is tonight!'

We danced round and round in circles as if the world had done no wrong
from evening until morning, filling up the Shul with song.
Though we had no Sifrei Torah to clutch close to our hearts
in their place we held the future of a past so torn apart.

We ran as one towards the shul, our spirits in a trance
and we tore apart the barricade, in defiance we would dance.
But the scene before our eyes shook us to the core
scraps of siddur, bullet holes, bloodstains on the floor.

Turning to the eastern wall, we looked on in despair
there'd be no scrolls to dance with, the holy ark was bare.
Then we heard two children crying, a boy and girl whom no one knew
and we realized that no children were among us but those two.

We danced round and round in circles as if the world had done no wrong
from evening until morning, filling up the Shul with song.
Though we had no Sifrei Torah to gather in our arms
in their place we held those children, the Jewish people would live on.

We danced round and round in circles as if the world had done no wrong
from evening until morning, filling up the shul with song.
Though we had no Sifrei Torah to clutch and hold up high
in their place we held those children, Am Yisrael Chai".

We danced round and round in circles as if the world had done no wrong
from evening until morning, filling up the shul with song.
Though we had no Sifrei Torah to gather in our arms
in their place we held those children, the Jewish people would live on
Am Yisrael Chai.
The Jewish people would live on.

The Jewish people WILL live on.