

The Bulletin is sponsored by Randi & Arnie Spier to express thanks to their Ahavat Achim family for its friendship, love and support during shiva for Arnie's mom, Karla Spier ע"ה.



CANDLE LIGHTING 4:13 PM | 11 TEVET 5784 | DECEMBER 23, 2023 | HAVDALA 5:17 PM

שבת פרשת ויגש SHABBAT PARSHAT VAYIGASH

Haftorah is Ezekiel 37:15-28. Final time for Kiddish Levanah of Tevet is Tuesday night, December 26 (15 Tevet) until the following daybreak.

FRIDAY EVENING

MINCHA 4:05 PM

SHKIA 4:32 PM

TZAIT HAKOCHAVIM 5:12 PM

SHABBAT

HASHKAMA 8:00 AM

MAIN 9:00 AM

LAST KRIAT SHEMA 9:36 AM

POST-HASHKAMA SHIUR 10:00 AM

FUNDAMENTALS SHIUR 11:15 AM

PRE-MINCHA SHIUR 3:25 PM

MINCHA 4:05 PM

MAARIV 5:17 PM

SEUDAH SHLISHIT

Seudah Shlishit is sponsored by Natasha & Daniel Borsuk to commemorate the Yahrtzeit of Natasha's father, חנוא בן פייוועל הכהן, Henry Nadler ע"ה.

MAZEL TOV

Mazel tov to Elianna & Aaron Czin (and big brother Judah) on the birth of a son. IY"H, the Shalom Zachar will be at the Czin home this Friday night from 7:30 PM until precisely 9:00 PM.

גדלוהו לתורה ולחופה ולמעשים טובים וכניסוהו לביתו בזמנו ובעתו. May they raise him to Torah, chuppah and good deeds, and may he be entered into the covenant of Abraham.



COMMUNITY EVENT

The Fair Lawn Mikvah Association invites all women of the community to join us at our first Annual Mikvah Dinner to take place IY"H on Saturday night, February 17, 2024. Further details to follow.

DR. SHNITZEL WACKY SCIENCE SHOW



Sunday, December 24. Doors open at 10:00 AM, show is at 10:30 AM. \$15 per child (under 2 is free), \$35 family maximum.

CONDOLENCES

Condolences to Murray & Ellen Chass on the death of Lior Sivan ע"ה, the husband of their granddaughter Liav, during a military operation in Gaza. המקום ינחם אתכם בתוך שאר אבלי ציון וירושלים

עשרה בטבת - FAST OF TENTH OF TEVET - FRIDAY, DECEMBER 22
FAST BEGINS 6:09 AM - FAST ENDS AT SHABBAT KIDDUSH AFTER 5:12 PM
(REMEMBER THAT IT IS ALWAYS FORBIDDEN TO TAKE EVEN A SIP OF WATER ONCE SHABBAT BEGINS UNTIL FRIDAY NIGHT KIDDUSH)



SUNDAY
12/24

MONDAY
12/25

TUESDAY
12/26

WEDNESDAY
12/27

THURSDAY
12/28

FRIDAY
12/29

WEEKDAY MINYANIM AT AHAVAT ACHIM

SHACHARIT	8:00 AM	8:00 AM	6:25 AM	6:25 AM	6:15 AM	6:25 AM
MINCHA/MAARIV	4:22 PM	4:22 PM	4:22 PM	4:23 PM	4:23 PM	4:20 PM

ZMANIM

Earliest Talit	6:19 AM	6:19 AM	6:19 AM	6:20 AM	6:20 AM	6:20 AM
Gedolah	12:19 PM	12:19 PM	12:20 PM	12:20 PM	12:21 PM	12:21 PM
Shkia	4:34 PM	4:34 PM	4:34 PM	4:35 PM	4:36 PM	
Tzait	5:14 PM	5:14 PM	5:14 PM	5:15 PM	5:16 PM	

Rabbi Ely Shestack

President Stephen Agress

UPCOMING EVENTS

January 2 - Dr. Nava Silton Lecture, "Parenting & Mental Health in the Modern World", Part 2 - "Grit/Effortful Perseverance". 8:30 PM, via Zoom.

January 6 - Bowling Night, 7:30 PM. Details to come.

March 9 - Dr. Nava Silton Lecture, "Parenting & Mental Health in the Modern World", Part 3 - "Creativity, w/ Interactive Game". 8:30 PM, at the Shul.

IN OUR FUTURE

January 5 - Musical Kabbalat Shabbat

January 6 - Seudah Shlishit is sponsored by Betsy & Marty Sonnenblick for the yahrzeit of Marty's mother מרת זלמן בת מאטל, Helene Sonnenblick^{ע"ה}, and Steven Plotnick in honor of a siyum on Yerushalmi Mesechet Shevi'it.

January 27 - Seudah Shlishit is sponsored by the Plotnicks on the yahrzeit of Gail's father, אברהם נחום בן משה, Alan Hodes^{ע"ה}.

February 2 - Musical Kabbalat Shabbat

February 3 - Kiddush is sponsored by Gail & Steven Plotnick on the conclusion of Gail's aveilus for her father, אברהם נחום בן משה, Alan Hodes^{ע"ה}.

February 3 - Seudah Shlishit is sponsored by the Agresses to commemorate the Yahrzeit of Stephen's father, HaRav Chaim ben Yehoshua, Rabbi Hyman Agress^{ז"ל}.

February 10 - Seudah Shlishit is sponsored by the Garfunkels on the Yahrzeit of David's father, יהושע פאליק ב"ר משה הכהן^{ע"ה}.

February 17 - Seudah Shlishit is sponsored by Lori & David Garfunkel on the Yahrzeit of Lori's father, משה מרדכי בן אהרן, Moish Markovitz^{ע"ה}, together with David's grandfather, חיים בן אברהם הלוי.

March 8 - Musical Kabbalat Shabbat

KIDDUSH & SEUDAH SHLISHIT

● THIS WEEK'S KIDDUSH IS DAIRY.

- To sponsor a Kiddush (prices start at \$318, plus a bottle of scotch) email dmgarfunkel@gmail.com to coordinate details and budget.
- To sponsor for \$136 Seudah Shlishit (or in the case of multiple sponsors, \$100 per sponsor), email David at dmgarfunkel@gmail.com.

SHIURIM



- SAMSON RAFAEL HIRSCH** ON THE PARSHA, Tuesdays at 1:00 PM, in person and on zoom: <https://zoom.us/j/7291311899> (PW: 112233).
- TORAH FOR YOUR COMMUTE**, via a Whatsapp group, with 3-minute daily halacha insights and a weekly 5-minute parsha elucidation. To join email Rabbi Shestack at rabbishestack@gmail.com.



- SHABBAT GEMARA SHIUR**, 40 minutes before mincha.
- SHABBAT ONEG SERIES**.
- FUNDAMENTALS OF JEWISH THOUGHT**, after Shabbat kiddish.
- MESORAH-IN-REVERSE** lecture series at Seudah Shlishit.
- Tzurba M'Rabanan discussing Shabbat: Tuesdays, 7:30 PM, on Zoom with Shalom Brauser.
- Tzurba M'Rabanan on Kashrut, Wednesday, 8:30 PM by Rebetzin Chana, at her home.

REVERSE

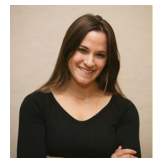
SHALOM BRAUSER, OUR TEEN MENTOR/ADULT EDUCATOR

Middle school Chabura will take place every third shabbat. Upcoming Chabura dates are as follows:

February 2/3



DR. NAVA R. SILTON LECTURES



The second of a 3-part series entitled "Parenting & Mental Health in the Modern World", will be held on January 2 at 8:30 PM via Zoom, on the topic of "Grit/Effortful Perseverance", and then again on March 9 at 8:30 PM at the shul on "Creativity" with an interactive game she created! RSVP to: <https://forms.gle/aAxVZKFohfSSBAyc7>.

GITA COOPERWASSER^{ע"ה} YOUTH EVENTS

December 30 - Parent Child Learning, 6:15 - 7:00 PM, hosted by Farnaz & David Gorelik

GITA COOPERWASSER^{ע"ה} YOUTH PROGRAM



- SHABBAT YOUTH LEADERS, 1ST - 4TH GRADE: NICOLE & ABBY AND 3 YRS - K: PERRI & LYLA**
- Youth group for children in 1st to 4th Grades starts at 9:00 AM (Drop Off) in the Youth Room on the left upon entering the social hall.
- Youth group for children 3 years old through Kindergarten starts at 9:30 AM (Drop Off) in the Youth Room on the right upon entering the social hall.
- Parent & Me room opens at 9:30 AM in the Beit Midrash.
- 5th through 9th graders will meet for Torah and games at 10:00 AM in the David Schwitzer Social Hall.
- Rabbi Meet & Greet, every Friday night, kids can come over to the Rabbi after davening to receive a cup of grape juice and a ticket!
- Children's corner at Seudah Shlishit, 1st to 4th graders will get 10 Torah questions in 10 minutes from Rabbi Shestack, with special snacks, tickets and more.
- Children earn tickets for coming to minyan (Friday night and/or Shabbat day), asking the rabbi questions or attending parent-child learning programs! Tickets can be redeemed for prizes.



18-25 Saddle River Road
Fair Lawn, NJ 07410
201.797.0502

<http://www.ahavatachim.org>

DR. SHNITZEL WACKY SCIENCE SHOW

SUNDAY, DECEMBER 24
DOORS OPEN AT 10 AM, SHOW AT 10:30 AM



KIDS OF ALL AGES WELCOME!

EARLY BIRD (UNTIL 12/20): \$12/CHILD, \$28MAX/FAMILY
AFTER 12/20: \$15/CHILD, \$35 MAX/FAMILY
CHILDREN 2 AND UNDER: FREE

CONGREGATION AHAVAT ACHIM
18-25 SADDLE RIVER ROAD, FAIR LAWN, NJ

QUESTIONS? EMAIL YOUTH@AHAVATACHIM.ORG



MOTZEI SHABBAT PCI!

Parent Child Learning

WITH RABBI SHESTACK

DECEMBER 30 ~ 6:15-7:00 PM

PIZZA



DAVID & FARNAZ GORELIK HOME

1ST - 4TH GRADE



LEARNING



COME LEARN WITH US IN A COMFORTABLE ENVIRONMENT,
EARN TICKETS AND PRIZES, AND ENJOY PIZZA!

RSVP BY DEC 26 TO
YOUTH@AHAVATACHIM.ORG FOR ADDRESS



AHAVAT ACHIM
קהלת אהבת אחים

THE FAMILY GROUP

CHILDREN'S CORNER @ SEUDAH SHLISHIT 1ST-4TH GRADERS

10
questions
in 10
minutes!

EXCLUSIVE KIDS TABLE

FEATURING

TORAH QUESTIONS WITH RABBI SHESTACK

SPECIAL SNACKS, TICKETS & MORE!

FOLLOWED BY FREE PLAY

Starting 11/25 until Pesach



AHAVAT ACHIM
SEUDAH SHLISHIT

11/25/2019 - 3/27/2020

Musical Kabbalat Shabbat Series

WINTER 2023 - 2024

**NOV
10**

**DEC
08**

**JAN
05**

**FEB
02**

**MAR
08**


AHAVAT ACHIM
— קהלת אהבת אחים —
THE FAMILY SHUL

Join us for an uplifting Kabbalat Shabbat on Friday nights coinciding with Shabbat Mevarchim throughout the winter!



PARENTING & MENTAL HEALTH IN THE MODERN WORLD

A LECTURE SERIES BY
DR. NAVA R. SILTON, PH.D.

MONDAY, NOVEMBER 13TH @ 8:30PM ON ZOOM:
EMOTIONAL INTELLIGENCE

TUESDAY, JANUARY 2ND @ 8:30PM ON ZOOM:
GRIT / EFFORTFUL PERSEVERANCE

SATURDAY, MARCH 9TH @ 8:30PM AT AHAVAT ACHIM:
CREATIVITY (W/ INTERACTIVE GAME!)

Nava R. Siltan, Ph.D. is a Developmental Psychologist and a Full Professor at Marymount Manhattan College, where she teaches classes in Child Development, Cognition, Personality, Creativity, Children's Media. Learn more here: <https://www.drnavasilton.com/>



AHAVAT ACHIM
קהלת אהבת אחים
THE FAMILY SHUL



Covenant & Conversation

Jonathan Sacks
THE RABBI SACKS LEGACY

VAYIGASH • ויגש

FROM THE TEACHINGS AND WRITINGS OF **RABBI LORD JONATHAN SACKS** ר"צ

With thanks to the Schimmel Family for their generous sponsorship of Covenant & Conversation, dedicated in loving memory of Harry (Chaim) Schimmel.

"I have loved the Torah of R' Chaim Schimmel ever since I first encountered it. It strives to be not just about truth on the surface but also its connection to a deeper truth beneath. Together with Anna, his remarkable wife of 60 years, they built a life dedicated to love of family, community, and Torah.

An extraordinary couple who have moved me beyond measure by the example of their lives." — Rabbi Sacks

The Space Between

"What do porcupines do in winter?" asked Schopenhauer. "How can they stay warm?" If they come too close to one another, they will injure each other. If they stay too far apart, they will freeze. Life, for porcupines, is a delicate balance between closeness and distance. It is hard to get it right, and dangerous to get it wrong. And so it is for us.

That is the force of the word that gives our parsha its name: *Vayigash*. "And he came close."

Then Judah came close to him and said: "Pardon your servant, my lord, let me speak a word to my lord. Do not be angry with your servant, though you are equal to Pharaoh himself."

Gen. 44:18

For perhaps the first time in his life, Judah came close to his brother Joseph. The irony is, of course, that he did not know it was Joseph. But that one act of coming close melted all of Joseph's reserve, all of his defences, and as if unable to stop himself, he finally disclosed his identity:

Then Joseph said to his brothers, "I am Joseph! Is my father still alive?"

Gen. 45:3

How can we be sure that *Vayigash* is the key word? Because it contrasts with another verse, many chapters, and many years, earlier.

But they saw him in the distance, and before he reached them, they plotted to kill him.

Gen. 37:18

Right at the beginning of the story, when Joseph was sent by his father to see how the brothers were doing, tending the sheep, they saw him from far away, from a distance. Imagine the scene. They cannot see his face. All they can see is the richly ornamented cloak, the "coat of many colours," that so upsets them. This coat acts as a constant reminder that it is he, not they, whom their father loves most.

From far away, we don't see people as human beings, and when we stop seeing people as human beings, and they become instead symbols, objects of envy or hate, people can do bad things to one another. The whole tragedy of Joseph and his brothers was distance. They were too far apart in every way.

Which is why it was only when Judah came close to Joseph – *vayigash* – that the coldness between them thawed, and they became brothers, not strangers to one another.

Too much distance and we freeze. But if we get too close we can injure one another. That was the story of Jacob and Esau. Think about it. Jacob bought Esau's birthright. He stole his blessing. He wore Esau's clothes. He borrowed his identity. Even when they were born, Jacob was clutching Esau's heel.

It was only when there was a distance between them – the 22 years in which Jacob was away from home, with Laban – that the relationship healed, so that when they met again, despite Jacob's fears, Esau embraced and kissed him and treated him like a brother and a friend.

Too close and we hurt one another. Too distant and we freeze.

How then do we make and sustain relationships, if the balance is so fine and it is so easy to get it wrong? The Torah's answer – already there in the first chapter of the Torah – is: first separate, then join. The verb *lehavdil*, “to separate,” appears five times in the first chapter of Bereishit. God separates light from darkness, the upper and lower waters, sea and dry land. Separation is at the heart of Jewish law – between holy and profane, pure and impure, permitted and forbidden.

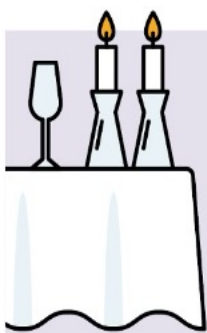
In Judaism *kadosh*, holy, means separation. To sanctify is to separate. Why? Because when we separate, we create order. We defeat chaos. We give everything and everyone their space. I am I and not you. You are you and not I. Once we respect our difference and distance, then we can join without doing damage to one another.

First separate, then connect. That seems to be the Jewish way.

Heart-wrenching separations also appear at both ends of the Abraham story. At the beginning of his mission, Abraham was told to separate himself from his father, to leave his home and journey to a new land, faraway. Towards the end he was told to separate himself, in different ways, from each of his two sons. These painful episodes represent the agonising birth-pangs of a new way of thinking about humanity. But ultimately, we see his sons standing together again, and he is reconciled with both.

That is how God created the universe, and that is how we create real personal relationships. By separating and leaving space for the other. Parents should not seek to control children. Spouses should not seek to control one another. It is the carefully calibrated distance between us in which relationship allows each party to grow into full individuals. And then to be seen, when we stand back and really look at them – but not too far back.

The most beautiful symbol of the problem and its resolution is the ceremony of havdallah at the end of Shabbat and especially the havdallah candle. The wicks are separate but the flame they make is joined. So it is between husband and wife. So it is between parent and child. And so it is, or should be, between siblings. Distance damaged the relationship between Judah and Joseph. *Vayigash* – Judah's act of drawing close to his brother – restored it.



Around the Shabbat Table

1. When have you experienced the balance between closeness and distance in your relationships with family and friends?
2. How do you think the narrative of Yosef and his brothers would have been different if they had been “closer” at the start? Do you think the brothers would have then needed some distance to maintain their relationship?
3. Where else in the Tanach do we consider the idea of distance and closeness?

● These questions come from this week's **Family Edition** to Rabbi Sacks' Covenant & Conversation. For an interactive, multi-generational study, check out the full edition at www.RabbiSacks.org/covenant-conversation-family-edition/vayigash/the-space-between/