



CANDLE LIGHTING 4:47 PM | 17 SHEVAT 5784 | JANUARY 27, 2024 | HAVDALA 5:52 PM

שבת שירה/פרשת בשלח
SHABBAT SHIRAH
PARSHAT BESHALACH

Haftorah is Judges 4:4-5:31.

FRIDAY EVENING

MINCHA 4:50 PM

SHKIA 5:06 PM

TZAIT HAKOCHAVIM 5:46 PM

SHABBAT

HASHKAMA 8:00 AM

MAIN 9:00 AM

LAST KRIAT SHEMA 9:41 AM

POST-HASHKAMA SHIUR 10:00 AM

FUNDAMENTALS SHIUR 11:30 AM

PRE-MINCHA SHIUR 4:00 PM

MINCHA 4:40 PM

MAARIV 5:52 PM

KIDDUSH



Kiddush is sponsored by Vivian Lerner and family; Avi, Yaakov & Shua Relkin; Dini & Shai Neiger; and Rivki & Zach Berman in honor of the upcoming Bat Mitzvah of Esther Emunah Berman. Mazel tov to the entire extended family.

יעלה מעלה מעלה במעלות התורה והיראה ומעשים טובים
 May she only grow further in the heights of Torah, fear of God, and good deeds.

SEUDAH SHLISHIT

Seudah Shlishit is sponsored by Gail & Steven Plotnick on the yahrzeit of Gail's father, אברהם נחום בן משה, Alan Hodes ע"ה.

**RSVP FOR OUR FRIDAY NIGHT
 (FEB. 2) ZEMIROT & DINNER**

Join us for a musical extravaganza with Chazzan-In-Residence Binyamin Abramowitz. RSVP by January 28 here: [DINNER](#).

**SUPER BOWL KIDDUSH -
 MOTZEI SHABBAT BOWLING**

Super Bowl Kiddush/Chulent Cookoff is on Shabbat, Feb. 10! To sponsor and/or be a chulent chef, click: [SUPER BOWL](#). That Saturday night we are bowling (sign up here: [BOWLING](#)).



**ROUND ROBIN MEGILLAT
 ESTHER PEREK-BY-PEREC
 SHIUR**



The next "round robin" will be for Megillat Esther at Seudah Shlishit on March 23.

To sign up to present on a perek please contact Andrew Wigod or click here to indicate the Perek you want to speak on: [ESTHER](#).

BARUCH DAYAN HA'EMET

We regret to inform you of the passing of Harry Scheiner, beloved stepfather of Amy Agress.

המקום ינחם אתכם בתוך שאר אבלי ציון וירושלים



SUNDAY
1/28

MONDAY
1/29

TUESDAY
1/30

WEDNESDAY
1/31

THURSDAY
2/1

FRIDAY
2/2

WEEKDAY MINYANIM AT AHAVAT ACHIM

SHACHARIT	8:00 AM	6:15 AM	6:25 AM	6:25 AM	6:15 AM	6:25 AM
MINCHA/MAARIV	4:56 PM	4:57 PM	4:59 PM	5:00 PM	5:01 PM	5:00 PM

ZMANIM

Earliest Talit	6:14 AM	6:13 AM	6:12 AM	6:11 AM	6:11 AM	6:10 AM
Gedolah	12:34 PM	12:35 PM	12:35 PM	12:35 PM	12:35 PM	12:36 PM
Shkia	5:08 PM	5:09 PM	5:11 PM	5:12 PM	5:13 PM	
Tzait	5:48 PM	5:49 PM	5:51 PM	5:52 PM	5:53 PM	

UPCOMING EVENTS

January 30 - Board Meeting, 8:30 PM
Feb. 2 - Zemirot & Dinner Extravaganza
February 10 - Pre-Superbowl Kiddush
February 10 - Bowling Night, 8:00 PM
March 1 - Shabbat Across America Dinner
March 8 - Musical Kabbalat Shabbat
March 9 - Dr. Nava Siltan Lecture.
March 10 - Musical Hallel and Open House
March 23 - Megillat Esther Round Robin.
 Contact Andrew to volunteer.
March 30 - Trivia Night, Details to Follow.
April 20 - Pre-Pesach Luncheon/Shir Hashirim Round Robin
May 11 - Prospective Family Shabbaton

IN OUR FUTURE

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.

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

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

February 17 - Kiddush is sponsored by Deborah & Mitchell Kempin to celebrate the birth of their granddaughter Isabelle Sarah to Elissa and Michael.

February 17 - Seudah Shlishit is sponsored by the Garfunkels on the Yahrzeit of Lori's father, משה מרדכי בן אהרן, Moish Markovitz"ע, together with David's grandfather, חיים בן אברהם הלוי, and by the Greenes to commemorate the Yahrzeit of Elliot's mother, Sylvia Greene"ע, Sarah bat Ya'acov Tzvi.

March 9 - Seudah Shlishit sponsored by Eli Zeron in memory of רינה בת חנה

May 25 - Kiddush is sponsored by Aliza & Richie Mayer in honor of Sophie's Bat Mitzvah.

KIDDUSH & SEUDAH SHLISHIT

● THIS WEEK'S KIDDUSH HAS MEAT.

- To sponsor a Kiddush (prices start at \$318, plus a bottle of scotch) email dmgarfunkel@gmail.com to coordinate details and budget.

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.
- FUNDAMENTALS OF JEWISH THOUGHT, after Shabbat kiddush.
- 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.



SHALOM BRAUSER, OUR TEEN MENTOR/ADULT EDUCATOR

Middle school Chabura takes place every third shabbat. Next is **February 2/3**



DR. NAVA R. SILTON LECTURES



Last installment of "Parenting & Mental Health in the Modern World", is March 9 at 8:30 PM at the shul entitled "Creativity" with an interactive game she created! To RSVP click: [Mental Health](#)

COMMUNITY NEWS

February 17 - First Annual Fair Lawn Mikvah Dinner, at Shomrei Torah, 8:00 PM, \$85 PP (only \$72 PP if paid before 1/24). Sign up at fairlawnmikvah.org/dinner.

Feb. 20-22 - Bergen County Unity Mission to Israel. Contact Rabbi Shestack for Info.

GITA COOPERWASSER"ע YOUTH EVENTS

March 17 - Purim Youth Event, 2:00 PM. Details to follow.

GITA COOPERWASSER"ע YOUTH PROGRAM



- SHABBAT YOUTH LEADERS, 1ST - 4TH GRADE: LETIZIA & ARIELLA ; 3 YRS - K: PERRI & NICOLE**
- 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>



AHAVAT ACHIM

קהלת אהבת אחים

THE FAMILY SHUL

You're invited to join us as

AHAVAT ACHIM GOES BOWLING!

Saturday, February 10th at 7:30pm

at Parkway Lanes,
200 Route 46
Elmwood Park, NJ 07407

RSVP to save your spot by 2/6!

\$25 per participant
(covers bowling shoes & lane fee)

THIS IS AN ADULTS ONLY EVENT!
RSVP EARLY; MAX 20 PLAYERS!





AHAVAT ACHIM
— קהלת אהבת אחים —
THE FAMILY SHUL

Join us for a

Friday Night Shabbat Zemiroth Extravaganza

Pair your Friday night dinner with the
"sounds of Shabbat" featuring our
Chazzan in Residence,

BINYAMIN ABRAMOWITZ

February 2, 2024 after davening

ADULTS (12 YEARS OLD +) - \$25

CHILDREN AGES 6 - 11 - \$13

CHILDREN AGES 3 - 5 - \$5

FAMILY MAX - \$72

events@ahavatachim.org

**RSVP here by
1/28/2024!**





AHAVAT ACHIM
קהלת אהבת אחים
THE FAMILY SHUL

join us for our annual

SUPER BOWL KIDDUSH & CHULENT COOKOFF

ON FEBRUARY 10TH

SIGN UP HERE
TO BE A SPONSOR
AND/OR CHULENT CHEF!

SPONSORSHIPS:
1ST QTR: \$54
HALFTIME: \$72

SPONSORSHIPS:
3RD QTR: \$118
FINAL: \$180



EVENTS@AHAVATACHIM.ORG



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



THE FAIR LAWN MIKVAH ASSOCIATION
CORDIALLY INVITES ALL WOMEN
to the

FIRST ANNUAL DINNER OF THE MIKVAH CHAVA FAIGA OF FAIR LAWN

FEATURING

Dairy/Parve Buffet Dinner & Dessert
Motivational Health Coach Rorie Weisberg
Israel-focused Kumzitz with Singer Shani Brick
Raffle

INGE & FREDY HEISER SIMCHA HALL
AT SHOMREI TORAH

FEBRUARY 17, 2024
8-10 PM

\$72 EARLY BIRD,
\$85 AFTER 1/26
SPONSORSHIP
OPPORTUNITIES
AVAILABLE

SCAN ME



FAIRLAWNMIKVAH.ORG/DINNER

SEPHARDIC CENTER
OF FAIR LAWN



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

יחד ננצח



BERGEN COUNTY UNITY MISSION TO ISRAEL IN PARTNERSHIP WITH SULAMOT AND MIZRACHI

JOIN FRIENDS FROM TEANECK, BERGENFIELD, FAIR LAWN, FORT LEE,
AND OTHER COMMUNITIES ACROSS BERGEN COUNTY

FEBRUARY 20-22, 2024



✧ An In Depth Visit to Kerem Shalom

✧ Meeting with Displaced Residents of Kerem Shalom

✧ Visit with Rav Yosef Zvi Rimon

✧ Bikur cholim

✧ Volunteer Opportunities

✧ Meet families of hostages

✧ Nichum aveilim



**VIRTUAL INFORMATION SESSION WITH COMMUNITY RABBIS
REGARDING MISSION AND REGISTRATION ON JANUARY 9TH AT 8 PM**
[HTTPS://US06WEB.ZOOM.US/J/4844160645?OMN=81290407621](https://us06web.zoom.us/j/4844160645?OMN=81290407621)

Mission Registration will Open January 10th

\$800 INCL. DAN PANORAMA HOTEL / \$500 MISSION ONLY / AIRFARE NOT INCLUDED





Covenant & Conversation

Jonathan Sacks
THE RABBI SACKS LEGACY

BESHALLACH • בשלח

FROM THE TEACHINGS AND WRITINGS OF RABBI LORD JONATHAN SACKS שליט

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 Power of Ruach

In September 2010, BBC, Reuters, and other news agencies reported on a sensational scientific discovery. Researchers at the US National Center for Atmospheric Research and the University of Colorado were able to show – through computer simulation – how the division of the Red Sea may have taken place.

Using sophisticated modelling, they demonstrated how a strong east wind, blowing overnight, could have pushed water back at a bend where an ancient river is believed to have merged with a coastal lagoon. The water would have been guided into the two waterways, and a land bridge would have opened at the bend, allowing people to walk across the exposed mudflats. As soon as the wind died down, the waters would have rushed back in. As the leader of the project said when the report was published, "The simulations match fairly closely with the account in Exodus."

This is how the Cambridge University physicist Colin Humphreys puts it in his *The Miracles of Exodus*:

Wind tides are well known to oceanographers. For example, a strong wind blowing along Lake Erie, one of the Great Lakes, has produced water elevation differences of as much as sixteen feet between Toledo, Ohio, on the west, and Buffalo, New York, on the east... There are reports that Napoleon was almost killed by a "sudden high tide" while he was crossing shallow water near the head of the Gulf of Suez.

Colin Humphreys, The Miracles of Exodus

To me, though, the real issue is what the biblical account actually is. Because it is right here that we have one of the most fascinating features of the way the Torah tells its stories. Here is the key passage:

Then Moses stretched out his hand over the sea, and the Lord drove the sea back with a strong east wind all night, turning it into dry land and dividing the water. So the Israelites walked through the sea on dry land. To their right and left, the water was like a wall.

Ex. 14:21–22

The passage can be read two ways. The first is that what happened was a suspension of the laws of nature. It was a supernatural event. The waters stood, literally, like two walls.

The second is that what happened was miraculous, but not because the laws of nature were suspended. To the contrary, as the computer simulation shows, the exposure of dry land at a particular point in the Red Sea was a natural outcome of the strong east wind. What made it miraculous is that it happened just there, just then, when the Israelites seemed trapped, unable to go forward because of the sea, unable to turn back because of the Egyptian army pursuing them.

There is a significant difference between these two interpretations. The first appeals to our sense of wonder. How extraordinary that the laws of nature should be suspended to allow an escaping people to go free. It is a story to appeal to the imagination of a child.

But the naturalistic explanation is wondrous at another level entirely. Here the Torah is using the device of irony. What made the Egyptians of the time of Rameses so formidable was the fact that they possessed the latest and most powerful form of military technology, the horse-drawn chariot. It made them unbeatable in battle, and fearsome.

What happens at the sea is poetic justice of the most exquisite kind. There is only one circumstance in which

a group of people travelling by foot can escape a highly trained army of charioteers, namely when the route passes through a muddy seabed. The people can walk across, but the chariot wheels get stuck in the mud. The Egyptian army can neither advance nor retreat. The wind drops. The water returns. The powerful are now powerless, while the powerless have made their way to freedom.

This second narrative has a moral depth that the first does not; and it resonates with the message of the book of Psalms:

His pleasure is not in the strength of the horse,
Nor His delight in the legs of the warrior;
The Lord delights in those who fear Him, Who
put their hope in His unfailing love.

Psalm 147:10-11

In Bereishit Rabbah, it is indicated that the division of the sea was, as it were, programmed into Creation from the outset. It was less a suspension of nature than an event written into nature from the beginning, to be triggered at the appropriate moment in the unfolding of history.

Rabbi Jonathan said: The Holy One, blessed be He, made a condition with the sea [at the beginning of creation], that it should split asunder for the Israelites. That is the meaning of “the sea went back to its full flow” – [read not *le-eitano* but *letenao*], “the condition” that God had earlier stipulated.

Bereishit Rabbah 5:5

A miracle is not necessarily something that suspends natural law. It is, rather, an event for which there may

be a natural explanation, but which – happening when, where, and how it did – evokes wonder, such that even the most hardened sceptic senses that God has intervened in history. The weak are saved; those in danger, delivered. More significant still is the moral message such an event conveys: that hubris is punished by nemesis; that the proud are humbled and the humble given pride; that there is justice in history, often hidden but sometimes gloriously revealed.

The elegantly simple way in which the division of the Red Sea is described in the Torah so that it can be read at two quite different levels, one as a supernatural miracle, the other as a moral tale about the limits of technology when it comes to the real strength of nations: that to me is what is most striking. It is a text quite deliberately written so that our understanding of it can deepen as we mature, and we are no longer so interested in the mechanics of miracles, and more interested in how freedom is won or lost.

To be clear, it’s good to know how the division of the sea happened, but there remains a depth to the biblical story that can never be exhausted by computer simulations and other historical or scientific evidence and depends instead on being sensitive to its deliberate and delicate ambiguity.

Just as *ruach*, a physical wind, can part waters and expose land beneath, so too *ruach*, the human spirit, can expose, beneath the surface of a story, a deeper meaning beneath.



Around the Shabbat Table

1. Can you think of other moments in the Torah when a supernatural event took place? What was the message of those stories?
2. Reflect on a time when your inner strength was challenged. How did you overcome this obstacle?
3. Consider the technological and medical advances we have seen in the past number of years. How do you see God's role in shaping modern innovation?

● 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/beshallach/the-power-of-ruach/