



CANDLE LIGHTING 4:24 PM | 25 TEVET 5784 | JANUARY 6, 2024 | HAVDALA 5:28 PM

### שבת פרשת שמות SHABBAT PARSHAT SHEMOT

Haftorah is Isaiah 27:6-28:13, then skipping to 29:22-23. We bless the month of Shevat. We do not say אב הרחמים. We say צדקתך צדק at Mincha.

#### FRIDAY EVENING

MINCHA	4:30 PM
SHKIA	4:42 PM
TZAIT HAKOCHAVIM	5:22 PM

#### SHABBAT

HASHKAMA	8:00 AM
MAIN	9:00 AM
LAST KRIAT SHEMA	9:42 AM
POST-HASHKAMA SHIUR	10:00 AM
FUNDAMENTALS SHIUR	11:15 AM
PRE-MINCHA SHIUR	3:35 PM
MINCHA	4:15 PM
MAARIV	5:28 PM



Molad for Shevat is Thursday, Jan. 11, 8:45 AM & 4 Chalokim.

ראש חדש שבט יהיה ביום חמישי  
הבא עלינו ועל כל ישראל לטובה

### MUSICAL KABBALAT SHABBAT

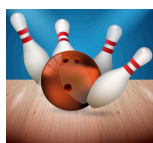


This Friday night join us for another musical Kabbalat Shabbat.

### SEUDAH SHLISHIT

Seudah Shlishit is sponsored by Betsy & Marty Sonnenblick on the yahrzeit of Marty's mother זלמן בת מאטל, Helene Sonnenblick<sup>ע"ה</sup>, and Steven Plotnick for a siyum on Yerushalmi Mesechet Shevi'it.

### BOWLING NIGHT



Are we going bowling this Saturday night? **NO!**

Why? **FORECASTED SNOW!**

Will we ever be going bowling? **BELI NEDER, SATURDAY NIGHT, FEBRUARY 10!**

### TODAH RABAH

Thank you to John Caruso for reorganizing and updating the shul's emergency first aid supplies.



SUNDAY  
1/7

MONDAY  
1/8

TUESDAY  
1/9

WEDNESDAY  
1/10

THURSDAY  
1/11

FRIDAY  
1/12

#### WEEKDAY MINYANIM AT AHAVAT ACHIM

SHACHARIT	8:00 AM	6:15 AM	6:25 AM	6:25 AM	6:05 AM	6:25 AM
MINCHA/MAARIV	4:32 PM	4:33 PM	4:34 PM	4:35 PM	4:36 PM	4:35 PM

#### ZMANIM

Earliest Talit	6:21 AM	6:21 AM	6:21 AM	6:21 AM	6:21 AM	6:21 AM
Gedolah	12:26 PM	12:27 PM	12:27 PM	12:28 PM	12:28 PM	12:29 PM
Shkia	4:44 PM	4:45 PM	4:46 PM	4:47 PM	4:48 PM	
Tzait	5:24 PM	5:25 PM	5:26 PM	5:27 PM	5:28 PM	

Rabbi Ely Shestack

President Robert Safren

## UPCOMING EVENTS

**February 2** - Musical Shabbat Dinner

**February 10** - Pre-Superbowl Kiddush

**February 10** - Bowling Night, 7:30 PM

**March 1** - Shabbat Across America Dinner

**March 8** - Musical Kabbalat Shabbat

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

**March 23** - Shul Mishloach Manot

**April 20** - Pre-Pesach Luncheon

## IN OUR FUTURE

**January 13** - Seudah Shlishit is sponsored by Fern & Oded Strich to commemorate the Yahrzeit of their son Adam Strich ז"ל, Adam Eliyav Ben Oded.

**January 20** - Seudah Shlishit is sponsored by Baila Gila Greenberg to commemorate the first Yahrzeit of her mother Kreindel bat Shael HaLevi, Claire Greenberg ז"ל.

**January 27** - Seudah Shlishit is sponsored by the Plotnicks on the yahrzeit of Gail's father, אברהם נחום בן משה, Alan Hodes ז"ל.

**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 ז"ל.

**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 ז"ל.

**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 Lori & David Garfunkel on the Yahrzeit of Lori's father, משה מרדכי בן אהרן, Moish Markovitz ז"ל, together with David's grandfather, חיים בן אברהם הלוי.

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

## KIDDUSH & SEUDAH SHLISHIT

- **THIS WEEK'S KIDDUSH IS MEAT.**

## 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](mailto: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 will take place every third shabbat. Upcoming Chabura dates are as follows: **February 2/3**



## DR. NAVA R. SILTON LECTURES



Last installment of "Parenting & Mental Health in the Modern World", will be on March 9 at 8:30 PM at the shul entitled "Creativity" with an interactive game she created! RSVP to: <https://forms.gle/aAxVZKFohfSSBAyc7>.

## GITA COOPERWASSER ז"ל YOUTH EVENTS

TBA - TBA

## GITA COOPERWASSER ז"ל YOUTH PROGRAM



- **SHABBAT YOUTH LEADERS, 1ST - 4TH GRADE: ARIELLA & LYLA, AND 3 YRS - K: BROOKE & PERRI**
- 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>



NAME	HEBREW DATE	CANDLE EVENING OF	DEDICATOR	RELATIONSHIP
Rebecca Malka	6	January 15	Ilana Schwitzer	Mother
Claire Greenberg	9	January 18	Janet Greenberg	Mother
Leonard Garfinkel	11	January 20	Shelly Winchester	Brother
Morton Goldstein	11	January 20	Deborah Kempin	Father
Gloria Bader	18	January 27	Seth Bader	Mother
Naomi Levine	19	January 28	Kenny Levine	Mother
Herman Levine	20	January 29	Kenny & Mark Levine	Father
William Brody	21	January 30	Ron Sokoloff	Grandfather
Esther Rozenfeld	21	January 30	Zehava Baron	Mother
Isidore Irving Freilich	23	February 1	Eita Latkin	Father
Alan Hodes	23	February 1	Gail Plotnick	Father
Goldi Smedresman	27	February 5	Steve Smedresman	Grandmother
Rabbi Hyman Agress	29	February 7	Stephen Agress	Father

## DAVID SCHWITZER ע"ה SOCIAL HALL

Please contact Lori Garfunkel at [garfmom@gmail.com](mailto:garfmom@gmail.com) to book the David Schwitzer ע"ה Social Hall for an event or special occasion. \$250 per simcha (members)/\$325 for Associates/\$400 paid in advance for non-members, plus the cost of additional clean up (and a \$150 security/cleaning deposit refunded when the social hall is returned in its original condition). Private caterers must be approved in by the Rabbi.

## DONATE A SEFER, ETC.

Siddurim & Machzorim (\$40), and Chumashim (\$60), are available for donation. Please contact Jeff Safier at [jeff.Safier@gmail.com](mailto:jeff.Safier@gmail.com) for details.

## SCRIP

Men's Club scrip is available. Email [dmgarfunkel@gmail.com](mailto:dmgarfunkel@gmail.com) for details.

## HONORARIA

The available Honoraria list will be provided upon request by contacting Steven Plotnick at [seplotnick@gmail.com](mailto:seplotnick@gmail.com).

## MISHEBAYRACH

With a Mishebayrach you've pledged to give Tzedakah on behalf of those for whom you asked Hashem's blessing. Contributions to the shul can be made using Paypal's Giving Fund (with 100% of the proceeds going to the Shul), by clicking here: [Ahavat Achim Donations](#). If by check, please indicate on its face "Aliyah Donation."

## YAHRTZEIT PLAQUES

Memorialize a loved one with a plaque, \$300 for members/\$450 for nonmembers. We will strive to send you written notice of upcoming yahrzeit and announce name during public Yizkor. Email Amy at [aagress@gmail.com](mailto:aagress@gmail.com) to arrange.

## MEN'S CLUB

Please contact Elliot Greene at [MensClub@AhavatAchim.Org](mailto:MensClub@AhavatAchim.Org) to join the Men's Club.

## SPONSORSHIPS

Sponsorships opportunities for Yahrzeits, Refuahs, and Hodahs (thanks), are available for regular shiurim, youth events and similar activities (but not for established honorariums or sponsorship funded events). Cost of sponsorship (shiur or youth event) is \$100 per sponsor. Multiple sponsors for an event will be accepted. Sponsorships will be listed in the bulletin and announced at the event (and, if possible, a placard with the sponsorship will be prepared and displayed at the event).

Sponsorships do not include any extra amenities (such as food). Please contact either Stephen Agress or Steve Plotnick for questions or clarifications.



# 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 MEMBERSHIP/ HOSPITALITY

Email Sara at [membership@ahavatachim.org](mailto:membership@ahavatachim.org) for membership details or Shabbat hospitality.

## PERSONAL ANNOUNCEMENTS

Various life cycle events related to members are announced in the bulletin (e.g., births and weddings of children/grandchildren, bar/bat mitzvahs of children, deaths requiring shiva observance, as well as travel to/from Israel to study). Other personal announcements are not appropriate except as part of the bulletin's dedication (\$36 cost - \$54 with photo).

## NUMBERS & INFO

**ERUV:** To subscribe for updates, email [fairlawneruv@groups.io](mailto:fairlawneruv@groups.io). Check status at <https://groups.io/g/fairlawneruv> or call 201-254-9190.  
**MIKVAH:** 201-796-0350. At Shomrei Torah. Go to <http://www.fairlawnmikvah.org/> for online booking.  
**TWITTER:** AhavatAchimFL  
**FACEBOOK:** [www.facebook.com/profile.php?id=100091322384429](http://www.facebook.com/profile.php?id=100091322384429)  
**INSTAGRAM:** [www.instagram.com/ahavatachim/](http://www.instagram.com/ahavatachim/)  
**FLICKR:** [flickr.com/photos/ahavatachim/albums](http://flickr.com/photos/ahavatachim/albums)

## BULLETIN DEDICATIONS, ANNOUNCEMENTS, AND SHUL CALENDAR

Email [seplotnick@gmail.com](mailto:seplotnick@gmail.com) to request an announcement of a simcha, refuah or life cycle event in the bulletin or to dedicate a bulletin for \$36 (\$54 w/ Photo).

## COMMUNITY SECURITY

To volunteer and become part of our community security service, email Margo at [security@ahavatachim.org](mailto:security@ahavatachim.org).



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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

SHEMOT • שמות

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 Challenge of Jewish Leadership

I used to say, only half in jest, that the proof that Moses was the greatest of the prophets was that when God asked him to lead the Jewish people, he refused four times: Who am I to lead? They will not believe in me. I am not a man of words. Please send someone else.

It is as if Moses knew with uncanny precision what he would be letting himself in for. Somehow he sensed in advance that it may be hard to be a Jew, but to be a leader of Jews is almost impossible.

How did Moses know this? The answer lies many years back in his youth. It was then when, having grown up, he went out to see his people for the first time. He saw them enslaved, being forced into heavy labour.

He saw an Egyptian beating a Hebrew, one of his people. He intervened and saved his life. The next day he saw two Hebrews fighting, and again he intervened. This time the man he stopped said to him, "Who appointed you as our leader and judge?"

Note that Moses had not yet even thought of being a leader and already his leadership was being challenged. And these are the first recorded words spoken to Moses by a fellow Jew. That was his reward for saving the life of an Israelite the day before.

And though God persuaded Moses, or ordered him, to lead, it never ceased to be difficult, and often demoralising. Moses was faced with over forty years spent leading a group of people who were prone to criticise their situations, sin and rebel, and argue among themselves.

In an appalling show of ingratitude, the Israelites complain several times in the book of Shemot, after witnessing miraculous acts from God and his appointed leader. At Marah they complain that the water is bitter. Then, in more aggressive terms, they protest at the lack of food ('If only we had died by the Lord's hand in Egypt! There we sat round pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death'). Later, at Refidim, they grumble at the absence of water, prompting Moses to say to God, 'What am I to do with these people? They are almost ready to stone me!'

In Devarim, Moses recalls the time when he said to God: "How can I myself bear Your problems, Your burdens and Your disputes all by myself" (Deut. 1:12). And then in Beha'alotecha, Moses suffers what I have often called an emotional breakdown:

He asked the Lord, "Why have You brought this trouble on Your servant? What have I done to displease You that You put the burden of all these people on me? Did I conceive all these people? Did I give them birth? Why do You tell me to carry them in my arms, as a nurse carries an infant, to the land You promised on oath to their ancestors? . . . I cannot carry all these people by myself; the burden is too heavy for me. If this is how You are going to treat me, please go ahead and kill me—if I have found favour in Your eyes—and do not let me face my own ruin."

Num. 11:11-15



And this was said, don't forget, by the greatest Jewish leader of all time. Why are Jews almost impossible to lead?

The answer was given by the greatest rebel against Moses' leadership, Korach. Listen carefully to what he and his associates say:

They came as a group to oppose Moses and Aaron and said to them, "You have gone too far! The whole community is holy, every one of them, and the Lord is with them. Why then do you set yourselves above the Lord assembly?"

*Num. 16:3*

Korach's motives were wrong. He spoke like a democrat but what he wanted was to be an autocrat. He wanted to be a leader himself. But there is a hint in his words of what is at stake.

Jews are a nation of strong individuals. "The whole community is holy, every one of them." They always were. They still are. That is their strength and their weakness. There were times when they found it difficult to serve God. But they certainly would not serve anyone less. They were the "stiff-necked" people, and people with stiff necks find it hard to bow down.

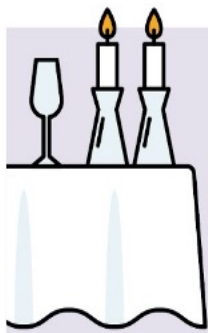
The Prophets would not bow down to Kings. Mordechai would not bow down to Haman. The Maccabees would

not bow down to the Greeks. Their successors would not bow down to the Romans. Jews are fiercely individualistic. At times this makes them unconquerable. It also makes them almost ungovernable, almost impossible to lead.

That is what Moses discovered in his youth when, trying to help his people, their first response was to say, "Who appointed you as our leader and judge?" That is why he was so hesitant to take on the challenge of leadership, and why he refused four times.

There has been much debate in British and American Jewry recently<sup>1</sup> about whether there should be an agreed collective stance of unconditional support for the state and government of Israel, or whether our public position should reflect the deep differences that exist among Jews today, within Israel or outside.

My view is that Israel needs our support at this critical time. But the debate that has taken place is superfluous. Jews are a nation of strong individuals who, with rare historic exceptions, never agreed about anything. That makes them unleadable; it also makes them unconquerable. The good news and the bad go hand in hand. And if, as we believe, God loved and still loves this people despite all its faults, may we do less?



## Around the Shabbat Table

1. How do you think Moshe's experiences in his youth shaped his approach to leadership?
2. Consider other leaders in Tanach; what similarities and differences can you find between Moshe and others, such as Yehoshua and King David?
3. How can Moshe's experience as a leader inform our understanding of the complexities and responsibilities involved in leading a diverse and opinionated group?

● 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/shemot/jewish-leadership/](http://www.RabbiSacks.org/covenant-conversation-family-edition/shemot/jewish-leadership/)

<sup>1</sup> It should be noted for context that this essay was written by Rabbi Sacks in November 2010, amidst a widespread communal debate regarding Israel.