

EREV SHABBOS BULLETIN

פרשת שמוט

כ' טבת תש"פ / January 17, 2020



The Pre 1 boys are very excited to be receiving their own personalized Negel Vasser bowls and cups to place at their bedside and to use every morning after saying Modeh Ani. This is an important life-long habit that we are encouraging all talmidim to develop.



CHINUCH THOUGHTS

ויסוף ה' במצרים (א, ה)

Rashi says that the Torah writes Yosef was in Mitzrayim to show that although Yosef was in Mitzrayim all those years, he still remained a tzadik and worthy of being counted as a member of Yakov's family and included in the שבעים נפש.

There are M'forshim who translate ויסוף ה' במצרים not "and" Yosef was in Mitzrayim but rather "because" Yosef was in Mitzrayim. The ability for Klall Yisroel to overcome the many challenges of living in Golus Mitzrayim was because Yosef paved the way by overcoming the many challenges he faced in Mitzrayim. It was this Mesiras Nefesh that made it possible for the שבעים נפש to remain connected to and live by the standards of the House of Yakov.

The Parshios beginning with Parshas Shmos through Mishpatim are called weeks for Teshuva and Chizuk specifically in areas of קדושה.

רashi שובבים is the acronym of those Sidros. It is because during these Parshios we relive Golus Mitzrayim and our ultimate Geula. We survived Golus Mitzrayim because of Yosef's Mesiras Nefesh in areas of Kedusha. It is therefore the appropriate time to do some soul searching and do a reality check of where we stand in this area both in our personal lives and in the Chinuch of our children.

פרושים מן הערים means Kedusha means to distance ourselves from immorality. Boruch Hashem, and with rare exception the arayos of יהרוג ואל יעבור is not of primary concern in our communities. There are however many areas of אבירות דג"ע gateways to arayos that need attention during קדושים.

While we live in Gouls and it is beyond our control to shield ourselves and our children from the indecencies of the streets and its glaring billboards, but we are in control of our homes. What pictures, magazines, newspapers are allowed? What kind of music is permitted? What venues of entertainment are visited? What kind of content streams through our servers and electronic devises?

With winter break around the corner this becomes an even greater challenge. Where are we taking our children? Will they be exposed to פריצות at some pool or beach? Will we lower our standards and allow videos of questionable kashrus, because "we are on vacation"? Will we compromise our standards of tznius for the same reason? We wouldn't compromise our Kashrus standards while away so why should our standards of Kedusha be any less stringent.

ענני קדושה means Yakov and his family survived because of their mesiras nefesh in this area. Our own mesiras nefesh in this area will go a long way in giving our children the stamina to overcome their own challenges as well.



Mr. and Mrs. Yaakov Barzivand

birth of a son

Rabbi and Mrs. Nasser Hakimi

Marriage of Ayelet

Mr. and Mrs. Mendel Levin

Marriage of Daniel

Rabbi and Mrs. Menachem Schwartz

birth of a son

Mrs. Chani Stern

birth of a great granddaughter

Mr. and Mrs. Jeffrey Ungar

Engagement of Yocheved

Rabbi and Mrs. Yacoby

Birth of a daughter

Dr. and Mrs. Yehoshua Zarrini

Marriage of Menashe

Bnos

La Brea Bnos is from 2:30 – 3:50.

Thank you to Mr. and Mrs. Meir Orloff for sponsoring Bnos this week. To sponsor a week please call either Orelle Fallas 323-803-0290 or Tamara Leah Sauer 323 745-9004.

Pico Bnos continues this week.

There will be no Bnos next week, Parshas Vaera.



SPECIAL THANKS FOR SPONSORING
A DAY OF DAVENING AND LEARNING TO

Mr. and Mrs. Nochum Wisnicki

לע"נ חיים דוב בן שמואל ז"ל

To sponsor a day, please
call Rabbi Dovid Tyner at (323) 549-3180

SCHEDULE:

TUESDAY, JANUARY 21

DISMISSAL FOR ALL STUDENTS AT 3:45

WEDNESDAY – SUNDAY, JANUARY 22 – 2

MID WINTER BREAK – NO SESSIONS

MONDAY, JANUARY 27

YESHIVA RESUMES REGULAR TIME

MONDAY, FEBRUARY 3

PUPIL FREE DAY

NO SESSIONS EARLY CHILDHOOD & GIRLS

BOYS ONLY – DISMISSAL AT 12:00

SAT 10

SAT10 Testing is underway for all students in grades 2-7. Please be sure that your children are not absent on these important test days. It is critical that students are well rested and have a nutritional lunch and snacks to give them the fortitude to perform at their best.

CONDOLENCES

Rabbi Eli Vcherashansky on the loss of his mother

⇒ BOYS JUNIOR HIGH

During the past several weeks the 7th and 8th grade boys were asked to share a story of a family member or a first person account that demonstrated Mesiras Nefesh for Mitzvos even in the most challenging and dangerous circumstances. There were over twenty boys who submitted stories and worthy of honorable mention. The following boys won Gift Certificates to the Mitzvah Store; Moshe Shamoulian, Zalman Dovid Gettinger, Avrumy Ullmann and Yechezkel Adler.

This week The Motzei Shabbos Program continues from 7:00 – 8:30.

To sponsor a week contact Rabbi S. Goldenberg at 323 742-3893.

⇒ GIRLS JUNIOR HIGH

Our annual Chinese Auction, held on Thursday, 19 Teves, raising much needed funds for Bayit Lepleytot of Yerushalyim was, Baruch Hashem, an outstanding success! The sixth, seventh and eighth grade girls raised over \$3,000 Thank you, Mrs. Tarkieltaub, for your entertaining emceeing of the event. Working very hard, our dedicated Chodesh Teves Heads did a phenomenal job organizing this event. Yasher Koach to all and may we be Zoche to go from Chayil to Chayil. Our staff and students would like to express their deep Hakaras Hatov to the following vendors for their generous gifts to our Chinese Auction: Go Couture, Estee's Skirts, Name-A-Gift, Pizza Station, Pizza Mayven, Memories 'N More, The Mitzvah Store, La Brea Market, Munchies, Family Fashion, Jeff's Gourmet, La Brea Bagel, Atara's Judaica, Fish Grill, Gems and Jewels.



Sweet, engaging and charming captures the wonderful program that our sixth graders enjoyed on Thursday morning as part of their ongoing Bas Mitzvah Program. "Bubby Day" gave our Talmidos the beautiful opportunity of hearing inspiring and loving words from their very own grandmothers. The girls listened with rapt attention as they recounted their childhood memories, shared invaluable wisdom and described the Middos of their personal role models whom they still strive to emulate. A lovely poem and a song were performed by the Talmidos welcoming our esteemed guests. We all left feeling uplifted and grateful for our rich Mesorah. Thank you, Mrs. Brisk and Mrs. Fisher, for organizing this most memorable experience.



⇒ BOYS ELEMENTARY

- ~ Rabbi Nath's Pre 1 talmidim started learning about the **ט"ל מלאות**.
- ~ Mazel Tov to Rabbi Jacobs 2nd grade upon completing Parshas Chaye Sarah and celebrating with a Siyum.
- ~ Rabbi Chaim Trainer's 4th grade had a B'Chena on the first four perakim of Masechtes Yuma
The boys did an outstanding job.

Last week, the fourth grade boys visited the Discovery Cube. First we piled into the orbit room to learn about the earth's layers and volcanoes. Then many other innovative science exhibits were explored, such as; going shopping in the innovator market to find the healthiest, most economical foods, or smartest packaging.

Sitting in an Aquavator to learn about water education. Race to zero waste-a Recycling garbage game of choosing the correct bins for the correct waste. Inspector training course- we entered a home and chose the most economical ways to keep the home maintained. Helicopter travels through rugged terrain. The Science of Hockey area. After the museum we enjoyed lunch, played sports, or enjoyed tag on the expansive outdoor equipment. Thank you to the teachers; Mrs. Kroll and Mrs. Goldstein for organizing the trip and to. Mrs. Casen, Mrs. Lavaee, and Mrs. Katz for chaperoning and driving. Mrs. Gottesman, Mrs. Hoffman, Mrs. Mann, Mr. Rand, Mrs. Rothstein Mrs. Roz, Mrs. Schwartz, and Mrs. Peretz for driving, Thank you to Mrs. Gottesman, Mrs. Lebovics, Mrs. Mann, Mrs. Nath, Mrs. Tangy, and Mrs. Tress for organizing the delicious refreshments.

⇒ GIRLS ELEMENTARY

KRIABILITY Baruch Hashem our new קרייה program Kriability is yielding tremendous results! Morah Menucha's class finished their קרייה jar and earned a Soar with קרייה Surprise! The girls enjoyed yummy hot cocoa with marshmallows and cookies. It was the perfect treat for a cold morning! We look forward to earning our next surprise!



The 4th grade girls went on a very exciting field trip to the California Science Center last Thursday, after finishing their unit on ecosystems in science. The students enjoyed the exhibits and engaging activities, especially the divers. Thank you to Miss Bleemie Matyas and Ms. Nicole Deel for arranging the trip. A special thank you to Mrs. Beck, Mrs. Mayer, Mrs. Shlomo and Mrs. Nourpavar for chaperoning the girls. It was an educational experience and enjoyable time for all!



⇒ EARLY CHILDHOOD

Our department had a wonderful week, full of enactments and experiences. We dressed up as Paroh and shuddered as little Moshe grabbed away the king's crown. Could it mean something? We brought out a plate of "coals and gold" to see which one baby Moshe preferred....the children are so intrigued by our teachers' amazing portrayals that bring the Parshios to life! We dwelt on the essential principle of empathy that Moshe felt for a fellow Jew, a Midyani girl, and even a small sheep! Those are the qualities of a leader that we strive to emulate. The children also made a hand-cut Kesser, for letter "Kuf", carefully crafted and decorated, to remind us that we are princes and princesses; children of the King. In the absence of Yomim Tovim this month, we have moved on to Brachos, exploring the many food groups and reasons to thanks Hashem



chosen words

Personal Growth

The 48 Essential Qualities for Learning

If you want to acquire Torah, all you have to do is study. Right? Surprisingly, Pirkei Avos tells us that study is just one of 48 qualities necessary to successfully acquire Torah.

Among the others named in the Mishnah are joy, modesty, slowness to anger, a good heart, and closeness with peers. According to Rav Chaim Volozhiner, you attain Torah in direct proportion to your efforts in developing these traits. Without them, Torah can't be fully grasped.

Quality # 10: Faith in Torah Scholars

The traffic slows down, then comes to a standstill. Up ahead, there's an exit. Should you get off the highway? Try side streets? You listen to the traffic reporter, who sees the whole scene from his helicopter. Based on his perspective, you make your decision.

Every Jew faces junctures in life when he has to decide what road to follow. Talmidei chachamim, described by Chazal as

"einei ha' eidah," "the eyes of the congregation," have the view from higher ground, which allows them to see where each road leads.

The more one absorbs Torah, the greater his wisdom and the truer his outlook. Emunas chachamim—faith in Torah scholars—means linking ourselves with such

Better Relationships

Sinking the Ship

When someone irritates or injures us in some way, the natural reaction is to want revenge. In the rest of the world, revenge is considered sweet. But a member of Klal Yisrael cannot harm another Jew without harming himself. In the Midrash (Vayikra Rabbah 4:6),

Torah Tools for Personal Growth

Inspiration
▼
Ideas
▼
Excellence
▼
Success

Effective Prayer

Signed, Sealed, Delivered

Shemoneh Esrei is done. You've said what you must say, with as much concentration as you could apply, and the tefillah is now signed, stamped and mailed, so to speak. But there's still one thing left to ask for. In one final verse, we ask Hashem to accept what we've sent Him: "May the words of my mouth and the meditation of my heart be acceptable before You, Hashem."

Normally, we think our thoughts first, and these emerge as the words of our mouths. Why then, does this verse mention our words first and then our thoughts? Rabbi Chaim Volozhiner explains that the words of Shemoneh Esrei are formulated precisely, with both obvious meaning and deep, mystical meanings. The words are perfect and holy. When we say them, they do exactly what they are meant to. In regard to Shemoneh Esrei, our words are of primary importance.

Our thoughts, though, may be many miles away. This final verse asks that our hearts and minds join with our words so that we can be elevated by the holy words that have just emerged from our mouths.

Adapted from "Delving Within," by Rabbi Elias Schwartz, with permission from Mesorah Publications

responds. "I'm drilling only beneath my seat! But the boat will be flooded and all of us will drown!" the others answer."

The injunction against revenge does not mean we can't try to redress a wrong or correct a flaw. It means that we have to accept that the troubles,

which have come our way, have arrived by Divine decree; the perpetrator is simply the agent. When we accept this, we grow from it. When we seek revenge, we sink the ship.

Shabbos Table Discussion:

What is the difference between seeking justice and seeking revenge?

Adapted from "Chofetz Chaim: A Lesson a Day," By Rabbi Shimon Finkelman and Rabbi Yitzchok Berkowitz, a project of CCHF published by Mesorah Publications.



Rabbi Yishmael illustrates the folly of revenge:

"This can be likened to a group of travelers aboard a ship. One of the travelers begins to drill a hole in the floor beneath him. His companions cry out 'What are you doing?' 'What do you care?' he



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Resetting the Time Bomb

You've lost it. You're tired and irritable and someone is making you simply furious. On one level, you know you're reacting way out of proportion, but you're already in a rage and your emotions are following a course of their own. Suddenly, the phone rings. You pick it up and muster the equanimity to have a brief, pleasant conversation with the other party. By the time you hang up, chances are good that the fury has subsided.

But Hashem doesn't always supply us with ringing phones at just the right moment. More often, you have to rely on your own strategies to prevent rising anger from compounding itself into raised voices, insults and tears. It helps to have in your anti-anger arsenal a cool-

ing-down device; a strategy set aside for just such moments.

The Alter of Kelm had a special coat that he called his "beged ka'as" (garment of anger). Whenever he felt anger mounting, he went to his closet and took it out and put it on. By the time he was finished with the procedure, he

had cooled down. A Chassidic rebbe would give feuding married couples a bottle of "holy water," with instructions that they should hold some in their mouths for a few minutes whenever they felt themselves growing angry.

Even if you can't hold back your anger, try walking out of the room for a few minutes. Be sure to look at yourself in the mirror and note how fury has distorted your face. The

"You have to rely on your own strategies to control anger."

reflection you see might well shock you back into control.

To Do: Think of a strategy that fits your personality and environment that will give you time for cooling down. Use it whenever appropriate, so that it becomes your habit.

Adapted from "Rabbi Frand in Print," with permission from Mesorah Publications

Sound Advice

Even though Rav Shraga Feivel Frank passed away at a young age, his daughter Baila Hindra carried the family's prestige, and became engaged to Rav Isser Zalman Meltzer, who later became the Rosh Yeshiva in Slusk and eventually in Eretz Yisroel. During their engagement, Rav Meltzer went to learn at the yeshivah of the Chofetz Chaim. There, he became dangerously ill with tuberculosis.

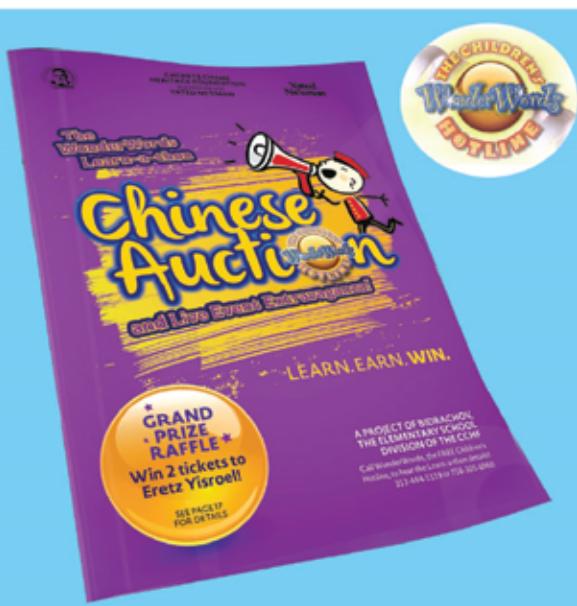
Hoping to spare his kallah any suffering, Rav Meltzer offered to dissolve the engagement. Backed by the doctors' grim prognosis, the family urged Baila Hindra to take Rav Meltzer's offer.

But the kallah saw things differently and sought the Chofetz Chaim's advice. He told her that there are two types of people: those who are healthy, and those who live long. "If it's bashert, you can live a long life with a fragile man," he said.

It took a Chofetz Chaim to see the greatness that would emerge from the marriage of Baila Hindra to this "fragile man," who lived to the age of 84.

Adapted from "Along the Maggid's Journey," by Rabbi Paysach J. Krohn, with permission from Mesorah Publications

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LAST CHANCE TO SEND IN YOUR FORM AND PRIZE CHOICE

Must be postmarked by

January 20, 2020

48 Qualities

continued from front

we want our decisions to turn out for the ultimate good of ourselves and Klal Yisrael, the Torah tells us (Devarim 32:7) that we must defer to our "fathers" and "elders," our talmidei chachamim, who are imbued with a pure Torah perspective.

This means actively seeking advice—not just when the milchig spoon falls into the chicken soup, but when we're unsure whether a job, a neighborhood, or school is beneficial to our family's avodas Hashem. It means teaching our children to respect their rebbeim. It means trusting the opinions of those whose wisdom is greater, knowing it will lead only to good.

Many families use vacation times to visit one of the gedolim, reinforcing their own connection and making a lasting impression on their children.

Adapted from "The Past as a Guide for the Future," an address by Rabbi Matisyahu Salomon, The Jewish Observer, Jan. 1999

Dedications

לע"ז

ר' יהוֹהָ בָן ר' בָרָן דָל
נָלְבָעַ כ"ז טבַת תְשִׁינַז
וְאַשְׁתּוֹ מָרְתָה שְׁרָה בָת ר' צְבִי ע"ה
נָלְבָעַ כ"ז טבַת תְשִׁמְחָה

לע"ז חִוָּעַמְלָא מִיכְלָבָן
רְפָאֵל פְּיוּעָל שְׁנִיאָר ז"ל
תָּנָכְבָּה.



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✉ We welcome your comments!

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THE PIRCHEI NEWS

PIRCHEI AGUDAS YISROEL OF CA

הטלחת נרות 4:50	פרשת שמות	כוצאי שבת 554 6:21
<p>PIRCHEI AGUDAS YISROEL OF L.A. MOTZEI SHABBOS LEARNING PROGRAM AT CONG. BAIS YEHUDA</p> <p>TIME: 7:00 - 8:05 ALL BOYS PRE - 1A - 8TH GRADE</p> <p>THIS WEEK SPONSORED MR. AND MRS. RAFAEL DEUTSCH IN MEMORY OF חיה זיסל עלקא בת ר' שמואל ע"ה</p>	<p>PIRCHEI AGUDAS YISROEL OF CA</p> <p>ליל שבת MASIMIDIM PROGRAM LEARNING & NOSH (SOMETIMES CHOLENT)</p> <p>WHERE: BAIS MEDRASH SHA'AREI TORAH TIME: FRIDAY NIGHT 8:00 - 9:00 P.M. GRADES: ANYONE WHO WANTS TO LEARN. SPONSORED BY DR. AND MRS. DAVID MANELA IN MEMORY OF HIS MOTHER TOVA MANELA גוטא פרומוה בת יוסף נחמי ע"ה</p>	<p>CHEVRE LOMDEI MISHNAYOS THIS MONTH'S TEST IS ON</p> <p>מצבת שבת פרקם י"ד - ט"ז כ"ב בטבת - DATE : JAN. 19</p> <p>SEE RABBI TYNER AT YESHIVA RAV ISACSOHN SEE RABBI MURIK AT THE CHEDER</p> <p>THIS MONTH SPONSORED BY DR. AND MRS. DAVID MANELA IN MEMORY OF HIS MOTHER TOVA MANELA גוטא פרומוה בת יוסף נחמי ע"ה</p>
<p>EREV SHABBOS PROGRAM HILCHAS SHABBOS BOYS: AGES 10 - 13 TIME: ½ HOUR BEFORE LIGHT WHERE: KOLLEL NETZACH YISROEL 338 N. LA BREA AVE. THE SHIUR WILL BE GIVEN BY ONE OF THE CHEVREI KOLLEL</p> <p>PRIZES AND NOSH</p>	<p>PLEASE DO NOT PARK, DROP OFF OR PICKUP ANYWHERE NEAR THE ALLEY BEHIND THE SHUL, MOTZEI SHABBOS !!</p> <p>IF YOU PARK ON LA BREA DURING THE MOTZEI SHABBOS LEARNING PROGRAM DON'T FORGET TO PUT MONEY IN THE METER!</p> <p>TO SPONSOR A PIRCHEI PROGRAM PLEASE CALL RABBI TYNER AT 323 816-8655</p>	<p>VALLEY AVOS UBONIM MOTZEI SHABBOS LEARNING PROGRAM AT BAIS MEDRASH MORDECHAI YAakov (RAV EIDLITZ MINYIN) 12753 CHANDLER BLVD.</p> <p>TIME: 7:00 - 8:00</p> <p>RAFFLE, PRIZES AND FOOD</p>
<p>PICO-ROBERTSON AVOS UBONIM MOTZEI SHABBOS LEARNING PROGRAM AT ADAS TORAH</p> <p>TIME: 7:00 - 8:00</p> <p>PIZZA AND RAFFLE</p>	<p>ZICHRON MENACHEM PICO/ROBERTSON</p> <p>ליל שבת MASIMIDIM PROGRAM LEARNING PRIZES/NOSH/CHOLENT</p> <p>WHERE: ADAS TORAH TIME: FRIDAY NIGHT 8:00-9:00 pm</p>	<p>ZICHRON MENACHEM PICO/ROBERTSON</p> <p>EVENING BAIS HAMEDRASH PROGRAM FOR SERIOUS 6TH - 7TH - 8TH GRADERS MON. AND WED.</p> <p>7:00 P.M. - 7:45 P.M.</p> <p>ADAS TORAH REFRESHMENTS/SCRATCHERS</p>
<p>JOIN THE שנים מקרא ואחד תרגום CONTEST FOR !!! ספר שמות !!! FILL777 IN YOUR CHART TO WIN A PRIZE !!! SPONSORED BY DR. AND MRS. DAVID MANELA IN MEMORY OF HIS MOTHER TOVA MANELA גוטא פרומוה בת יוסף נחמי ע"ה</p>	<p>THE שנים מקרא ואחד תרגום CONTEST FOR !!! ספר בראשית IS OVER!!! HAND IN YOUR CHART TO WIN A PRIZE !!! SPONSORED BY DR. AND MRS. DAVID MANELA IN MEMORY OF HIS MOTHER TOVA MANELA גוטא פרומוה בת יוסף נחמי ע"ה</p>	<p>EVENING BAIS HAMEDRASH PROGRAM FOR SERIOUS 5TH - 6TH - 7TH - 8TH GRADERS MON. AND WED.</p> <p>7:00 P.M. - 8:00 P.M.</p> <p>Yeshiva Rav Isaacsohn Boy's Junior High (7011 Clinton Avenue) THIS WEEK SPONSORED BY DR. AND MRS. DAVID MANELA IN MEMORY OF HIS MOTHER TOVA MANELA גוטא פרומוה בת יוסף נחמי ע"ה</p>