



THE ETZ CHAIM BULLETIN

MESSAGE FROM THE RABBI

PARSHAS VAYESHEV SHABBOS MEVARCHIM

FRIDAY, NOVEMBER 26

Mincha	5:05PM
Candle lighting	5:08PM

SHABBOS, NOVEMBER 27

Sephardic Minyan	9:00AM
Shacharis	9:00AM
Latest Shema	9:38AM

Kiddush will be served
in the Social Hall.

The Parsha Alive class with Rabbi Uhr
at 10:15am.

Prophetic Visions class with Rabbi Fisch
at 4:30pm.

Mincha	5:00PM
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Seudah Shlishis will be served in the
Social Hall.

Maariv & Havdallah	6:09PM
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Minyan This Week:

SHACHARIS

Sunday	8:30AM
Monday - Friday	6:30AM
Thursday & Friday	8:15AM

MINCHA

Sunday - Thursday	5:10PM
Additional Maariv at Kollel	
Monday-Thursday	8:45pm.

DAF YOMI

Shabbos	8:15AM
Sunday	7:30AM
Monday & Friday	5:45AM

TORAH READING

Parshas Vayeshev	Page: 198
Haftarah Vayeshev	Page: 1142

As Americans gather around their table to celebrate Thanksgiving, this year will be challenging to feel the feelings of gratitude generally associated with this time of year. With a pandemic still present that has cost well over a million lives worldwide and so many other devastating consequences resulting from this menacing virus, there is a fatigue that has crept into our collective psyche. It's hard to get into the headspace of gratitude in 2021.

There is a fascinating insight on gratitude from last week's Parsha that I believe addresses this point. After the birth of her first child, Rachel names the baby Yosef. The stated reason for this is that G-d has spared me from shame. The basic understanding is that she has been spared from shame because now she has finally been blessed to have a child after being barren for many years. Rashi, in his commentary, offers a bizarre explanation in the name of a Midrash. The comment is that Rachel would have to take responsibility for various mishaps around the house prior to having a baby. Mishaps such as who broke the dish or ate the snacks would leave Rachel feeling sheepish when her husband would come home. With the arrival of a baby in the home, there was now someone to blame for these mishaps. Hence, G-d had spared her shame. The Midrash is incredulous with this interpretation! It reflects an incredible shallow perspective on our revered matriarch, Rachel! After the amazing blessing of bringing a new life into the world, Rachel is thankful for something so mundane!

Rabbi Chaim Shmuelevitz, in his commentary, offers insight on this passage in particular and on gratitude in general. One doesn't need to be seeking macro and life-changing occurrences for one to express gratitude over. Granted, when those blessings occur in life it is appropriate to be grateful. However, one

should seek to identify minor or even mundane happenings in our daily life to show our appreciation and gratitude. Tamara Levitt, a well-known meditation and mindfulness instructor in her masterclass on the Calm app, suggests doing an exercise whenever you find yourself caught up in negativity or seem to need a dose of gratitude called the Gratitude Countdown. She offered the following ten examples of everyday reasons in her won life for her to be grateful:

- 1)The comforting bowl of miso soup I had for dinner.
- 2)The fact that I live close to a park where I can breathe fresh air and enjoy a daily dose of nature.
- 3)A local tailor was able to fix the zipper on my 25-year-old irreplaceable coat.
- 4)The voicemail I received this morning from my nephew.
- 5)The subway system I use to zip across the city to do errands.
- 6)The birds I heard chirping cheerfully outside my window this morning.
- 7)The marvel of modern communication and the ease it helps me stay in touch with friends and family.
- 8)My incredible job and the privilege of doing meaningful work.
- 9)My network of friends and the support I feel from friendships.
- 10)My mediation practice helps me stay grounded in the world.

This list is particular to her life, but I was struck by how ordinary these items seemed. This year more than ever, let us make a choice to seek out and identify simple things in life for which to be grateful.

Have a Peaceful Shabbos,

Rabbi Yaakov Fisch

הננסת
ספר
תורה

Etz Chaim Synagogue
invites you to join
in celebrating the dedication of

the ZAGURI SEFER TORAH

~ SUNDAY DECEMBER 12TH 2021 ~

SCHEDULE OF EVENT

9.30 AM- completion of the Torah writing
at the home of Avi & Tzippy Zaguri
2969 Mandarin Hollow Dr
Jacksonville FL 32257

11.00 AM -accompanying
the Sefer Torah to Etz Chaim
Synagogue followed by a
festive buffet brunch

SPONSORSHIP OPPORTUNITIES

Sefer/Books \$720 - Parshas \$360 - Letters \$36

Contact the Shul Office for more information 904-262-3565
or visit our website www.etzchaim.org

For Sponsorship
opportunities
visit EtzChaim.org

Standing for the Tree of Life

We are so appreciative of all the outpouring of support that we have received from our membership. As the shul is transitioning to a new phase, the financial stability of the shul is dependent on a diverse donor base. Please consider signing up so you can help secure our future.

Yasher koach to the following generous donors who have signed up for the program.

\$10,000 and up

Scot and Alex Ackerman
Barry and Lisa Ansbacher
Ben Frisch
Karl Frisch
Ken and Allison Jacobs
Gary and Nancy Perlman
David and Kim Robbins

\$7,500

Harry Frisch
James and Irene Jaffa
Gene and Brenda Wolchok

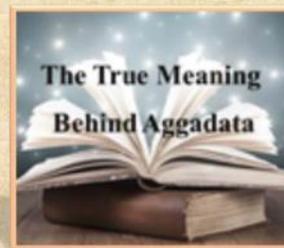
\$5,000

Michel and Suzette Allen
Elliot Friedman
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\$3,600

Michael and Jill Abel
Barry and Sima Chefer
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Andrew and Sylvia Jaffa
Ed & Caroline Lee
David and Louise Levine
Ruben and Naomi Mirensky
Steve and Hadassah Pollack
Yosef Marquez and Effrat Rocca
Elliot and Emily Rosenbaum
Selevan Family
Stephen and Susan Wolchok
Avi and Tzippy Zaguri

If you would like to sign up for the program, please contact Barry Chefer
or the shul office or go to www.EtzChaim.org and
click on the link to Get Involved.



WITH RABBI MENASHE UHR

Stories, Riddles, and Exaggerations
The True Meaning Behind Aggadata

Monday @ 7:45PM
December 6, December 13, December 20

In Person at Etz Chaim & On Zoom
Zoom Meeting ID: 843 906 9742 Passcode: Etz



NCSY

PAINTBALL

SAVE THE DATE for our annual
Chanukah Paintball War
Maccabees VS the Greeks



Sunday, Dec. 5th



5-8th grade
boys and girls

\$20 per Person

REGISTRATION REQUIRED

SPOTS LIMITED

Details to Follow

Contact: Joey Hamaoui (305) 764-7212



4G GIRLS CHABURAH

WINTER SCHEDULE

Every Shabbos
50 minutes before Minchal



Nov 6	at the Smith Family @5:20 PM
Nov 13	at the Finkelstein Family @4:15 PM
Nov 20	at the Hamaoui Family @4:10 PM
Nov 27	at the Sassler Family @4:10 PM
Dec 4	at the Herman Family @4:10 PM
Dec 11	at the Gahanian Family @4:10 PM
Dec 18	at the Konig Family @4:10 PM
Dec 25	at the Rabinowitz Family @4:15 PM
Jan 1	at TBD Family
Jan 8	at the Lazor Family @4:25 PM
Jan 15	at the Zaguri Family @4:30 PM
Jan 22	at TBD Family
Jan 29	at TBD Family
Feb 5	at TBD Family
Feb 12	at TBD Family
Feb 19	at TBD Family
Mar 5	at TBD Family
Mar 12	at TBD Family
Mar 19	at TBD Family



Parent & Child Learning

Its so great to be back and
with such a good crowd!

If you'd like to sponsor a
Parent & Child Learning,
please contact
Rabbi Feigenbaum.



HAPPY BIRTHDAY

MEIR COHEN
SHERRI HALPERT
ROSE LEVIN
YITZY RABINOWITZ
ALEXANDER ROSIN

HAPPY ANNIVERSARY

EDWARD & BARBARA FELDMAN

REFUAH SHELEMAH

BERTICA HUBSCH
FERN ESTNER
SUSAN GOLDMAN
MURRAY HUSNEY
HOPE KULISH
MARTIN SCHWARTZ
FOMA MAKHTINA
LINDA ROSENTHAL
BONNIE HARDY
JANET HUSNEY
BARBARA FELDMAN
MYRON FLAGLER

YAHRZEIT

ISRAEL HALPERT
SHMUEL ELIYAHU KREL
ZELDA LIBBA KREL
HERMAN LEBOWITZ
DORA MIRSKY
PHILLIP NOVACK
IDA SCHWARTZ
JODY SEIDMAN

Please note that our
office will be
closed this
Thursday and Friday
in observation of
the Holidays.

Etz Chaim Synagogue Menorah Contest December 4



GET CREATIVE & BUILD YOUR MENORAH!
Good Luck & Have Fun!

Official Menorah Contest Rules:

EVERY MENORAH ENTRY WINS A PRIZE!

Just make sure you read the following...

- ❖ All boys and girls ages 2-14 are eligible to participate.
- ❖ You must be present at the Etz Chaim Chanukah Party to win a prize.
- ❖ Menorah can be made out of almost anything. Examples include but are not limited to: Kosher candy, sea shells, Legos, doughnuts, popsicle sticks or blocks. Please don't make it using any food that will spoil.
- ❖ Height or Width of Menorah cannot exceed 3 feet.
- ❖ The Menorah must be 'Kosher', meaning all 8 branches must be the same height and in a straight line. The Shamash' servant candle should be taller.
- ❖ Commercially produced Menorahs are not eligible for entry.
- ❖ Etz Chaim Synagogue does not take responsibility for the Menorah, though we will do our utmost to make the contest area safe for the Menorah's viewing and judging.

Grand Prize

\$25 Real (Not Chocolate) Chanukah Gelt to spend as you please!

Runner Up

\$15 Real (Not Chocolate) Chanukah Gelt to spend as you please!

ETZ CHAIM SYNAGOGUE
CHANUKAH PARTY



- DECORATE YOUR OWN DONUT
- FACE PAINTING
- MENORAH CONTEST
- BURGER BAR
- CRAFT BEER
- EXCITING ENTERTAINMENT

SHABBOS
DECEMBER 4, 2021

7:00PM



ETZ CHAIM SYNAGOGUE