

CANDLE LIGHTING: 4:39 PM

SHABBOS ENDS: 5:43 PM

COMMUNITY

TORAH PORTION BO | בא

9 SHEVAT 5784 - FRIDAY, JANUARY 19, 2024

ANNOUNCEMENTS

SHABBOS SCHEDULE

FRIDAY - EREV SHABBOS

MINCHA..... 4:40 PM

SATURDAY - SHABBOS DAY

SHACHRIS.....9:30 AM

TORAH READING.....10:30 AM

KIDDUSH.....12:10 PM

MINCHA.....4:45 PM

RABBI'S DRASHA.....5:05 PM

MAARIV.....5:43 PM

FARBRENGEN.... 8:00 PM

KIDS PROGRAM

.....10:30 AM

CLASSES

CHASSIDUS.....8:45 AM

TORAH CLASS.....4:35 PM

SHABBOS KIDDUSH

THIS WEEK'S KIDDUSH IS SPONSORED
BY **THE SHUL**

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PARNES HASHAVUA

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IN THE MERIT OF A REFUA SLEIMA FOR
יהודית חוה בת ליבא ארנינה שתחי'

CONDOLENCES

THE ANSHEI LUBAVITCH FAMILY
EXTENDS ITS HEARTFELT CONDOLENCES
TO

REBBETZIN LEAH NEUBORT שתחי'
AND FAMILY ON THE PASSING OF HER
DEAR FATHER, YAAKOV KLEINMAN ז"ל.
המקום ינחם אתכם בתוך שאר אבלי ציון
וירושלים

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WEEKDAY DAVENING SCHEDULE

SHACHRIS

SUNDAY..... SHACHRIS.....9:00 AM

MON-FRI.....CHASSIDUS.....5:50 AM

SHACHRIS.....6:15 AM

MINCHA SUN-THU.....1:45 PM**MAARIV** SUN-THU.....9:15 PM

THANK YOU

Anshei Lubavitch extends its
gratitude to our dedicated **Ba'al**
Korei, R' Yossi Nigri.

Special thanks to the **security team**
led by **Yury Zimavilin** who help
keep us secure while we daven.

Yasher koach to the kiddush
volunteers, **Marnin Rand,**
Mordechai Hirschhorn and **Serge**
Zenou who work tirelessly to bring
us a wholesome kiddush each
week!

SECURITY TEAM

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WEDNESDAY.....3:45 PM

CTEENU

MONDAY.....7:30 PM

CTEEN EVENTS

STAY TUNED FOR GREAT EVENTS!

ADULT EDUCATION

SUNDAY

ADVICE FOR LIFE

Sun., beg. Feb. 4th.... 7:15-8:45 pm

MONDAY

TORAH STUDIES.....7:30-8:30 PM

TUESDAY

TALMUD STUDY.....8:15-9:00 PM

WEDNESDAY

BEIS MIDRASH.....8:15-9:15 PM

WOMEN'S TANACH.....8:15-9:15 PM

THURSDAY

TEHILLIM STUDY.....8:45-9:15 AM

CHASSIDUS

MON-FRI5:50 AM

FIVE-MINUTE KOLLEL - FOLLOWS

MAARIV WEEKDAYS

SHABBOS

CHASSIDUS.....8:45 AM

GEMARA.....4:35 PM

JEWISH WISDOM.....4:35 PM

PLEASE SAY PRAYERS

Please say Tehillim/Psalms for the
safety and liberation of our
brothers and sisters in captivity; for
the healing of our wounded; and in
sacred memory of those brutally
torn from us. ר"ל

Chapters 20, 22, 69, 122, 150, 81-90



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SHABBOS, JAN 20, 2024

EASTERN STANDARD TIME

EARLIEST TALLIS.....	6:16 AM
LATEST MORNING SHEMA.....	9:39 AM
EARLIEST MINCHA (GEDOLA).....	12:33 PM
PLAG HAMINCHA.....	4:02 PM
EARLIEST EVENING SHEMA.....	5:29 PM

PARSHAH IN A NUTSHELL

PARSHAS BO

Exodus 10:1–13:16

The last three of the Ten Plagues are visited on Egypt: a swarm of locusts devours all the crops and greenery; a thick, palpable darkness envelops the land; and all the firstborn of Egypt are killed at the stroke of midnight of the 15th of the month of Nissan.

G-d commands the first mitzvah to be given to the people of Israel: to establish a calendar based on the monthly rebirth of the moon. The Israelites are also instructed to bring a "Passover offering" to G-d: a lamb or kid goat is to be slaughtered, and its blood sprinkled on the doorposts and lintel of every Israelite home, so that G-d should pass over these homes when He comes to kill the Egyptian firstborn. The roasted meat of the offering is to be eaten that night together with matzah (unleavened bread) and bitter herbs.

The death of the firstborn finally breaks Pharaoh's resistance, and he literally

drives the children of Israel from his land. So hastily do they depart that there is no time for their dough to rise, and the only provisions they take along are unleavened. Before they go, they ask their Egyptian neighbors for gold, silver and garments—fulfilling the promise made to Abraham that his descendants would leave Egypt with great wealth.

The children of Israel are commanded to consecrate all firstborn, and to observe the anniversary of the Exodus each year by removing all leaven from their possession for seven days, eating matzah, and telling the story of their redemption to their children. They are also commanded to wear tefillin on the arm and head as a reminder of the Exodus and their resultant commitment to G-d. ❖

It is written: "As in the days of your exodus from Egypt, I will show [you] wonders," indicating that the future Redemption will follow the pattern of the exodus from Egypt. ❖

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Powerful Insights From the Rebbe

Compiled by Mordechai Rubin

The Power of Renewal

"This month is for you the beginning of months."

Our Sages interpret this statement as a commandment to sanctify the new moon. When the new moon was sighted by the Jewish people and testimony to that effect was delivered in court, the new month began.

The holidays we observe are dependent on the days of the month. They are not just celebrations on the earthly plane, but rather events that cause changes in the spiritual realms above. Thus G-d and the heavenly court wait, as it were, for the judges on this earthly plane to determine when the months begin.

This is not only a halachic concept. In an inner personal sense as well, the power of renewal is vested in the Jewish people. No matter what a person's situation is, he is capable of renewing himself.

He can penetrate to the G-dly core within his heart and find

the inner resources to make radical changes in his life and his circumstances. Every Jew possesses a soul that is an actual part of G-d. Just as G-d stands above the natural order and manipulates it at will, so too, every Jew has the potential to rise above his natural tendencies and his habits and begin a new phase of personal development.

We do not have to accept our present limitations. On the contrary, our G-dly potential is infinite and at each and every moment, we can exercise our capacity for renewal, changing our situation radically.

The Challenge

The name of this week's Torah reading Bo means "come." The term is interpreted as meaning "enter" or "penetrate." Moses was commanded to come and approach Pharaoh. As the Zohar states, he was told to enter room after room, penetrating to the very core of Pharaoh's palace.

The Zohar continues, explaining that Moses shrank at this command. He was daunted by the charge to confront evil at its very core.

To reassure him, G-d told him, "Come." "Come," i.e., "come with Me," and not "go," "go alone." G-d promised that He would accompany Moses and face Pharaoh with him.

This command thus requires personal initiative, and simultaneously, promises that such initiative will be rewarded by G-d's assistance. Moses was required to act on his own, but not independently. G-d would support his efforts.

This dynamic is replayed in microcosm in the myriad spiritual struggles that we all continually face. We must confront Pharaoh - brave the challenges to Jewish involvement that the outside environment appears to present. And this includes not only viewing those challenges from afar, but penetrating to their core and looking at them from up close.

One would be foolish not to be somewhat daunted by the task. And yet, one's hesitation should only be temporary. We have the power to persevere in our mission. When we do, we find out that we are not alone. G-d is with us, supporting our efforts.

(continued on next page)

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This enables us to transform the world around us. Just as Pharaoh became the power who urged the Jews out of Egypt, so too, every element of our existence can become a positive and contributory, influence, aiding our Jewish involvement. ❖

From the Rebbe



When the image of leadership that a person projects is based on his own individual power, it may be effective in motivating certain people. But for a person to inspire a people as a whole, he should harness himself to a power much greater than his individual self.

For in the long run, what is going to motivate other people is a mission that is transcendent in nature, one that gives them a goal above their individual selves. And the only way a leader can honestly impart such a mission to his people is when he has a similar sense of mission himself.

That was Moses' unique ability. When the people complained to him, he told them: "... and we, what are we? Your complaints are not against us, but against G-d." He did not see himself personally as part of the picture at all. He had one goal: to communicate G-d's message and motivate others to carry it out. ❖

HAFTORAH IN A NUTSHELL

FOR SHABBOS PARSHAS BO

Jeremiah 46:13–28

In this week's Torah reading, we read of the devastation of the Egyptian nation through the final three of the Ten Plagues. In the haftorah we read of the punishment G-d visited upon Egypt centuries later, through the hand of Nebuchadnezzar king of Babylon.

G-d reveals Egypt's fate to Jeremiah: "Proclaim it in Egypt and let it be heard in Migdol, and let it be heard in Noph and in Tahpanhes. Say, 'Stand fast and prepare yourself, for the sword has devoured round about you.'" The prophet then goes on to describe Egypt's helplessness and the destruction that it will incur at the hands of the Babylonians.

The haftorah ends with G-d's assurance to the Jewish people not to fear, for though they too will be punished and exiled, ultimately they will be redeemed:

"You fear not, O Jacob My servant, and be not dismayed, O Israel! for behold, I will redeem you from afar, and your children from the land of their captivity, and Jacob shall return and be quiet and at ease, and there shall be none who disturb his rest. You fear not, My servant Jacob, says the L-rd, for I am with you, for I will make a full end of all the nations where I have driven you." ❖



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WISDOM FROM OUR SAGES

Pesukim (sentences) from this week's Torah portion of Bo, along with stimulating commentary.

We will go with our young and with our old, with our sons and with our daughters (Exodus 10:9)

Pharaoh was willing to let the menfolk go, as long as the children remain behind; for as long as the younger generation remains "in Egypt," there would be no future for the people of Israel.

The "Pharaohs" of our day have the same attitude. If the older folk wish to cling to Jewish tradition, that is perfectly acceptable; but the youth should be raised in "the spirit of the times" . . .

(Maayanah Shel Torah)

A man did not see his fellow, nor did anyone get up from his place for three days (10:23)

There is no greater darkness than one in which "a man did not see his fellow"—in which a person becomes oblivious to the needs of his fellow man. When that happens, a person becomes stymied in his personal development as well—"nor did anyone get up from his place."

(Chiddushei HaRim)

This chodesh (new moon, month) shall be for you the head of months; it shall be for you the first of the months of the year (12:2)

Time is the first creation (see Sforno on Genesis 1:1); thus, the sanctification of time is the first mitzvah commanded to Israel.

(The Lubavitcher Rebbe)

It is written (Genesis 1:16), "G-d made the two great luminaries"; but then it says, "The great luminary . . . and the small luminary"?

[Indeed, at first they were both great; but] the moon said to G-d: Master of the Universe! Can two kings wear the same crown?

Said G-d to her: Go diminish yourself.
Said she to Him: Master of the Universe!
Because I have said a proper thing, I must diminish myself?

Said He to her: You may rule both during the day and at night.

Said she to Him: What advantage is there in that? What does a lamp accomplish at high noon?

Said He to her: The people of Israel shall calculate their dates and years by you.

Said she to Him: But the sun, too, shall have a part in that, for they shall calculate the seasons by him.

Said G-d: The righteous shall be called by your name—"Jacob the Small," "Samuel the Small," "David the Small."

Still G-d saw that the moon was not appeased. So G-d said: "Offer an atonement for My sake, for My having diminished the moon." This is the significance of what Reish Lakish said: Why does the he-goat offered on Rosh Chodesh (the first of the month) differ from the others in that it is specified as for G-d? G-d is saying: This he-goat shall atone for My diminishing of the moon.

(Talmud, Chullin 60b) ❖

שבת שלום!

Good Shabbos!



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2. FAMILY BLISS

HOW CAN WE CREATE A WARM AND HEALTHY HOME? UNCOVER A GOLDMINE OF CLARITY ON FAMILY RELATIONSHIPS, DOMESTIC HARMONY, EDUCATION, AND CREATING A HEALTHY HOME ENVIRONMENT.

3. WHOLESOME HEALTH

DISCOVER THE REBBE'S ANSWERS FOR PATIENTS, PHYSICIANS, AND PROFESSORS SEEKING GUIDANCE ON QUESTIONS OF HEALTH AND TREATMENT. EXPLORE HOW PHYSICAL HEALTH CONNECTS TO EMOTIONAL AND SPIRITUAL WELL-BEING.

4. THE POWER OF POSITIVITY

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5. ABOVE ADVERSITY

BUCKLING UNDER THE STRUGGLES OF HEALTH, LIVELIHOOD, RELATIONSHIPS, OR RAISING CHILDREN, THOUSANDS TURNED TO THE REBBE FOR THE STRENGTH TO CONTINUE. SEE HOW THE INNER MEANING OF CHALLENGES CAN BE THE KEY TO MANAGING THEM.

6. SPIRITUAL HEIGHTS

DISCOVER A UNIQUE PATH TO YOUR SPIRITUAL JOURNEY: SEE HOW TO SET INCREDIBLE GOALS AND REALIZE YOUR MOST PROFOUND POTENTIAL WHILE KEEPING BOTH FEET ON THE GROUND.



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8:15-9:15 PM

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