

# Youth Minyan

## OHEL SARA NEWSLETTER

### Yom Kippur Edition 5776/2015-2016

### Shabbat Schedule

Candlelighting— 6:41 PM
MIncha & Arvit— 6:40 PM
Shaharit – 8:45 AM-11:20 AM
Minha & Seudat Shlishi – 6:00 PM
Arvit & Motzei Shabbat - 7:39 PM

### Joke of The Week

Little Sammy Epstein's English teacher was a perfectionist and demanded the very best of his pupils. So it was only to be expected that he would get furious when Sammy handed in a poor paper.

"This is the worst essay it has ever been my misfortune to read," ranted the teacher. "It has too many mistakes. I can't understand how one person would have made all these mistakes."

"One person didn't," replied little Sammy defensively. "My father helped me!"

The Rabbi was giving a speech at shul one Sabbath morning. He got a bit carried away and talked for over two hours.

Finally, he realized what he was doing. "I'm sorry I talked so long," he said. "I left my watch at home." A voice from the back of the shul said, "Rabbi, there's a calendar right behind you."

One day Chaim Yankel Sapperstein decided that he wanted to learn how to do the laundry. He started with his sweatshirt. Seconds after he stepped into the laundry room, he shouted to his wife, "What setting do I use on the washing machine?" "It depends," she replied. "What does it say on your sweatshirt?" He yelled back, "Nike."

## Pre Yom Kippur/Yom Kippur Checklist

Yom Kippur laws can be confusing. Here is a checklist that will guide you through the day before and the fast itself. If you have any other questions please make sure to ask your Rabbi!

1. The annulment of vows will be after morning prayers on Tuesday 9/22/2015 on the first floor of the shul.
2. It is a great idea to go to mikveh on Friday to look spiritually clean in front of G-d.
3. On Tuesday 9/22/15 encircle money around your head and say, "this shall be in my place my atonement, this money should go to Tzedaka and I shall get life." Give this money to a charity of your choice. The shul will also be accepting charity throughout the morning.
4. The Talmud states if one eats a meal or more on this Tuesday he is rewarded as if he fasted Yom Kippur twice!
5. After you eat your full meal, say birkat hamazon if you ate bread. Then wait 10-15 minutes and wash for bread again. Eat a piece of bread with either water or watermelon OR honey (nothing else is allowed to be eaten) (This is called Seuda hamafseket- last meal before Kippur ) Then say birkat hamazon again.
6. Candle lighting and fast begins at 6:35 pm the blessing for candle lighting is "lehadlik Ner Shell Yom Tov"
7. We **do not wear** leather shoes on Yom Kippur
8. A husband and wife must sleep on separate beds
9. When awaking in morning or after using the restroom hands are washed only until knuckles, but if hands are actually dirty one may wash them wherever it is dirty. A Kohen may wash till the wrist when washing for Priestly blessing
10. Brushing teeth and flossing are not done on this day
11. All are obligated to fast unless there's a danger to one's life (call your local Rabbi for guidance on each case)
12. All medications that one must take daily should be asked by a local Rabbi if they may continue taking them on Yom Kippur
13. Bring a tallit to Shull at night. Blessing for the tallit may be recited only until sunset.
14. Yom Kippur ends Wednesday night at 8:04pm as per Rabeinu Tam. However others end Yom Kippur at 7:32 pm. Since Yom Kippur is a day of forgiveness and only once a year, we should be stricter to end Yom Kippur at 8:04 pm. However people who have certain medical conditions (as per Rabbi's guidance may end it at 7:32 pm)

(turn the page)

## Weekly Schedule

Art Class (5-8yrs)  
Sunday 10-11 AM

Sunday Program (5-13yrs)  
11:00 AM-12:30PM

Torah and Me With Rabbi B  
Wednesday At 8:45 PM

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## Parsha In a Nutshell

The Parshah of Vayelech (“and he went”) recounts the events of Moses’ last day of earthly life. “I am one hundred and twenty years old today,” he says to the people, “and I can no longer go forth and come in.” He transfers the leadership to Joshua, and writes (or concludes writing) the Torah in a scroll which he entrusts to the Levites for safekeeping in the Ark of the Covenant.

The mitzvah of hak’hel (“gather”) is given: every seven years, during the festival of Sukkot of the first year of the shemittah cycle, the entire people of Israel—men, women and children—should gather at the Holy Temple in Jerusalem, where the kings should read to them from the Torah.

Vayelech concludes with the prediction that the people of Israel will turn away from their covenant with G-d, causing Him to hide His face from them, but also with the promise that the words of the Torah “shall not be forgotten out of the mouths of their descendants.”

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## Build Yourself Up, Don’t Beat Yourself Down!

Yom Kippur should be a day of building ourselves up, not beating ourselves down with guilt and shame. It should be a day of empowerment, not a day of feeling like a loser for all the mistakes we’ve made. Here are five ideas to keep in mind on Yom Kippur to ensure that you’re building yourself up.

### 1. To Err is to be Human

Actually the list of transgressions should be called a list of mistakes. The Hebrew word for “sin”, chait, means to miss the mark or to make a mistake. Does a parent want their child to beat themselves up every time they make a mistake? Of course not. A loving parent wants their child to take responsibility for his or her mistakes and try to improve. We’re not bad because we make mistakes, we’re just human. God doesn’t expect perfection. In fact, God gave us the commandment ofteshuvah (to improve ourselves) knowing we’re going to fail and fail often! So don’t be so hard on yourself.

### 2. Experience the Thrill of Self-Mastery

Try seeing the list of mistakes we recite during Yom Kippur as giving you a picture of how great a human being can be. Underlying each mistake is an ideal for self-improvement. Imagine how the quality of your life would improve if you’d master even one of these mistakes. For example, one of the mistakes on the list is gossip. Imagine achieving such mastery that you never spoke negatively about another person ever again. Just think how much good you could bring into the world and how much destructive energy would be eradicated. Imagine achieving mastery over all these mistakes. Now you have a picture of what a great human being looks like.

### 3. Experience More Joy in Living

In the High Holiday prayers we repeat that “He is the King who desires life.” Like a loving parent, God wants us to live great lives and to enjoy the privilege of being alive. Mistakes rob us of pleasure in living. For example, one of the mistakes on the list is “abusing food.” When we overeat, become overweight, get out of shape and eat junk, we feel a loss of energy, vitality and pleasure in living. God wants us to correct our mistakes because He knows that each mistake diminishes our pleasure in living. He wants us to improve the quality of our lives. As you go through the list see how each mistake you make negatively impacts the quality of your life.

### 4. Experience the Pleasure of Self-Discovery

Identify one issue on the list you struggle with most, one you keep making over and over. Instead of beating yourself up over it, try becoming more curious about it. Why is this issue particularly difficult for you? Explore the history of this struggle. When did it first begin? What’s your earliest memory of struggling with this issue? Does the memory give you any deeper insight into the meaning of it? What payoff do you mistakenly think you’re going to receive by doing this transgression? Don’t give up hope. God gives each of us unique struggles. As overwhelming and frightening they may be, it is important to embrace them and not run away from them. Keep in mind that our greatest struggle is often our greatest opportunity for personal transformation.

### 5. Embrace the Process

We went through the same list last year and we’ll go through the same list next year. This demonstrates that life is a process. There’s no winner’s circle to get to. Those who see life in terms of success or failure, live with constant pressure and disappointment. Yom Kippur teaches us that there is no ultimate finish line in life. There is only the process of making our best effort to improve year after year. Enjoy the journey. Sometimes you’ll succeed and sometimes you’ll fail. God doesn’t judge us by how much we succeed. *Continued on page 3*

*Continued*—He judges us by how consistently we show up and try to actualize our unique potential. As the Rabbis say, “You are not expected to finish the job, yet you are not free from trying your best.”

This year when we “beat” our chests as we enumerate our mistakes, let’s make sure to have an experience of “building ourselves up” and not one of “beating ourselves up.” Instead of ripping ourselves apart, this year, let’s make Yom Kippur an experience of personal empowerment and growth.

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## Steady Study

*“So now, write this song for yourselves, and teach it to the children of Israel. (Deut. 31:19)”*

The sages derive from this verse that every Jew is required to write a sefer Torah for himself. Why is it so important for each individual to write his own Torah scroll?

Ben was part of his college basketball team and was given instructions to practice a minimum of two hours every day. He did not own a basketball but he figured that he could always borrow his neighbor's ball. When it came time to practice he was just too lazy to go to the neighbor to get the ball and rarely practiced. Consequently his performance on the court suffered.

Similarly, God wants us to study the holy Torah at every available opportunity. We are commanded to write our own sefer Torah so that we always have one on hand. Technically, we can borrow one from the neighbor, but then we may lose our drive to study.

The constant study of Torah is crucial to one's spiritual growth. The Torah gives one the ability to overcome his instincts and harmful desires. Rav Shmuel Bernbaum zt"l was once walking down the street and stopped by a certain store. The store was closed and had a sign: 'Closed - Due to Death.' Rav Shmuel focused on the sign for a couple of moments and began to cry. His students asked him if he knew the man. He replied, "No." He went on to explain, "Every time I pass this store, whether it's early in the morning, late at night, raining or snowing, the man is there working. Nothing could prevent him from running his business. The only thing that held him back was - death!" Rav Shmuel exclaimed. "When I die I want that sign on my Gemara: Closed - Due to Death!"

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I don't forgive people because i'm weak. I forgive them because i am strong enough to understand that people make mistakes..

## Yom Kippur Schedule

(Times are approximate and subject to change)

Tuesday	Candlelighting/Fast Begins: 6:35 PM
	Minha: 6:25 PM
Wednesday	Shaharit: 8:00 AM
	Holiday/Fast Ends: 7:32/ 8:04PM

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## Weekly Events

SUNDAY	Art Class Children 5-8: 10AM-11AM
	Sunday Program Ages 5-12: 11:00AM-12:30 PM
Wednesday	Hebrew Class for Adults (October/ November) Contact Moshe If Interested
	Torah&MeWith Rabbi B 8:45PM-9:45PM
Shabbat	Prayers-Arvit, Minha, Shaharit, Musaf (Change Weekly)
	Learning and Seudat Shlishi (Changes Weekly)
Any Day	Find out about our lecture series by signing up for our text/email alerts

## The Torah and Me With Rabbi B



Jewish Thought and Inspiration To Get You Through The Week

**Where:**  
Torath Haim Ohel Sara  
144-11 77th Ave Flushing, NY 11367  
2nd Floor  
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**When:**  
Wednesday Nights  
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## Shaping Lives Sunday Program

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**come and join our Free Sunday Program Today!**

Every Sunday @ 11am-12:30pm we shape the lives of children ages 5-12 in the Queens Community. Children are taught to read Hebrew, understand Jewish Traditions, and recognize the Values Every Jewish Child should have through Songs, Creative Projects, Educational Games, and Interactive Lessons Presented by Our Enthusiastic Staff! Pizza is SERVED every Sunday and exciting RAFFLES are held every month!

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