



CONGREGATION TORAS CHAIM

An intimate space... Grow at your pace.

Nov 21-Nov 22, 2014 ■ 29 Cheshvan, 5775 ■ Shabbos Toldos, Mevorchim
Candlelighting: 5:05P ■ Shabbos Ends 6:13P

Kiddush this Shabbos is sponsored by Yirmiyahu Rich in honor of the Chasson Bereishis kibbud this past Simchas Torah. Shalosh Seudos this Shabbos is sponsored by the shul. Please contact Rabbi Yaakov Rich at 972-835-6016 if you are interested in sponsoring kiddush or shalosh seudos in the future.

■ SHABBOS SCHEDULE

Friday Night, Nov 21st

- » Candlelighting-5:05P
- » Mincha/Kabbalos Shabbos/Maariv-5:05P

Shabbos Day, Nov 22nd

- » Shacharis-8:30A
- » Junior Congregation for boys-9:30A at shul
- » Mommy & Me at Sutkin Home (BYOS)-9:45A
- » Chumash Shiur (for men & women)-3:55P
- » Mincha-4:55P
- » Shabbos Ends-6:13P
- » Avos U'Banim-7:15P (Suggested Min. Donation \$5)

■ WEEKDAY SCHEDULE

- » Sunday Shacharis-8A
- » Supercharge Your Sundays-8:45A (for men)
- » Weekday Shacharis-6:40A
- » Mincha-5:05P / Maariv-9:00P (Sunday-Thursday)

■ REFUAH SHELAIMA

MEN

- » Yitzchok ben Klara (Mechutan to Sandy Kadish)
- » Yoseif Yitzchok ben Yehudis Chaya (Brother in Law of Yoseif Meir Rich)
- » Mattisyahu Chaim ben Ettl (HaRav Mattisyahu Solomon)

WOMEN

- » Brocha bas Sora (Mother of Hadassah Klug)
- » Yenta Leah bas Shayna (Mother of Lori Jarmel)
- » Chava Fruma bas Bryna (Mother in Law of Sandy Kadish)

■ WHAT'S NU AT CTC

» Taharas Hamishpacha Refresher Course for Married Women:

Congregation Toras Chaim is very pleased to offer to the women of our community a refresher course on Taharas Hamishpacha: The Laws of Family Purity. This course, taught by Mrs. Batya Epstein, is for married women only. Mrs. Epstein is one of the foremost teachers and speakers in Dallas, TX. She is engaging, exciting and entertaining. Taharas Hamishpacha is the foundation of the Jewish family and kedushas Yisroel, the sanctity of the Jewish people. This course is a must for all married Jewish women, as the laws of Taharas Hamishpacha are complicated and need constant review. **A word to the husbands.** This is as important to you as it is to your wife. Please encourage your wife to attend by making yourself available to babysit and take care of other family matters during the time the course is being taught. There will be a refresher course for the men in the not-to-distant future, as well.

- What: Refresher Course in Taharas Hamishpacha
- When: Sunday, November 23 and December 7, 10-11:45 AM
- Where: Congregation Toras Chaim, 7103 Mumford Ct., 75252
- Who: For married women only
- Cost: Free

» The Art of Digital Scrapbooking with Tricia Sutkin. A Project of the CTC Sisterhood. CTC Sisterhood Kickoff Event, Sunday, November 23, 2014, Rosh Chodesh Kislev 5775. Join us for our first monthly Rosh Chodesh Schmooze.

- When: Every Rosh Chodesh (or close to), 8:00 PM
- Where: Tricia Sutkins home, 7335 Briarnoll
- What: This month Tricia will teach us the simple and time-saving savvy of learning to scrapbook instantly with your Smartphone or iPad! Bring your devices with the free app, Picframe, preloaded. Join us for fellowship even if your phones aren't smart :) More details to follow.

■ THE LAST LAUGH OF HISTORY: RABBI LABEL LAM

And these are the generations of Yitzchok the son of Avraham; Avraham begot Yitzchok. (Breishis 25:19)

This is the segment in the Torah where Yitzchok Avinu is most on display. Yet he is still the most invisible of the three Patriarchs. His words are sparse and sparing, and the record of his activities is minimal. Why is it so? It is very easy to explain. Avraham discovered in HASHEM's world and modeled his life on a paradigm of ultra-kindliness. That was his vehicle for relating to HASHEM and the world around. Sefer Orach writes, "Then Yitzchok came, and he added by making known the attribute of fear. That if one does not serve Him, one will be punished like a servant who rebels against his master. He placed terror and awe upon people, and entered them under the wings of the Shechina."

While Chessed inspires action, Yira arouses a sense of restraint! Both are necessary. There are 248 activity Commandments (248 is the numerical value of the name Avraham) and there are 365 Commandments to refrain. Now Avraham's work in the world is noticeable. He was feeding and reaching and teaching the world. Yira- restraint is not something can be seen. When one holds back a juicy tidbit of Loshon Hora, what is the sound it makes? How is it tangibly recognizable?! Of course Yitzchok is not nearly as visible as Avraham.

Here is another mystery about Yitzchok: His name! Before he was born, HASHEM had already designated a name, but the Torah records Sara's reaction as a prophetic fulfillment. And Sara said, "G-d has made (Tzchok) joy for me; whoever hears will rejoice (Yitzchok) over me." (Breishis 21:6) The name of the man of fear and awe is laughter!

It's not just plain fear we are talking about either. As the verse explains, "Had not the G-d of my father, the G-d of Avraham and the Fear (PACHAD) of Yitzchok been for me, you would now have sent me away empty handed..." (Breishis 31:42) Yitzchok is associated with PACHAD! The Chofetz Chaim explains that PACHAD, also translated as fear, means a fright that is nearby, hovering close. Eima- would connote a fear far away. How is the man of PACHAD the man of LAUGHTER?

Let us try a few approaches! Yitzchok excelled in drawing himself into greater proximity of HASHEM. A student opens the door of the class and tries to tempt his classmates to cut the next the period. He doesn't see that the teacher is standing quietly behind the door. The other students see it. He pleads with them and uses all his charm of seduction but to no avail. When he leaves, the class erupts in laughter. How foolish he makes himself to be talking that way with the image of the Rebbe towering over him in the background.

Yitzchok had such clarity on the imminence of HASHEM that any offer by the Yetzer Hora was laughable. He stood on a lofty perch where he could observe the folly of a world tempted by and terrorized by trivialities and remain unimpressed.

The father in law of the previous Lubavicher Rebbe was in jail in Russia for sedition- that is helping Jewish communities settling in Israel. He was being pistol whipped by an overzealous guard who wanted to strike fear in him. He is reputed to have told the man with the gun, "Put away that toy! It can only scare a man who believes in one world and many gods. I believe in two worlds and One G-d!"

The Talmud Brachos 31a tells us: It is forbidden for a person to fill his mouth with laughter in this world, as it says, "Then He will fill our mouths with laughter." A similar sentiment is found in Sefer Tehillim, speaking about the end of times, "He Who dwells in Heaven will laugh; my Master mocks them." (Tehillim

2:4) Yitzchok's name really means, "Will Laugh". While the world satirizes the Nation of Israel and rejects HASHEM, He and we-Yitzchok's children are promised the best and the last laugh of history.

■ PARSHA Q&A: TOLDOS

1. Why was it important that Yitzchak look like Avraham? 25:19 - So everyone would agree that Avraham was indeed his father.
2. Why does the Torah stress that Rivka was Betuel's daughter and Lavan's sister? 25:20 - To praise her, that even though her family was evil she was righteous.
3. What are the two differences between Tamar's pregnancy and Rivka's pregnancy? 25:24 - Rivka gave birth at full term to two children, one righteous and one wicked. Tamar gave birth after seven months to two righteous children.
4. Why was Esav named Esav? 25:25 - He was born fully developed. The name Esav is based on the Hebrew word for "made".
5. Who gave Yaakov his name? 25:26 G-d.
6. How did Esav deceive his father? 25:27 - Esav deceived Yitzchak by asking questions that suggested that he was very strict in mitzvah observance.
7. Why was Esav faint when he returned from the field? 25:29 - From having murdered.
8. Why are lentils a food for mourners? 25:30 - They are round like a wheel and mourning is like a revolving wheel that eventually touches everyone.
9. What was the birthright that Yaakov bought from Esav? 25:31 - The right to bring sacrifices.
10. Why was Yitzchak not permitted to go to Egypt? 26:2 - Through the akeida he had attained the status of a korban and was forbidden to leave Eretz Canaan.
11. Why did the Philistines plug up the wells? 26:15 - They felt that either marauders would attack to capture the wells, or, if attacking for other reasons, they would use the wells as a water supply.
12. Why did Yitzchak lose his sight? (three reasons) 27:1 - a) From the smoke of the incense offered by Esav's wives to their idols; b) From the angels' tears which fell into Yitzchak's eyes at the time of the akeida; c) In order for Yaakov to receive the blessings.
13. At what age should one anticipate his own death? 27:2 - When he reaches five years from the age his parents were when they passed away, until five years after.
14. Why did Rivka ask Yaakov to bring two kid goats? 27:9 - One for Yitzchak and the other to offer as a korban Pesach.
15. Why did Esav leave his special garments with Rivka? 27:15 - He suspected that his wives might steal them.
16. What fragrance did Yitzchak detect on Yaakov's garments? 27:27 - The scent of Gan Eden.
17. What was the "fat of the land" promised to Esav? 27:36 - Italy.
18. When will Esav be freed from subjugation to Yaakov? 27:40 - When the Jewish People transgress the Torah.
19. What inspired Esav to marry the daughter of Yishmael? 28:7 - Seeing that his father despised his current wives, he resolved to take a wife from his father's family.
20. Knowing that Machalat was Yishmael's daughter, it's self-evident that she was the sister of Nevayot. Why, then, does the

Torah state that Esav married "Yishmael's daughter, the sister of Nevayot?" 28:9 - To indicate that Yishmael died between her betrothal and her wedding, and that it was Nevayot who gave his sister in marriage to Esav. Knowing the date of Yishmael's death, we can determine the date of Esav's marriage and thus Yaakov's age, 63, at the time of his flight from Esav.

■ PERPLEXED IN PRAYER: RABBI YIRMIYAHU ULLMAN

From: Ben

Dear Rabbi,

I find that often when I daven, rather than having an uplifting experience of holy thoughts, I actually get a flood of distracting mundane thoughts. It's like all of a sudden I remember something I was supposed to do, or somewhere I am supposed to go, or some solution to a problem at work, or any number of things that have nothing to do with my prayer. Do you have any explanations why this is and what I can do about it?

Dear Ben,

Don't get bent out of shape because of this. It's extremely common and there are several reasons.

The first is simply this: Prayer is a great thing and a very important mitzvah. Therefore the yetzer ha'ra is very interested in distracting us, disturbing our prayer and even discouraging us from it. Don't be discouraged by these distractions but rather view them as an indication of just how important prayer is! This should give you the fortitude to repel these thoughts and concentrate more fully on the prayer itself.

Another reason for this dynamic is a lack of preparation. We are told in the Talmud that the pious of old would actually prepare for prayer a full hour before praying. In this way they were able to clear their minds of mundane matters and prepare themselves properly for the powerful experience that prayer is meant to be. Nowadays, for many reasons, we don't do this, but if you can take at least a few minutes to gather and focus your thoughts beforehand, you'll find it helps a lot.

A third reason why this happens is because of the uplifting power of prayer itself. The experience of prayer and its wording unlocks mental and spiritual gates that normally bar us from elevation. As these portals open, expanded awareness initially flows laterally, resulting in what feels like a flood of mundane thoughts. We're usually so occluded that we don't sufficiently consider even these temporal concerns properly. The proof is that they come to us just as we start praying.

But the fortitude and preparation I mentioned earlier should enable a person to harness this opening of the mind in a vertical direction for elevation in prayer. This influx of expanded potential through prayer may be compared to pouring out water from a vessel. If it's poured out on a table, the water flows laterally in all directions; but if it's poured into a glass, the water rises within the walls of the glass. Similarly, as the portals of prayer open and elevated consciousness flows in, it can either run off in all directions or be harnessed to elevate us back to its source!

Good Shabbos

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■ WEEKLY CLASSES (see website for more detail)

- » Morning Gemara Megillah for men (M-Fr, 6-6:35A)
- » Not Quite Daf HaYomi for men (Sunday-Thursday 8-9P)
- » Chumash for men & women (Shabbos one hr before mincha)
- » Hilchos Taaruvos for men (Sunday 6:30-8:00A)
- » Supercharge Your Sundays for men (Sunday after Shacharis for 45 mins. with R' Noach Klug)
- » Marriage Made in Heaven for men (Monday 7:15-8:00P)
- » Marriage Made in Heaven for women (Tuesday 7:15-8:00P)

All classes at 7103 Mumford Ct., except where indicated