

CONGREGATION TORAS CHAIM WISHES YOU A WONDERFUL

Shabbos Parshas Vayeishev

FRIDAY NIGHT, DEC 20

- » Mincha/Kabalas Shabbos/Maariv 5:05 PM
- » Candles 5:06 PM
- » Sunset 5:24 PM

SHABBOS DAY, DEC 21

- » **NEW EARLIER TIME: Shacharis followed by Kiddush 8:00 AM**
- » 15-min Pirkei Avos Shiur for Women following Kiddush Canceled
- » Women & Children S"Y Canceled
- » Mincha 4:55 PM
- » Sunset 5:25 PM
- » Maariv 6:07 PM
- » Shabbos Ends (50 min) 6:15 PM
- » Rabbeinu Tam (72 min) 6:37 PM

A WISE MAN WOULD SAY: "BIGHEADEDNESS IS USUALLY A SYMPTOM OF SMALL-MINDEDNESS."

REFUAH SHELAIMA

Men

- » Hillel ben Simcha (Jeff Lubin)
- » Daniel Ze'ev ben Miriam (Brother of Josh Rothstein)

Women

- » Bayla Gittel bas Lefsha (Grandmother of Shmuel Rothberg)
- » Devorah bas Heni (Friend of Aviva Bass)
- » Michal Leah bas Devora (Daughter of Devorah bas Heni)
- » Sipke Grune bas Lillian (Mother of Jeff Luftig)
- » Shoshana Gittel bas Chaya Leah (Sister of Naomi Goldberg)
- » Naama bas Devorah Miriam (Granddaughter of Rabbi & Rebbetzin Rich)
- » Chana bas Hendel (Friend Of Yael Bodenheimer)

SHABBOS KIDDUSH SPONSORED BY

- » the members of the Guarantee Kiddush Club

CTC SCHEDULE OF SHIURIM/TEFILLAH (Week of Dec 22, 2024)

- » Gemara Zevachim, Mon - Fri, 6:00 - 6:30 AM
- » **Shacharis, 6:30 AM**
- » Amud HaYomi Sanhedrin: Sunday - Friday, 12 - 1 PM, On Zoom with Rabbi Yaakov Rich. Email Rabbi Rich for the link.
- » Mishnayos Shabbos 7:30 PM
- » **Maariv 8 PM**
- » Gemara Bava Basra 8:15 - 9:00 PM

- » CTC Nightly for women: Rabbi Avigdor Miller's sefer on Emunah nightly S-Th from 9:30-9:40pm. Feel free to join as often as you like. Here's the call in information: (605) 313-5857. Access code: 8607470 #
- » Parsha Shiur for women with Rabbi Michael Bodenheimer at the Rich Home, 7119 Bremerton Ct., Dallas 75252, Sundays 8 PM.

REBUILDING PROJECT by Marshall Lestz.

(We are excited to share this column with you each Shabbos in the spirit of helping to repair our relationships and thereby contribute to rebuilding the Beis HaMikdash.)

HIGHLIGHTING THE LOWLIGHTS

I'm in the advertising business, and a couple years ago I was editing some copy (text) that I had written. After a short while, I realized that I was doing something very inefficient, but also very funny. I was crossing out lines of copy with the first writing utensil I could find...a yellow highlighter. So there I was, thinking I was marking out copy, but actually making it look like those lines of copy were the most important words on the page!

Do we ever do that sort of thing in life? Do we ever identify the things we don't like, all the stuff that's going "wrong" during the day and then highlight them? We don't think of it as highlighting per se, but that's what we're doing when we emphasize and call attention to those unpleasant moments. I'm not talking about serious things we truly need to get off our chest. I'm talking about regular ol' stuff--like the weather, rude people, high prices, broken ATMs, soggy pizza, daylight savings time, whatever. What we think about tends to expand, so when we focus on negative moments, we generate even more displeasure for ourselves and for those we're sharing our comments with. Think of the irony-- the very things that we'd rather not have experienced in first place, get re-lived over and over again by our choosing to think and talk about them!

We know there are gonna be things that happen every day that we don't like. If they bother us, fine, let them bother us for a minute or two or three. But let's not take out a highlighter and make them a bigger deal than they really are. Accentuating the negative isn't in our best interest! So let's instead take that highlighter and put it to good use-- to highlight all the positive, incredible, gratitude-inducing things in our day that all too often go overlooked.

Have a joyful day, filled with lots of highlights,

Keep on Building!