

Weekly Newsletter

Shabbos Mevorchim! Blessing the Month of Tammuz

June 24 – July 1, 2022 | 25 Sivan – 1 Tammuz, 5782



Chabad West Orange

Rabbi Mendy & Altie Kasowitz, Directors
Paul Feinberg, President | Chaim Massoth, Gabbai

Friday, June 24 | 25 Sivan

7:00pm – Mincha & Kabbolas Shabbos. Summer Schedule.

8:14pm – Regular candle lighting time.

Shabbos, June 25 | 26 Sivan – Parshas Shelach

8:30am – Shabbos Mevorchim Tehilim.

9:15am – Chassidus before davening.

9:30am – Shachris.

CWO Children's Program – Led by Naomi Kreamer

10:00am – Arrival & Playtime.

10:15am – Davening & Parsha.

10:45am – Outdoor Playtime (weather permitting).

11:15am – Indoor Games & Competition.

11:45am – Cleanup.



We bless the new month of Tammuz.

Rosh Chodesh will be Wednesday and Thursday, June 29th and 30th.

The molad will be Wed. 6/29 at 6:48am + 3 Chalakim.

12:00pm – Kiddush (Sponsors needed)

8:20pm – Mincha, Pirke Avos Chapter 3, Maamer Chassidus.

9:23pm – Maariv & Shabbos ends.

Weekday Minyan Schedule

8:00am – Shachris followed by daily Tanya shiur.

8:25pm – Mincha & Maariv.

Monday, June 27 | 28 Sivan

Anniversary (1941) of the Rebbe & Rebbetzin arriving in the US after fleeing Nazi-occupied Europe.

Happy birthday Dovid!

Blood Drive

At AABJ&D - July 10th, 9am-1pm.

Sign up link: https://donor.cbsblood.org/donor/schedules/drive_schedule/54221

Parsha in a Nutshell - Shelach

Moses sends twelve spies to the land of Canaan. Forty days later they return, carrying a huge cluster of grapes, a pomegranate and a fig, to report on a lush and bountiful land. But ten of the spies warn that the inhabitants of the land are giants and warriors "more powerful than we"; only Caleb and Joshua insist that the land can be conquered, as G-d has commanded.

The people weep that they'd rather return to Egypt. G-d decrees that Israel's entry into the land shall be delayed forty years, during which time that entire generation will die out in the desert. A group of remorseful Jews storm the mountain on the border of the land, and are routed by the Amalekites and Canaanites.

The laws of the nesachim (meal, wine and oil offerings) are given, as well as the mitzvah to consecrate a portion of the dough (challah) to G-d when making bread. A man violates the Shabbat by gathering sticks, and is put to death. G-d instructs to place fringes (tzitzit) on the four corners of our garments, so that we should remember to fulfill the mitzvot (divine commandments).



Partner with us: chabadwestorange.com/donate

Become a member: chabadwestorange.com/membership

Remember CWO in your will

Being Vulnerable Is Being Strong

By Nechemia Schusterman RabbiSchusterman.com

At a 12-step recovery meeting I attended a while back, one of the attendees shared the following quote that resonated with me: "Being vulnerable is being strong." Often in life we are afraid to ask for help or guidance thinking that it makes us weak or incompetent, but the opposite is true.

I recently finished an incredible book on addiction and recovery, *The Only Life I Could Save*, by Katherine Ketcham.

During family week at the wilderness recovery center her son was attending in Montana, they did numerous group activities to build connections and help them understand one another. One of the activities involved blindfolding everyone, and having them walk through a rope maze, which they were to navigate using only their hands and the ropes.

Occasionally, the staff would step in and offer guidance and ensure that participants didn't bump into each other.. At some point, as Katherine was working the maze and getting more and more frustrated, she heard another participant in the distance announce that they had made it out.

This only heightened her need to figure out the maze and she worked harder and faster to try to find the way out. As she kept working harder, she heard more and more participants announce that they were out. Feeling her anger and annoyance peak, she finally turned to one of the counselors and asked for help. As soon as she asked for help, he came over to her and lifted off her blindfold and she suddenly saw that the maze actually didn't have a way out. Only when your resistance is broken down enough that you are humbled to the point where you finally ask for help can you get out of the maze.

Instantly, it all became clear. The purpose of the exercise was to help the families understand their addict and the need to ask for help. Sometimes that is the only way out of the maze.

In the Torah portion of Shelach how our ancestors were told by G-d that they would wander the desert for 40 years before entering the Promised Land.

The reason was the sin of the Spies, who didn't have faith in G-d's ability to bring them into the Land. They were consequently forced to wander for 40 years, and all those above a certain age would not actually make it into the Land of Israel.

Why did G-d want them to wander? What is the value in that? Let those who will be allowed to enter, enter now, and those who cannot enter can hang out in one location or find some other solution?

The answer may have been given by the Baal Shem Tov in relation to Rosh Hashanah. "G-d hides," he said, "so we should seek Him." G-d wants us to spend time finding Him and to do so he has to make Himself appear as if He is absent. The purpose of the exercise is to teach us to seek. Phrased differently, He wants us to need Him, to reach out for Him, to ask Him for help. To accomplish this, He appears absent and then we feel lost, wandering and broken.

One might suggest that G-d had our ancestors wander for the nation to realize that they would not be able to leave the desert on their own and to appreciate that at some point we all feel broken or helpless without His assistance.

Those who would enter the Land grew up with the knowledge that they were dependent upon Him.

There is no shame in that. That is how He masterfully designed this world. The problem is when we try to put up an endless facade of how smart or strong we are, and don't have the courage to be vulnerable and ask for help.

Sometimes all G-d wants from us is three simple words: "Please help me." Sometimes the only way out of the actual desert or our personal desert is by realizing that being vulnerable IS being strong.

Katherine learned this with regards to her son and his disease. The addict learns this the hard way when they have become crushed and have nothing left but to ask for help.

Our job is to learn from the experiences of others and not wait for total self-annihilation before asking for help.

Remember, when you ask for help, you are being strong.



triplemint.

Gabriel Minsky

917.993.4481 | 331 Washington St. Hoboken, NJ
Licensed Real Estate Salesperson



FAMILY FIRST FUNDING

NMLS 2040937



Nisan Andrusier

Mortgage Lender

347-406-4250

Nisan@fam1fund.com



PRINTING

Jodi Solotoff & Staff

973-533-9330

465 W. Mt Pleasant Ave, Livingston



Alanna Ben-David

LCSW, Psychotherapist

973-404-0125 | alanna@alannabendavidlcsww.com

Relationships, Addiction, Trauma, Anxiety = Teletherapy

SUPER DUPER BAGELS

Coby & Bess Adler

498 S. Livingston Ave.

973-533-1703



Chabad West Orange

401 Pleasant Valley Way, WO, NJ 07052

973-325-6311 | chabadwestorange.com



WEST ORANGE **HATZALAH** LIVINGSTON
EMERGENCY MEDICAL RESPONSE 24/7

973-604-4000