



Sharei Chesed Congregation

שערי חסד

Welcome to our synagogue! ברוכים הבאים

Avraham Ettedgui, Rabbi | Bernie Miller, President

Dr. David Feldshon, Vice President

Religious School Faculty:

Uri Koppel, Sheryl Sue Warren, Carmella Chazin, Mark Bloom

Lee Reinharz, Office Manager

Shemot - שמות

January 21, 2017 – 23 Tevet 5777

This Shabbat we begin reading the Second Book of the Torah, known as Shemot in Hebrew and Exodus in English. It is called 'Shemot' (names) because it lists the names of all who came down to Egypt with Jacob.

Last week's Parasha and Book of Genesis ended with the words that the children of Israel were well-established in Egypt. This week we learn how they multiplied and increased in numbers. They became the People of Israel. Pharaoh felt threatened by their growing numbers and talked his people into enslaving the Children of Israel. The more hard labor they placed on the Jews, the more they increased and multiplied. When he was unable to reduce their numbers thru hard work and affliction, he instructed the Egyptians to cast the baby boys of the Jews into the Nile.

The Parasha describes how a member of the Levi family marries a girl also from the Levi family. To save the baby from the Egyptians, his mother puts him in a basket and places him by the river. Pharaoh's daughter finds him and takes him as her son. She names him Moses. Miriam, his sister, offers to call a Hebrew nursing mother.

Many years later, when Moses goes out on the town and sees the hardships of the slaves, he identifies with them as his people. He flees Egypt when Pharaoh finds out that he killed an Egyptian taskmaster who was beating a Jewish slave.

While in the wilderness, God appears to Moses in a burning bush and instructs him to return to Egypt and tell Pharaoh to Let MY People Go. This is going to be a long and difficult road for Moses and the people. Because redemption is not going to come until the Ten Plagues are brought upon the Egyptians.

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Sharei Chesed Congregation is a 501(c)(3) nonprofit organization.

How to be Humble Without Being a Wimp

There are many reasons for being humble (you think you're not very smart, you believe people like you better when you're humble, it's just your nature, etc.). There are also many reasons for being assertive (you think you're handsome, no one but you knows how to do things right, etc.). But is there an alternative way of being?



(c) 2007 Sarah Kranz

There must be. Moses, as we will learn, was the "most humble of all men upon the face of the earth." Yet he had the spunk to stand up to Pharaoh and even argue with God Himself. So how did he manage to hold two opposite attitudes at once?

Turns out there's an alternative form of humility. A humility that has nothing to do with self-deprecation or a sheepish nature. It also turns out that the same humility comes with a sense of power—but not the sense of power that comes out of ego or pushiness. It's the sense of, "Yes I know who I am, what I can do and what I can't. But I stand in the presence of something much larger than my little self, so much larger that there isn't any room left for any vestige of my own ego. Something before which a thousand universes are less than dust and from which all things extend. Something which is infinite, transcendent and yet pervades all things."

Sensing the presence of the Infinite is kind of humbling, just like, say, standing before some incredible genius, superhero type you really admire. Only that this is Infinite. That's big. Very big.

Sensing the Infinite is also very empowering. Because you can't sense the Infinite without becoming absorbed within it. And filled with infinite power, yourself.

There, in that space, humility and guts don't struggle with one another. There, all your faculties are united as one to fly high above any challenge, smash through the most impervious obstacle, take on the entire world without flinching. And yet, all of you is but a transparent window for the Infinite Light to shine into the world. Like Moses, a transparent hero.

(courtesy of Aish.com)

Upcoming Birthdays and Anniversaries

Happy Birthday to:

- Maxine Karter
- Rita Melnik
- Susan Wasserman

JDAIM: Shining the Light on Abilities

Join Jewish Family and Children's Service at the Sabes JCC Monday evening February 6th at 7:00 P.M. to celebrate Jewish Disability Awareness & Inclusion Month and enjoy an evening of storytelling, laughter and improv with comedian and inclusion advocate Pam Schuller. Named one of the "36 under 36" who are changing the face of the Jewish community by The Jewish Week (May 2016), Schuller's performance guarantees to inspire communities to a new understanding of inclusion.

The event is free and open to all. Hot chocolate reception to follow.

This event is a collaboration of JFCS and the Sabes JCC.

For more information and to register, go to 'jfcsmpls.org' and click on the banner at the top of the page.



"Kabbalah is About Relationships" - Winter 2017

Kabbalah is a timeless spiritual wisdom that explains the origin of the universe and our place within it. The Tree of Life is a map of ten divine emanations that flow throughout creation. Join Joy Gordon to discover practical ways to navigate these energies. Develop an inner energy compass to bring greater awareness and balance to yourself and your relationships.

6 Sunday afternoons: Feb. 12, 19 and 26 and

March 5, 19 and 26, 2017

Time: 4:00 P.M. – 5:30 P.M.

Location: Sharei Chesed

Course fee: \$90

Contact Joy at 'joy@joyofkabbalah.com' or call her at 763-559-7029 for more information.



Yahrzeits for week of January 21 - January 27, 2017

23 Tevet - 29 Tevet 5777

Please help with the daily Minyan

Yahrzeit of

Remembered by

Saturday, January 21st (23 Tevet)

Nechama Gitelman	Nechama bat Reuven	Shulim Gitelman
Maurice Gordon		Joy Gordon
Sophie Kampf	Chaya Sara bat Shlomo	
Rachel Schochet	Pesha Rivka	

Sunday, January 22nd (24 Tevet)

Adolph Braufman		Maddy Braufman
Leonard Fruen		Morey Miller & Sandra Miller
Boruch Goldberg	Boruch ben Avraham	Larisa Palant
Mr. Margulies	Avrum David	Candace Margulies
Abraham Weingarden	Avraham Shepsel ben Shmuel	

Monday, January 23rd (25 Tevet)

Keyle Galeyeva	Keyle bat Yakov	Vladimir Galeyev
Mussa bat Eohill		Michael Kagan
Rakhil Paykova		Sofiya Tsukerman
Jacob Szneler	Yakov Hanoch ben Simcha Dov v'Zisel Mirel	Esther Geller
Abe Toretsky	Avraham Gershon ben Moshe	Morris Toretsky

Tuesday, January 24th (26 Tevet)

Dobrish Burshteyn	Dobrish bat Aharon	Riva Kramarenko & Dora Vadeem
Fatya Burshteyn	Fatya bat Avraham	Riva Kramarenko & Dora Vadeem
Yentl Feldman	Yentl bat Chaim	Mariya Feldman & Elena Budilovsky
John Fields	Yonatan ben Avraham v'Sara	Cheryl Fields

Wednesday, January 25th (27 Tevet)

Silya Glukhareva		Anna Romantsov
Alexander Ryaboy	Shlomo ben Avraham	Eugene Ryaboy

Thursday, January 26th (28 Tevet)

Batya Averboch	Batya bat Zalman	Mina and Chezar Grinberg
Froim Averboch	Froim ben Mendel	Mina and Chezar Grinberg
Shifra Royzengurt Butlevich	Shifra bat Berel	Roza & Sika Roytburg
Sidney Cass	Israel ben Ephraim	Marion Cass
Abram Feinshteyn		
Tatyana Fridman	Tanya bat Alexandra	Natasha Kagan
Gittle Kvicel		Lawrence Chanba & Larisa Palant
Oscar Lachs	Chaim ben Yonah	Fay Kaye
Zelda Roytburg	Zelda bat Ovske	Roza & Sika Roytburg

Friday, January 27th (29 Tevet)

Anna Addis	Hannah Rivka bat Mendel v'Chaya	Harold Saks
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May their memories always be for a blessing.