



This Week at Chabad Lubavitch of Maine



CANDLE LIGHTING TIMES
FOR
PORTLAND:

Friday, Dec. 25 3:52 pm

Torah Portion: [Vayigash](#)

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Message from the Rabbi

Dear Friends,

Of all the fast days on the Jewish calendar, only one can ever occur on a Friday, as it does this year: the 10th of Tevet. This fast commemorates the beginning of the siege of Jerusalem which ultimately led to the destruction of the first Holy Temple.

The purpose of a fast day, in addition to being a day of mourning, is to inspire us to repair and correct the reason for the destruction in the first place.

The primary reason for the destruction of the Temple was discord and strife among the Jewish people. To that end, the siege of Jerusalem was actually the beginning of the remedy. By shuttering all entry and exit points of the city, the Babylonians forced its Jewish inhabitants to live with one another, providing them with the opportunity to come together as one. This was G-d's way of sending a cure before the illness.

While at the time this was not actualized, and the destruction still followed, every year on the 10th of Tevet we are reminded of the need to be united, to come together and bring an end to this 2,000 year exile.

That's why the fast can be observed on a Friday, even though all other fasts are postponed or the calendar is arranged so it would never occur: Going directly from fasting to the holy day of Shabbat, is the most indicative expression of transforming the destruction into an opportunity for growth and redemption.

Shabbat Shalom!

Rabbi Wilansky



Torah Studies: The Sense of Smell



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THE SENSE OF SMELL

Seeing Beyond the Surface

Sometimes good judgment requires some intuition. The good news is that we are wired to sense more deeply than we can see and hear. But how, and when, can we look beyond the obvious and the tangible? The answer stems from this lesson of body and soul.

Join Rabbi Levi for the weekly Parsha Class: The Sense of Smell.

Tuesday, 9:30 am.

chabadofmaine.com/zoom.



End Of Year Campaign

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GOING
LIVE!**



YEAR-END CAMPAIGN!



As the calendar year comes to a close, we ask our dear friends to partner with us and help us continue our vital work.

Donate today! chabadofmaine.com/yearend



Blueberry Almond Challah Bake! Special Tu Bishvat Edition



Ladies, join the Challah Circle for a special Tu Bishvat edition of Blueberry Almond Challah!

Friday, January 8

10:00 AM

More details to follow! Email hindy@chabadofmaine.com for more information.



Donate

Join in and become a partner in the work we do!

Help us continue our work



This Week @ www.ChabadofMaine.com

BY THE NUMBERS

10 Facts About the Tenth of Tevet

Refresh your memory and learn something new about the fast of 10 Tevet with this interesting compilation.

[More...](#)



YOUR QUESTIONS

Can I Use Vaccines Made From Fetal Tissue or Non-Kosher Animals?

We will start off with the question of non-kosher ingredients and work our way to vaccine made with fetal tissue.

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ESSAY

Bearing Up, and Giving Birth

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PARSHAH

Joseph Budgeted for Waste. Do You?

But in the midst of the chaos and aggravation, there is a little phrase I hold on to that helps me keep my sanity.

[More...](#)



Parshah in a Nutshell

Parshat Vayigash

Judah approaches Joseph to plead for the release of Benjamin, offering himself as a slave to the Egyptian ruler in Benjamin's stead. Upon witnessing his brothers' loyalty to one another, Joseph reveals his identity to them. I am Joseph, he declares. Is my father still alive?

The brothers are overcome by shame and remorse, but Joseph comforts them. It was not you who sent me here, he says to them, but Gd. It has all been ordained from Above to save us, and the entire region, from famine.

The brothers rush back to Canaan with the news. Jacob comes to Egypt with his sons and their families seventy souls in all and is reunited with his beloved son after 22 years. On his way to Egypt he receives the divine promise: Fear not to go down to Egypt; for I will there make of you a great nation. I will go down with you into Egypt, and I will also surely bring you up again.

Joseph gathers the wealth of Egypt by selling food and seed during the famine. Pharaoh gives Jacob's family the fertile county of Goshen to settle, and the children of Israel prosper in their Egyptian exile.



Today's Quote

Whoever saves a single life, is as though he saved an entire world
Talmud, Sanhedrin 37a



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