



This Week at Chabad Lubavitch of Maine



CANDLE LIGHTING TIMES
FOR
PORTLAND:

Friday, Jan. 14 4:11 pm

Torah Portion: [Beshalach](#)

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Message from the Rabbi

Dear Friends,

This week we commemorated the anniversary of the Rebbe officially accepting the mantle of leadership of the Chabad-Lubavitch movement, on the first anniversary of his predecessors passing.

Before the Previous Rebbe passed away, he published a 20-chapter discourse titled Basi Legani on various esoteric Chassidic concepts, all with practical, down-to-earth applications. It served as a last will and testament of sorts, guiding his followers in the days and years after his passing.

Every year, on the yahrtzeit, the Rebbe would deliver a discourse of his own, elaborating on another chapter of the original discourse.

The twelfth chapter is about the great treasure released by G-d for the benefit of the Jewish Peoples struggle in a world of physicality and mundane pursuits. We are entrusted with the mandate to battle the forces of impurity in the world. Just as a human king leading his men into battle leaves no stone unturned and no avenue unexplored providing the soldiers every possible advantage to further the goal of winning the war, including a wholesale exhaustion of the national treasure G-d does the same for us, providing us with every tool necessary to succeed.

The treasure, in this instance, is the greatest level of G-ds infinite light, which emanates from the highest level of G-dliness and extends to the furthest reaches of the world, enabling us to succeed in our mission wherever we are.

With G-d on our side, offering support through any ordeal, we are sure to be victorious!

Shabbat shalom,



Parsha Class, Sunday 11:00.am

ב"ה



JUNGLE OR ORCHARD?

Before a person converts, he is told, "Being Jewish is difficult." Afterwards, he is told, "Being Jewish is great!"
What's going on?



Sunday, 1,16



Zoom Link:
chabadofmaine.com/zoom



JEWISH INSIGHTS

A TASTE OF THE REBBE'S TEACHINGS

PARSHAT YITRO

[Click Here to login with zoom](#)



Meditation from Sinai

Meditation

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Meditation **from Sinai**

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JEWISH LEARNING INSTITUTE

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FROM SINAI

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Decreased anxiety, depression and stress, Lower blood pressure,
Improved sleep, Reduction in chronic pain, Enhanced ability to focus, Stronger social and relational skills.

Judaism places great emphasis on action. As a result, many Jews are unaware of another important facet of the Jewish tradition: deeply meaningful teachings about mindful awareness, spirituality, and meditative practices. This course advances the uniquely Jewish approaches to these fascinating topics. Whether you've practiced meditation before or not, this course will both inspire and practically guide you so that you can reap the benefits of a more spiritual and mindful life.

This 6 weeks course is being offered on zoom and in-person beginning on February 1st

To sign up and more information www.chabadofmaine.com/meditation

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ACTIVITIES, LOVING STAFF!

JUNE 12 – JULY 1
3 AWESOME WEEKS!

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Service Times

Friday night

4:15pm

Shabbat day

10:30 am

Kiddush and refreshments

12:45pm

Sunday Morning

9:00 am

Thursday Morning

7:00 am



This Week @



FEATURED

"I Came Into My Garden," Unfolded Into Plain English

Mastering the *maamar* will nourish our connection with its author, as well, our minds will be engaged and filled with the rebbes teachings.

[More...](#)



PARSHAH

Why Did All the Pursuers Die at the Red Sea?

Was there not even a single person who deserved to be spared?

[More...](#)



VIDEO

Excerpts from the Rebbes First Chassidic Discourse

The sages state that all sevenths are cherished. This is the reason, they explain, why Moses was the one who merited to bring G-ds Presence into this world because he was the seventh from Abraham.

[More...](#)



YOUR QUESTIONS

Why Feed the Birds (Before) Shabbat Shirah?

How did the custom of feeding the birds, or eating buckweat come to be? Is it allowed?

[More...](#)



Parshah in a Nutshell

Parshat Beshalach

Soon after allowing the children of Israel to **depart from Egypt**, **Pharaoh** chases after them to force their return, and the **Israelites** find themselves **trapped** between Pharaohs armies and the sea. **Gd** tells **Moses** to **raise his staff over the water; the sea splits** to allow the Israelites to **pass through**, and then closes over the pursuing Egyptians. Moses and the children of Israel **sing a song** of praise and gratitude to Gd.

In the desert the people suffer thirst and hunger, and repeatedly **complain** to Moses and **Aaron**. Gd miraculously **sweetens the bitter waters of Marah**, and later has Moses bring forth water from a rock by striking it with his staff. He causes **manna** to rain

down from the heavens before dawn each morning, and **quails** to appear in the Israelite camp each evening.

The children of Israel are instructed to gather a **double portion** of manna on Friday, as none will descend on **Shabbat**, the divinely decreed day of rest. Some disobey and go to gather manna on the seventh day, **but find nothing**. Aaron preserves a small quantity of manna in a **jar**, as a testimony for future generations.

In Rephidim, the people are attacked by the **Amalekites**, who are defeated by Moses prayers and an army raised by **Joshua**.



Today's Quote

Be careful with the government, for they befriend a person only for their own needs. They appear to be friends when it is beneficial to them, but they do not stand by a person at the time of *his* distress. Ethics of the Fathers 2:3



Chabad World News



OBITUARY

Dr. Moshe Feldman, 80, a Personal Physician to the Rebbe

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NORTH AMERICA

At U.S. Senate, a Senior Chabad Rabbi Offers Prayer for the Nation

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NORTH AMERICA

Bronx Jews Respond to Tragic High-Rise Fire With Meals and Encouragement

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ASIA

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Chabad Guide



Synagogue Services



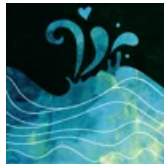
Adult Education



Hebrew School



Women's Circle



Mikvah



Kids' Program

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