



This Week at Chabad Lubavitch of Maine



CANDLE LIGHTING TIMES
FOR
PORTLAND:

Friday, Jan. 29 4:31 pm

Torah Portion: [Beshalach](#)

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Message from the Rabbi

Dear Friends,

This Thursday was the 15th of Shevat, known colloquially as Tu B'Shevat, the new year for trees.

The Torah teaches that man is like a tree, and indeed there are many similarities between the growth of a tree and humans.

Having strong roots enables a tree to withstand external forces intent on doing it harm; trees require constant watering and nurturing in order to grow, and most importantly seeds from fruit of one tree can be planted and eventually grow into a separate being.

All the above applies to humans as well. We must have strong roots, living our lives based on the teachings and traditions of our ancestors; we must nurture our children, tending to their every need so that they grow to be upstanding citizens of society; and we must plant seeds for the future, enabling our descendants to continue in our path, growing and flourishing in their own unique way.

Wishing you and your family a warm and safe Shabbat,



Mazal Tov!



Mazal Tov, Mazal Tov to Rabbi Levi & Hindy Wilansky on the birth of a baby boy!



Camp Gan Izzy!

B"H

CAMP GAN ISRAEL



June 14-July 2



ages 3-12



Art



Baking



Jewish Pride



Games

Email chana@chabadofmaine.com
for more information

Join the fun at Camp Gan Izzy! Email
chana@chabadofmaine.com for more information.



Family Hamantash Bake!

ב"ה

CHABAD OF MAINE PRESENTS

FAMILY HAMANTASH BAKE OFF

CHOCOLATE, HALVA, BISCOFF, FUNFETTI AND MORE!

SUNDAY, FEBRUARY 14
@ 4:00PM

*Pick up a kit of ingredients
for just \$5
& join us on Zoom!*

hindy@chabadofmaine.com




HEAR THE PURIM STORY

Chabad Brunswick
CHABAD MAINE

Save the date for the grand Family Hamantash Bake Off! For more information, email hindy@chabadofmaine.com.



Weekly Torah Studies

BH

A fascinating class on the weekly

Torah portion:

Enrich your week with a
dose of Jewish learning.

Join Rabbi Levi

Tuesdays | 9:30 am - 10:30 am



Join Rabbi Levi for the Weekly Parsha Class!

Tuesday, February 2, at 9:30 am.



Donate

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

Help us continue our work



This Week @ www.ChabadofMaine.com



YOUR QUESTIONS

Who Invented the Holiday on 15 Shevat?

When did Tu Bishvat become a thing, and why specifically now?

[More...](#)



PARSHAH

Moses Returns

So lets say Moses turns up today. What would he liberate us from? What sort of miracles would he make this time around?

[More...](#)



VIDEO

Children Fruitful Trees of Life

Torah compares man to the produce of the field and the fruit of the tree.

[More...](#)

15 SHEVAT

Teaching My Son Multiplication and Myself About Challenges

He plants seeds. Seeds of experience, seeds of



challenge, seeds of tears. Seeds that make us think, Why do I need to go through this experience or meet that person?

[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 Pharaoh's 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**.



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OBITUARY

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