




This Week at Chabad Lubavitch of Maine


CANDLE LIGHTING TIMES
FOR
PORTLAND:
Friday, Jan. 7 4:03 pm
Torah Portion: [Bo](#)

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Message from the Rabbi

Dear Friends,

The Exodus from Egypt, which we read about in this week's Torah portion, is commemorated every year with the holiday of Passover. We have a seder, eat matzah and bitter herbs, drink four cups of wine, and celebrate our freedom.

But more than just recounting events of the past, we are meant to relive the Exodus in our own lives. And not only during Passover, but every day of the year.

The Hebrew word for Egypt is "Mitzrayim," and the letters that compose that word can also spell the word "meitzarim," which means "boundaries" or "limitations."

Whenever we recall the exodus, we must also be prepared to leave our own Egypt, our own limitations. These limitations can sometimes be self-imposed, where we convince ourselves that we are unable to perform as Jews are expected to.

But like our ancestors in Egypt, the Exodus is possible and we must do all we can to break free.

And like our ancestors, we hope and pray every day for the final redemption from the current exile, with the coming of Moshiach!

Shabbat shalom,

Rabbi Wilansky



Weekly Parsha Class, Sunday 11:00



GOLD DIGGERS AND GRAVE DIGGERS

Before the Israelites left Egypt, some chased after gold and some chased after graves — both upon the express command of G-d.

Who was right?

A lesson about priorities.



Sunday, 1,9 - 11:00 AM



Zoom Link

chabadofmaine.com/zoom



JEWISH INSIGHTS

A TASTE OF THE REBBE'S TEACHINGS

PARSHAT BESHALACH



Meditation from Sinai

Meditation **BEGINS**
BY INHALING DEEPLY.

Meditation **from Sinai**
CONCLUDES BY LIVING
DEEPLY.



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A NEW EXPERIENTIAL
6-WEEK COURSE FROM THE ROHR
JEWISH LEARNING INSTITUTE

Meditation
FROM SINAI

Studies are increasingly showing that mindful awareness can bring profound benefits to your physical, mental and emotional well-being.

Some of these include:

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

Not sure? Try the first lesson out for free!



Service Times

Friday night

4:15pm

Shabbat day

10:30 am

Kiddush and refreshments

12:45pm



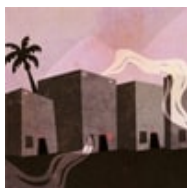
Donate

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

Help us continue our work



This Week @ www.ChabadofMaine.com



YOUR QUESTIONS

Why Did G-d Smite the Firstborn?

Our job is to find the divine sparks hidden within each person, each object and each event, and let that shine.

[More...](#)



BY THE NUMBERS

15 Shabbat Candle Facts Every Jewish Woman (and Man) Should Know

Shabbat candles are lit by Jewish women and girls

18 minutes before sunset every Friday afternoon and on the eve of Jewish holiday.

[More...](#)



PARSHAH

On Didactics, Depravity, and Decapitating Donkeys

Killing the foal seems so pointless. What possible good could come of it?

[More...](#)



PROFILES OF COURAGE

The Unwanted Orphan Who Built a Legacy of Kindness

My mother, Mary Bader Schwager, knew no other way than to lead by her heart, to imagine, and then provide the love and support she hadn't received as a child.

[More...](#)



Parshah in a Nutshell

Parshat Bo

The last three of **the Ten Plagues** are visited on Egypt: a swarm of **locusts** devours all the crops and greenery; a thick, palpable **darkness** envelops the land; and all **the firstborn** of Egypt are killed at the stroke of **midnight** of the 15th of the month of **Nissan**.

Gd commands the **first mitzvah** to be given to the people of Israel: to establish a **calendar** based on the monthly rebirth of the **moon**. The **Israelites** are also instructed to bring a **Passover offering** to Gd: a **lamb or kid** goat is to be slaughtered, and its **blood sprinkled on the doorposts** and lintel of every Israelite home, so that Gd should **pass over** these homes when He comes to kill the Egyptian firstborn. The roasted meat of the offering is to be eaten that night together with **matzah** (unleavened bread) and **bitter herbs**.

The death of the firstborn finally breaks Pharaoh's resistance, and he literally drives the children of Israel from his land. So **hastily** do they depart that there is no time for their dough to rise, and the only provisions they take along are unleavened. Before they go, they ask their Egyptian neighbors for gold, silver and garments fulfilling **the promise made to Abraham** that his descendants would leave Egypt with great wealth.

The children of Israel are commanded to **consecrate all firstborn**, and to observe the anniversary of the **Exodus** each year by removing all **leaven** from their possession for seven days, eating matzah, and **telling the story** of their redemption to their children. They are also commanded to wear **tefillin** on the arm

and head as a reminder of the Exodus and their resultant commitment to Gd.

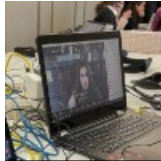


Today's Quote

A soul may descend to earth and live seventy or eighty years for the sole purpose of doing a favor for another -- a spiritual favor, or even a material favor
Rabbi Israel Baal Shem Tov



Chabad World News



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Chabad Guide



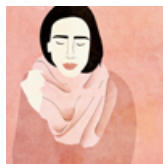
Synagogue Services



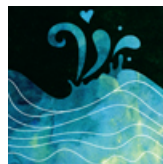
Adult Education



Hebrew School



Women's Circle



Mikvah



Kids' Program

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