



## THIS WEEK AT CHABAD LUBAVITCH OF MAINE



**Candle Lighting Times for Portland:**  
Friday, Jul. 17 8:01 pm



### MESSAGE FROM THE RABBI

Dear Friends,

When the Jewish people left Egypt their goal was to arrive at the Promised Land, and although it took them 40 years longer than intended, through all the ups and downs that always remained their destination.

In this weeks Torah portion, the 42 stops they made in the desert are referred to as part of their exit journey. Although they physically left Egypt only once, until they actually stepped foot in the Promised Land, they hadnt completely left. Each segment of the journey was another step in shedding Egypt and its effects.

Our lives today mimic this same process, as we each leave our own personal Egypts, our limitations, to overcome the challenges of life. We continue to keep our eye on the goal of arriving in the Promised Land, with the coming of Moshiach, may it be speedily our days!

Shabbat Shalom!

**Rabbi Moshe Wilansky**



### TISHA B'AV AND THE THREE WEEKS



The Three Weeks is an annual mourning period that falls out in the summer. This is when we mourn the destruction of the Holy Temple and our launch into a still-ongoing exile. With an eye to the future, we also learn about the Third Temple, which is yet to be built. [Read More.](#)



## CHALLAH AND CHICKEN SOUP FOR THE QUARANTINED SOUL



From our synagogue home to yours enjoy fresh home made Challah and delicious chicken soup to warm your Shabbat.

Friday, July 17th

Pick up between 3:00-4:00pm

At Chabad of Maine  
11 Pomeroy St. Portland ME 04102

Visit [chabadofmaine.com/challahsoup](http://chabadofmaine.com/challahsoup) to order.

Orders must be placed by 10:00pm  
Thursday, July 16th

Everything will be sanitized and all food and packaging will be handled with extreme caution in accordance with the CDC guidelines.

[Click here to order.](#)

**This service will continue throughout the summer.**



## CALENDAR 5781



Preparations for the upcoming Chabad calendar are underway! If you would like to sponsor a birthday or yahrtzeit, please email [chana@chabadofmaine.com](mailto:chana@chabadofmaine.com). More information will follow.



## TORAH STUDIES ON THE WEEKLY TORAH PORTION

BH *A fascinating class on the weekly Torah portion:*

Enrich your week with a dose of Jewish learning.

Join Rabbi Levi

Wednesdays | 11:00 am - 12:00 pm

The logo for Torah Studies, featuring a stylized green menorah on the left and the words "TORAH STUDIES" in a serif font on the right.

Torah Studies on the Weekly Torah Portion-Wednesday mornings 11:00 am - 12:00 pm

Register here: <https://us02web.zoom.us/j/83354873356?pwd=Y1RXhXhhUnpHSHgrU29mZVBDOw5Cdz09>

**SHACHARIS VIA ZOOM**



Join us Thursday morning on ZOOM at 8:00 AM.

[Click here](#) to join or enter meeting ID820-8554-6855 and enter password837823.

To call in, dial646 558 8656 followed by the above meeting ID and press #.



## THIS WEEK @ WWW.CHABADOFMAINE.COM

This Week @ [www.ChabadofMaine.com](http://www.ChabadofMaine.com)

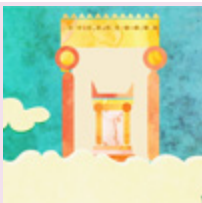


### Your Questions

#### What If I Found Something in my Pocket on Shabbat?

Despite your best efforts, youre carrying an item while walking on Shabbat. So what do you do?

[More...](#)



### Quiz

#### Take the Holy Temple Quiz

[More...](#)

### Parshah

#### How Two-and-a-Half Tribes Ended Up Over the Jordan

Learn how Moses gave the land east of the Jordan to Reuben, Gad, and half of Manassah, on one condition.



[More...](#)



Essay

## What Sigmund Freud Knew (But Did Not Understand) About Jews

Sigmund Freud, the father of psychology, was secular in his professed beliefs and practices. Here is one deeply spiritual insight he knew but did not quite understand.

[More...](#)



# CHABAD-LUBAVITCH NEWS FROM AROUND THE WORLD

## Chabad-Lubavitch News from Around the World



ISRAEL

### With Halls Shuttered, Netanya Rabbi Makes Safe Weddings Possible

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NORTH AMERICA

### How a Billboard in Oklahoma Changed a Young Mans Life

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NORTH AMERICA

### Pop-Up Pennsylvania Camp a Lifeline for New York Kids and Parents

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PROFILE

### How Cartoonist Al Jaffee Found His Inner Jewish Superhero

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## THE PARSHAH IN A NUTSHELL

### Parshat Matot-Massei

Moses conveys the laws governing the **annulment of vows** to the heads of the **tribes** of Israel. **War** is waged against **Midian** for their role in plotting the moral destruction of Israel, and the Torah gives a detailed account of the war spoils and how they were allocated amongst the **people**, the **warriors**, the **Levites** and the **high priest**.

The tribes of Reuben and Gad (later joined by half of the tribe of Manasseh) ask for the lands **east of the Jordan** as their portion in the Promised Land, these being prime pastureland for their **cattle**. Moses is initially angered by the request, but subsequently agrees on the condition that they first join, and lead, in Israel's conquest of the lands **west of the Jordan**.

The forty-two **journeys** and **encampments** of Israel are listed, from the Exodus to their encampment on the plains of Moab across the river from the land of Canaan. The **boundaries** of the Promised Land are given, and **cities of refuge** are designated as havens and places of exile for **inadvertent murderers**. The **daughters of Tzelafchad** marry within their own tribe of Manasseh, so that the **estate** which they inherit from their father should not pass to the province of another tribe.



## DAILY QUOTE

The Snake was cursed that it will "eat dust all the days of your life" (Genesis 3:14). But why is it a curse to have one's food everywhere, at all times? Because the fact that our livelihood is not readily available to us, and we are in constant communication with G-d to request our daily bread--that's life's greatest blessing...

*Chassidic master Rabbi Bunem of Peshischa (1767-1827)*



## BECOME A PARTNER

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

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CHAI CLUB

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