



CANDLE LIGHTING: 8:04 PM

ב"ה

SHABBOS ENDS: 9:12 PM

COMMUNITY

TORAH PORTION BECHUKOSAI | בחקתי

23 IYAR 5784 - FRIDAY, MAY 31, 2024

PARNES HASHANAH

THE MITZVOS AND TORAH LEARNING OF THE YEAR 5784 ARE DEDICATED BY **NATALIE ROSS**
IN LOVING MEMORY OF **MICHAEL ROSS**, נתן שמואל בן אריה ז"ל

ANNOUNCEMENTS

SHABBOS SCHEDULE

FRIDAY - EREV SHABBOS

MINCHA..... 7:30 PM

SATURDAY - SHABBOS DAY

TEHILLIM READING 8:30 AM

SHACHRIS.....10:00 AM

TORAH READING.....11:00 AM

KIDDUSH.....12:05 PM

MINCHA.....7:55 PM

FARBRENGEN.....8:10 PM

MAARIV.....9:12 PM

KIDS PROGRAM

.....10:30 AM

CLASSES

CHASSIDUS.....8:45 AM

Continues next week

SHABBOS KIDDUSH

This weeks kiddush is sponsored by **the Shul**

TO SPONSOR KIDDUSH, PLEASE EMAIL RABBI@FLCHABAD.COM

PARNES HAYOM

Ira Frankel, Marsha Lewin, Leah Freeberg, Barbara Shelley, and Judd Odzer

In commemoration of the 50th *yahrtzeit* of **שלמה פנחס בן מנחם** צבי הלוי ז"ל

Ira Frankel and Marsha Lewin in commemoration of the 17th *yahrtzeit* of **ידידיה חיים בן שלמה** פנחס הלוי ז"ל פרנקל

TO SPONSOR A DAY OF LEARNING, VISIT: FLCHABAD.COM/DONATE/PARNAS-HAYOM

MAZEL TOV!

Rochi and Izzy Abhesera on the opening of Java Nut!

ANSHEI LUBAVITCH CONGREGATION

RABBI LEVI AND LEAH NEUBORT

ADULT EDUCATION:

RABBI AVROHOM AND RIVKY BERGSTEIN

YOUTH OUTREACH:

RABBI ELI AND RUTY STEINHAUSER

ISRAELI DIVISION:

RABBI YUDI AND CHANA EISENBACH

WEEKDAY DAVENING SCHEDULE

SHACHRIS

SUNDAY..... SHACHRIS.....9:00 AM

MON-FRI....CHASSIDUS.....5:50 AM

SHACHRIS.....6:15 AM

MINCHA SUN-THU.....1:45 PM

MAARIV SUN-THU.....9:15 PM

THANK YOU

Anshei Lubavitch extends its **gratitude** to our dedicated **Ba'al Korei, R' Yossi Nigri**.

Special thanks to the **security team** led by **Yury Zimavilin**, who help keep us secure while we daven.

Yasher koach to the kiddush volunteers, **Marnin Rand, Serge Zenou, Sonya Zenou, Dr. Scott Lippe**, and **Michael and Jordan Shepper** who work tirelessly to bring us a wholesome kiddush each week!

SHAVUOS

Please help sponsor the **SHAVUOS DAIRY BUFFET LUNCH** with a **generous contribution of \$40 per family**

FLChabad.com/donate

KIDS AND TEENS

CKIDS HEBREW SCHOOL

FOR JEWISH CHILDREN IN PUBLIC SCHOOL

WEDNESDAY.....3:45 PM

CTEENU

MONDAY.....7:30 PM

ADULT EDUCATION

SUNDAY

NEW JLI SERIES:

Decisions of Fate 7:15-8:45 pm

MONDAY

TORAH STUDIES.....7:30-8:30 PM

TUESDAY

TALMUD STUDY.....8:15-9:00 PM

WEDNESDAY

BEIS MIDRASH.....8:15-9:15 PM

WOMEN'S TANACH.....8:15-9:15 PM

THURSDAY

TEHILLIM STUDY.....8:45-9:15 AM

CHASSIDUS

MON-FRI5:50 AM

FIVE-MINUTE KOLLEL - FOLLOWS

MAARIV WEEKDAYS

SHABBOS

CHASSIDUS [POSTPONED].....8:45 AM

GEMARA.....6:15 PM

JEWISH WISDOM.....7:25 PM

PLEASE SAY PRAYERS

Please say Tehillim/Psalms for the safety and liberation of our brothers and sisters in captivity; for the healing of our wounded; and in sacred memory of those brutally torn from us. ר"ל

Chapters 20, 22, 69, 122, 150, 81-90

SECURITY TEAM

Please volunteer

Contact Yury Zimavilin



ANSHEI
LUBAVITCH
ליובאוויטש
JUDAISM
ALIVE

STAY UP TO DATE

ERUV HOTLINE

201-254-9190

FAIRLAWNERUV.COM

BERGEN HATZALAH



201-367-2222

BERGENHATZALAH.ORG

212-230-1000



SHABBOS MEVORCHIM

TEHILLIM



JUN 1, 2024 **8:30 AM**

DEDICATED FOR THE REFUAH SH'LAIMA
OF

YEHUDIS BAS SARA



SHABBOS, JUN 1, 2024

DAYLIGHT SAVINGS TIME

EARLIEST TALLIS.....	4:16 AM
LATEST MORNING SHEMA.....	9:08 AM
EARLIEST MINCHA (GEDOLA).....	1:33 PM
PLAG HAMINCHA.....	6:53 PM
EARLIEST EVENING SHEMA.....	8:56 PM

PARSHAH IN A NUTSHELL

PARSHAS BECHUKOSAI

Leviticus 26:3–27:34

G-d promises that if the people of Israel will keep His commandments, they will enjoy material prosperity and dwell securely in their homeland. But He also delivers a harsh "rebuke," warning of the exile, persecution and other evils that will befall them if they abandon their covenant with Him.

Nevertheless, "Even when they are in the land of their enemies, I will not cast them away; nor will I ever abhor them, to destroy them and to break My covenant with them; for I am the L-rd their G-d."

The Parshah concludes with the rules on how to calculate the values of different types of pledges made to G-d, and the mitzvah of tithing produce and livestock. ❖

From the Rebbe



This week's Torah reading begins with a description of the blessings a person will receive for the observance of the Torah and its mitzvos. And it continues with a detailed description of the retribution to be visited upon our people if they fail to observe.

Maimonides [explains]: *The true reward which man will receive for his Torah observance is spiritual. When a person serves G-d he will [also] be granted prosperity and blessing. This is not, however, a reward for observing mitzvos, but encouragement for him to do so.*

When G-d sees that man is making an effort to serve Him, He makes that task easier by removing hardships that might handicap this endeavor.

-- The Rebbe

DONATE TO ANSHEI LUBAVITCH AT FLCHABAD.COM/DONATE



ANSHEI לִישׁוּת
LUBAVITCH
לִיבובאוויטש
JUDAISM
ALIVE

Enlightening Wisdom From the CHASSIDIC MASTERS

The Prodigy Under The Bed

Based on the teachings of
the Lubavitcher Rebbe.
Courtesy of MeaningfulLife.com

Rabbi Hillel of Paritch (1795–1864) was one of the many scholars of his day to join the Chabad Chassidic movement. For many years he was a devoted disciple of the 2nd and 3rd rebbes of Chabad, Rabbi DovBer and Rabbi Menachem Mendel of Lubavitch.

As a young man, Rabbi Hillel heard of the founder of Chabad Chassidism, Rabbi Schneur Zalman of Liadi, and sought to meet with him. But the opportunity seemed to forever elude the young prodigy: no sooner did he arrive in a town that Rabbi Schneur Zalman was visiting, than he was informed that the rebbe had just left. Finally, he managed to locate Rabbi Schneur Zalman's lodgings before the rebbe was due to arrive. In order to ensure that he would not, once again, somehow miss his opportunity, Rabbi Hillel crept into Rabbi Schneur Zalman's appointed room and hid under the bed, determined to at last make the acquaintance of the great rebbe.

In anticipation of his encounter with Rabbi Schneur Zalman, Rabbi

Hillel had "armed" himself with some of his achievements in Talmudic study. At that time the young scholar was studying "Erachin" -- or "Appraisals" -- the section of the Talmud which deals with the laws of how to appraise the value of one's pledges to the Temple. Rabbi Hillel had a scholarly question on the subject, which he had diligently rehearsed in order to discuss it with the rebbe.

From his hiding place, Rabbi Hillel heard the rebbe enter the room. But before he could make a move, he heard Rabbi Schneur Zalman exclaim: "If a young man has a question regarding 'Appraisals,' he had best first evaluate himself!"

The prodigy under the bed fainted on the spot. When he came to, Rabbi Schneur Zalman was gone . . .

The Lubavitcher Rebbe, Rabbi Menachem Mendel Schneerson, of righteous memory, told this story, and then asked: How are we to apply this story to our lives?

The tractate of "Appraisals" discusses the laws presented in chapter 27 of Leviticus:

if a person pledges to give to the Temple, but instead of citing a sum he says, "I promise to give the value of this individual," we are to follow a fixed rate table set by the Torah, in which each age and gender group is assigned a certain "value."

But why employ a flat rate which lumps together so many diverse individuals? Should not an accomplished scholar be considered more valuable than a simple laborer? The Torah states that we all stand equally before G-d, "from your heads, the leaders of your tribes, your elders . . . to your wood-choppers and water-carriers." But can a person truly view his fellow as his equal when he is so obviously superior to him in talent and achievement?

This is the meaning of Rabbi Schneur Zalman's remark to Rabbi Hillel: If you have a question on "Appraisals," if you find it difficult to relate to the Torah's evaluation of human worth, you had best take a long, hard look at yourself. An honest examination of your own character and behavior will show how much you can learn from every man, how much there is for you to emulate in those who are supposedly "inferior" to yourself.



THANK YOU TO OUR SPONSORS



A WORLD OF MENTAL HEALTH
EMPOWERMENT AWAITS YOU AT
CHABAD.ORG/MENTALHEALTH

 **Psychiatric
Family Care LLC**



Zhanna Berman, PMHNP-BC, FNP-BC

973-814-4115
17-10 River Road, Suite 2C
Fair Lawn NJ 07410

www.psychiatricfamilycare.com



BERMAN LAW OFFICE
Personal Injury Law
30+ Years of Helping Clients

Marc S. Berman, Esq. Telephone: (201) 797-4411
Free Consultation! mbs@bermanlawoffice.com
17-10 River Rd., Suite 2C
Fair Lawn, NJ 07410

Auto | Slip & Fall | Medical Error | Dog Bite | Asbestos



ANSHEI אנשי
LUBAVITCH
ליובאוויטש
JUDAISM
ALIVE

Shabbos Mevarchim

By Menachem Posner

The Shabbat before the start of a Jewish month (Rosh Chodesh) is known as Shabbat Mevarchim, "the Shabbat when we bless." On this day, during the synagogue service, we recite a special blessing for the new month and announce the timing of Rosh Chodesh.

On Shabbat morning, after the Torah reading, the chazzan (reader) holds the Torah scroll in his arms, and the following is said:

May He who performed miracles for our fathers and redeemed them from slavery to freedom, speedily redeem us and gather our dispersed people from the four corners of the earth, uniting all of Israel, and let us say, Amen. (Amen)

Rosh Chodesh (name of month) will be on (day(s) of week), which come(s) to us for good.

May the Holy One, blessed be He, renew it for us and for all His people, the house of Israel, for life and peace (Amen), for gladness and for joy (Amen), for deliverance and for consolation, and let us say, Amen. (Amen)

Customarily, this is preceded by an announcement of the time and day of the molad (the projected time of the birth of the new moon). Many congregations also begin with a prayer starting with the words yehi ratzon ("May it be Your will"). ❖

HAFTORAH IN A NUTSHELL

PARSHAS BECHUKOSAI

Jeremiah 16:19-17:14

The haftorah discusses the punishments that await those who disregard G-d's law, and the blessings that are the lot of those who follow the Creator's wishes. This follows the theme of this week's Torah reading which details at length the blessings and curses.

The prophet Jeremiah rebukes the people of Israel for their idolatrous ways and for not having faith in G-d. He conveys G-d's words of wrath towards those who do not put their trust in Him – foretelling exile as their punishment – and of blessings for those who do.

"Cursed is the man who trusts in man and relies on mortal flesh for his strength, and whose heart turns away from the G-d. He shall be like a lone tree in the desert, and will not see when good comes, and will

dwell on parched land in the desert, on salt-sodden soil that is not habitable. Blessed is the man who trusts in the G-d, to whom G-d will be his trust. For he shall be like a tree planted by the water, and which spreads its roots out into a stream, so it will not be affected when heat comes, and its leaves shall be green, and in the year of drought will not be anxious, neither shall it cease from bearing fruit."

The haftorah ends with the following poignant verses: "G-d who is the source of the hopes of Israel, all that forsake You shall be shamed, and they who turn away from me shall be marked out on the earth that they have forsaken G-d, the source of living waters. Heal me, O G-d, then shall I be healed; help me, then I shall be helped, for You are my praise!"





ANSHEI לַאנְשֵׁי
LUBAVITCH
לִיבּוֹבֵיטשׁ
JUDAISM
ALIVE

WISDOM FROM OUR SAGES

Pesukim (sentences) from this week's Torah portion of Bechukosai, along with commentary by our Sages.

And the trees of the field shall yield their fruit (Leviticus 26:3)

In the days of Moshiach, every species of tree will bear edible fruit.

(Torat Kohanim; Rashi)

I will give peace in the land (26:6)

There may be food, there may be drink, but if there is no peace, there is nothing.

(Rashi)

If you will not hearken to Me, and walk casually with Me, I too will act casually with you . . . (Leviticus 26:28)

All sins derive from the sin of insignificance: when a person ceases to be sensitive to the paramount importance which G-d attaches to his life and deeds. "I don't really matter" is not humility—it is the ultimate arrogance. It really means: "I can do what I want."

The most terrible of punishments is for G-d to indulge the sinner this vanity. For G-d to say: "All right, have it your way; what happens to you is of no significance"—for G-d to act toward him as if He really does not care what happens to him.

(The Chassidic Masters)

I will punish you, I too (Leviticus 26:28)

When a father punishes his child, the suffering he inflicts on himself is greater than anything experienced by the child. So it is with G-d: His pain is greater than our pain.

(Rabbi Israel Baal Shem Tov)

I shall make desolate the land; and your enemies who dwell in it shall be astonished at it (Leviticus 26:32)

This is actually a blessing for Israel—that their enemies will derive no satisfaction from the land, for it shall remain desolate as long as the people of Israel are exiled from it.

(Rashi)

And you I shall scatter amongst the nations (Leviticus 26:33)

G-d did a kindness to the people of Israel, that He scattered them amongst the nations. For if they were concentrated in one place, the heathens would make war on them; but since they are dispersed, they cannot be destroyed.

(Talmud, Pesachim 87b;

Midrash Lekach Tov)

Even when they are in the land of their enemies, I will not cast them away (26:44)

Rabbi Shimon bar Yochai said: Come and see how beloved are Israel in the sight of G-d, in that to every place to which they were exiled the Shechinah (Divine Presence) went with them. They were exiled to Egypt and the Shechinah was with them, as it says, "Did I reveal myself unto the house of your father when they were in Egypt" (I Samuel 2:27). They were exiled to Babylon and the Shechinah was with them, as it says, "For your sake I was sent to Babylon" (Isaiah 43:14). And when they will be redeemed in the future, the Shechinah will be with them, as it says, "Then the L-rd your G-d will return with your captivity" (Deuteronomy 30:3)

(Talmud, Megillah 29a) ❖

שבת שלום!

Good Shabbos!





Receive the
TORAH
at Anshei Lubavitch

WEDNESDAY, JUNE 12

Hear the reading of the
TEN COMMANDMENTS

11:00 AM

Davening followed by
DAIRY BUFFET LUNCH



ANSHEI
LUBAVITCH
ליובאוויטש

JUDAISM
ALIVE





UNVEIL THE
SOUL *within* TORAH
TOUCH THE
SOUL *within* YOU

CHASSIDUS WITH RABBI AVROHOM BERGSTEIN
WINTER: 8:45-9:30 AM SUMMER: 9:15-10:00 AM
WITH THE EXCEPTION OF SHABBOS MEVORCHIM

שַׁבַּת מְבוֹרְחִים
הַדָּשׁ סִיּוֹן

Iyar 24 - June 1

Shabbos Mevorchim
Farbrenge
and Seudah Shlishis

6:50 pm 7:50 pm 8:10 pm

Beis Midrash Mincha Farbrenge



Anshei Lubavitch, 10-10 Plaza Rd.
Men, women and older children welcome

Summit Avenue
**GEMARA
SHIUR**
40 MINUTES PRIOR
TO END OF SHABBOS
with
RABBI ELI STEINHAUSER

רְעוּא דְרַעוּן

ILLUMINATING
**JEWISH
WISDOM**

AS THE SHABBOS SUN SETS

WITH

RABBI LEVI NEUBORT

EVERY SHABBOS BETWEEN
MINCHA AND MAARIV

WITH THE EXCEPTION OF SHABBOS MEVORCHIM

TANACH

WOMEN'S STUDY GROUP
with Rivky Bergstein
WEDNESDAY EVENINGS
8:15-9:15 PM



SHAVUOS
ALL NIGHT
TORAH STUDY
TUESDAY, JUNE 11, 11:55 PM
REFRESHMENTS WILL BE SERVED

Shavuos
End on a High Note!
Farbrengen
& Seder Nigunim
 Thursday, Sivan 7, June 13
Mincha, 7:30 pm
Farbrengen, 7:50 pm
REFRESHMENTS WILL BE SERVED
Men, women and older children welcome



ARE YOU INTERESTED IN MAKING AN IMPACT IN YOUR COMMUNITY?

Chaverim of Bergen County is looking for committed individuals from Fair Lawn who are available to respond to non-medical emergencies throughout Bergen County. This includes **roadside assistance**, responding to **floods** and certain home **repairs**, and assisting with **security** at community events. **Training will be provided.**

If you are interested in this opportunity, please contact one of our two Fair Lawn liaisons: **Willy Silverstein**-
wsilver666@gmail.com or **Andrew Schultz**-
aschultz613@gmail.com

PATERSON MINYAN

PATERSON SHUL - MINYAN FOR SHAVUOT
HELP MAKE THE SHAVUOT MINYAN IN PATERSON &
WHET YOUR PALATE WITH A BISSEL CHEESECAKE

THE PATERSON SHUL WILL HAVE A MINYAN ON THURSDAY, JUNE 13TH AT 9:00A.M. FOR THE SECOND DAY OF SHAVUOT
YIZKOR APPROXIMATELY 10:30A.M.

GREAT OPPORTUNITY TO BRING ANY CHILDREN AS THERE ARE NO ERUV ISSUES

ADDRESS: SENIORS TOWER @ PATERSON -- 510 E. 27TH STREET, PATERSON, N.J. (10-STORY APT BUILDING AT THE CORNER OF 12TH AVE)
FOR ADDITIONAL INFORMATION, EMAIL: [JERRYSCHRANZ@GMAIL.COM](mailto:jerryschranz@gmail.com)
OR VISIT PATERSON SHUL ON FACEBOOK

