



May 2018 | IYAR/SIVAN 5778

## Newsletter

**Rabbi Tzali & Rochel Leah Stillerman (949) 244-7627**

*The Rabbi is available by appointment to consult on personal or religious issues*

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## Message from the Rabbi

As a rabbi, I often encounter Jews who claim that they are unable to bear the entire burden of the ritual commandments. "You are different," they tell me, "you have more faith than I. You are more able than I. I envy you, but religion is not my cup of tea." My response is always the same. "Don't try to do it all at once, do a little bit today and a little more tomorrow. With time, you may even surprise yourself and develop a taste for the religious cup of tea."



As I speak, I'm always struck by how it easy it is to mistake unwillingness for inability. As I encourage them to move forward, I know that I am not more able than they, only more practiced. I know that with time they too can accustom themselves to the Torah way of life and discover that they, too, are able. They will then know that they never lacked ability, only commitment.

Sometimes they tell me they can't, and I think they don't want to. Is this harsh? Am I being insensitive? There was a time when I would have thought so, but today I know different.

I once helped to organize a community fair. At the planning meeting, when responsibilities were parceled out, I was asked to recruit volunteers for the fair, unsure that I could commit. The leader looked down at me and demanded, "Do you think everyone here knows how they'll fulfill their commitments? We only know that if we don't commit, it will certainly not happen."

At the time, I was hurt. Didn't he understand that I couldn't commit on behalf of other people? I didn't say anything but went to work. It took time and effort, but in the end volunteers were recruited and I learned a valuable lesson: if you will it, it will happen.

When I was a child, my mother always insisted that I finish my meal, homework or chores. I would holler and wail that I wasn't smart, big or strong enough, but she always knew better. To my argument, "But I can't," she'd firmly reply, "But you can!"

At the time, I thought her a demanding mother, completely oblivious to my limitations. Today I know better. If my mother hadn't taught me to reach beyond my grasp, I could not have been who I am today.

The words, "Yes you can," are not oppressive. They are empowering.



The Jewish nation received the Ten Commandments at Mount Sinai more than 3,300 years ago. Every year, on the anniversary of this date, this biblical episode is commemorated by Jews around the world during a special holiday called Shavuot, which means "weeks," thus called because this holiday always falls exactly seven weeks after Passover.

Every Jewish soul must take the oath. Every Jewish soul must oblige itself. The Hebrew word Shavuot also means "oaths." The Talmud teaches that G d administers an oath to every Jewish soul before it descends into this world, obliging the soul to observe the biblical commandments. Every Jewish soul must take the oath. Every Jewish soul must oblige itself.

But is binding themselves through an oath not fair to those souls that are simply unable to abide by the many laws and restrictions inherent in these commandments?

Every soul knows that it is capable of abiding by every commandment, but it worries that it might lack the will to carry through. Taking the oath obliges the soul and raises its latent abilities to the surface. Administering the oath is G d's way of saying, "Go ahead and make the commitment. You can do it. I believe in you."

The day that Jews commemorate receiving the Ten Commandments is the day to remember that empowering oath. The day to remember that G d believes in us and empowers us to live up to our commitments.

Wishing you a Happy Shavuot,

*Rabbi Tzali and Rochel Leah Stillerman*

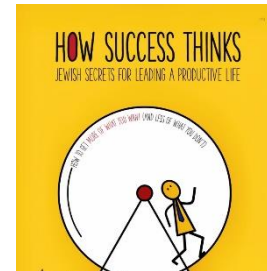


# May 2018 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 <b>JLI Course</b> How Success Thinks 7:00-8:30 	3 <b>Lag B'Omer</b> 5:30 pm  <b>Chicken Soup Delivery</b> 1:30-2:30 pm 	4	5 <b>Birthday Shabbat &amp; Blessings Service</b> 9:00 am  P: Emor 
6 <b>Jewish Culture Club:</b> "Maudie" 2:30 pm 	7	8 <b>Jewish Women's Circle –</b> Guilt Free Desserts 7:00 pm 	9 <b>JLI Course</b> How Success Thinks 7:00-8:30 pm 	10 <b>Chicken Soup Delivery</b> 1:30-2:30 pm 	11	12 <b>Shabbat Service</b> 9:00 am  P: Behar-Bechukotai 
13 <b>Mother's Day!</b> 	14	15	16	17 <b>Chicken Soup Delivery</b> 1:30-2:30 pm  <b>Yeshiva with The Rabbi</b> 7:00 pm	18	19 <b>Shabbat Service</b> 9:00 am  P: Bamidbar 
20 <b>Shavuot Services and Brunch</b> 9:00 am 	21 <b>Shavuot and Yizkor Services</b> 9:00 am 	22	23	24 <b>Chicken Soup Delivery</b> 1:30-2:30 pm 	25	26 <b>Shabbat Service</b> 9:00 am  P: Naso 
27 <b>Yiddishkeit Club</b> 10:30 am <b>Chabad Bake Sale</b> 12:00 pm <b>Jewish Culture Club:</b> "Wild Oats" 2:30 pm	28 <b>Memorial Day</b> 	29	30	31 <b>Chicken Soup Delivery</b> 1:30-2:30 pm 		



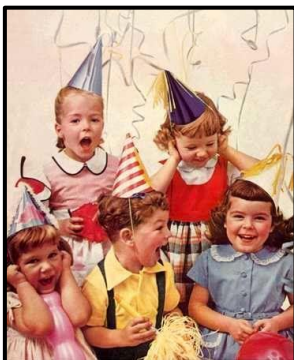
Wednesday, May 2 - **JLI Course – How Success Thinks: Jewish Secrets for Leading a Productive Life** (Class 4 of 5).  
7-8:30pm at Chabad.



Thursday, May 3 - **Chicken Soup Delivery** 1:30-2:30 PM at Chabad –The Chabad That Brings the Soup -- Chicken soup will be available for deliveries **every Thursday. VOLUNTEERS NEEDED.** If you would like to volunteer to deliver soup or know of someone who could use this warm and delicious “hug-in-a-jug”, please call Rochel Leah at (949) 244-8173

Thursday, May 3 - **Lag B'Omer** - You are cordially invited to join us for a delightful afternoon together with family and friends. Delicious Kosher BBQ-Grilled hot dogs, hamburgers, salads, and desserts. Hope to see you there. \$15 for adults. \$10 for children. 5:30pm at Chabad.

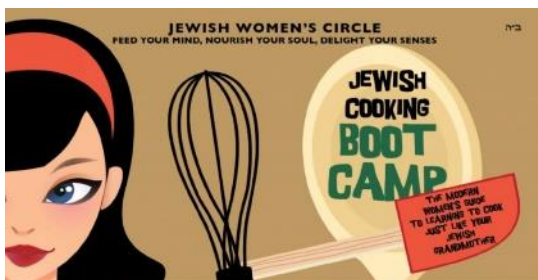
*[Lag B'Omer is the 33rd day of the Omer count—this year, May 3, 2018—is a festive day on the Jewish calendar. It is celebrated with outings (on which children traditionally play with bows and arrows), bonfires, parades and other joyous events.]*



Saturday, May 5 – **May Birthday Shabbat and Blessings Service** in the Beth Torah Sanctuary at Chabad 9:00am. Kiddush to Follow. (Kiddush sponsorships welcome. If you would like to sponsor a Kiddush call Rochel Leah at (949) 244-8173)  
[Parashat Emor](#)



Sunday, May 6 – **Jewish Culture Club** will be featuring “**Maudie**” (2016). Starring Sally Hawkins and Ethan Hawke, this largely true biography tells the story of an arthritic Nova Scotia woman who works as a housekeeper while she hones her skills as an artist and eventually becomes a beloved figure in the community. At 2:30pm LW Clubhouse One. Main Lounge.



Tuesday, May 8 – **Jewish Women's Circle – Guilt Free Desserts** – Celebrating healthy habits for the mind, body and soul, indulge in scrumptious and delectable desserts without the guilt. Whip up all healthy and refreshing treats to satisfy any sweet tooth! And remember... The body achieves what the mind

believes – Let's get healthy!!! \$18 Suggested Donation. 7pm at Chabad. Please RSVP to Rochel at (949) 244-8173 or email [Rochel@JewishAlisoViejo.comChabad](mailto:Rochel@JewishAlisoViejo.comChabad)

Wednesday, May 9 – **JLI: How Success Thinks: Jewish Secrets for Leading a Productive Life** (Class 5 of 5). 7pm at Chabad.



Saturday, May 12 – **Shabbat Service** in the Beth Torah Sanctuary at Chabad 9:00am – Kiddush to Follow. (*Kiddush sponsorships welcome. If you would like to sponsor a Kiddush call Rochel Leah at (949) 244-8173*) [Parashat Behar-Bechukotai](#)

Sunday, May 13 –  
**Mother's Day!**



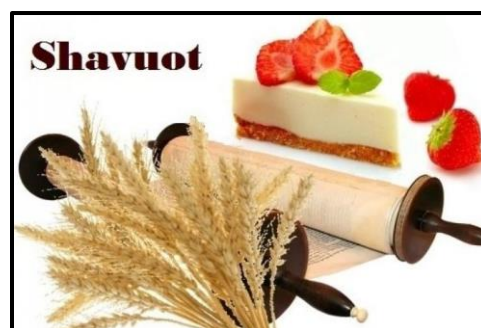


Thursday, May 17 – **Yeshiva with The Rabbi** – Once a month in-depth study, learn, debate and philosophize with the Rabbi over small select pieces of Jewish religious texts. Open to EVERYONE! No prior knowledge of Judaism is necessary, but a willingness and desire to learn, discover and debate is a must! 7pm at Chabad.



Saturday, May 19 – **Shabbat Service** in the Beth Torah Sanctuary at Chabad 9:00am. Kiddush to Follow (Kiddush sponsorships welcome. If you would like to sponsor a Kiddush call Rachel Leah at (949) 244-8173) Parashat Bamidbar

Sunday, May 20 – **Shavuot**  
Commemorating the giving of the Torah at Mount Sinai, the Ten Commandments will be read in the Beth Torah Sanctuary at Chabad. Services start at 9am. Ten Commandments will be read at 10am. A delicious Dairy Brunch will immediately follow. (If you would like to help sponsor our Shavuot Brunch, please call Rachel Leah at (949) 244-8173).



Monday, May 21 - **Shavuot and Yizkor Services.**

9am in Beth Torah Sanctuary at Chabad. Yizkor Services at 10:30am.



Saturday, May 26 – **Shabbat Service** in the Beth Torah Sanctuary at Chabad 9:00am. In recognition of **Memorial Day**, this Shabbat we will honor our Jewish men and women who gave their all in defense of our Country. Kiddush to Follow (Kiddush sponsorships welcome. If you would like to sponsor a Kiddush call Rachel Leah at (949) 244-8173) Parashat Naso



Sunday, May 27 – **Yiddishkeit Club**. Literally translated, Yiddishkeit means “Jewish way of life.”

Come share your stories growing up Jewish, sing along to familiar and new Jewish songs, discuss current events and Jewish news, laugh a ton, and learn a little Yiddish while you're at it. 10:30AM - Noon at Chabad. \$5 Donation.



### Sunday, May 27 – **Chabad Bake Sale**

12 Noon at Chabad. The aroma of fresh baked Challah and other goodies emanating from the kitchen always ensures a sell-out!!! **Come and Get It!!!**



Sunday, May 27 – **Jewish Culture Club** will be featuring “**Wild Oats**” (2016). Everything changes for Eva when she receives a life insurance check accidentally made out for \$5M instead of the expected \$50K. She and her best friend take the money and head out for the adventure of a lifetime. Starring Shirley MacLaine, Jessica Lange, Demi Moore, and Billy Connolly. At 2:30pm LW Clubhouse One. Main Lounge.



Monday, May 28 –  
**Memorial Day**





**Yahrzeit Memorials** – Debbie Hallet is our Yahrzeit Memorial volunteer. Call Debbie with the names and dates of your loved ones who have passed and who you would like to see remembered by the congregation on a regular basis at our Shabbat Services. Debbie will record those dates and will call to remind you of the service marking their passing. Please provide your name, the name and relationship of the departed, your phone number, and your mail and email addresses. Please call Debbie or leave a message at (617) 281-1105 or email to: [rwhallet@gmail.com](mailto:rwhallet@gmail.com)



## **Consider Chabad in Your Estate Planning**

**Wills and Trusts:** Creating a will or trust is one of the most important steps in planning for your future, and we encourage you to consider including the Chabad of Aliso Viejo and Laguna Woods in your estate plan at a level that is appropriate for you and your family. Not only may this provide a tax benefit to you and to your heirs, but it also will bring priceless benefits to our community.



**Create a new special fund:** If you are considering a more substantial gift, you may also honor a loved one by creating a fund in their name to support a designated program or project at Chabad. These gifts help support our vibrant and enriching congregational community, while helping you achieve your philanthropic goals and bring additional meaning to special moments in your life.



**Chabad of Aliso Viejo and Laguna Woods Now Accepts Car Donations (Running or Not!):** It's a win/win for you and for Chabad! Car donations are an easy way to support Chabad, providing you with a tax write-off and Chabad with additional funds for our community. We take care of the DMV paperwork, pick up your car, sell it at auction and then send you a receipt for the full amount that the car sold for. It's that easy! We can also accept trucks, boats, motorcycles and RVs.

For more information on the above, please contact Rabbi Tzali Stillerman directly at (949) 244-7627.



## MAY BIRTHDAYS:

Susan Grosfeld  
Nancy Reichbach  
Beverly Rossof  
Jackie Guzik  
Marlene Barkley

MAZEL TOV  
ON YOUR  
BIRTHDAY



### Celebrate Your Birthday with Chabad

If you have registered your special dates with us, Rabbi Stillerman will give you a special blessing during our Birthday Shabbat (this month it's May 5) and Rochel will provide a surprise treat from her kitchen. To register, please call Flo Malakoff at (949) 770-3116.

**SEND  
A VERY  
SPECIAL  
TRIBUTE  
CARD!**

Celebrate and acknowledge life's special events with a Chabad Tribute Card. It sends a greeting to a loved one, stating that a donation has been made to Chabad in their honor or their memory. Send a Mazel Tov Card or an In-Memoriam Card.

**\* To purchase a Tribute Card, contact Toby Farbman at (781) 367-5310 or email to: [massmed@yahoo.ca](mailto:massmed@yahoo.ca) or by mail: 3167 Via Vista, #O, Laguna Woods, CA 92637**

### Shop, and Shop Often with SCRIPT

This program couldn't be easier. Every time you purchase an item at your favorite store using a Scrip Gift Card, our Chabad benefits. By the end of the year, your everyday purchases amount to Big Dollars for our Chabad fund raising efforts. Please participate!

1. Pick from among the list of your favorite stores, restaurants, movie theaters, gas stations, etc. to shop
2. Choose an amount you wish to spend at that store(s). Send in a check made out to CHABAD OF ALISO VIEJO AND LAGUNA WOODS and mail to **Toby Farbman at 3167 Via Vista, #O, Laguna Woods, CA 92637**
3. Within 2 weeks you'll receive a gift card(s) to your selected stores/restaurants to start shopping

**IT'S THAT EASY!!!**

Note: the attached list we provided below is only a partial list of the stores that participate in the program. Visit [www.shop.shopwithscrip.com](http://www.shop.shopwithscrip.com) to see the full list. If your store is not on our list but is on the website, write it in with your quantity and \$\$ total.



# GIFT CARD ORDER FORM

Remove this page as you will be filling it out and mailing it in. Select the gift card(s) you want. Write the total, and the grand total at the bottom. Make your check out to **CHABAD** and mail to **TOBY FARBMAN, 3167 Via Vista #O, Laguna Woods, CA 92637**. You will receive your gift cards within 2 weeks. Thank you for your participation!

Name	Phone Number
Full Mailing Address	Order Date

Product	%	QTY	Total	Product	%	QTY	Total	Product	%	QTY	Total
A.C. Moore \$25.00	5%		\$	Exxon \$50.00	1%		\$	Peet's Coffee & Tea \$20.00	8%		\$
Ace Hardware \$25.00	4%		\$	Famous Footwear \$25.00	8%		\$	Pep Boys \$20.00	4%		\$
Advance Auto Parts \$25.00	7%		\$	Foot Locker \$25.00	9%		\$	Pier 1 Imports \$25.00	9%		\$
Albertsons \$100.00	4%		\$	Footaction USA \$25.00	9%		\$	Pottery Barn \$25.00	8%		\$
Albertsons \$25.00	4%		\$	Gap \$25.00	14%		\$	Regal Theatres \$25.00	8%		\$
Amazon.com \$100.00	3%		\$	Gap Factory \$25.00	14%		\$	Safeway \$25.00	4%		\$
Amazon.com \$25.00	3%		\$	Golfsmith \$25.00	8%		\$	Saks Fifth Avenue \$50.00	12%		\$
AMC Theatres® \$25.00	8%		\$	Groupon.com \$25.00	7%		\$	Sally Beauty Supply \$25.00	12%		\$
American Eagle Outfitters \$25.00	10%		\$	HomeGoods \$25.00	7%		\$	Sam's Club \$25.00	2.5%		\$
ARCO \$50.00	1.5%		\$	iTunes® \$15.00	5%		\$	Sears \$25.00	4%		\$
AutoZone \$25.00	8%		\$	iTunes® \$25.00	5%		\$	Sears Auto Service Center \$25.00	4%		\$
Banana Republic \$25.00	14%		\$	J. Crew \$25.00	13%		\$	Shell \$25.00	2%		\$
Barnes & Noble \$10.00	9%		\$	Jcpenney \$25.00	5%		\$	ShopRite \$25.00	4%		\$
Bath & Body Works \$25.00	13%		\$	Jiffy Lube \$30.00	8%		\$	Smart & Final \$25.00	3%		\$
Bed Bath & Beyond \$25.00	7%		\$	Jo-Ann Fabric and Craft Stores \$25.00	6%		\$	Sprouts Farmers Market \$25.00	5%		\$
Best Buy® \$25.00	4%		\$	Kmart \$25.00	4%		\$	Staples \$25.00	5%		\$
Bloomingdale's \$25.00	12%		\$	Kohl's \$25.00	4%		\$	Starbucks \$10.00	7%		\$
Brooks Brothers \$25.00	16%		\$	L.L.Bean \$25.00	16%		\$	Starbucks \$25.00	7%		\$
Burlington Coat Factory \$25.00	8%		\$	Lands' End \$25.00	16%		\$	Stater Bros. Markets \$100.00	5%		\$
Chevron \$50.00	1.5%		\$	Lord & Taylor \$25.00	8%		\$	Stater Bros. Markets \$25.00	5%		\$
Coffee Bean & Tea Leaf \$25.00	9%		\$	Lowe's \$25.00	4%		\$	Stein Mart \$25.00	7%		\$
Container Store \$25.00	9%		\$	Macy's \$25.00	10%		\$	Sunoco \$50.00	1.5%		\$
Crate and Barrel \$25.00	8%		\$	Marshall's \$100.00	7%		\$	T.J. Maxx \$25.00	7%		\$
Crew Cuts \$25.00	13%		\$	Marshall's \$25.00	7%		\$	Target \$25.00	2.5%		\$
CVS Pharmacy \$25.00	6%		\$	Mobil \$50.00	1%		\$	Texaco \$50.00	1.5%		\$
Dairy Queen \$10.00	3%		\$	Neiman Marcus \$50.00	12%		\$	The Home Depot \$25.00	4%		\$
Dick's Sporting Goods \$25.00	8%		\$	Nike \$25.00	12%		\$	Toys"R"Us \$20.00	3%		\$
Discover® Universal Gift Card \$50.00	1.25%		\$	Nordstrom \$25.00	6%		\$	Vons \$25.00	4%		\$
Disney \$25.00	2%		\$	Nordstrom Rack \$25.00	6%		\$	Walgreens \$25.00	6%		\$
Dressbarn \$25.00	8%		\$	Office Depot / Office Max \$25.00	5%		\$	Walmart \$25.00	2.5%		\$
Dunkin' Donuts \$10.00	3%		\$	Old Navy \$25.00	14%		\$	Whole Foods Market \$25.00	3%		\$
Dunkin' Donuts \$25.00	3%		\$	Overstock.com \$25.00	8%		\$	Williams-Sonoma \$25.00	8%		\$
Edwards Theatres \$25.00	8%		\$	Pavilions \$100.00	4%		\$	Zappos.com \$25.00	8%		\$
				Pavilions \$25.00	4%		\$				
				Payless Shoes \$20.00	13%		\$				

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