



November 2019

| CHESVAN/KISLEV 5780

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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From the Rabbi

The Hebrew month of Cheshvan comes after the business and excitement of the High Holidays. It's a time to settle down and get things done. The kids are back at school and it's possible to once again, create and maintain a schedule.

But life is a balance and I am fascinated by the interplay between **doing and being**.



It's easy to feel important and significant when you are accomplishing something. When you are done with your "doing," you can look back and take pride and satisfaction in having achieved. At least for a moment you can feast your eyes on the project you have completed.

The Western world certainly has great respect for doing and accomplishing. Our accomplishments make our bank accounts stable and our homes pleasant. However, what would a life look like if it were *only* about doing, with no emphasis on being? I would define "being" as those moments when you just "are." You stop trying to accomplish long enough to appreciate what you have. It could be a long walk with a loved one or a moment in the playground with the children.

I look forward to moments of "being" each Shabbat.

Personally, I'm much more comfortable doing. Really, I like to do and *doing* allows me to enjoy the moments of *being* later. I admit that it is much harder to enjoy moments of quiet when I'm unable to look back at a week and mentally take note of what I have accomplished. Nevertheless, when I am doing, I am a partner in creation. G-d created the world, and I am creating a reality within my life and my home through my doing.

In the time of King Solomon, the Jewish people labored for seven years to build the Holy Temple in Jerusalem. Their work was finally completed in the month of Cheshvan. The Holy Temple epitomized the balance between doing and being. There were many detailed commandments about how the Temple must be built, and how one must go about bringing a sacrifice, a korban, into the Temple. A pilgrim would spend a year raising his flocks and tending his orchards and vineyards before choosing the choicest of his accomplishments to bring to the Temple. However, the goal of all of the work and preparation was to experience the moment of being that happened during the korban. A soul that had done all it must to prepare to come close to its Creator could, for a moment, just bask in the light and the depth of that connection.



On Shabbat we are often prohibited from *doing*. In a study of contrasts, we learn what work is **prohibited** on Shabbat by studying what work **was permitted** to build and maintain the service in the Holy Temple. For instance, we don't create fire on Shabbat because fire was allowed to be kindled on the Temple altar. We do not build on Shabbat, because we built the Temple. We do not wash clothing on Shabbat because the wool used in the Temple was washed and cleaned to create the beautiful and decorative tapestries. In fact, thirty-nine types of labor were included in the building of the Temple, and the commentaries tell us that those are the same types of labor that G-d used when creating the world. These thirty-nine types of work are clearly holy and important, since they are the foundations of creation and were essential in forming the place where G-d's presence was revealed in this world. Our sages teach that, in fact, doing these types of labor is very important, and when we work in the world using them to do good, we are indeed partners with the Creator. This raises an interesting question: If these types of labor are deemed so holy and important, why are we prohibited from doing them on Shabbat?

Shabbat is a time to **be**. When we stop doing, we are able to appreciate who we are and what we have. When we stop doing, we are able to notice the people in our lives and not push them out of the way running from one meeting to the next, interrupting life to answer the phone, or tirelessly working the kids' carpool. When we are being, we are able to feel that we are intrinsically more than just the sum of our accomplishments. In being, the soul shines.

When we take time to stop, we acknowledge that there is an internal factor to our lives. The six days of the week have been compared to the six directions: right, left, front, back, up and down. The seventh day, Shabbat, is the inner dimension. On the holy Shabbat we are able to see and acknowledge that life pushes and pulls us in many directions to enhance our inner essence and divine connection. While doing may be important, it is only while we are being that we assess where our doing has brought us, and where we truly need to be.

For all these reasons, I love the month of Cheshvan. All my schedules and lists come out, and everything that was pushed aside during the holiday rush finally gets my full attention. But it is also a time to acknowledge life's balance and the importance that **doing** and **being** play in our lives.

Rabbi Tzali and Rochel Leah Stillerman



November 2019 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Birthday Shabbat 9:00 am P: Noach 
3	4	5 Election Day! 	6 Weekly Torah Study 7:00 pm 	7 Mah Jongg 10:30-12:30 pm Chicken Soup Delivery 1:30-2:30 pm Interfaith Service 7:00 pm	8	9 Veterans Shabbat Service 9:00 am P: Lech-Lecha 
10 Shalom Club Anniversary 3:30-5:00 pm 	11 Veterans Day 	12	13 Weekly Torah Study 7:00 pm 	14 Mah Jongg 10:30-12:30 pm Chicken Soup Delivery 1:30-2:30 pm OC Mega Challah Bake 5:30 pm 	15	16 Shabbat Service 9:00 am P: Vayeira 
17	18	19	20	21 Mah Jongg 10:30-12:30 pm 	22	23 Shabbat Service 9:00 am P: Chayei Sarah 
24 Yiddishkeit Club 10:30 am Jewish Culture Club "Cast a Giant Shadow" 3:00 pm 	25	26	27 Weekly Torah Study 7:00 pm 	28 Thanksgiving Chicken Soup Delivery 1:30-2:30 pm 	29	30 Shabbat Service 9:00 am P: Toldot 





Saturday, November 2 – **November Birthday Blessings 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 Vayelech](#)

Thursday, November 5
 – **Election Day!**



Wednesday, November 6, 13, 27 – **NEW Weekly Torah Study** "It is a tree of life to all who grasp it, and whoever holds on to it is happy; its ways are ways of pleasantness, and all its paths are peace." Study with the Rabbi and delve into the weekly Torah parashat. 7:00pm at Chabad.

Thursdays, November 7, 14, 21 – **Mah Jongg**

Mavens!!! Mah Jongg will be played from 10:30-12:30 pm every Thursday. No prior knowledge of Mah Jong is necessary. We will teach you this once Chinese and now iconic Jewish tile game of memory, skill, and chance. **All levels welcome! First timers will be coached to join more advanced and intermediate players.**



Thursdays, November 7, 14, 28 - **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 and **be sure to check out our new website** <https://huginajug.org>



Thursday, November 7 – **An Interfaith Service for the Remembrance of Kristallnacht, 1938-2019**

Presented by Chapman University. Guest speaker Dr. Glenn Kurtz will speak about "Facets and Shards: Synagogue Windows as Memory and Memorial." In the context of Kristallnacht and considering the central significance that the destruction of the temple holds in Jewish history, Kurtz will describe the recent recovery of windows from the great synagogue of Nasielsk, Poland, and their integration into a memorial as symbols of loss and remembrance. At the Wallace All Faiths Chapel, Chapman University, One University Drive, Orange, CA 92866 at 7:00pm. Open to the public and admission is free.



Saturday, November 9 – **Veterans Shabbat Service and Remembrance of Kristallnacht**

– in the Beth Torah Sanctuary at Chabad 9:00am. Please join us in honoring our Veterans (and their families) who served in the Armed Forces. If you can fit into an old uniform, wear it. If you have a picture of a loved one who served, we would love to see it. All Jewish active service members, veterans of WWII, Korea, Vietnam, the Gulf, Iraq and Afghanistan Wars, current and

former IDF, and those who served during peacetime are encouraged to attend. The Rabbi will give a special blessing to all of our service members and their families. Kiddush to Follow (*Kiddush sponsorships welcome. If you would like to sponsor a Kiddush call Rochel Leah at (949) 244-8173*) Parashat Lech-Lecha.

Sunday, November 10 – **Shalom Club Anniversary Celebration**

Come celebrate with music, singing, comedy, magic and a little planning. All are welcome. Cake and coffee are provided, but refreshments to share are encouraged. \$3 per person. At LW Clubhouse 3, Dining Room from 3:30-5pm. For more information, contact Suellen Zima at (949) 595-4335



SHALOM
CLUB OF LAGUNA WOODS VILLAGE

Shalom Club First Anniversary Celebration

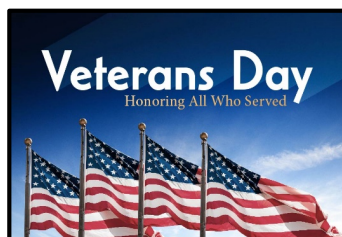
Music and Singing
Comedy, Magic Show
Planning our Future

Bring Refreshments to Share
Anniversary Cake and Coffee Provided

November 10, 2019, from 3:30 to 5:00
Clubhouse 3, Dining Room

For Laguna Woods Residents and their guests.
\$3 per person.
Questions? Suellen Zima, 949-595-4335

"Our goal is to make our Shalom Club a meeting space and time that offers connection and comfort in a Jewish cultural environment, and brings joy and peace in togetherness. All are welcome."



Monday, November 11 – **Veterans Day!**





Thursday, November 14 – **OC Mega Challah Bake** \$20 per person. A joint initiative of the OC Jewish Community, all are welcome to participate in the annual OC Mega Challah Bake at the Momentous Sports Center in Irvine. Check in and cocktails at 5:30pm. Event starts at 7:00pm.

Step 1: For more details and **to register** visit www.ocmegachallahbake.com or call (949) 407-9523.

Step 2: RSVP with Rochel Leah at (949) 244-8173.

Saturday, November 16 – **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 Vayeira



Sunday, November 24 – **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, November 24 – **Jewish Culture Club** will be featuring “**Cast a Giant Shadow**” (1966). This 1966 big-budget action film is based on the distinguished life of U.S. Army Colonel David “Mickey” Marcus who is enlisted by the Israelis to perform the difficult task of preparing their fledgling nation for battle against the Arabs. Starring Kirk Douglas, Senta Berger, Yul Brynner, John Wayne, Frank Sinatra and Angie Dickinson. “Cast a Giant Shadow” was adapted, produced and directed by Melville Shavelson. At 3:00pm LW Clubhouse One. Main Lounge.



Thursday, November 28
Thanksgiving



Saturday, November 30 – **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 Toldot.



ATTENTION MEMBERS OF CHABAD: **WE NEED YOUR CANNED FOODS!** On Monday, December 23 we will be celebrating Hanukkah and lighting our **Canned Food Menorah** at the Aliso Viejo Town Center. Congregants are asked and encouraged to start cleaning out your cupboards now and donating unused cans of food for the creation of our Canned Food Menorah. Following the menorah lighting, all canned food items will be donated to the needy in our community. Please drop off your bagged canned food to Chabad every Thursday in November between 1:30-2:30pm.

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 November 2) and Rochel will provide a surprise treat from her kitchen. To register, please call Flo Malakoff at (949) 770-3116.

NOVEMBER BIRTHDAYS:

Ruth Allen	Iris Burnham
Sydelle Gorsky	Harriett Lazarus
Brad Levy	Arlene Mukamal
Harold Mukamal	Brandon Peterson
Martin Rhodes	Eileen Rosoff
Bunny Shapiro	Evelyn Suskin
Bridget Waldman	Dora Zipper

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 or by mail: 3167 Via Vista, #O, Laguna Woods, CA 92637**





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

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.



Remembering those who came before us

By memorializing the names of our deceased loved ones, we express our gratitude for the gifts of their precious lives—and the hope that their spirits will continue to inspire us.

Congregants commemorate loved ones by making charitable gifts in their honor and by adding plaques in their names to our beautiful Memorial Wall located in the Beth Torah Sanctuary.



In accordance with Jewish tradition, we honor the memories of those who have passed away when the Kaddish prayer is recited at worship services. We mark the memories of these loved ones by illuminating their plaques during yahrzeit (the annual anniversary of their deaths), and illuminating all plaques at Yizkor services on Yom Kippur, Shemini Atzeret, Pesach, and Shavuot.

For information about ordering a Memorial Wall plaque, please contact Rabbi Tzali Stillerman directly at (949) 244-7627 or rabbi@jewishaliso Viejo.com

Shop, and Shop Often with SCRIP

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 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

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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 #0, 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%		\$	jcpenny \$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%		\$	Marshalls \$100.00	7%		\$	T.J. Maxx \$25.00	7%		\$
Crew Cuts \$25.00	13%		\$	Marshalls \$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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