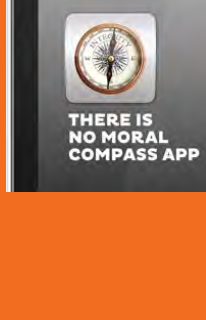


Announcements

This week at The Lori Schottenstein Chabad Center

Join us for a new JLI course starting in January!



Living with Integrity

Navigating Everyday Ethical Dilemmas

Lesson 1: Privacy Are you obligated to share sensitive information about your friend with his or her potential employer or spouse? Are you allowed to read information embedded in an electronic file that the sender didn't intend for you to see? Is it ethical to use a covert nanny cam to protect your children? How will you decide?

- Lesson 2: Forgiveness
- Lesson 3: Charity
- Lesson 4: Parents
- Lesson 5: Honesty
- Lesson 6: Commitments

Option 1:

Six Monday Evenings, starting Monday, Jan. 28, 7:15-9:00 pm

The Columbus Jewish Foundation
1175 College Ave. (southern entrance), Columbus, OH 43209

Option 2:

Six Wednesday Evenings, starting Wednesday, Jan. 30, 7:30-9:00 pm

The Lori Schottenstein Chabad Center
6220 E. Dublin-Granville Road, New Albany, OH 43054



THIS COURSE HAS BEEN APPROVED FOR 9 HOURS OF CLE CREDIT

Fee: \$109 (textbooks included)
Includes refreshments and all supplies
For CLE credits: \$210 (or \$55 per class)

For more information please call 614-939-0765 or email chabadcolumbus@sbcglobal.net

Schedule of Services

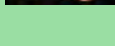
The Lori Schottenstein Chabad Center offers a full schedule of Shabbat and holiday services. Come and be inspired for the rest of the week! For more information, please call us at 614-939-0765.

22 Tevet, 5773

Saturday, January 5, 2012

Parsha Shemot

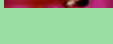
Morning Services: 9:30 a.m.



CKids - ages 5-12: 10:45 a.m.



Women's Torah Study: 10:00 a.m.



Tot Shabbat for 4 and under: 11:00 a.m.



KIDDUSH

12:00 pm

23 Tevet, 5773

Sunday, January 6, 2012

Shachrit: 9:45 a.m.



Candle Lighting Times



Shabbat
Friday, Jan. 4
Light Candles at 5:01 pm

Shabbat Ends
Saturday, Jan. 5 at 6:04 pm

Shabbat
Friday, Jan. 11
Light Candles at 5:07 pm

Shabbat Ends
Saturday, Jan. 12 at 6:11 pm

Shabbat
Friday, Jan. 18
Light Candles at 5:15 pm

Shabbat Ends
Saturday, Jan. 19 at 6:18 pm

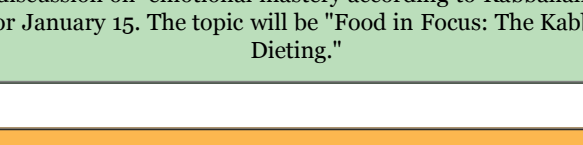
Shabbat
Friday, Jan. 25
Light Candles at 5:23 pm

Shabbat Ends
Saturday, Jan. 26 at 6:25 pm

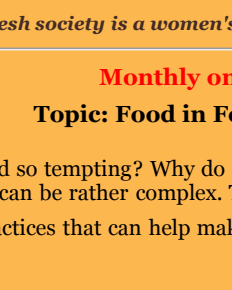


Women's Torah

Don't miss this week's women's Torah study on Saturday, January 5 at 10:00 AM; coffee, cake and great discussion.



We had a great turnout of women from all over Columbus on Tuesday Dec. 4 for a lovely lunch and great discussion on emotional mastery according to Kabbalah. Be sure to mark your calendars for January 15. The topic will be "Food in Focus: The Kabbalah of Spiritual Dieting."



It's About TIME

A new course from the Rosh Chodesh Society

Test-drive the wisdom of the ages in this balance of practical and insightful spiritual self-help, focused on making your life happier, more fulfilled, and more effective. In each session, learn to master one aspect of your personal life related to the kabbalistic energies of the month. Learn. Grow. Be inspired. Be empowered. Take action. Implement change.

Rosh Chodesh society is a women's society that meets once per month

Monthly on Tuesdays - Next meeting Jan. 15th

Topic: Food in Focus: The Kabbalah of Spiritual Dieting.

Why is food so tempting? Why do so many pop-culture diets fail in the long run? Our relationships with food can be rather complex. This lesson explores the kabbalistic reasons why, and introduces Jewish practices that can help make our eating more mindful, healthful, and spiritually satisfying.

12:00 pm
Study session led by Esther Kaltmann
Catered lunch

Cost \$15 (please pay at the door)

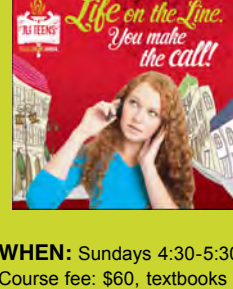
The Lori Schottenstein Chabad Center, 6220 East Dublin-Granville Rd., New Albany, OH 43054
Email esther.kaltmann@sbcglobal.net 614-563-2261

TOPICS & DATES

January 15: Food in Focus; **February 12:** Pursuing Happiness
March 12: Communication; **April 9:** Faith and Knowledge; **May 7:** Lasting Change

For detailed course descriptions:
<http://www.roshchodeshsociety.com/inside.php?content=current-course>

NOTE: Classes resume Jan. 27



The Jewish Learning Institute presents a new JLI Teens program:

Life on the Line: You Make the Call!

How much is your life worth?

Debate real-life news stories such as rescuing strangers, euthanasia and attempted suicide. Discover a new way of navigating through life's moral challenges.

Open to all teens

WHEN: Sundays 4:30-5:30 PM
COURSE FEE: \$60, textbooks and snacks included. **Remaining dates: Jan 27, Feb. 17 & 24.**

WHERE: The Lori Schottenstein Chabad Center

INFO: esther@friendscolumbus.com 614.563.2261

REGISTER TODAY AT: <http://tinyurl.com/jliteens-lifeontheline>

Kiddush Corner

We need YOU for our New Chabad KIDDUSH TEAM! Individuals, husband-wife/couples needed! Sign up to shop, prep, bake! Esther Kaltmann will train you & provide menu/recipes! Be part of our warm community! We are using SignUp Genius to help everyone organized - click the link below for sign up!



A big thanks to last week's cooks and shoppers - **Kim Abelman, Arlene Raya, and Justo Yacuba!**



[Click to go to signup](#)

Photo: Cassie & Marnie cooking



The Young Ladies' Mitzvah Club for 5th-8th grade ladies returns this month!

Our first meeting is Sunday, Jan. 13.

This year's theme is **HEALTHY LIVING GOALS**

Please email **Kim** to RSVP or call Esther at 563-2261

The YOUNG LADIES' MITZVAH CLUB'S mission is to inspire a generation of Jewish girls to become confident, smart, thoughtful women through Jewish experiences that promote friendship, life lessons and Torah study. The YLMC is open to girls in 5th-8th grades.



Be a part of the Chabad family!

Sign up for new or renewed membership online at ChabadColumbus.com. You may also call our office at 614-939-0765 or email rabbi@chabadcolumbus.com



Volunteers needed to make LifeTown a success!

If you can give as little as two hours a week, you can make a lasting difference in the lives of a child with disabilities. Volunteers play the roles of merchants in our venues, helping children learn life skills.

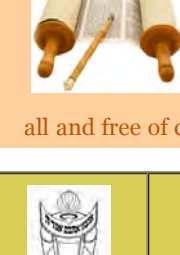
If you would like to volunteer, call or email Cheryl Sher at 774-3403 to schedule.

For more info about the LifeTown program, visit www.lifetowncolumbus.org.



Chabad Hebrew School

For more information: www.chabadhs.org
Call 614-939-0765 or 614-578-9318 or email hebrewschool@chabadhs.org



Weekly Torah Study

Please join us for "A Journey into the Soul of Torah", a weekly Torah study. The class will continue on Thursdays at 7:30 pm at The Lori Schottenstein Chabad Center. Open to all and free of charge.

Kiddush Sponsorship Opportunities Available

Looking for a meaningful way to recognize a special day or sponsoring a Kiddush. For more information, please contact the Chabad office at 614-939-0765



Brought to you by:

The Lori Schottenstein Chabad Center

6220 East Dublin-Granville Road New Albany, OH 43054 614-939-0765
www.chabadcolumbus.com



Look for Chabad Columbus - please "friend" us!

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