

Pain is real. Fear is imaginary.

Have you ever felt that life's disappointments have broken you to the point of no return? After falling again and again, you simply don't have the strength to try again – fearing yet another fall. After continual failures, you finally throw up your hands and say the effort to climb is not worth the pain.

Jacob's famous dream, in this week's Torah portion, carries a powerful lesson of hope and confidence – one that can overcome the fear of failure.

Jacob dreamed and saw a ladder standing on the ground and its top reached up toward heaven. G-d's angels were ascending and descending on it (this week's Torah portion, Genesis 28:12).

The Midrash explains that Jacob was shown the rise and fall of future empires that would rule the world. He saw the ascent and descent of the Babylonians, the Medes and the Greeks. But when it came to the Roman Empire (Edom) Jacob only saw their ascent, without any defined time span of their rule. Jacob thus was frightened – perhaps their power will not wane. At that moment G-d said "do not be afraid my servant Jacob," though the Roman Empire will rise, it will ultimately also fall.

Then G-d invited Jacob to climb the ladder himself. But Jacob was afraid: "Just as the others ultimately descended," Jacob said, "I fear that I too will fall." "Suddenly he saw G-d standing over him," saying, "do not be afraid my servant Jacob, I promise you that if you climb up and your children will not fall." But Jacob still declined fearing that he was unworthy. Said G-d: "Had you trusted me and climbed you would never have fallen. But since you did not, your children will be ruled by the four empires. But do not be afraid, because at the end these empires will fall and you will finally ascend."

Everything that happened to the patriarchs [Abraham, Isaac and Jacob] is an indication for their children, to teach us about the future. The patriarchs were shown what would happen to their descendants.

The same is true with Jacob's ladder:

Throughout the journey of each of our lives, especially as we embark on a new voyage, we will be shown a ladder. As we are ready to undertake a new challenge, we are presented with an opportunity to climb to higher places.

But at the same time we also see how others have climbed and fallen on the ladder of history. Because every ladder goes two ways: up and down.

No matter how difficult it may be, we must never be afraid to climb, even if it means the risk of falling.

However, this is easier said than done. Why? Because we are "asleep" – as Jacob slept when he had his dream; and when we are asleep we are unaware of G-d's presence. Jacob was disturbed when he fell asleep on the Temple Mount: "Surely G-d is in this place and I knew it not." In this state of spiritual sleep, we do not have the confidence, the strength to overcome challenges. We – due to our own limited sleep consciousness – become part of the problem instead of the solution.

But then we awake, and "suddenly" we see G-d standing over us ("suddenly he saw G-d standing over him"), and reminds us to not be afraid. "I am with you. I will protect you wherever you go and bring you back to this soil. I will not turn aside from you until I have fully kept this promise to you."

But even when we are "asleep" (or half asleep) we are often shown a vision – a dream of a ladder – upon which the powers of history have been climbing and descending from the beginning of time. And now we are invited to climb the ladder.

By showing us (the Jacob within each of us) this vision we are being prepared – as the original Jacob was prepared – for what is to come, and is giving all of us the tools to face these challenges and prevail.

The message for each of us today is clear:

To face the battles of life you must first fortify your inner life. You must build a strong inner core – a home and family that provides you with the security and confidence to handle any force or enemy from without.

As we face enemies – known or unknown, and especially the worst enemy of all, the enemy of fear and uncertainty – we must build inner security, by waking up and connecting to the Divine.

That will give us the power to not just climb but leap, plunge and charge forward.

Good Shabbos,
Areyah

זמני הדלקת הנרות

Candle Lighting Times for
New Albany, OH (Based on Zip Code
43054):

Shabbat Candle Lighting: 4:49 pm
Friday, Nov 28
Shabbat Ends: 5:51 pm
Shabbat, Nov 29

Torah Portion: [Vayeitzei](#)



Schedule of Services

The Lori Schottenstein Chabad Center offers a full schedule of Shabbat services.

Come and be inspired for the rest of the week! For more information, please call us at 614-939-0765.

**7 Kislev, 5775
Saturday, Nov. 29, 2014**

Morning Services: 9:30 a.m

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

Torah and Tea*: 10:00 a.m.

**This class is now Dedicated in Memory of Rashi Minkowitz, ob"m, a community leader, mother and Shucha*

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

KIDDUSH – 12:00 pm

This week's kiddush will be sponsored by Hilary and Josh Klymn in honor of their parents.

**8 Kislev, 5775
Sunday, Nov. 30, 2014**

Shachrit: 9:45 a.m.

לומדות

Upcoming Events

JLI class-How Happiness Thinks

Dec. 1, 2014 - 7:15 pm - 9:00 pm

[More Info >](#)

JLI class-How Happiness Thinks

Dec. 3, 2014 - 7:30 pm - 9:00 pm

[More Info >](#)

Hebrew School - regular class

Dec. 7, 2014 - 9:30 am - 12:00 pm

[More Info >](#)

Teen brunch w the Buckeyes

Dec. 7, 2014 - 11:00 am

[More Info >](#)

JLI class-How Happiness Thinks

Dec. 8, 2014 - 7:15 pm - 9:00 pm

[More Info >](#)

Yud Tes Kislev dinner & Farbrengen

Dec. 10, 2014 - 7:00 pm

[More Info >](#)

JLI class-How Happiness Thinks

Dec. 10, 2014 - 7:30 pm - 9:00 pm

[More Info >](#)

[View all upcoming events](#)

פרשת השבוע

Parshat Vayeitzei

Jacob leaves his hometown of Beersheba and journeys to Charan. On the way, he encounters "the place" and sleeps there, dreaming of a ladder connecting heaven and earth, with angels climbing and descending on it; G-d appears and promises that the land upon which he lies will be given to his descendants. In the morning, Jacob raises the stone on which he laid his head as an altar and monument, pledging that it will be made the house of G-d.

In Haran, Jacob stays with and works for his uncle Laban, tending Laban's sheep. Laban agrees to give him his younger daughter, Rachel—whom Jacob loves—in marriage, in return for seven years' labor. But on the wedding night, Laban gives him his elder daughter, Leah, instead—a deception Jacob discovers only in the morning. Jacob marries Rachel, too, a week later, after agreeing to work another seven years for Laban.

Leah gives birth to six sons—Reuben, Simeon, Levi, Judah, Issachar and Zebulun—and a daughter, Dinah, while Rachel remains barren. Rachel gives Jacob her handmaid, Bilhah, as a wife to bear children in her stead, and two more sons, Dan and Naphtali, are born. Leah does the same with her handmaid, Zilpah, who gives birth to Gad and Asher. Finally, Rachel's prayers are answered and she gives birth to Joseph.

Jacob has now been in Charan for fourteen years, and wishes to return home. But Laban persuades him to remain, now offering him sheep in return for his labor. Jacob swears, despite Laban's repeated attempts to spind him. After six years, Jacob leaves Charan in stealth, fearing that Laban would prevent him from leaving with the family and property for which he labored. Laban pursues Jacob, but is warned by G-d in a dream not to harm him. Laban and Jacob make a pact on Mount Gai-Ed, attested to by a pile of stones, and Jacob proceeds to the Holy Land, where he is met by angels.

This week we acknowledge
Max Spigner, of blessed memory, grandfather of
Rozanne and Jerry Stern

Mazel Tov to Adam and Jen Sherman on the birth of a baby boy! Proud grandparents are Alan and Lillian Acker.

DON'T MISS OUT! ORDER EARLY!

Mitzvah Soup...
Good for the Body and Soul
Available at the Chabad Center
Dec. 3. Just \$10!

All fresh and all delicious, with 100% of the proceeds benefiting the Columbus LifeTown program. Please contact Justin at 614-939-0765 to order.
Limited quantities.

BRUNCH WITH THE BUCKEYES
Meet and Greet and Q&A
TEEN EVENT
SUNDAY, DECEMBER 7 – 11:00 AM

We are pleased to welcome
Calvin Murray, former OSU
and NFL player and other
Buckeye greats.

To RSVP call or text Ben
Schottenstein at 614.257.7571 or
email at schottenstein.29@osu.edu

ברך
You are cordially invited to attend a
**YUD TES KISLEV
DINNER & FARBRENGEN**

Please join us for an inspirational night!
Wed., Dec. 10, 7:00 pm
Experience an evening of Spiritual Inspiration,
Chassidic Warmth & Camaraderie.

**Gourmet Dinner
Inspirational Stories
Chassidic melodies
Video presentation**

The Lori Schottenstein Chabad Center, 6220 East Dublin-Granville Rd., New Albany, OH 43054
Dinner \$20 per person
Please RSVP by email - jlandruster@sbccolumbus.net or call (614) 578-9318
To RSVP and pay online [click here](#)

GUEST SPEAKER
We welcome
Rabbi Yitzchok Wolf, Board member of Merkos L'Yonei Chinuch -
The educational arm of Chabad Lubavitch and Director of Seymour J.
Abrams Cheder Lubavich Hebrew Day School in Chicago

About Yud-Tes Kislev
Yud-Tes Kislev is the anniversary of the passing of R. Dovber, the Maggid of Mezritch, in 1772, and anniversary of the release from capital sentence and imprisonment of his disciple, Rabbi Shneur Zalman of Liadi, in 1798 and is celebrated as a Chassidic holiday amongst Chabad Chassidim.

Yud-Tes Kislev marks the "birth" of Chassidism: the day it was allowed to emerge from the womb of mysticism into the light of day, to grow and develop as an integral part of Torah and Jewish life.

More...

2015 5775
INTERNATIONAL SHABBATON
FEBRUARY 27-MARCH 1
ADAR 8-10
CITEEN.COM

About The Shabbaton
CTeen is a social club where teens learn about themselves and their heritage through giving to others and participating in interactive, hands-on activities. With over 125 chapters, in 14 countries, CTeen is the fastest growing network for Jewish teens.

The International CTeen Shabbaton is an annual reunion of Jewish teens from across the continent. For the past six years, hundreds of teens have forged new friendships while experiencing a meaningful Shabbat and enjoying the thrills of the Big Apple.

This year's Shabbaton will G-d willing take place in New York on February 27th- March 1st.

Manhattan shopping, visiting tourists' hot spots and Brooklyn's Jewish attractions are some of this year's Shabbaton features.

Building on the incredible success of the past Shabbatons, this year's fresh program and revised itinerary promise to be unmatched.

Dare to be surprised. Prepare for the unimaginable.

The CTeen International Shabbaton is open to all Jewish teens in the community regardless of affiliation.



esther@friendscolumbus.com 614.563.2261

A Woman's Right to Economic Security: A Call to Action

The Columbus Chapter of Hadassah invites you to attend a community-wide forum discussing the issues surrounding economic security for women.



A panel of community representatives will share their expertise on the topic:

Beth Morrow Lonn, Chief Grants and Operations Officer of the Women's Fund of Central Ohio

Napoleon Bell, Executive Director of the Mayor's Office of Community Relations

Dr. June Gutterman, Chief Executive Officer, Jewish Family Services

Tina Gray, Telling Her Own Story

Moderator, newswoman **Carol Luper**

The event will also include a call to action, allowing participants to learn about volunteer opportunities with community agencies working on behalf of women in economic need.

Don't miss this important community-wide forum highlighting Hadassah's commitment to creating awareness of the issues surrounding A Woman's Right to Economic Security.

At the forum, a panel of community experts will discuss issues and offer suggestions for making a positive impact. Forum participants will also have the opportunity to learn about and discuss volunteer opportunities with community agencies who focus on achieving economic security for women. For more information, contact: The Hadassah Office 614.235.8111 or email columbus@hadassah.org.

**Sunday December 7th
Columbus JCC, 1125 College Avenue
10:30am – 1pm.**

A light brunch will be offered at this event. RSVP before December 1 by sending your \$6 check to Hadassah, 2700 E. Main St., #106, Columbus OH 43209

Hadassah is honored to include a list of community co-sponsors who support the cause of helping women achieve economic security:

- Agudas Achim Women's Group
- Beth Jacob Sisterhood
- Beth Tikvah Sisterhood
- Congregation Am Brit
- Hillel: Wexner Jewish Student Center
- Humist Jewish Chavurah of Columbus
- Lori Schottenstein Chabad Center
- National Council of Jewish Women
- the Little Minyan
- The Women of Beth Shalom
- Tiferet Israel Sisterhood
- Tereth Emeth: the Main Street Synagogue
- The Jewish Community Center

Please bring a non-perishable food item to fill our grocery cart for Mid-Ohio Food Bank.

SOULMATES

Jewish Secrets to Meaningful Relationships

Monday, November 24

Behind Closed Doors – Judaism's View of Intimacy

Is G-d comfortable in the bedroom? Is sexual intimacy holy? Profane? Mundane? Holy, but only as a means to procreation? What does Judaism have to say about sexuality and how to enhance the intimacy between husband and wife? This lesson taps into Judaism's vast reservoir of wisdom, both practical and kabbalistic, on a topic your Hebrew school teacher likely never broached.

Course synopsis by chapters [here](#).

Upcoming classes:

Wednesday, January 21 - "Beloved Friends"

Thursday, February 19 - "Respecting Your Other Half"

Thursday, March 19 - "Happily Ever After?"

Monday, April 20 - "Sacred Space"

Tuesday, May 19 - "Becoming a Better Half"

Classes are from 12:00 - 1:00 pm. Light brunch will be served.

Cost: \$105 registration for entire year includes textbook; or \$20 per individual class.

Chabad of Columbus
6220 East Dublin Granville Rd.
New Albany, OH 43054-9381

For info or to register:
esther@friendscolumbus.com
614.563.2261

Be a part of something special!

BE AMBITIOUS.
I DON'T ALWAYS RUN, BUT WHEN I DO.
IF THERE'S A ROAD, I'LL TAKE IT.
THE FRIENDSHIP CIRCLE

If you never thought you could run a marathon, you're probably wrong. With Team Friendship's awesome resources and support, you CAN walk or run 13.1 miles and BE legendary for children with special needs!

[Click for more info.](#)

LIFE TOWN
LEARNING FOR LIFE

LifeTown provides life skills training for children with disabilities. We rely on volunteers to make our unique program work. To volunteer, sign up at [Sign up](#) Genius or email volunteer coordinator [Nancy Eisenman](#) for more information.

Kiddush Sponsorship Opportunities Available

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

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

מגזין שבועי

This Week @ www.ChabadColumbus.com

parshah
A Tale of Two Very Different Sisters
They were sisters but also rivals—married to the same man, competing for his affection and for the privilege of bearing his children.

first person
My Journey from Kuwaiti Arab to Jerusalemite Jew
It was only yesterday that I wore a white *dish-dasha*, and now I sport a *kippah*.

mourning in har nor
Will the War on Terror Ever End?
But there was another martyr in this attack, an Israeli policeman by the name of Zidan Saif.

your questions
Where Can I Apply to Become a Chabad Emissary?
Of the hundreds of e-mails we receive every day at Chabad.org, many are from adventuresome, idealistic young men and women seeking to work at a Chabad house in an exotic location.