

Dear Ellie,

"Crazy", "insane" or "irrational" are all words normally associated with something negative. If someone else's crazy we encourage them to be normal. Calling someone insane would be an insult, not a compliment, and for those that behave irrationally we always hope that the world of the rational will prevail.

Today is the tenth of Shevat, which marks the passing of the previous Lubavitcher Rebbe o.b.m. - Rabbi Yosef Yitzchak Schneerson. In an essay which he published just before his shabbat an interesting perspective on irrationality.

As humans we glorify intellect and are led to believe that there is nothing superior to the rational mind. But this is untrue. Like the physical body, the human intellect and logic is finite. To live life only by what makes rational sense is limiting. To subscribe to the logical is to trap ourselves in the finiteness of the human being.

Every soul possesses a Divine spark that transcends logic and rationale. This energy opens up for us the infinite world of the supra-rational and the intangible. Connecting to this part of our soul allows us to explore a greater and deeper reality, achieving that which we never thought possible.

Insanity or irrationality is a deviation from the logical mind. Negative insanity is a downward deviation. But positive insanity is when we extend beyond the logical mind and move upwards, above the world of logic.

The antidote to being irrational is not a Jewish idiom - it's positive insanity. Do a good deed today that you always thought was impossible for you to do or explore a Jewishly topic that you always thought your skill level, reach higher than you think you can.

Areyah



This week's kiddush sponsored by Moshe and Judy Mizrahi in honor of his father Shlomo's yartzzeit.

This week we acknowledge the yahrtzeit of: Sam Cohen, father of Scott Cohen.



Areyah and Esther accompanied 20 Columbus teens to the regional CTeen ski trip. Thank you to Kim Abelman for taking the day to chaperone.



A Real Life Family Tree
Learning, Baking and Art!

Special event!
All are welcome to come!

Sunday Feb. 1, 11 am-12 pm

Come learn about Tu B'shevat, make some fruit shaped cookies, and make a life size tree!

Please be sure to bring a picture of your family to be placed on the tree!



Brought to you by Chabad Hebrew School's FIRST TASTE Program

Ages 3-5:

Dates: Every Sunday for the duration of the scholastic year.
Time: 11am-12pm

FIRST TASTE is designed to grab the very young child's attention with song, art, drama and games. By exposure to the aleph-bet, Torah tales, prayerthrough song and holiday studies, a child gains a sense of pride and love for Judaism.

For more information or to sign up:

Call: 939-0765

email: Rabbi@chabadcolumbus.com

website: www.Chabadhs.org

A Project of The Lori Schottenstein Chabad Center

CONGRATULATIONS TO LIFETOWN'S MAYOR OF THE DAY



On Thursday a very special LifeTown volunteer, Larry Harris was honored. Larry Harris goes above and beyond being just an ordinary volunteer. Out of a possible 48 days of LifeTown (since Oct. 2014), he has attended 41 days! This is Larry's third year volunteering at LifeTown. Much like a postal carrier, whether sun, rain, snow or sleet – Larry is here every single day at 9am!

Larry treats the theater as if it were his own business, making sure the equipment is running properly, making sure the popcorn machine is clean, making sure we have enough popcorn, popcorn bags, twizzlers, etc.

Larry's work doesn't start and end in the theater.

- He was instrumental in getting us a new ball python when the previous one mysteriously disappeared...
- He's also the brave soul that picks up the rat for the snake to eat every three weeks.
- Over the summer he worked tirelessly and got tons of jewelry donated for the marketplace. Some of which we still have. He also got donated the jewelry displays.
- Last September, Larry started interviewing for therapy dogs because the one dog that LifeTown had for a very long time moved away. Thanks to Larry's diligence and hard work, we now have several therapy dogs volunteering almost every day of the week. He is actually again interviewing dogs to fill the Wednesday slot.
- Larry always lends a hand to help Geno in the bank, delivers the money to the venues and then makes sure all the money bags are accounted for at the end of the day.
- Most important and most of all – Larry is a very caring and loving toward the students that visit LifeTown and I know they care and appreciate him as much as he care for them and we for him.

Larry was given the honor of FIRST MAYOR OF LIFETOWN and VOLUNTEER OF THE MONTH! and was presented with a beautiful key to LIFETOWN and a special certificate of gratitude and appreciation.

Thank you, Larry!

IT'S THE WORLD'S MOST DIFFICULT JOB.
Are you qualified?

the art of parenting
A NEW SIX-SESSION COURSE FROM THE ROHR JEWISH LEARNING INSTITUTE

JOIN NOW

The Art of Parenting

As parents, we worry about the well-being of our kids; about their future, and about our role in shaping it. In *The Art of Parenting*, we scale the challenges that face us as parents and explore timeless insights from Jewish wisdom to instill values, foster independence, and ensure the long-term success and emotional well-being of our children.

The Lori Schottenstein Chabad Center,
6220 East Dublin-Granville Rd., New Albany, OH 43054
614-939-0765
chabadcolumbus@sbcglobal.net

JOIN NOW 6 Tuesdays beginning Jan 20th - Feb 24th
11:30 AM - 1:00 PM
\$110.00
Lunch Provided - Child Care Available for \$7 per session

JOIN NOW 6 Wednesdays beginning Jan 21st - Feb 25th
7:30 PM - 9:00 PM
\$110.00
Refreshments Provided

DEBATE THE LIFE MESSAGES OF HOLLYWOOD'S MOST POPULAR BOX-OFFICE FILMS

Schottenstein Chabad Center
6220 East Dublin-Granville Rd.,
New Albany, OH 43054
Office: 614-939-0765

JLI TEENS DISCOVERY PROGRAM HOLLYWOOD IDOL
Starts Feb. 8
REGISTER

Hollywood Idol analyzes how the culture of Hollywood subliminally influences our society. From dystopian societies in which evil governments force inhabitants into districts, to heroic romances between defiant teen heroes fighting for their freedom, students will discover how every movie-every story-is inherently a message and commentary on life. They will be challenged to consider and think deeply about these messages, whether they really agree with them, and how these values compare with those of our tradition.

Sundays 3:00-4:30
Questions? Email [Esther Kallmann](mailto:Esther.Kallmann@chabadhs.org)

This program is made possible by the Jewish Education & Literacy Endowment Fund of the Columbus Jewish Foundation

SOULMATES

ROSH CHODESH Soulmates – Jewish Secrets to Meaningful Relationships

Next Lesson - Thursday, Feb. 19

"Respecting Your Other Half"

Romantics of all ages have waxed poetic on the notion of "soulmates," seeking to grasp what makes love and passion so potent, what drives the inexplicable magnetism between two people, and what makes true love last. Yet millennia of Jewish text and tradition are rich with insights on this very topic, from the mystical and spiritual to the no-nonsense and practical.

Course synopsis by chapters [here](#).

Upcoming classes:

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. Gourmet lunch 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

2015 5775 FEBRUARY 27- MARCH 1 ADAR 8-10

INTERNATIONAL SHABBATON

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.

REGISTER NOW

esther@friendscolumbus.com 614.563.2261

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

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? Consider sponsoring a Kiddush. For more information, please contact the Chabad office at 614-939-0765.

זמני הדלקת הנרות

Candle Lighting Times for
New Albany, OH [Based on Zip Code 43054]:

Shabbat Candle Lighting: **5:30 pm**
Friday, Jan 30
Shabbat Ends: **6:31 pm**
Shabbat, Jan 31
Torah Portion: **Beshalach**



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.

11 Shevat 5775
Saturday, Jan. 31, 2015

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'y'm, a community leader, mother and Shilcha"

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

KIDDUSH – 12:00 pm

Kiddush sponsored by Moshe and Judy Mizrahi in honor of his father's yartzzeit.

12 Shevat, 5775
Sunday, Feb. 1, 2015

Shachrit: 9:45 a.m.

Subscribe to this newsletter



לחמדות

Upcoming Events
Tu BeShvat Family Workshop
Feb. 1, 2015

[More Info >](#)

JLI-Art of Parenting
Feb. 3, 2015 - 11:30 am - 1:00 pm

[More Info >](#)

JLI-Art of Parenting
Feb. 4, 2015 - 7:30 pm - 9:00 pm

[More Info >](#)

Hebrew School - regular class
Feb. 8, 2015 - 9:30 am - 12:00 pm

[More Info >](#)

JLI Teens discovery program
Feb. 8, 2015 - 3:00 pm - 3:30 pm

[More Info >](#)

JLI-Art of Parenting
Feb. 10, 2015 - 11:30 am - 1:00 pm

[More Info >](#)

JLI-Art of Parenting
Feb. 11, 2015 - 7:30 pm - 9:00 pm

[More Info >](#)

[View all upcoming events](#)

פרשת בשלח

Parshat Beshalach

Soon after allowing the children of Israel to depart from Egypt, Pharaoh chases after them to force their return, and the Israelites find themselves trapped between Pharaoh's armies and the sea. G-d tells Moses to raise his staff over the water; the sea splits to allow the Israelites to pass through, and then closes over the pursuing Egyptians. Moses and the children of Israel sing a song of praise and gratitude to G-d.

In the desert the people suffer thirst and hunger, and repeatedly complain to Moses and Aaron. G-d miraculously sweetens the bitter waters of Marah, and later has Moses bring forth water from a rock by striking it with his staff. He causes manna to rain down from the heavens before dawn each morning, and quails to appear in the Israelite camp each evening.

The children of Israel are instructed to gather a double portion of manna on Friday, as none will descend on Shabbat, the divinely decreed day of rest. Some disobey and go to gather manna on the seventh day, but find nothing. Aaron preserves a small quantity of manna in a jar, as a testimony for future generations.

In Rephidim, the people are attacked by the Amalekites, who are defeated by Moses' prayers and an army raised by Joshua.

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

מגישבווע

This Week @ www.ChabadColumbus.com

parshah Who Were the First Ones to See G-d?
Growing a family is no easy feat, and for the Jewish women in Egypt, it was especially difficult.

video How to Increase Confidence in Our Children
Education expert Shimon Waronker presents professional parenting techniques to raise your children to be responsible and sensitive with proper self-awareness.

10 shevat The Seventh Generation: A Leader of Leaders
An overview of the events and significance of 10 Shevat.

story Why the Rabbi Didn't Need Anesthesia
"If I don't open my eyes after the operator's over, don't disturb me. I may lie on the operating table for a few more hours. But promise me that you won't disturb me."