



Dear Ellie,

The Huffington Post is often accused of recycling used news. This week I was so pleasantly surprised that one of its featured articles was unknowingly reprocessing perhaps one of the oldest story themes, thousands of years old, from this week's Torah Portion of "Bo".

Yesterday The Huffington Post published Johann Hari's article, "The Likely Cause of Addiction Has Been Discovered, and It Is Not What You Think". The article made an incredible observation: When someone has a ferocious craving for drugs, it isn't necessarily because of the "strong chemical hooks in these drugs", but its root cause is isolation. Observing the results of a series of experiments, scientists agree on the incredibly strong evidence that suggests that the cause of addiction is the isolation of the individual and lack of human connection.

Does this seem counterintuitive? Yes, because we have heard for so long that addictions are chemically based. In the 1980s, the Partnership for a Drug-Free America used advertisements based on a simple experiment: Rats were placed alone in individual isolated cages. Each cage contained two water bottles and nothing else. One bottle contained water, the other contained water infused with heroin or cocaine. In an overwhelming number of instances, the rats chose to ignore the plain water to obsessively return over and over again to the water-drug combination, eventually dying.

But that was only half of the story. The other half is that a different group to rats that were placed in a stimulating, healthy environment that included other rats. Although these rats also had access to both plain and drugged water, they mostly shunned the drugged water.

The rat experiment is analogous to what happens with humans in similar situations. During the Vietnam War, soldiers used heroin commonly, and many became addicted to the substance. But a high percentage of the addicted soldiers dropped their heroin habits when they returned home to U.S. soil and to happy, stable environments complete with caring and friendly social interactions.

In looking at the 12-Step Program that is commonly used by Alcoholics Anonymous, we find more evidence for the idea that isolation is, in fact, one of the greatest causes of addiction. When recovering alcoholics attend meetings regularly, interact with their sponsors on a routine basis and help others in recovery, they have a much better chance of staying clean and sober. But when the interaction and communication falters or stops, the chance of relapse into addiction increases exponentially. Those who remain alienated and isolated continue to have an increased chance of relapse and a generally lower quality of life than those who feel connected socially and spiritually to other humans.

This week's Torah Portion speaks directly to this. "And G_d said to Moses: 'Come to Pharaoh...' The Zohar asks the question: *Why does it say, 'Come to Pharaoh'? It should have said, 'Go to Pharaoh'...*" But what it is really communicating is *come with me*. G_d is saying to Moses that, "...you don't go alone. I come with you and help you for you are forever with Me and not alone."

Fear's true power is in the loneliness that it imposes upon us. We feel we are alone in our predicament. We feel that no one can understand our pain and suffering. And even if someone can empathize, we still feel that they are not with us, not one with us and therefore ultimately we remain isolated.

This existential loneliness is the root of fear. And this is what Moses – even the great Moses – was so terrified of as he prepared to confront the core evil of Pharaoh. He was afraid and felt that he was going alone.

Obviously, Moses' fear is relative to him and the unprecedented challenge he was facing: Encountering and purging the root essence of evil. Fear is relative to each person and his/her situation, the difficulties each of us faces and the strengths each of us has. What frightens one person may not even stir another. Yet, the common denominator between all of us is – and this is the relevant lesson we derive from Moses – that fear (on the level relative to us) results from our sense of isolation.

And therefore G_d's response to Moses' terror is, "Come with Me," I go with you.

This is the powerful message that each of us must take from parshat Bo – "Come with Me." No matter how lonely we may feel, especially in our loss and pain, we are not alone.

The only answer to the invisible power of fear – the fear of being alone – is to recognize that you are not alone.

Hashem is holding us tightly and will never let us be alone.

Areyah

זמני הדלקת הנרות

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

Shabbat Candle Lighting: 5:21 pm
Friday, Jan 23
Shabbat Ends: 6:23 pm
Shabbat, Jan 24

Torah Portion: **Bo**

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.

4 Shevat 5775
Saturday, Jan. 24, 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 Minkovitz, ob'y'm, a community leader, mother and Shlucha*

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

KIDDUSH – 12:00 pm

5 Shevat, 5775
Sunday, Jan. 25, 2015

Shachrit: 9:45 a.m.

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Chabad
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לומודעות

Upcoming Events

CTeen ski trip
Jan. 25, 2015 - 9:00 am - 6:30 pm
[More Info »](#)

JLI-Art of Parenting
Jan. 27, 2015 - 11:30 am - 1:00 pm
[More Info »](#)

JLI-Art of Parenting
Jan. 28, 2015 - 7:30 pm - 9:00 pm
[More Info »](#)

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 »](#)

[* View all upcoming events](#)

פרשת השבוע

Parshat Bo

The last three of the Ten Plagues are visited on Egypt: a swarm of **locusts** devours all the crops and greenery; a thick, palpable **darkness** envelops the land; and all **the firstborn** of Egypt are killed at the stroke of **midnight** of the 15th of the month of Nissan.

G-d commands the **first mitzvah** to be given to the people of Israel: to establish a **calendar** based on the monthly rebirth of the **moon**. The Israelites are also instructed to bring a "Passover offering" to G-d: a lamb or kid is to be slaughtered, and its blood sprinkled on the doorposts and lintel of every Israelite home, so that G-d should **pass over** these homes when He comes to kill the Egyptian firstborn. The **roasted** meat of the offering is to be eaten that night together with **matzah** (unleavened bread) and **bitter herbs**.

The death of the firstborn finally breaks Pharaoh's resistance, and he literally drives the Children of Israel from his land. So **hastily** do they depart that there is no time for their dough to rise, and the only provisions they take along are unleavened. Before they go, they ask their Egyptian neighbors for **gold, silver** and garments —fulfilling the **promise made to Abraham** that his descendants would leave Egypt with great wealth.

The children of Israel are commanded to consecrate all firstborn, and to observe the anniversary of the **Exodus** each year by removing all **leaven** from their possession for seven days, eating matzah, and telling the story of their redemption to their **children**. They are also commanded to wear **tefillin** on the arm and head as a reminder of the Exodus and their resultant commitment to G-d.

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

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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

JLI TEENS DISCOVERY PROGRAM

It is a weekly think club. A fun and safe environment for teens to discover their unique voice, develop skills and gain empowerment to share and build a foundation of values and skills to carry them for life.

The Lori 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

ROHR JEWISH LEARNING INSTITUTE

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 very 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 Hall"

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

TEEN SKI TRIP JANUARY 25

We are having a ski trip for 7th grade and up, meeting with teens from Dayton and Cincinnati at the Perfect North ski resort.

We will meet at Chabad 9 am and return 7 pm. \$50 cost includes transportation, lunch, ski lessons, lift ticket and snow tubing.

Call Esther 563-2261 or Levi for more information 578-9318

REGISTER: <http://www.cteen.com/kio>



2015 5775 INTERNATIONAL SHABBATON

FEBRUARY 27-MARCH 1 ADAR 8-10

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, CTTeen 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

esther@friendscolumbus.com 614.563.2261

Be a part of something special!

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!

January 23-25

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IT TAKES \$1,000 PER HOUR WITH SPECIAL NEEDS

LIFE TOWN LESSONS 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 [Signup Genius](#) or email volunteer coordinator [Nancy Eisenman](#) 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.