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ISSUE 9

Jewish Life

A LITTLE NOSH FOR THE SOUL



HOW THE
FRIENDSHIP CIRCLE
CHANGES LIVES



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{FROM THE RABBI'S DESK}

Dear Friend,

Passover is the biblical festival that celebrates our ancestors' Exodus from Egyptian slavery and the birth of the Jewish nation. G-d commands us to retell and relive the Exodus each year on Passover. The Talmud says: "We must all feel as if we have gone out of Egypt." So clearly, Passover not only celebrates a moment in history but also empowers us to achieve personal spiritual freedom today. The Lubavitcher Rebbe, Rabbi Menachem M. Schneerson, of righteous memory, spoke and wrote extensively on the great spiritual power and potential in the Passover rituals. This Passover issue seeks to share some of the Rebbe's ideas on how Passover relates to our day-to-day struggles and ultimate purpose. Please use this as your practical guide to leaving your own personal "Egypt" and finding your Divine freedom.



Don't hesitate to contact our office for information on our public seder and how you can enjoy a hand-made shmurah matzah this Passover.

Wishing you a kosher and happy Passover,

Rabbi Chaim and Chayale Slavaticki
Directors, Las Olas Chabad Jewish Center

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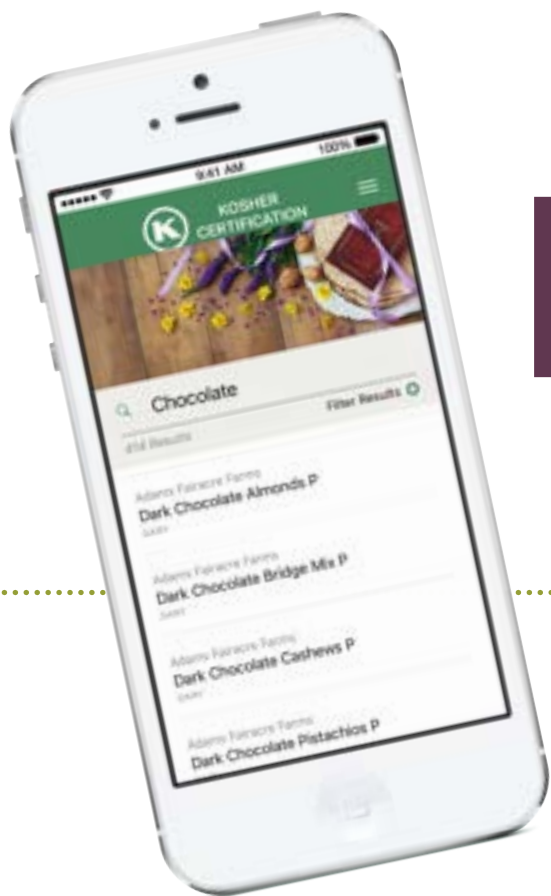
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







{app}

OK KOSHER FOOD GUIDE

It has never been easier to go kosher. Today, the world of kosher foods continues to expand to meet the growing demand for strictly kosher items. Yet, for some of us, finding those items in a supermarket is a challenge. The laws of kosher are complicated, and the laws of kosher for Passover are really complicated. It doesn't help that the average grocery store carries over 39,000 different products. So, how do you know what to grab off the shelf?

For years, people have been calling Rabbis from the canned foods aisle holding a can of diced tomatoes asking if it's fit for use on Passover. Now, thanks to the folks at the , there's an app for that! The Brooklyn-based  Kosher, one of the largest kosher certification agencies in the world, created the app, and it saves you a lot of time and aggravation. The  app has a listing of many foods that are kosher for Passover. Whether it's toothpaste or margarine, yogurt or Snapple, just enter the name of the product in the search section of the app, and within seconds, you'll get the full detail of its kosher status year-round and for Passover.

This year, try it for yourself. Search "OK Kosher Food Guide" in the App Store and download it for free.

About The OK: The  is from the largest independent kosher certifier in the world. You can trust the  for universally accepted standards and quality service. Their creative innovations in the world of kosher certification and awareness have made kosher more accessible to us all.

MUST-HAVE PASSOVER SHORTCUTS

{food}

SHMURAH MATZAH

The *shmurah matzah* is the star of the show. "*Shmurah*" means watched indicating that from the moment the harvesting began this *matzah* has been watched and safe from any contact with water.

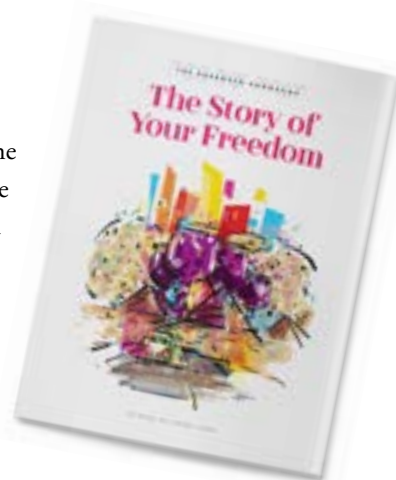
The handmade *matzah* is round, kneaded and shaped with love similar to the matzot that were baked by the Children of Israel as they left Egypt. It is thus fitting to use *shmurah matzah* on each of the two Seder nights for the matzot of the Seder plate. Contact your local Chabad center for your very own *shmurah matzah*.



{book}

NEW ART HAGGADAH

Let your story of freedom come alive this Passover with the new Passover Haggadah with insights from the Rebbe and new illustrations by Yehuda Lang. Lang is a contemporary artist who fuses Chasidic ideas and bright colors to create inspiring one-of-kind images. The Passover Haggadah is available at www.Kehot.com. ●



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should
I buy
?

what
should
I cook
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what
should
I bake
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what
will they
actually
eat
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THE FREEDOM OF OBLIGATION

By David Suissa

Every morning we wake up to the set taste of freedom. The freedom to be miserable, angry, depressed, inactive, and self-absorbed. The freedom to be hurtful and gossipy and petty and sad. The freedom to pick a poison, any poison.

History teaches us to revere our freedom, the one that millions have died for or emigrated to. But who teaches us how to approach this freedom, how to nurture it, respect it, honor it, and ultimately, make it work for a higher good?

Sometimes, we don't enjoy our freedom as much as we consume it. Instead of savoring it like fine wine, we inhale it like junk food. As a result, a Divine privilege has become an all-you-can-eat entitlement: I will do exactly what I want when I want, how I want, even if it makes me miserable.

It's remarkable how the instinct to dictate our terms can override life's greatest motivator: self-interest. It's one thing to trample on others as we exercise our various freedoms, but to trample on ourselves? To use our freedom in a way that can make us miserable? That's radioactive.

And also understandable. If there is no higher presence in our life, we must somehow fill the vacuum, so we play G-d. And what can be more intoxication than that? Who cares if I'm miserable as long as I'm calling the shots.

This unbridled and unholy freedom deadens the soul. As we drown in choices, we lose the ability to make the right ones. As our mind spins, our soul is silenced. It makes one wonder: If all

this freedom of choice is killing us, why don't we put it in it's place?

Oddly enough, we do, when it suits us. Consider: You have an appointment at 2:30 tomorrow with someone who can offer you the job of your dreams. Is there any doubt that you will absolutely, positively be there? The freedom to miss that appointment is the freedom to be miserable. So you have rejected freedom of choice in favor of the freedom that wins: the freedom of obligation.

Why can't we handle other appointments the same way? Why should joy, for instance, be a choice rather than an appointment that can't be missed? Why do we even need to ponder the option of not doing mitzvot (good deeds)?

The highest virtues need no analyses. But all too often, we confuse issues that require scrutiny with others that require none. Deciding which car to buy, choosing where to live, picking one day camp over another, those are lovely subjects for pro and con analyses.

Kindness isn't. Neither is joy nor doing good deeds. This universal no-brainer-and G-d knows there is plenty of them-thrive not under freedom of choice, but under the more profound freedom of obligation. The noble force of Divine duty moves us to action, elevates the soul, and makes us feel alive. ●

>>David Suissa is Publisher & Editor-in-Chief of Tribe Media/Jewish Journal and was founder and CEO of Suissa Miller Advertising, a marketing firm named "Agency of the Year" by USA Today. He grew up in Montreal and now lives in Los Angeles with his five children.

**AS WE DROWN IN CHOICES,
WE LOSE THE ABILITY TO
MAKE THE RIGHT ONES.**

PASSOVER *in* NUMBERS

By Ben Sherman, CPA (Certified Passover Accountant)

We asked our CPA the numbers for our Passover issue and this is what he gave us... Enjoy!

 G-d told Abraham his children would be slaves for **400** years. / The Jews went down to Egypt **190** years after the birth of Abraham son Isaac. /  The Jews were in Egypt for **210** years. /  The Jews suffered under Pharaoh's harsh decrees for **80** years. / Moses was **80** at the time of the Exodus. /  G-d sent **10 plagues** upon Egypt. / Originally only **70** Jews came down to Egypt. / At the exodus **600,000** Jewish men between the ages of 20-60 left Egypt. /  It is estimated that over **2,000,000,000** Jews left Egypt. / Pharaoh's army caught up with the Jews **7** days after they left Egypt. /   The **7th day** of Passover commemorates the splitting of the Red Sea. / The Red Sea was split into **12** tunnels, one for each of the **12** tribes. / In the Torah's narrative of the exodus, G-d uses **4** terms of redemption. /  To celebrate the redemption we drink **4 cups** of wine at the seder. /  G-d commanded the Jews to count **7 weeks** from the Exodus till the giving of the Torah. / Jews still count the **49 days** of the omer each year in preparation of receiving the Torah. /  There are **7** basic human emotions that can and should be refined. / The 7 basic emotions contain aspects of each other thus creating **49** human emotions. / **The Torah was given in the 3rd month of Sivan.** / Moses was a Levite, from the **3rd tribe** of Israel, and he was born the **3rd child**. /  The Torah includes **3 parts**: Bible, Prophets and Scripture. / There are **3** types of Jews, Israelites, Levites, and Kohanim. /  We use **3 matzot** at the Passover seder. /  The Jews have **3 patriarchs**, Abraham, Isaac and Jacob. /  The Jews have **4 matriarchs**, Sarah, Rebecca, Leah and Rachel. /  A Torah scroll has **600,000** characters corresponding to the 600,000 root souls that left Egypt. / The Jews who were unable to partake of the original Passover sacrifice were given a second chance by G-d to celebrate Passover **30** days later. / **The festival of Shavuot comes 49 days after Passover.** /  The Jews received **10 commandments** at Mount Sinai. /  In Genesis G-d uses **10 utterances** to create the world. / Passover has **3** other names: Festival of Matzah, Season of our Freedom, The Springtime Festival. /

How to Plate Your SEDER PLATE

MAROR

Maror or bitter herbs to remind us of the slavery. Most use fresh grated horseradish on romaine lettuce.

Prep: Buy fresh horseradish root and grate it.

Use: During the blessing over the bitter herbs hold the maror and then dip it lightly into the charoset before eating it. See Seder step 9.

BEITZAH

A hard-boiled egg to commemorate the chagiga-holiday sacrifice.

Prep: Boil one egg per Seder plate, and possibly more for use during the shulchan orech meal.

Use: The egg is dipped into saltwater and eaten right before the meal starts.

See Seder step 11.

ZROAH

Shank Bone to commemorate the Pesach sacrifice. Many use a roasted chicken neck.

Prep: Roast the neck over an open flame. Afterwards, remove most of the meat to reveal the bone.

Use: The shank bone is symbolic and not eaten. You can re-use it the following Seder night.



KARPAS

Karpas vegetable for dipping. The traditional potato or onion is dipped into saltwater at step 3 in the seder to provoke questions.

Prep: Peel an onion or boiled potato and place slice on seder plate. Also prepare a small bowl of saltwater.

Use: At karpas the vegetable is dipped into saltwater, the Borei Peri Ha'adama blessing is recited, before it is eaten. See Seder step 3.

CHAZERET

Used with the maror that reminds us of the slavery.

Prep: Wash romaine lettuce and check for bugs. Pat dry.

Use: During the korech sandwich of matzah and maror use these bitter herbs. Dip it lightly into the charoset before using it. See Seder step 10.

CHAROSET

Charoset (the apple, nut, wine puree) to remind us of the mortar and brick made by our ancestors in Egypt.

Prep: Shell walnuts and peel apples and chop finely, mix well and add red wine for color.

Use: The charoset is used as a symbolic dip. Before eating the maror, dip it lightly into the charoset. See Seder steps 9 & 10.

30 DAYS OF freedom



ORDER SHMURAH MATZAH

Traditional hand-made shmurah matzah is recommended for seder use. Include handmade shmurah matzah at your seder table and share this sacred tradition with your friends and family. Call your local Chabad rabbi to order your very own shmurah matzah for the seder.



CANDLE LIGHTING

Women and girls light candles at least eighteen minutes before sunset. On the second night of Passover (or on a Saturday night), the lights are kindled after nightfall from a pre-existing flame. On Friday evening, add the words in parentheses.

1. ברוך אתה א-להינו מלך העולם, אשר קדשנו במצוותיו, וצונו להדליק נר של (שבת ושל) יום טוב
Blessed are You, L-rd our G-d, King of the universe, who has sanctified us with His commandments, and commanded us to kindle (the Shabbat and) Yom Tov light.

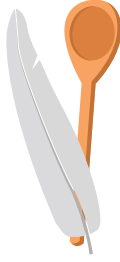

3. ברוך אתה א-להינו מלך העולם, שהחיינו וקיימנו והגיענו לזמן הזה
Blessed are You, L-rd our G-d, King of the universe, who has granted us life, sustained us, and enabled us to reach this occasion.

sunday	monday	tuesday
<h3>WHAT IS CHOMETZ?</h3> <p><i>Chometz</i> is "leaven" — any food that's made of grain and water that have been allowed to ferment and "rise." Bread, cereal, cake, cookies, pizza, pasta, and beer are blatant examples of <i>chometz</i>; but any food that contains grain or grain derivatives can be, and often is, <i>chometz</i>. Practically speaking, any processed food that is not certified "Kosher for Passover" may potentially include <i>chometz</i> ingredients.</p>		
<p>APRIL 10 NISSAN 9</p> <p>On the agenda this week:</p> <ul style="list-style-type: none"> ✓ Clean for Passover ✓ Shop for Passover foods ✓ Prepare Kitchen for Passover ✓ Invite guests ✓ Sell chometz 	<p>APRIL 11 NISSAN 10</p> <p><i>Miriam, the sister of Moses, passed away at the age of 126 on the 10th of Nissan of the year 2487 from creation (1274 BCE).</i></p>	<p>APRIL 12 NISSAN 11</p> <p><i>The Rebbe's Birthday Celebrating 120 years 1902-2022</i></p>
<p>APRIL 17 NISSAN 16 <i>Second Day of Passover</i></p> <p>Havdalah after nightfall At night count the Omer: Day 2</p>	<p>APRIL 18 NISSAN 17 <i>Chol Hamoed*</i></p> <p>No tefillin Enjoy a glass of wine At night count the Omer: Day 3</p>	<p>APRIL 19 NISSAN 18 <i>Chol Hamoed*</i></p> <p>No tefillin Enjoy a glass of wine At night count the Omer: Day 4</p>
<p>APRIL 24 NISSAN 23</p> <p>Be sure to put away your Kosher for Passover dishes before you enjoy that bagel.</p> <p>At night count the Omer: Day 9</p>	<p>APRIL 25 NISSAN 24</p> <p>At night count the Omer: Day 10</p>	<p>APRIL 26 NISSAN 25</p> <p>At night count the Omer: Day 11</p>



If leavened bread symbolizes ego then this is the month when we go on a major ego diet. For the next 30 days we deploy the search and destroy team to find and get rid of our bad habits. Get ready to eat bread of faith and healing and experience true freedom.



wednesday	thursday	friday	shabbat
<p>SELL YOUR CHOMETZ Since it is prohibited to possess <i>chometz</i> on Passover, any <i>chometz</i> left undisposed must be sold to a non-Jew. All such <i>chometz</i>, as well as all <i>chometz</i> utensils that were not thoroughly cleaned, should be stored away. The storage area should be locked or taped shut for the duration of the holiday. Since there are many legal intricacies involved in this sale, a rabbi acts as our agent both to sell the <i>chometz</i> to the non-Jew on the morning before Passover, and also to buy it back the evening after Passover ends. Sell your <i>chometz</i> to your local Rabbi or go online to Passover.org.</p>		<p>APRIL 8 NISSAN 7</p> <p>Girls and women light candles 18 minutes before sunset.</p>	<p>APRIL 9 NISSAN 8 <i>Shabbat Hagadol</i> (The Great Shabbat)</p> <p>Torah Portion: Metzora Shabbat Kiddush (last Shabbat meal with Challah!) Havdalah after nightfall</p>
<p>APRIL 13 NISSAN 12</p>	<p>APRIL 14 NISSAN 13</p>  <p>After nightfall: Search for chometz</p>	<p>APRIL 15 NISSAN 14 <i>Eve of Passover</i></p>  <p>Stop eating chometz. Burn your <i>chometz</i>. Fast of the firstborn. Girls and women light candles 18 minutes before sunset. Tonight: The First Seder</p>	<p>APRIL 16 NISSAN 15 <i>First Day of Passover</i></p> <p>On this day G-d spoke to Moses at the burning bush (a year before the Exodus) Girls and women light candles after nightfall. Tonight: The Second Seder At night count the Omer: Day 1</p>
<p>APRIL 20 NISSAN 19 <i>Chol Hamoed*</i></p> <p>No tefillin Enjoy a glass of wine At night count the Omer: Day 5</p>	<p>APRIL 21 NISSAN 20 <i>Chol Hamoed*</i></p> <p>No tefillin Enjoy a glass of wine At night count the Omer: Day 6</p>	<p>APRIL 22 NISSAN 21 <i>Seventh Day of Passover</i></p> <p>On this day the Red Sea split.</p> <p>Girls and women light candles 18 minutes before sunset. At night count the Omer: Day 7</p>	<p>APRIL 23 NISSAN 22 <i>Last Day of Passover</i></p> <p>Yizkor service <i>Yizkor is a special memorial prayer for the departed, recited in the synagogue following the Torah reading.</i></p> <p>Havdalah after nightfall. At night count the Omer: Day 8</p>
<p>APRIL 27 NISSAN 26</p> <p>At night count the Omer: Day 12</p>	<p>APRIL 28 NISSAN 27</p> <p>At night count the Omer: Day 13</p>	<p>*CHOL HAMOED is a Hebrew phrase meaning "weekdays [of] the festival" and it refers to the intermediate days of Passover and Sukkot. We are permitted to work, yet the holiday prayers of Hallel and Yalah v'Yavo are recited and a cup of wine is to be enjoyed (without the ceremonial Kiddush).</p>	

➔ Visit www.Passover.org for complete calendar of events and how-to guides.

15 STEPS OF A PASSOVER SEDER



1. KADESH (Sanctify)

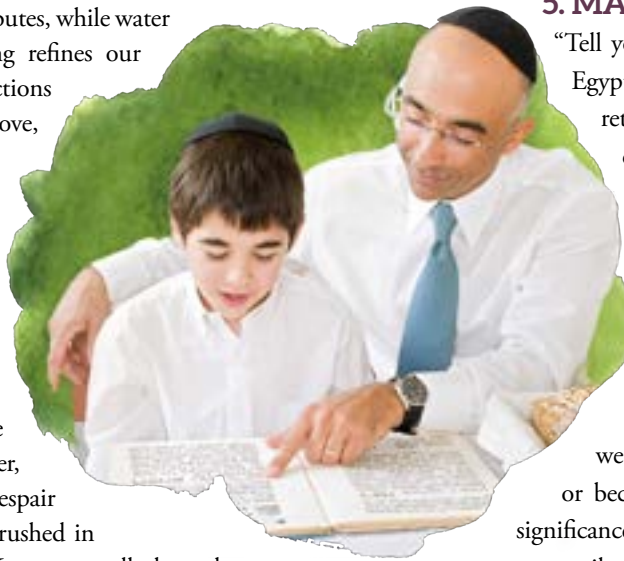
The Seder begins with a blessing over the first cup of wine. This is when we declare that this is “The Season of Our Freedom.” To stress this point, we recline to the left when drinking, as only free people did in ancient times.



broken piece, the “bread of poverty,” takes center stage while retelling the story of the exodus. It personifies the spiritual and material destitution our people endured in Egypt once they no longer grasped the meaning of true freedom. By relating to their plight, we feel what is broken in our own humanity. At the same time, when the children hide the *Afikoman* we sense the larger dimension of our being, the part of our soul never touched by slavery that waits to be discovered.

2. URCHATZ (Wash)

Wash the hands (in the ritual manner but without reciting a blessing). We will be touching a wet vegetable in the next step and rabbinic law requires washing of the hands. The Kabbalah teaches that hands represent expressions and attributes, while water epitomizes intellect and purity. Washing refines our attributes with intellect, enabling restrictions to turn into benevolence, hate into love, and personal slavery into freedom. The observance, one of many during the Seder intended to pique the interest of children, awakens the innocence within each of us.



5. MAGGID (Telling)

“Tell your children G-d took you out of Egypt.” Fill the second cup of wine, then retell the story of our rise from the depths of bondage to the heights of redemption. *Maggid* begins with the children asking, “Why is this night different from all other nights?” The question can put us in touch with the innocence of children as we contemplate the dynamics of liberation. Are we eating the matzah out of habit, or because we are ready to embrace its significance? Are we observing these rituals to assuage guilt, or to actualize the desire to live a more meaningful life? When we allow the events in *Maggid* to touch us to the core, we reveal the candor that children hold dear. At the conclusion of *Maggid*, we savor the second glass.

3. KARPAS (Vegetables)

Recite the appropriate blessing for vegetables, then dip the *Karpas* vegetable in saltwater before eating it. In the saltwater, we can taste the tears of anguish and despair our ancestors shed as their spirits were crushed in Egypt. When rearranged, the letters of *Karpas* כרפס allude to the word *Perech* פרך, or “crushing labor.” Our people were forced to perform senseless tasks in Egypt, endless drudgery without meaning, purpose or goal. Why, some 3,000 years later, do mindless routines and habits, or careers driven by the need for status, still dominate our lives so often?



4. YACHATZ (Breaking)

The middle matzah (of the 3) is broken in two pieces. The larger piece, designated as the *Afikoman*, is wrapped and hidden away for the children to discover. The smaller

6. RACHTZA (Washing)

Wash the hands and recite the blessing, *Al Netilat Yadayim* (on the lifting of the hands). We prepare to internalize the humble nature of matzah by uplifting our extremities and expressions. In its literal sense, the word *netila* means to move something from one place to another. With this blessing, we remove the physicality and vulgarity that may dwell in and around the hands, raising them up for what is to follow.

7. MOTZI (Blessing Over Bread)

Hold the broken half-matzah and two whole ones while reciting the appropriate blessing for bread, *Hamotzie Lechem Min Ha-Aretz*.

The word *lechem* (bread) contains the same letters as *lochem* (war). Food is raw energy that holds the potential for either good or evil. Thus, a spiritual battle ensues every time it is consumed. If the purpose in eating is solely to gratify physical cravings, evil prevails.

However, when eating to gain energy with which to better serve G-d, good prevails.

8. MATZAH (Blessing Over Matzah)

Return the bottom matzah to the Seder plate. Holding the remaining one and one-half matzot, recite the blessing for eating matzah, *Al Ab-Chilat matzah*.

Our ancestors fled Egypt with inconceivable haste, leaving no time for the dough that would nourish them to rise. Once free, their first taste was the “bread of poverty,” matzah. From a mystical viewpoint, matzah exemplifies a selfless ego. It was with this trait, rather than arrogance, that they accepted G-d-given freedom. Humility allowed them to appreciate the gifts of life. After the blessing, recline to the left and eat at least one ounce of matzah.

9. MAROR (Bitter Herbs)

Take at least 3/4 ounce of bitter herbs and dip it in the *charoset*, shake off the excess, and recite the blessing *Al Ab-Chilat Maror* before eating. Having meditated on the bitterness of exile during *Maggid*, we now physically experience its force. The impact further clarifies the significance of our exile. Before we can experience true freedom we have to internalize the might of our hardship – and accept that when we make the right choices, hardship exists only to make us stronger.

10. KORECH (Sandwich)

Break off two pieces of the bottom matzah (at least one ounce). Take 3/4 ounce of *maror*, dip it in *charoset* and shake off the excess. Place the *maror* between the two pieces of matzah and say, “Thus did Hillel do in the time of the Holy Temple...” Recline while eating. *Maror* alludes to the wicked, while matzah refers to the righteous. Hillel, the great Jewish sage known for his compassion, instructed the righteous to reach out and draw the wicked closer. Likewise, now that we have felt what it means to break free of slavery on a personal level, it is our obligation to share the experience with others.

11. SHULCHAN ORECH (Festive Meal)

Traditionally, the meal begins by dipping the hard-boiled egg from the Seder plate in saltwater to symbolize our constant mourning for the destruction of the Holy Temple, and to allude to G-d’s desire to redeem His people. “*Ess, mein khind!*” Across the community and throughout the world, we are together at the Seder table. The wise, the wicked, the simple and the innocent, all equal in the eyes of each other and the eyes of G-d. And we remember the fifth son – he who has not yet experienced the freedom of Passover. We are united as one in the common goal of redemption.

12. TZAFUN (Hidden)

At the conclusion of the Passover meal, children return the *Afkomian*. Eat at least one ounce of this matzah. Nothing else except the remaining two cups of wine is consumed thereafter. It was necessary to partake in every step, every ritual, every taste and every thought before the *Afkomian* is revealed; then, we can become one with its Divine potential. We eat it only when completely satiated because it fulfills a need higher than the hunger for freedom, and we eat nothing afterward so that its taste remains with us. In the Seder, as with everyday life, there are no shortcuts to the greater dimension. Yet we are always aware that it is present and yearns to reveal itself when we seek with a pure heart.

13. BEIRACH (Grace After Meals)

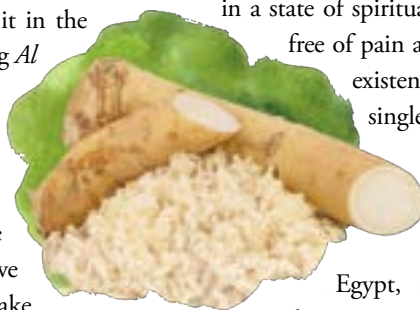
Recite Grace After Meals. Then say the blessing over the third cup of wine, and drink while reclining. In anticipation of our ultimate Redemption, we now fill a special goblet, the Cup of Elijah. We then open the door to the house and, holding a lit candle, recite the passage inviting the Prophet Elijah to appear. Imagine all of creation in a state of spiritual and material freedom. Think about a world free of pain and suffering, war and struggles. Imagine all of existence at this level. Imagine yourself, the light of a single candle, ushering in the era of our redemption.

14. HALLEL (Songs of Praise)

We offer praise to G-d for his mercy and compassion in redeeming our people from Egypt, and in anticipation of our own ultimate redemption. Why does G-d need us to praise Him? He doesn’t; we do. As the Kabbalah explains, when we praise His kindness we reveal His compassion. When praying for our needs, we evoke His desire to give.

15. NIRTZAH (Accepted)

The Seder concludes with the wish, *L’shana Ha-ba-ah Bi-Yerushalayim*. We hope for each other that which our forefathers prayed for while enslaved in Egypt, “Next Year in Jerusalem!” Rabbi Schneur Zalman of Liadi omitted the passage, “The order of Passover is concluded,” from his Haggadah because the Seder’s message remains timeless. Every day, one leaves Egypt by transcending his or her limitations, to reach higher levels of holiness. ●





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Full of Life

Celebrating the Rebbe's 120th Birthday
1902-2022

The Lubavitcher Rebbe, Rabbi Menachem Mendel Schneerson, of righteous memory, was born in 1902, on the 11th day of Nissan, in Nikolaev, Russia.

The Rebbe, the seventh leader in the Chabad-Lubavitch dynasty, is considered one of the most phenomenal Jewish personalities of modern times.

To hundreds of thousands of followers and millions of sympathizers and admirers around the world, he was — and still

is, despite his passing — "the Rebbe," undoubtedly, the one individual more than any other singularly responsible for stirring the conscience and spiritual awakening of world Jewry.

When he was nine years old, the young Menachem Mendel courageously dove into the Black Sea and saved the life of a little boy who had rowed out to sea and lost control of his small craft. That sense of "other lives in danger" seems to have dominated his consciousness; of Jews drowning in assimilation, ignorance, or alienation—and no one hearing their cries for help: the youth on campus, in isolated communities, or Jews under repressive regimes.

In 1941, the Rebbe arrived in the United States and began publishing his notations to various Chassidic and kabbalistic treatises, as well as a wide range of responses on Torah subjects. With the publication of these works, The Rebbe's genius was soon recognized by scholars worldwide.

In 1950, the Rebbe reluctantly ascended to the leadership of the Chabad movement. The Rebbe was a rare blend of prophetic visionary and pragmatic leader, synthesizing deep insight into the present needs of the Jewish people with a breadth of vision for its future. Over time, what was clear to him at the outset became obvious to other leaders with

hindsight decades later.

The Rebbe championed Jewish unity, not acknowledging division or separation between Jews. The Rebbe taught that every Jew — indeed every human being — has a unique role to play in G-d's creation.

The Rebbe had an uncanny ability to meet everyone at their level — he advised Heads of State on matters of national and international importance, explored with professionals the complexities in their fields of expertise, and spoke to small children with warm words and a fatherly smile.

The Rebbe's teachings continue to motivate and uncover the wealth of potential found within each person. Today, his inspiration shines from his thousands of centers worldwide, and his teachings are accessible online in almost any language.

Join the celebration by doing another mitzvah and making the world a better place. ●



Art by Yehuda Lang

SELECTED BOOKS OF THE REBBE'S TEACHINGS



Toward a Meaningful Life

Simon Jacobson distills volumes of the Lubavitcher Rebbe's talks and writings into understandable essays on life's challenges and joys, such as birth, health, love, aging, and death. This book uses the

Rebbe's teachings to create a practical manual for a productive life.



Wisdom to Heal the Earth

Tzvi Freeman provides a glimpse of the Rebbe's vision of how humanity, and the choices we make, help us reach our ultimate destiny.



Positivity Bias

Rabbi Mendel Kalmenson presents an inspiring and life-enriching tapestry woven from hundreds of stories and anecdotes, highlighting how the Rebbe taught us to see ourselves, others,

and the world around us.

Books available at Kehot.com

{PROFILE}

ALEX CLARE

By Shira Gold



Not many musicians can say they turned down the opportunity to open for Adele. Most musicians are never offered the option of being on the same ticket or even sharing the same stage with Adele. But British singer-songwriter Alex Clare told his record label that he would instead observe the holiday of Passover and not go on tour with Adele. (Yes, you read that correctly. Wouldn't you choose Matzah and bitter herbs over sold-out arenas full of young people screaming your name?)

Today, it's hard to get Alex on the phone as he's jetting from Israel or performing in London to sold-out crowds. Yet, he's the first to tell you that it wasn't always like that.

A few years ago, Alex was an up-and-coming singer-songwriter living with friends in London.

Growing up, music had always been in his family and in his blood. Alex plays trumpet, guitar and drums, and had fronted for a few bands while still in his teens.

Music can be a demanding art form and it takes great dedication to see any sign of success. Like his peers, Alex played any gig he could get.

"I played every open mic in London," Alex recalls. To make ends meet, Alex worked as a chef and played nightclubs in Camden Town. Alex also began soul searching and found the beauty of Judaism. Also, scouts and record labels began to discover Alex's powerful and captivating vocals.

Reading the Haggadah may have been something new for Alex, but a B flat was definitely not a new thing, and Island Records quickly signed Alex. By the time Island Records found him, Alex had already discovered his own Judaism, and, with the help of his Chabad Rabbi, Clare was keeping kosher and wearing tefillin.

Alex would have to choose between his Torah observance and becoming a world-famous rock star. Then, after deciding to stay home and celebrate another Shabbat or a Jewish festival rather than promote his album *The Lateness of the Hour*, Island Records dropped Alex.

"Universal in Germany was like, 'we need you to come to Germany to do promo', and I said, 'that's great, but I can't afford a ticket.' They said, 'don't worry we've got this one

Alex's Rabbi reminded the young and devastated Clare that he wasn't the first Jew to hit a roadblock. The Torah tells us that Abraham encounters a famine immediately after his arrival in the Promised Land. The commentaries point out that this was one of Abraham's many tests on his path to becoming the Patriarch of our nation.

But for a while, life was a sad song for Alex Clare. He had no record label, dismal album sales, and very few gigs. So, like Abraham, his great-grandfather, Alex put his faith in Heaven, and that's when things started to rock and roll.

What do you do when your record label drops you? What do you do when you want to learn more about being Jewish? The answer is simple: you go to study in Israel.

A few months after arriving in Israel, Clare received an email from Microsoft, asking to use his song "*Too Close*" on the

now-defunct album *Lateness of the Hour* in an ad campaign.

"I thought it would be a few second clip, and I agreed happily," Alex says. It turns out that it wasn't just a few-second clip that Microsoft wanted. The song "*Too Close*" was to be featured prominently in Microsoft's ad. The global ad campaign pushed Alex's song to number 1 in Germany, number 4 in the UK, and 7 in America.

"It was amazing and very surreal. Universal in Germany was like, 'we need you to come to Germany to do promo,' and I said, 'that's great, but I can't afford a ticket.' they said, 'don't worry, we've got this one covered.'"

The song that couldn't sell any albums suddenly was topping billboard charts worldwide. You couldn't turn on a radio without hearing Alex's song. And it all happened practically overnight while Alex was very far from Camden Town exploring his Judaism in Israel.

"I went from sleeping in a tiny bedroom which I shared with a stray cat and ants in Jerusalem to being at a five-star hotel in Frankfurt."

Today, Alex is back on tour, selling out theaters worldwide, of course not on Friday nights or Jewish holidays. This Passover Alex will be home in Israel with his wife and family. They will enjoy Matzah and talk about how G-d took the Jews out of Egypt.

I'm sure Alex can explain how faith can endure through impossible odds. And how faith and Jewish observance gave the world a rock star named Alex Clare. ●

>>Shira Gold is a long time contributor to *Farbrengen Magazine*, *Soulwise Magazine*, and other Chabad publications. She now lives with her husband and children in New York City.

LEAVING THE ENEMY BEHIND



By Sara Esther Crispe

I hate injustice. I always have. And when faced with it, I will fight till the bitter end to redeem the victim.

But there are situations when fighting the negativity is not the way to go. And time and time again, I fail to remember that.

The Torah recounts how the Jews ran from Egypt, with the Egyptians following right behind. Here they had finally escaped from slavery, they were finally on their way to freedom, and then, bam... they hit the sea.

Can you imagine? You run from your enemy and then hit the stumbling block of all stumbling blocks?

The Jews disagreed on how to proceed.

There were four major opinions.

The first group had had enough. There was no way they would return to Egypt, but they saw no other way out. So figuring they had reached their end, they gave up, and instead of letting the Egyptians kill them, they would do it themselves by drowning.

I know I wouldn't have gone along with this group. For one, drowning is one of the most miserable deaths, and there would be no way I would volunteer for that. But more so, I wouldn't want to give my enemy the pleasure of fulfilling their mission for them.

The second group wanted to go back and surrender. Now, that is so not me. No

way in the world would I go back to slavery when freedom was close enough to taste. But that group felt they were better off alive and enslaved than free and dead.

The third group refused to give up. They would head straight for the enemy and battle for their freedom. If they were going to die, they would die fighting.

Now, here is the group I would have joined. I always find myself fighting. Someone did something wrong. Something happened that was unfair. And I can't rest until I have fought and fought to the right that wrong. The thing is, sometimes fighting isn't the way to change the situation. Sometimes, the right thing to do is to walk away. Not face the negative, but turn one's

THE MOST AMAZING OF MIRACLES IS WAITING TO TAKE PLACE, WAITING FOR THOSE WHO ARE WILLING TO FACE THEIR FUTURE HEAD-ON.

back on it. Disarm it, not through battle, but through refusing to engage. Usually, I figure this out a bit too late.

And then there was the fourth group. With nowhere to go and nothing to do, the only option left is to stop and pray? I mean, it sounds like the right thing to do, certainly a holy option. Yet there is a time and place for everything. And when your enemy is on your tail, stopping is not the right choice, even if it is to pray. G-d wants to hear from us, but not in place of action. Not in place of us doing what we gotta do.

Now, all of these groups had a logic to their approach. Perhaps, not the healthiest or appropriate logic, but logic nonetheless. And maybe that was part of the problem. When faced with the seemingly impossible, we need to look beyond reason, beyond nature. You have to move. You have to know where you need to get to and refuse to let anything stop that.

Moses took charge, unified the four factions, and made it clear that there was no time to waste and only one direction to go, and that was forward. Yes, the Egyptians were on their tail, and the sea was in front of them. The difference was he didn't view the sea as an obstacle. He didn't focus on the water before him but on the end goal of getting as far away as possible from Egypt.

And no, it wasn't easy. It's not like we put our toes in the water, and the sea split for us. But, then again, is the answer to any major dilemma in life simple? If it is, it wasn't a real dilemma. It took Nachshon ben Aminadav, the first brave soul leading the group, to enter the water up until his neck before those waters parted way. Up to his neck! We all know the expression "to stick your neck out there"—well, it is true. If we want something badly enough and if we believe it needs to happen, we better act on it.

If we give up hope, all is over. If we surrender, we will never have the strength to leave again. If we are busy fighting, we will turn our backs to where we need to be heading. And if we stop and pray, we will relinquish the G-d-given strength and power that He bestowed upon us to do the right thing through our actions.

And that is really why this hits home so deeply for me. I know I would have been back there fighting. And it is not a question of whether or not I believe that there is a direction I should head and that I should keep going at all costs. It is more that I sometimes am so busy fighting what is behind me that I forget to look ahead. When I am busy dealing with darkness, it is impossible to bring in more light.

Of course, there are times when the enemy must be dealt with head-on. But that's only when that enemy stands in the way of our getting where we need to go. When it is behind us, we need to leave it there when it is in the past. Even if we are sure it is chasing us, we have to keep going with our goal and destination in mind. It is tempting to turn around and see how close the enemy is getting, but every time we do so, we slow ourselves down and risk falling for the trap of engaging rather than ignoring.

Fortunately, a group of Jews just kept moving forward straight into the water, and as the water reached their necks, the sea split. The most amazing of miracles is waiting to take place, waiting for those who are willing to face their future head-on. ●



>>Sara Esther Crispe is an international speaker, author and relationships coach. She is also the co-director of Interinclusion.org, celebrating the convergence between contemporary arts and sciences and timeless Jewish wisdom, and the creator and former editor of www.TheJewishWoman.org and www.Chabad.org. She lives with her family in Danby, Vermont where they run Jewish educational retreats and programming.

ROLLIN

Lyrics by 8th Day

Water's on my mind
and I just can't swim
The only way to win
is to jump right in

Some say turn around
Turn around and fight 'em
Some say close your eyes and pray
Some wave a big white flag screaming
we'd surrender
Some quit calling it a day

Just keep on moving rolling on
Don't stop for the ocean
Keep on moving waters fade away
Just keep on moving rolling on
Don't stop for the ocean
Keep on moving
till you find your way

Some look away,
there's just nothing but survival
Some say, it doesn't really pay
Some hold on tight, screaming
Can't change my nature
Some say, we just can't find our way

Just keep on moving rolling on
Don't stop for the ocean
Keep on moving waters fade away
Just keep on moving rolling on
Don't stop for the ocean
Keep on moving
till you find your way

Water's on my mind
and I just can't swim
The only way to win
is to jump right in
Staring down the barrel
but I trust in Him

Waves are crashing
but I'm coming in
Got my eye on the prize
Won't stop for the lies
I'll be running down this path
Till He opens my eyes

Clouds so dark, I can't see a thing
But I wait to see the light
that my faith will bring

Hear the song at www.My8thDay.com

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THE RED SEA

some parting thoughts

Now here's a deep article about uncovering the depths of your own soul adapted from the works of the Lubavitcher Rebbe.

We each inhabit two worlds — worlds that are often as far apart from each other as two worlds can be. One world is the revealed portion of our existence: our professional, social and family lives; our conscious thoughts and feelings. Simultaneously, we inhabit a hidden world — a world of subconscious drives and desires, of innately known truths and deeply-held convictions that rarely, if ever, see the light of day.

Kabbalistic and Chassidic teachings refer to these two worlds as our "land reality" and our "sea reality". On land, things are out in the open — so much so, that they often seem disconnected from their environment and source of life (looking at a throng of suited businessmen striding down a busy city sidewalk, it is hardly apparent that they derive their nourishment from the earth). In the sea, on the other hand, everything is submerged and hidden. At most, we might catch a shadowy glimpse of what transpires close to its surface; of what lurks in its depths we see nothing at all. In this

world, the creatures are imbedded within their sustaining environment, often to the point of indistinguishability.

What is the case on the individual level is also true of creation as a whole. There are the "revealed worlds", which include the material and physical realities, as well as those spiritual realities that are fathomable and accessible to us. But beyond this land lies the mysterious sea, the supra-natural and supra-rational strata of creation.

Much of the pain and frustration in our lives stems from the rift between our land and sea personalities. If only we could reconcile our revealed life with our subconscious self! If only we could recognize our true will and understand our deepest yearnings; if only the countless choices we make each day in our terrestrial existence would reflect who we truly are and what we truly desire. On the cosmic level, too, the strife and discord that grips the known universe is the result of its disconnection from its mystic dimension.

This, explain the Chassidic masters, is the spiritual significance of the Splitting of the Sea on the seventh day of Passover. The Midrash states that when G-d split the

Red Sea for the Children of Israel He also split all the waters in the world, from the physical seas on earth, to the individual sea of every soul, to the cosmic sea that suffuses the deepest secrets of creation. In the words of the Psalmist, "G-d transformed the sea into dry land; they traversed the river on foot" (Psalms 66:6). What is ordinarily submerged and inaccessible became manifest and tactual, and traversing the depths of ones soul was like walking on firm terrain.

After the children of Israel passed through "the midst of the sea on dry land," the waters reassumed their natural course. Again the sea reality was obscured; again the subconscious became a mystic and secret place. But a precedent had been established, a potential implanted in our souls.

Never again was the sea to be impregnable; never again were the revealed and hidden in man to constitute two hermetic worlds. By splitting all seas of creation, G-d empowered us to penetrate our individual seas, to blaze pathways of dry land on the ocean floors of our souls. ●

>>Based on an address by the Lubavitcher Rebbe, Passover 1958 (Likkutei Sichot, vol. III)



Did Someone Say "Challah"?

It can take years to hone the skill of bread-making. Combining the perfect blend of ingredients, creating flawlessly textured dough, shaping and baking to perfection are just a few of the things that go into perfecting this holy bread.

At the Las Olas Jewish Women's Circle, making challah is not merely about art or baking - it's about spiritual connection and infusing our lives with blessing and intention. This was the focus at our fourth annual Women's Challah Bake in February, where close to 100 women came together to learn the art of challah

making and to experience the tradition and symbolism behind this *mitzvah*.

The evolution of our Challah Bake has been astounding. What began four years ago as a simple evening of baking has blossomed into a popular event featuring world-class entertainment and the heart palpitating inspiration that can only be felt in a room full of powerful Jewish women tapping into their special energy.

This year, world renowned singer Simone Roitman kicked off the evening with heartfelt prayers and a musical performance that got the

crowd dancing. Rebbetzin Dobbie took to the stage to share stories about this *mitzvah* that is cherished by Jewish women

"[Making challah] is about spiritual connection and infusing our lives with blessing and intention. This was the focus at our fourth annual Women's Challah Bake"



everywhere, and Rebbetzin Chayale led the crowd in prayer for all those in need of increased blessings in their lives. Of course, the safety of the citizens of Ukraine was at the forefront of our minds and prayers.

This year's addition of gourmet recipes and techniques introduced a new level of challah prowess. Participants created sweet and savory masterpieces including babka and cinnamon challahs and zaatar and other savory topped delights.

This memorable evening was made possible thanks to our wonderful Women's Circle Committee and the amazing volunteers who gave each detail special care and attention.

The following is the symbolism that comes along with making challah. Each ingredient has a different meaning and applies to our lives and homes in various ways.

Yeast: Growth and Expansion - Reflect upon our ability to constantly grow & reach our fullest potential.

Sugar: Sweetness and Blessings - Recognize the existing sweetness and strategize to bring more happiness into our home, creating an environment filled with positive energy.

Water: Torah - Water is the source of all life. Internalize how for us, the Torah is as vital as water is to live a meaningful life.

Eggs: Renewal and Lifecycle - Represents renewal and the potential of what is yet to hatch. Concentrate on the projects we'd like to bring to fruition. Discover the potential for new beginning and pray to experience a full life.

Oil: Anointing - It characterizes endowing a sense of royalty and sacredness. Visualize every precious member of your family, as we imbue them with qualities to shine and excel.

Salt: Discipline and Balance - Concentrate on our disciplining methods. Although necessary, like salt, excessive rebuke is damaging, while scanty reproach is tasteless. Find the balance to achieve a life of flavor and satisfaction.

Flour: Purity - It requires sifting- a cleansing process to remove impurities, enabling us to retain what's good and nutritious. Ask Hashem to help us discern good from bad and discard negative influences from our lives.

Interested in attending up coming Las Olas Jewish Women's Circle events? On June 2nd at 7PM we will be hosting our "Finding Torah in a Desert" event. For more information, visit www.JewishFL.org/JWC.



PURIM WITH A RENOWNED MENTALIST

Purim is known to many as 'Judaism's most fun holiday.' It's a day of sharing food gifts with friends, dressing up in costume and, of course, attending Purim parties! This year's Purim extravaganza at the Las Olas Chabad Jewish Center drew quite a crowd. It was wonderful to spend the evening with such a large part of our community, including members who haven't been out in a while, and to see the creative and picturesque costumes everyone came up with.

The highlight of the evening was a performance by "The Mentalist" Guy Bavli, who thrills audiences with his mind reading abilities and mind-bending illusions. We were left wondering how he correctly guessed the names of one attendee's dogs, changed the numbers on another participant's watch, and got one couple to telepathically synchronize their movements!

The event also featured a delicious Chinese buffet catered by our very own Friendship Cafe! The food was a hit, and everyone is still raving about it.

For more information about The Friendship Cafe or catering for your next event, please call (954) 999-9676.





A Hebrew School Purim Celebration

On Sunday, March 13, the children of Las Olas Bear Family Hebrew School were treated to a fabulous pre-Purim experience. After hearing the gripping story of Esther and learning about the mitzvot and traditions of the day, they got to celebrate the holiday in style with the ultimate “Bake-off and Dance-off” experience!

With the help of their talented *morahs*, the students rolled up their sleeves and got busy making hamantashen, the traditional Purim cookie that is shaped like Haman’s hat. After taking turns combining the ingredients, each child enjoyed a ‘top chef’ experience as they selected from a variety of fillings including caramel, chocolate and fruity jams. They then shaped their pastries to perfection, and added decadent toppings.

Once the hamantashen were in the oven, it was dancing time! The students geared up with hats, light-up glasses and paraphernalia, and all sorts of cool costumes. Spirited Purim

songs were played on full blast, and soon the children were showing off their energetic dance moves. A coordinated Zumba dance was followed by some improv, and of course a choo-choo train dance around the entire school.

As they began winding down, delicious smells came wafting out of the ovens; it was time to taste their gourmet creations.

While sampling their pastries, we heard more than one student say that it was “better than the bakery!” After finishing their treats, the kids got to work packing up the remaining hamantashen in adorable Purim boxes so that they could fill the mitzvah of *mishloach manot*, giving gifts of food to friends on Purim. To top off the magnificent day, each student received a *mishloach manot* of their own to take home.

Do you know a child who can gain from experiencing their heritage in some cool & exciting ways while prepping for their Bar/ Bat Mitzvah & learning how to read Hebrew? Reach out to 954-780-6770 and we'd be happy to help!



(Yoann Bar Hen during his time as a lone soldier in the Israeli Defense Force)



(Yoann and Eric Donner, Co-Founder of Israel Heart2Heart)

Shaken in the Line of Combat

Fighting in combat was jarring for Yoann Bar Hen. A sensitive and intuitive soul, he knew that he wanted to join the IDF from the time he was a young man in France, where he grew up in the suburbs of Paris. His parents encouraged him to secure his bachelor's degree before forging ahead in the process of becoming an Israeli soldier. He did just that and received a bachelors in sports medicine and made aliyah to Israel to become a lone soldier in 2010.

Before leaving, Yoann became acquainted with a Jewish organization called Garin Tzebar, which would provide him with a three month stay at a kibbutz and a training session about the IDF. At the

end of the three months, Yoann received the honor and privilege of being chosen for the Special Forces of the Golani Brigade. For this he had to go through a series of tests, boot camps and a year and four months of training. After much ado, his dream of being a soldier finally came true.

In 2014, after 4 years of serving his unit received intel that they were needed in Gaza to address some underground tunnels located in dangerous locations. It was a stressful and daunting mission for his unit but the brave soldiers prepared nonetheless. Members of their community showered them with gifts, food and BBQ's in their homes to show them their appreciation. The battle ironically commenced when a man bringing them meals was tragically murdered by terrorists from Gaza. It was time to act.

As the soldiers prepared to enter the most dangerous of the homes, they were instructed to go in pairs.



(From left to right - Nadav, Miri, Noa, David, Daniel, Eric, Yoann & Orly)

Yoann entered the second house with his officer as his partner and heard explosions and gunshots all around him. Within minutes, while helping his team enter the house, he saw bullet holes forming in the wall and felt a surge of electricity in his hand; he had been shot. After one minute, another one of his team members got shot in the ribs; a paramedic frantically tried to save him, but to no avail. Yoann's friend had been killed in the line of fire.

Moments later, another man down with a bullet in his throat. A second death. At that instance, Yoann did not care about the war, he instead cared about the lives and safety of his team--his friends.

At a certain point in the day, two houses on either side of Yoann blew up and he truly believed it was the end for him. Fortunately, it was not, however he would soon find out that he lost several more friends on that horrendous day.

Years have passed, but the memories of that traumatic experience remain with him. In the aftermath of his time in Gaza, Yoann was diagnosed with PTS (post-traumatic stress) and felt lost. He began the long journey towards healing, finding respite in music and creative outlets. He returned to school to study acupuncture, and not long after that, that time, Yoann discovered a program that would improve his well-being immensely.

Yoann first heard Israel Heart 2 Heart through a friend who greatly benefited from the program and who had become very close with its co-founder, Eric Donner. Israel Heart2Heart is an organization dedicated to helping former IDF soldiers who suffer from PTS. The program connects the young men and women with mentors who help them navigate the world of business and their individual career paths. It also provides therapeutic outlets such as reparative yoga and horseback riding,

and helps them develop a mind-body connection to aid in their healing.

Yoann was paired with a mentor, Eliana, who has changed his life and career. Eliana guided him in business, and helped him to open his own acupuncture practice!

While there are other programs in Israel for soldiers who are struggling with mental illness resulting from combat, Yoann says there is nothing like Israel Heart2Heart.

"The work they do is truly from the heart," Yoann says. "The people running this program really care, and it feels so personal."

Yoann's story is sadly just one of thousands of soldiers who have been affected by PTS during conflict. Israel Heart2Heart aims to aid as many soldiers possible with this condition.

Israel Heart2Heart is a project of Chabad of Las Olas. For more information, IsraelHeart2Heart.org



A New Woman: Ready to Conquer

From the time Jennifer Cohen walked through the doors at The Friendship Circle of Greater Fort Lauderdale, she has been a burst of energy in every way possible. Always the life of the party, The Friendship Circle was changed forever when Jennifer came to us 7 years ago. She has been the most amicable of friends, an expert karaoke soloist and absolutely loves walking on the runway when we do our Friendship Circle fashion shows!

Jennifer was born in New York 39 years ago and was diagnosed with intellectual and mental disabilities from birth. She moved into a group home in Florida 14 years ago

and loves her group home family. On her free time, Jennifer loves her shopping trips to Five Below and getting her hair and nails done.

Two years ago, when an opportunity arose for member of our Friendship Circle program to join a Job Training Skills program, Jennifer jumped at the opportunity, as she knew she wanted to acquire the skills to have a job one day. The Friendship Café Job Skills Training Program welcomed Jennifer with open arms and her life would change dramatically for the better.

Since her start in this program, she has blossomed into the most confident individual you could meet. She is sure of herself, knows her worth, and is so proud of her accomplishments. Jennifer has met so many encouraging people that have pushed her to try her best and have always been there to pick her up when she's feeling

down on herself. She will proudly work the cash register in the cafe by herself with minimal assistance, discuss with her peers how important it is to save the money they've earned and is getting better at staying focused in conversations with customers walking into the cafe.

It is clear to see that her overall self esteem and image of herself as an individual has drastically improved in her time with the Friendship Circle Job Training program. She is no longer that woman that thinks the world hates her but, instead, knows herself to be a strong and independent young adult who has her entire life ahead of her to knock down any barriers in her path.



JEWISH LIFE HAPPENINGS



Ladies of the Las Olas Jewish Women's Circle with Rebbetzin Rika Slavaticki!



A representative from Israel speaking about Ukrainian refugees at the Solidarity with Ukraine night.



So much fun at Las Olas Bear Family Hebrew School!



Trainees with special needs in the Life Skills program making delicious cookies.



Having a great time aboard the pirate ship with Friendship Circle Teen Scene.



Friends hanging out at the Young Adult Circle!



Superstar Kathy Rice making a beautiful fruit basket at the Women's Circle event.



Enjoying wisdom shared by Rabbi Slavaticki's Mother, Rebbetzin Rika Slavaticki.



Big smiles at Friendship Circle Young Adult Circle!



Learning our Hebrew every Sunday from 10a-12p at Las Olas Bear Family Hebrew School!



Making yummy hamentashen at our Hebrew School's Purim Celebration!



Friends making fruit baskets at the Jewish Women's Circle Fruit for Thought event!

"Community is the foundation of success"

Photos by Miscellaneous

JEWISH LIFE MAGAZINE



Our favorite band who plays with the Friendship Circle Life Skills program every week!



Mayor Dean Trantalis cutting a lock of hair at Avraham's Upshernish!



Dress up time at the Las Olas Chabad Purim Mentalist show!



A very riveting potato sack race at The Friendship Circle Young Adult Circle.



Kids had the opportunity to pet a snake and other exotic animals at Avraham's Upshernish!



Oh what fun at our Friendship Circle Moms Night Out relaxing boat ride event!



Students from David Posnack middle school coming to meet members of our Life Skills Program!



Our hebrew school students dressed up in costume at our annual Purim Celebration!



Women breaking out into dance at the Las Olas Jewish Womens Circle Challah Bake.



Ready to make some Challah at The Jewish Women's Circle Challah Bake!



We love Friendship Circle!



Beautiful friends with beautiful costumes at the Purim Mentalist event.

TEEN SCENE IS "THE SCENE"

The teenage years tend to get a bad rap, but anyone who knows teens can attest to the unmatched potential these years hold. At the Friendship Circle Teen Scene, our mission is to empower our youth to tap into that potential and make a difference.

Each Friendship Circle teen group gathers twice a month to celebrate life and connection. Our special needs teens and volunteers look forward to the time they spend together, bonding and enriching each others' lives. Some of our participants come from group homes; others are living with parents or other relatives.

All teenagers are welcome to join this program, whether they are individuals with special needs coming as participants, or volunteers who want to contribute to the community in this inspiring way. The teens enjoy a variety of activities, from karaoke and relay races, to dancing and cupcake wars.

Get on board! Join our team of caring and committed volunteers who give of their time, patience, and love. The reward is a unique friendship with someone who will immediately accept you, come to love you, and never forget you! Through volunteering with the Friendship Circle, teens gain a sense of security and self-esteem that comes from knowing that what they do makes a tangible difference in the life of a child.

Special needs teens will gain the confidence of being an essential and accepted member of a truly inclusive and meaningful social group. This is an age during which social connections can define a person's life, and group hangouts are an opportunity to enhance social skills while having a fabulous time!

The Teen Scene is one of many programs offered by the Friendship Circle; other offerings include the Young Adult Circle, Cheerleading, Mom's Night Out, Friendship Café Life Skills & Job Training Program and a new summer program that is launching this year.

Vist www.FriendshipFL.org for more info.





LAS OLAS CHABAD JEWISH CENTER INVITES YOU TO JOIN OUR

COMMUNITY PASSOVER SEDER

FRIDAY, APRIL 15

EVENING SERVICES 7:00 PM
COMMUNITY SEDER 7:30 PM

1302 E Las Olas Blvd. Fort Lauderdale, FL 33301

Relieve the exodus, discover the eternal meaning of the Haggadah, and enjoy a community Seder complete with hand-baked Matzah, Wine and a wonderful dinner spiced with unique traditional customs.

RSVP: JewishFL.org/seder | 954-780-6770 | office@jewishfl.org
A division of Chabad of Fort Lauderdale





US NAVY FLEET WEEK SHABBAT DINNER



Join Las Las Olas Chabad in Showing Our Appreciation
By Honoring the Brave Men and Women in the U.S. Navy

Friday, May 6th | 7:30PM

Register at
JewishFL.org/FleetWeek

Kindly Sponsored by The Stahl Family





THE FRIENDSHIP CAFE INTRODUCES

Life Skills Summer Program

Our daily **Friendship Cafe Life Skills & Job Training Program** is turning some new gears with an exciting **Summer Program!**






Created with the goal to provide our adults with special needs an immersive, real- world environment where they can practice critical life and job skills, the program includes hands-on training in The Friendship Cafe, interpersonal & communication skills, a Mentorship Program, visiting local businesses and more!

Get ready to add loads of fun to this really beneficial program with a summer of **Art & Painting, Music, Yoga, Field Trips, Sports, Cooking & Baking, Zumba, Color War, Experiments, Pilates and in-house entertainment!!**

Get ready for your Young Adult to gain confidence, have a sense of belonging and have TONS of fun throughout the process!

7 week program- June 27- August 12

Registration Fee: \$100 | Entire Summer: \$2,800
Limited Scholarships Available

Visit www.FriendshipFL.org/Summer to register!!
Call (754) 800-1770 for more info




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Las Olas Chabad Jewish Center
invites you to the

*Passover
Seder*

AT 1302 E LAS OLAS BLVD.
FORT LAUDERDALE, FL 33301

Friday
April 15
7:30 pm

To reserve your seat please RSVP:

WEBSITE: www.jewishfl.org/seder

PHONE: (954) 780-6770

