

soulwise

SPRING 2017 / PASSOVER 5777

A LITTLE NOSH FOR THE SOUL

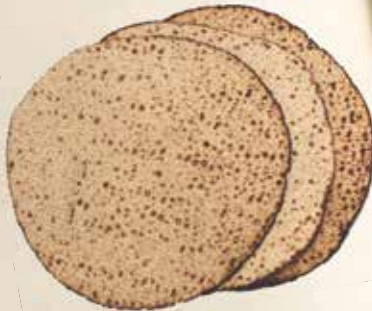


PASSOVER HAGGADAH →



Monday, APRIL 10TH 2017.
THE 14TH OF NISSAN. MARKS
THE EXODUS OF OUR NATION FROM
SLAVERY TO FREEDOM. YOUR LOCAL
CHABAD WILL HOST A FESTIVE
COMMEMORATIVE MEAL KNOWN AS
THE PASSOVER SEDER. CALL 305-674-
8400 FOR DETAILS.

The miraculous redemption was
quick and did not allow for
the dough to rise and our great
grandparents eat matzah. Get
your own hand-made shmurah
matzah by visiting
www.chabadvenetian.com.



Our people were 1)
removed 2) saved 3)
redeemed 4) taken out of
EGYPT. SO DRINK 4 CUPS OF
WINE TO CELEBRATE EACH
TERM USED IN THE TORAH
TO DESCRIBE THE EXODUS.



הגדה
של
פסח



DEDICATED TO THE LOVE
AND INSPIRATION OF THE
LUBAVITCHER REBBE

{CREDITS}

soulwise

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Rabbi Shmuel Mann, Director
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EDITOR-IN-CHIEF:
Bluma Marcus

EDITOR:
Rabbi Shmuel Marcus

DISTRIBUTION:
Rabbi Avraham Green

DESIGN:
Carasmatic Design

SECTION EDITORS:
David Zaklikowski
Shira Gold
Ben Sherman

THANK YOU:
Rabbi Mendel Laine, Rabbi Yosef B. Friedman, Rabbi
Yudi Mann, Rabbi Chaim Fogelman, Mrs. Baila Olidort,
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Dear Friend,

Passover and the spirit of freedom is in the air.

This yearly celebration of our redemption from slavery in Egypt over three thousand years ago has been cherished and observed in an unbroken chain of tradition by Jews ever since. You are a part of this unbroken chain, a chain that has kept our people united and strong.

That means that every one of your ancestors sat at a Seder and shared the meaning, mystery and magic of Passover—and you are the next link in the chain!

Take the time this year at the Seder to fully engage in this dynamic and moving tradition. Feel the passion of the exodus, taste the beauty of freedom and hear the message of personal growth. Your seder experience will bring to life the tastes, the sounds and sights of Jewish continuity that make the events of the Seder meaningful. Join us or try it at home, either way, make this the most meaningful Passover ever.

May G-d bless you and your family with a Passover filled with overflowing good health and happiness!

Chag kasher v'sa'me'ach!

Sincerely,

Rabbi Shmuel Mann

Director, Chabad of Venetian & Sunset Islands

TKIA HEBREW SCHOOL

Uses an integrated holistic approach to teach Judaism with arts and crafts, drama and successful teaching methods. Your child will be inspired and will acquire joy and pride in being a Jew.

SHABBAT SERVICES

Weekly prayer services with insights on prayer, a children's program, and a sit-down Kiddush luncheon.
Friday night: October-March at 6:30 pm, April-September at 7:00 pm.
Shabbat morning at 10:00 am

BAR MITZVAH CLUB

An opportunity for Bar Mitzvah age boys to prepare with the Rabbi for the big day

COMMUNITY SHABBAT DINNERS

Special traditional Shabbat 4 course dinners featuring delicious food, great company and engaging talks.

BAT MITZVAH CLUB

A fun and exciting learning experience for girls in grades 6 and 7, featuring hands-on lessons and awesome crafts

JEWISH WOMEN'S CIRCLE

Monthly programs for women feeding the mind, nourishing the soul, delighting the senses, and celebrating the power of Jewish women

CTEEN:

A Jewish teen club that compacts exhilarating fun and meaningful projects into a program that's thrilling and uniting.

ADULT EDUCATION

A vast array of intellectually stimulating classes, featuring JLI courses, lectures by guest speakers, and one-on-one study sessions

HOLIDAY PROGRAMS

Fun-filled events for the whole family to celebrate the Jewish holidays

SOCIAL SERVICES

An extensive network to fulfill the social, emotional, physical, and spiritual welfare of those in need



MUST-HAVE PASSOVER SHORTCUTS

{app}

OK KOSHER FOOD GUIDE

Let's start with an app from one of the largest kosher certification agencies in the world. To save you time and aggravation they have created an app listing all foods that are kosher for Passover. You can literally be a rabbi to your friends. 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 get the full detail of its kosher status year-round and for Passover. The app even tells you whether or not an item needs or requires a kosher certification for example extra-virgin olive oil does not need a certification. Just search "OK Kosher Food Guide" in the App Store and download it for free.

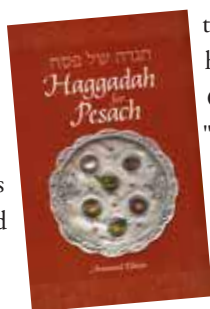
While you're in the App Store we recommend you download the "Passover Assistant" from Chabad.org. The app helps you prepare your meals and find Seders around the world. It even has the "four questions" for you to practice.

{food}

PASSOVER TUNA TARTARE

This is not your grandma's gefilta fish and it can be served by itself or with a salad.

2 sushi grade tuna steaks



- 2 tablespoons olive oil
- 2 tablespoon lemon juice
- 1 avocado (optional)
- 1 Jalapeno pepper

Finely chop tuna steaks and pepper (avocado). Place in bowl. Mix in olive oil, lemon juice and salt to taste.

{web}

PASSOVER.ORG

There is one mega site that has everything you can think of needing for Passover. Coloring pages for your kids, recipes, study, insights, you can even enter your zip code and find the times when Passover starts and ends in your city along with the times to light candles. Definitely bookmark this one: www.Passover.org.

{book}

KEHOT ANNOTATED HAGGADAH

Anyone leading or attending a Seder needs a great handbook to the Seder known as the Haggadah. There are thousands to choose from and our editors have hand selected the perfect book for you. Check out www.Kehot.com and search "Haggadah" then scroll down to the Annotated Haggadah the insights will keep you up during the long Seder and your comments will impress all your friends.



{kids' book}

A TOUCH OF PASSOVER, BY ARI SOLISH

Looking for the perfect Passover gift for your nephew Jack? Get this book and see if he can resist the bumpy matzah, leafy bitter maror, sticky wine droplets and more. Printed on tough board book with wipe-able pages, A Touch of Passover is great for boys and girls ages 1-4 sold at www.Kehot.com.

{music}

8TH DAY VOL. 7

Your pre-Passover cleaning needs a soundtrack that will get you up and moving and we've got the perfect tracks. 8th Day's new album is considered to be their best work yet. The band's music videos have attracted millions of views on YouTube and a worldwide fan base. Have a listen at www.My8thDay.com. ●



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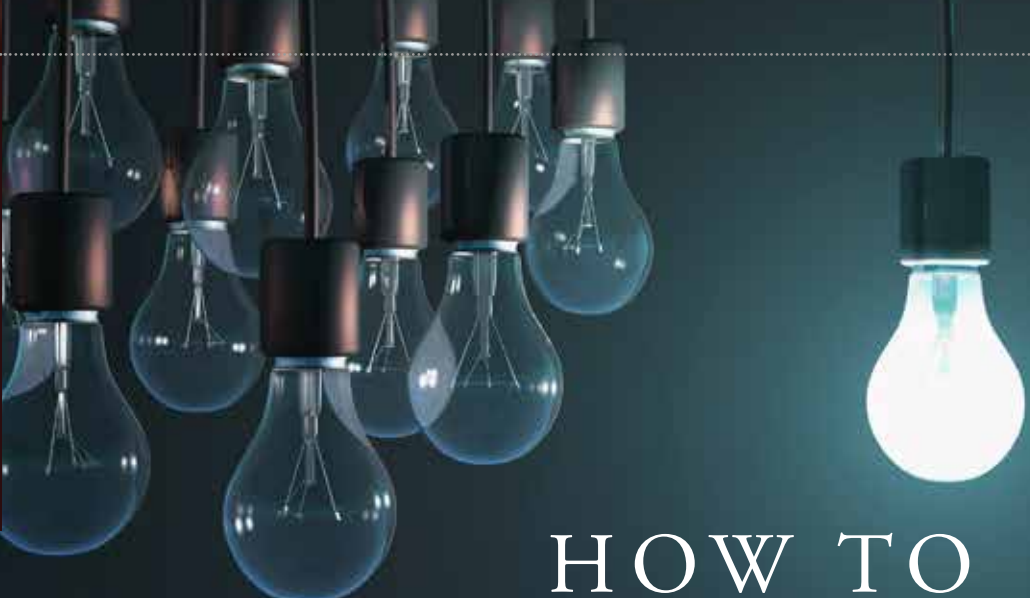
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HOW TO LEAD LIKE MOSES

By Levy Lieberman

THE MOSES LOW-DOWN

Moses was the greatest leader of all time. He walked easily among kings of the flesh, and conversed with the King of Kings with equal ease. He managed to fuse spiritual with mundane, and to make the mundane spiritual. At the peak of his greatness, he was also the most humble of all men. You may ask yourself, was Moses in denial? Was he truly unaware of his wealth of accomplishments, and of the multitudes he inspired who looked to him for guidance? The answer is of course he knew. He was, after all, wisest of all.

How, then, was he able to genuinely maintain his humility?

THE MOSES APPROACH

Therein lies the secret to true, effective, and inspirational leadership. Moses, like many of us who may have achieved a modest level of success in our careers, knew exactly what his success meant. On the other hand, he was completely aware that he had achieved this as a result of circumstances, and Divine Providence bequeathed him with the gift of being able to do so. He sin-

cerely believed that had somebody, even anybody else been similarly gifted, they would have outdone him. He believed that there were those who were more driven, more selfless, and even more worthy.

He was Moses, greatest and most humble leader to have ever lived.

THE MODERN MOSES

Look around at those you lead every day. You may be luckier than they. You've been blessed with circumstances that one way or another propelled you to become a leader among your peers. That doesn't make you more worthy – it makes you more *responsible*.

Lead like Moses and reap rewards beyond your workplace and career. Lead like Moses and create leaders who in turn will do even greater things than you ever can. Become a part of tomorrow's disruptive innovators.

Be your best by acknowledging your qualities, and believing even more firmly in the qualities of those you've been blessed to lead. ●

>>Levy Lieberman is co-founder at 2MinuteClub.com.

Lessons of Leadership from the Midrash:

One day, a kid sheep ran away from the flock under Moses' care. Moses chased after it, until it came to a spring and began to drink. When Moses reached the kid he cried: "Oh, I did not know that you were thirsty!" He cradled the runaway kid in his arms and carried it to the flock. Said the Almighty: "You are merciful in tending sheep - you will tend My flock, the people of Israel."

The Lubavitcher Rebbe points out that Moses realized that the kid did not run away from the flock out of malice or wickedness - it was merely thirsty. By the same token, when a Jew alienates himself from his people, G-d forbid, it is only because he is thirsty. His soul thirsts for meaning in life, but the waters of Torah have eluded him. So he wanders about in foreign domains, seeking to quench his thirst.

When Moses understood this, he was able to become a leader of Israel. Only a shepherd who has tens not to judge the runaway kid, who is sensitive to the causes of its desertion, can mercifully lift it into his arms and bring it back home.

{INTERVIEW}

LET ME OUT!

*Exclusive
Interview
with*

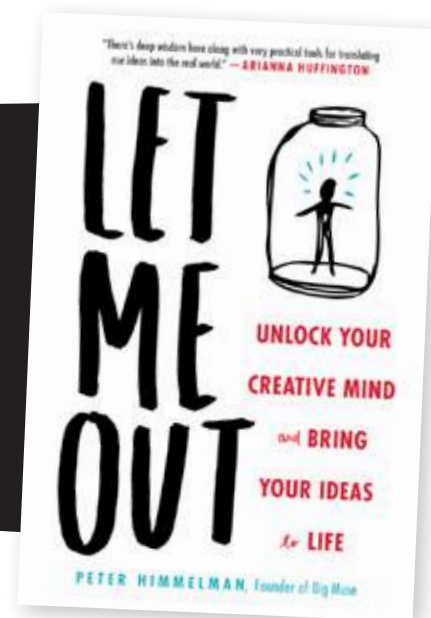
peter
himmelman

PETER HIMMELMAN is a unique artist who was nominated for both an Emmy Award and a Grammy Award and was called "one of rock's most wildly imaginative performers" by USA TODAY. (He is also one of the only performers to turn down an appearance on the Tonight Show because it was scheduled on a Jewish holiday. Trust us, you will love this guy.) After a career of touring the world and creating TV and Movie soundtracks, Himmelman's latest creative project is a new book that seeks to help others and it's titled Let Me Out (Unlock your creative mind & bring your ideas to life).

Whether it's learning ragtime piano, losing 30 pounds, or starting an organic jellybean company, the book's unique techniques to harness fear and take the steps to make goals a reality will give you the tools and confidence you need to stop listening to the negative thoughts holding you back and achieve professional and personal success.

We thought Let Me Out is a perfect book for Passover (and beyond), as the Festival marks the liberation of our ancestors and empowers us to achieve our own spiritual freedom. But how do we break free from our habits? How do we put down our hand held gadgets of distraction? So we called Peter Himmelman:

LEAVING EGYPT, WHICH IS SOMETHING WE'RE REMINDED TO DO EVERY DAY, AND TO DO SO WITH URGENCY, IS AT THE HEART OF WHAT IT MEANS TO BE A JEW. IT'S NOT THEORETICAL; IT'S PRACTICAL.



soulwise: Some might say "Marv" is the modern day Pharaoh, and your book seems like a Haggadah teaching us how to break out of self-imposed limitations. What motivated you to write the book?

himmelman: Not to take issue with your metaphor, but to me, Marv (which is the name I've given to the so-called inner-critic in our heads — and which is also an acronym for: Majorly Afraid of Revealing Vulnerability) isn't an oppressive Pharaoh; he's more like an over-worked Golem. He just doesn't know when to quit. From my vantage point Marv is a helpful force. The first part of *Let Me Out* serves as a way of explaining — and later, visualizing — the actions taking place in the primitive part of the brain, called the amygdala — the part of the brain that's always on the lookout for threats. What makes my book different is that rather than work to eradicate him, I believe we need to respect and even honor Marv as a potentially life-saving force, albeit one that works too hard.

If a rabid puma came charging into the room, it would be Marv that pulled the lever that releases adrenaline. But Marv also intuits our failure at writing a poem, for example, as a mortal threat. Marv looks at it like this: If you fail at something you will be ashamed. And if you're a shameful person... you will be abandoned by

those around you. Finally, to further "protect us," Marv reminds us that in our earliest childhood (memories of which have never fully receded from our minds) abandonment literally meant that we would die, hence the idea of the mortal threat. I wrote the book to help people gently push Marv aside, and to uncover their own creative spirits.

soulwise: It seems you have many Chasidic gems hidden in the book. Is that true?

himmelman: Shh, don't say that out loud! I recently made a licensing deal with a publisher from Saudi Arabia for the book, and they may not realize it's got all this Jewish content. I'm kidding (not about the deal, but about the fact that they'd mind the Jewish stuff—they didn't in fact.)

Yes, there are some overtly Jewish concepts in the book. One is about the advantages of what I call technological disconnection on Shabbat and the holidays. It strikes me that as technology continues to advance; it encroaches further and further into our lives. Soon the only people you will be able to find that regularly experience a rigorous and strategic disconnection from technology will be Shabbat-observant Jews. Some people in the tech industry have mentioned that this "dis-

connection" is in fact, one of their leading considerations. It raises the question of: Who is going to recall what it was like to have experienced the "real" world?

soulwise: What's your Passover message for our readers?

himmelman: Become more mindful of your limitations and begin to leave your personal *Mitzrayim* this very moment. Escape it in small ways. Leaving Egypt, which is something we're reminded to do every day, and to do so with urgency, is at the heart of what it means to be a Jew. It's not theoretical; it's practical.

soulwise: What are you reading now?

himmelman: I just finished reading Bernard Henri Levi's, *The Genius of Judaism*. His defense of Judaism against anti-Semites, and of Israel in particular, is poignant and rich with deep emotion. To me at least, he seems like he's well on his way to embracing more and Jewish thought and practice. I'm a huge fan of BHL, that self-professed, "secular" Jew.

soulwise: Thank you for your time. We are huge fans of your book, and we hope our readers will get it in time for Passover at www.LetMeOutBook.com/buy. ●

A Tradition Of Coming Together

Like treasured family and friends, Jackson is here, whenever needed, to support and care for each and every member of our community. In the spirit of sharing, celebrating, and keeping traditions – we wish everyone blessings and a Happy Passover.

Chag Sameach!

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HOLIDAY TIMES AND ACTIVITIES

Sunday, April 9, 2017

Formal search for Chametz after nightfall

Monday, April 10, 2017

Fast of the First Born

Finish Eating Chametz before 11:14 am

Burn Chametz before 12:18 am

1st Seder Night

Light Candles at 7:24 pm

Say Blessings 1 & 2

Evening Services: 8:00 pm

Community Seder: 8:00 pm

Tuesday, April 11, 2017

1st Day of Passover

Morning Services: 9:30 am

Evening Services: 8:00 pm

2nd Seder Night

Light Candles* after 8:17 pm

Say Blessings 1 & 2

Community Seder: 8:15 pm

Wednesday, April 12, 2017

2nd Day of Passover

Morning Services: 9:30 am

Evening Services: 8:00 pm

Holiday Ends at 8:17 pm

Friday, April 14, 2017

Light Shabbat Candles at 7:25 pm

Say Blessing 3

Evening Services at 7:30 pm

Saturday, April 15, 2017

Morning Services: 10:00 am

Evening Services: 8:00 pm

Shabbat Ends at 8:19 pm

Sunday, April 16, 2017

Light Candles at 7:26 pm

Say Blessing 1

Evening Services: 8:00 pm

Monday, April 17, 2017

Seventh Day of Passover

Morning Services at 9:30 am

Evening Services at 8:00 pm

Light Candles* after 8:20 pm

Say Blessing 1

Tuesday, April 18, 2017

Final Day of Passover

Morning Services at 9:30 am

Yizkor Memorial Service at 11:00 am

Evening Services at 7:00 pm

Meal of Moshiaich 7:15 pm

Passover Ends at 8:21 pm

SAVE THE DATE!

Lag B'omer Barbeque

Sunday, May 14, 2017

Celebrate Jewish Pride & Unity!

Fun for the whole family

Details to follow

Shavuot

Wednesday, May 31, 2017

Come hear the 10 Commandments

and enjoy an Ice Cream Party & Dairy Buffet at 6:30 pm

Details to follow

*Light only from a pre-existing flame.

SHABBAT & HOLIDAY CANDLE LIGHTING BLESSINGS

ברוך אתה ה', א-לקינו מלך העולם, אשר קדשנו
במצותיו, וצונו להדליק נר של שבת קדש.

Baruch Atah Ado-noi, Elo-hei-nu Melech Ha-olam,
Asher Ki-de-sha-nu Be-mitz-vo-sav, Ve-tzi-vanu
Le-had-lik Ner Shel Shabbos Kodesh.

ברוך אתה ה', א-לקינו מלך העולם,
שהחיינו וקיימנו והגיענו לזמן הזה.

Baruch Atah Ado-noi, Elo-hei-nu Melech
Ha-olam, She-heh-che-yah-nu, Ve-ki-ye-ma-nu,
Ve-hi-gi-ah-nu, Liz-man Ha-zeh.

ברוך אתה ה', א-לקינו מלך העולם, אשר קדשנו
במצותיו, וצונו להדליק נר של יום טוב.

Baruch Atah Ado-noi, Elo-hei-nu Melech Ha-olam,
Asher Ki-de-sha-nu Be-mitz-vo-sav, Ve-tzi-vanu
Le-had-lik Ner Shel Yom Tov.

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MONDAY, APRIL 10, 8:00 PM

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