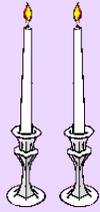


פרשת

יתרו

CANDLE
LIGHTING

5:34pm



TEAM SPIRIT

MID-WINTER
VACATION!

NO SCHOOL JAN. 19-26

CLASSES RESUME

MON., JAN. 27 8:30 AM

STAR STUDENTS

Ephraim Berkowitz – S.S.
Simcha Bistriz
Zacky Dennis – S.S.
Raphael Simcha Drang – S.S.
Mordechai Dreyfuss – T.S.
Ephraim Dudovitz – T.S.
Mendy Gelman – T.S.
Asher Goldenberg – T.S.
Gershon Goldenberg – S.S.
Shlomo Goldenberg – T.S.
Daniel Heiney – T.S.
Noah Kurlansky – T.S.
Zusha Licht – T.S.
Yehuda Rubinov – S.S.
David Tangir – S.S.
Zacky Verbitsky – S.S.

Noa Biton – T.S.
Ahuva Grossman (1G) – S.S.
Noa Gutfreund – T.S.
Hadassa Harrel – S.S.
Abby Heller – S.S.
Miriam Hemsani – T.S.
Sophie Jacobs – S.S.
Rebecca Katz – S.S.
Ariella Paritzky – T.S.
Esther Chaya Rubinov – T.S.
Perri Ruck – T.S.
Rivka Sapirman – S.S.
Leila Silverstone – T.S.
Nechamie Taillard – S.S.
Arielle Tempelberg – T.S.
Eden Zabari – T.S.

TEAM PLAYERS

Nataniel El-Gad
Menachem Gelman
Avi Ginsparg
Asher Goldenberg
Tzvi Lehrer
Dan Leonoff
Zev Raab
Ailee Shanes
Zacky Verbitsky
Nochi Zeines

Esther Bracha Blejer
Shaindel Farmer
Aliza Feldman
Bracha Getzel
Shira Goldenberg
Racheli Heller
Dina Malka Holzer
Ella Liberman
Noa Meza
Avital Nightingale
Sarah Rosenberg
Leila Silverstone
Myriam Sipper
Rivkah Sutton
Eden Zabari

GIRLS GALORE BRUNCH & MORE

Our Toras Emes mothers and daughters filled the Skylake Synagogue on Sunday for our Annual Girls Galore Brunch & More. After enjoying the delicious breakfast buffet and an inspiring *D'var Torah* from Mrs. Judith Abrams, each girl decorated a sweatshirt and cap.



Heartfelt thanks are extended to Mrs. Chava Mann, the hard working and creative orchestrator and coordinator (once again) of this wonderful event.

A special thank you to the following parents and friends, whose time, effort and creativity were also instrumental in making the day a huge success:

Mrs. Dana Tangir & Mrs. Karina Chocron, founders and managers of The Closet, for opening the doors to a place where *Chesed* brings people together.

Rebbetzin Judith Abrams, outstanding volunteer and client of The Closet, for her inspiring teachings about clothing in our Torah.

Rebbetzin Ruchama Yeshurun for her opening remarks.

Our mothers & daughters who helped set up:

Mrs. Chani Fried and Chavie, Mrs. Raquel Benarroch and Coty, Mrs. Karen Feldman and Elly, Mrs. Ruchama Yeshurun and Tamara, Mrs. Elanit Taieb and Nava, Mrs. Bryna Roth and Batsheva, Aleza and Racheli Bernstein, Denise Mann, and Morah Judy Markell.

Mrs. Chani Richmond for cleaning up.

Mrs. Esta Rosenberg for taking care of the finances.

Mana Bakery, New Time Catering, Ktering, and Kosher Kingdom for making it a truly delicious morning.

Fresko, Kosher Kingdom, Cinecitta Cafe, Snipits Aventura, Rachel Wigs, Pollock Family, Benarroch Family, and Clothes 'n Bows for the amazing raffle prizes.

The Closet for donating the sweatshirts and caps decorated by our girls.

Our Event Sponsors:

Mrs. Chava Mann & Mrs. Raquel Nash

PARSHA QUIZ

Last week's question:

Besides for **ישראל** and the **מצריים**, which other nations are mentioned in the **אז ישיר** (4 answers)?



Last week's answer:

The nation of **פלשת** (the **פלשתים**), **מואב**, **אדום**, and **כנען** (**טו יד-טו**)

This week's question:

Who are two people in the **תורה**, one **mentioned in this week's פרשה**, who have a similar name. One is a man, one is a woman. One is Jewish, and one is not.

TU B'SHEVAT

Thursday was a joyous day at KES as we celebrated Tu B'Shevat in style! The afternoon Field Day was full of fun activities including art projects, hockey, obstacle course, jump rope marathon, nervous numbers, archery and an egg race.

Delicious platters of special treats were served to each class to commemorate the special foods of the holiday. Thank you to Mrs. Ruthy Ginsburg for all her efforts in purchasing the food items.

Yasher Koach to everyone for working so hard and making it such a close competition. Congratulations to our winning Pink and Orange teams!

Please see the attached photos of our amazing day.



רפואה שלמה

Tinok ben Dina
Yaakov ben Rachel
Galit bas Ruma
Mina Yehudis bas Masouda
Aharon Dovid ben Chaya
Esther bas Chaya Sara
Yitzchok Shmuel ben Pesha Sara
Yitzchok Reuven ben Malka
Tzvi Zelig ben Chasya Rochel
Rivka bas Minnie
Dovid ben Rochel
Dovid Tzvi Aharon ben Alte Rochel
Refael Elisha Meir ben Devorah
Shaina Hinda bas Dina
Tinok ben Roza

We pray that everyone listed above have a Refuah Shelaima. New names will be compiled beginning with the first newsletter after midwinter vacation. Contact Mrs. Zisquit if you would like a name included on the new list.

Mazel Tov
מזל טוב

To Dr. and Mrs. Moises Haratz and family on the birth of a daughter.



To Rabbi and Mrs. Yaakov Tzvi Blejer and family on the birth of a son.



GIRLS GALORE BRUNCH & MORE





Erev Shabbos Parashas Yisro 5774

Dear Parents,

Roshei HaYeshiva

Rabbi Binyomin Luban
Rabbi Yisroel Y. Niman
Rabbi Mordechai Palgon

Founding Rosh HaYeshiva

Rabbi Bentzion Chait

Principal

Rabbi Kalman Baumann

Secular Studies Principal

Dr. Deborah Lerer

Assistant Principal

Rabbi Noam Grossman

President

Dr. Allan I. Jacob

President

Dr. Jonathan Rubin

Vice President

Rabbi Moshe Lehrfield

The climactic moment in the history of the world, from creation to today, was the revelation at *Har Sinai*. **Hashem's** revealing Himself to millions of newly freed slaves and the giving of the **Torah are the foundations of every believing Jew's *emunah*.**

This week's *Parsha* presents a special opportunity to zero in on the centrality of *Hashem* and His Torah in our and our **children's lives.**

The *Gemara (Shabbos 88a)* tells us not only did the Jewish People stand at the foot of *Har Sinai*, but *Hashem* lifted the mountain over their heads declaring, **"If you will accept the Torah, it is good. If not, here will be your burying place."** This sounds like a threat. What did *Hashem* mean with these words? **HoRav Eliyahu Meir Bloch zt'l**, the late *Telzer Rosh Yeshiva*, is of **the opinion that the mountain over the Jewish People's heads** was symbolic, a lesson regarding what our attitude in approaching the Torah should be. *Klal Yisroel* understood the meaning of that special moment. They can accept the Torah and have much to live for; one can choose life, or choose death. This is the proper perspective through which we are to view our lives as Torah Jews.

One either embraces Torah, studies it, adheres to the laws, comes to appreciate it more and more, or his life will have little substance or meaning. Torah is a life sustaining force that **nourishes the Jewish soul. It's G-d's prescription for the Jew to fulfill his mission.** The Jews at *Har Sinai* understood that without Torah the mountain might as well have been dropped on them. The Torah gives meaning to life. Without Torah there is no life.

-continued-

All of our efforts to raise, nurture and educate our children must be seen through this lens. Torah is the core, the key, and nothing is more important than Torah. There are a lot of ideas and philosophies out there, but they have no foundation and continuance if they are not in accordance with Torah values. All the effort, all accomplishments in life take on significance when they are based in Torah. *Anu Ameilim VeHeim Ameilim* - The same running to accomplish, **but without Torah, it's often meaningless.**

At this mid-point in the school year, we have the opportunity to take a step back and reflect **upon all that our children's efforts have accomplished in a few short months. Let us draw our children's attention to how much they have learned and grown, and celebrate it together. Let** us focus on the fact that whatever they accomplished in these five months is particularly worthwhile and significant because they are simultaneously building themselves in Torah knowledge and outlook.

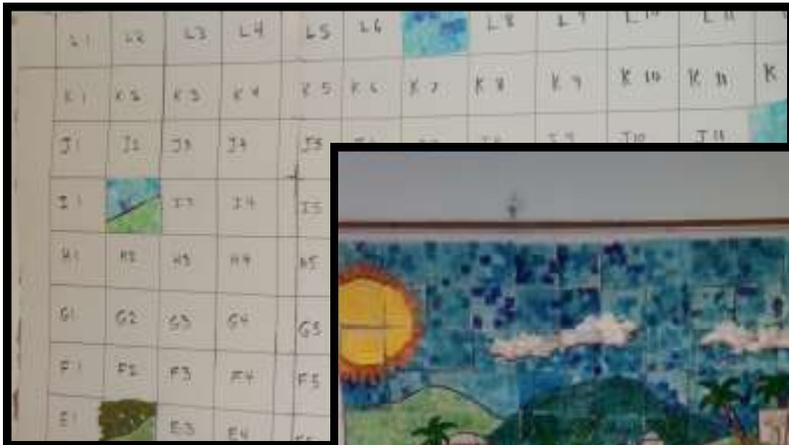
If our children are internalizing the message of Torah, then they have truly enjoyed a successful first half of the school year.

Best wishes for a wonderful *Shabbos and rejuvenating vacation,*


Rabbi Kalman Baumann

TU B'SHEVAT

5774



↑ BEFORE

→ AFTER



TU B'SHEVAT

5774



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of student leaders



Speak with
current students



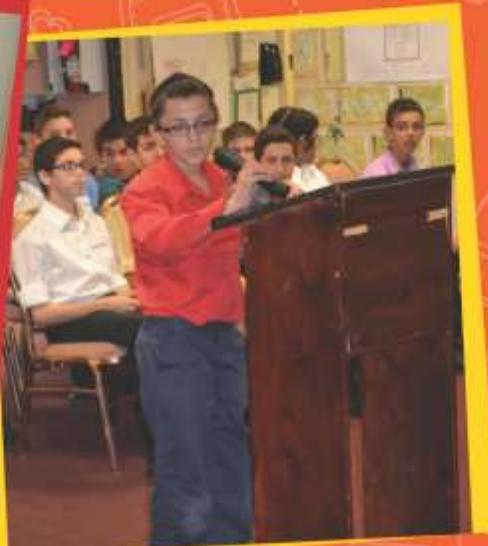
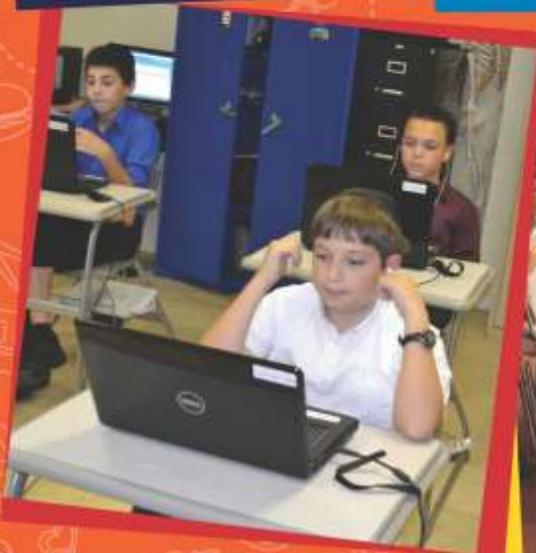
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Personal Growth

Education That Sticks

Every parent has ideas about what middos they believe are important to develop in their child.

But the Torah teaches us that if we want our values to stick, and stay with the child for life, they have to fit with the child's nature. One child loves numbers, another loves action, and another loves words. Chances are, he always will.

The posuk in Mishlei tells us, "Educate the child according to his way, for when he grows old he will not depart from it."

Rabbi Shlomo Breuer explains that the final word, "it," refers back to "his way," meaning the child's nature. If we make it our business as parents to discover our children's personalities and inclinations, and work at channeling those strengths in proper directions, we will succeed, because they will not, as adults, depart from their own inclinations. If, on the other hand, we try to mold them into something

they're not, they'll flee from that path as soon as they are able.

Torah teaches us that if we want our values to stay with the child for life, they have to fit with the child's nature.

Shabbos Table Discussion:

Ask each child what they believe to be their strengths and interests, and discuss how those

Better Relationships

Standing Right There

Part of a Series on Loshon Hora-Free Living

When a good tidbit of information comes to mind about another person, the yetzer hara has a simple way to ease that story's

route from brain to tongue to listeners' ears. *"It's not loshon hora,"* it tells us. *"There's nothing demeaning in this story."*

When you hear the yetzer hara making this argument, there's one sure way to put it to the test. Imagine that the subject of your story were standing right there, just on the other side of the door, in full hearing of your voice. He overhears this little, harmless story you're about to tell your friend. Is he proud to overhear his name in this context? Or is he crestfallen? Insulted? Embarrassed? If so, your tale obviously belongs in safe storage, *continued on back*



"Imagine the subject of your story, standing right there."

Torah Tools for Personal Growth

Inspiration

Ideas

Excellence

Success

can be translated into Avodas Hashem.

Adapted from "Rabbi Frand in Print," by Rabbi Yissocher Frand, with permission from Mesorah Publications

"It's easier for a Jew to proclaim Hashem as King of the Universe than for him to acknowledge that G-d is King over himself."

— Rabbi Yisroel Salanter

Effective Prayer

Driving in the Right Direction

Part of a Series on Preparing for Prayer

When you drive, you don't just turn the ignition, press the pedal and let the steering wheel drift randomly. You direct the car's energy forward, to the destination of your choosing.

So it is with prayer. If you don't "grab the wheel," and direct this powerful vehicle toward Hashem, your prayers will simply drift through your mind, peppered by whatever other vague thoughts you happen to encounter along the road.

This effort to drive your tefillos straight toward Heaven is the essence of kavanah, and without kavanah, the Torah tells us, tefillah is like a body without a soul. The Gemara in Berachos (28b) reveals the importance of kavanah in the words of advice that Rabbi Eliezer, on his deathbed, gave his students: "When you stand in prayer, know before whom you are praying, and through that you will merit the World to Come."

To do: When you pray, do as Rabbi Eliezer advises. Focus on the presence of Hashem as He listens to your words. *Adapted from "Shmoneh Esrei," by Rabbi Avraham Chaim Feuer, Mesorah Publications*



Published for Torah Emes Academy of Miami by the Chofetz Chaim Heritage Foundation

In honor of my Aishes Chayil Riva Leah (Robin) With love, Yusef (Joe) Andisman

Everything's Under Control

#5 in a Series on Worry

Worry damages a person's spirituality and destroys happiness by preoccupying his or her mind with depressing thoughts. When you worry, you become a prisoner of your own imagination. Worry is a habit of thought, and like any other habit, it can be broken.

A Reassuring Mental Image Can Help You Feel Hashem's Protection

It's the dream of anyone faced with a crisis: Someone should walk through the door with an air of kindness, competence and calm, and announce, "Don't worry. I'm here now. Everything's under control." Oh, the relief of shifting your burden to these ample shoulders and letting this hero make all the decisions.

In fact, this isn't a dream. Everything is under control. If we were able to see Hashem's hand managing

each aspect of our lives, we would never worry. But since this is beyond our perception, we rely on emunah—faith in G-d. A person imbued with emunah can be as relaxed under stress as the person saved by our imaginary superhero.

Beneath the details of any particular worry is the concern that "something bad is going to happen." Whether it's poverty, an unhappy marriage, illness or emotional pain, our worry stems from anticipation of this suffering. But beneath the workings of emunah is a fundamental

"If we were able to see Hashem's hand managing each aspect of our lives, we would never worry."

belief that Hashem is good. He may test us, He may prod us to grow through means we ourselves wouldn't choose. But no "bad" can come from His hand. The good is there for us to see, if not in this world, then in the next. With Hashem, our "Hero," in charge, we truly have nothing to fear.

Try It: If you feel yourself being overwhelmed by worry, replay the scene of the "hero" in your mind as a prompt to remind yourself that everything really is under control.

Adapted from "Gateway to Happiness," with permission of the author, Rabbi Zelig Pliskin

Standing Right There

continued from front inside your head.

By picturing this person's face, you can easily find the motivation to stop the conversation in its tracks. Few people would have the insensitivity to continue relating hurtful information while the subject stands by and suffers.

Try It: The next time you are about to discuss someone else's actions, imagine that person overhearing. See how this image helps to restrain any loshon hora you might otherwise have justified to yourself.

- CCHF

Dedications

In honor
of the Bar Mitzvah of
מררכי בן בן ציון משה נ"י

We gratefully acknowledge our generous sponsors for making this publication possible.

Who's Doing The Favor

A True Story

Yankie and Berel were hurrying back to yeshivah for Shabbos. As they drove, Reb Shmuel hailed them to stop. His truck had broken down, and a large cargo of cheese needed to get to the yeshivah. Would the boys take it? Yankie couldn't bypass a mitzvah.

After packing the cartons into the car, the boys set out again. The sky darkened and a driving rain turned the road slick. Suddenly, the car spun out of control. Yankie gripped the steering wheel, but the car veered down an incline, rolling over until it stopped, upside-down, at the bottom.

The boys struggled out of the wreckage, shocked to have emerged unharmed. A policeman on the scene called it a real miracle. "Those cheese boxes kept the roof from collapsing on you," he said.

So, the next time you think you're too busy to do a chesed, consider that the recipient of the favor might ultimately be you.

Talk About It: Think of a chesed you've done recently. In what way did it help you?

Adapted from "Dov Dov and the Treasure Box and Other Stories," by Yona Weinberg, with permission from Mesorah Publications

Index Reference 515



Chosen Words is a biweekly publication of the Chofetz Chaim Heritage Foundation

HaRav Shmuel Kamenetsky, shlita, Chairman Rabbinical Board

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✉ We welcome your comments!

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