

Laws & Costumes

Challah

Following the Exodus from Egypt the Jewish people were provided daily with a bread that fell from the sky called manna. In order to enable the Jews to observe Shabbat (and not have to carry and prepare the manna on the Day of Rest), G-d provided them with a double portion on Friday. To commemorate this miracle, the Sages instituted that we start Shabbat and holiday meals over two complete challot (breads). The blessing of the Challah should be recited when it is in their hands as one should always make the blessing close to the time of doing the mitzvah.

- It is good for one to put his 10 fingers on the challah while reciting the blessing as there are 10 commandments connected with bread in the Torah.
- One should distribute Challah pieces in a size large enough so that one should fulfill their obligation of eating bread on Shabbat. Therefore, one should eat a minimum of 14 grams of bread.

When passing bread to another person, one should not put it directly in their hands (as this is a sign of mourning). Rather it should be placed on the table or on a plate from where the other person takes it.



More Music

Our sages tell us that "in the merit of the righteous women our ancestors were redeemed from Egypt." It was the women who never despaired of G-d's redemption. In fact, while the men had lost heart and were dejected and had no desire to procreate, not wanting to subject their children to the hardships of slavery, the women were upbeat—confident that a better day was soon to come. They convinced their husbands, and raised a generation of children who witnessed G-d's miraculous salvation. After the sea split, both the men and the women sang songs of praise to G-d. From the Torah's description of the episode it is clear, however, that only the women's song was accompanied by musical instruments. The Midrash explains that the women, while still in Egypt, were so confident that they would be redeemed, that they prepared tambourines for the day when they would sing a song of thanks for their redemption!

According to the master-kabbalist the Arizal, the souls of the final generation before Moshiach's arrival are reincarnations of the souls of the generation of the Exodus. Just as then it was in the merit of the women's faith that the Israelites were redeemed, so, too, it will be in the merit of the righteous women of our generation, and their unwavering belief in the Redemption, that we will be redeemed once again.

Questions & Comments should be sent to MaNews@gmail.com

ט"ו - י"ז שבט

January 14-15, 2011

Candle Lighting

5:26

Shabbat Ends

6:23

**In Honor of the
Sabba Family**

Reaching Higher

Rabbi Shalom DovBer, the fifth Rebbe, had an older brother, himself an illustrious and saintly scholar, by the name of Rabbi Zalman Aharon. As a young child, Zalman Aharon was bothered by the fact that he was noticeably shorter than his younger brother.

One day, Zalman Aharon sneaked up behind his brother and gently pushed him into a small ditch. As Shalom DovBer stood up in surprise, Zalman Aharon gleefully pointed out that now he was taller...

The boys' father, Rabbi Shmuel, observed the entire incident. The father asked for a chair and asked Zalman Aharon to stand on it. "Tell me," he asked, "who's taller now?"

Zalman Aharon excitedly answered that once again he was taller.

"Aha!" said Rabbi Shmuel. "To be bigger than your friend, there is no need to pull him down. Simply elevate yourself!"

Saying

"People's accomplishments are often greater than their own assessment of their deeds."

Rebbe