

If there's one thing we can learn from the Joseph story in Genesis, it's don't ignore your dreams!

We see dreams as visions that are able to impact the futures of Joseph, the butler and baker he meets in prison, and—in Parshat Miketz—Pharaoh himself. Pharaoh is distressed because he has had two dreams that he cannot understand: First seven healthy cows are swallowed by seven thin and sickly cows and then seven beautiful ears of grain are also cannibalized by seven ears that have seen better days. Pharaoh calls “all the magicians in Egypt and all the wise men” but none are able to interpret his dream for him. The butler, who had been in prison with Joseph remembers the young man’s talent for correctly interpreting dreams and so our hero is given an audience with the Pharaoh.

Joseph is brought in and sees that the two dreams in fact have the same meaning and predicts that there will be seven years of bounty followed by seven years of famine in Egypt. This interpretation is immediately believed by all who hear it and Pharaoh goes so far as to appoint Joseph as second in command in the entire country, quite a leap for a young man who had been sold into slavery and thrown in jail in the previous week’s Torah reading.

Thanks to modern psychoanalysis and writers such as Sigmund Freud and Carl Jung, in the modern world, we expect dreams to tell us about ourselves. It is therefore remarkable that Rabbi Yehudah Aryeh Leib Alter, a 19th chassidic commentator who predated Freud and likely had no knowledge of his work, was able to glean personal meaning from Pharaoh’s dream. When Rabbi Alter—better known as the Sfas Emes—sees Pharaoh’s dreams in this week’s Parsha, he sets aside Joseph’s agricultural forecast and instead he sees in the sickly cows and grain the powers of the *sitra achra* (the other side) the *yetzer ha'rah* (the evil inclination), or—in today’s terms—the “Dark Side of the Force” swallowing the seven healthy cows and the seven healthy sheaves of grain. The healthy cows and grain represent the opposite, our *yetzer ha'tov*, the positive inclination that lives within us all.

This year, even as we are in the midst of Hanukkah, we can see in the world plenty of sickly cows and tattered ears of grain trying to bring their darkness into the world. We can see the truth of the Sfas Emes’ interpretation even as we enjoy the light that radiates from our Hanukkah. Here on the last shabbat of 2019, we look back over a year that has been difficult as Americans, and perhaps even more pointedly, as Jews.

As Jews we have had a particularly difficult year, punctuated by two deadly attacks; one in a synagogue in Poway, California and the other in a kosher grocery store in Jersey City, New Jersey. These attacks are terrorism and they have made Jews all around the country feel less safe in our houses of worship and going about our daily lives as visible Jews. Here at Agudath Achim we have implemented a number of new security measures that are all positive steps to keeping us safe as a community. However, I cannot bring myself to wholeheartedly celebrate new security measures because a part of me is so deeply saddened by the fact that they are necessary at all.

The Sfas Emes notes that this Torah reading, Miketz, always comes at winter time, usually on one of the shortest days of the year, and often during the shabbat of Hanukkah. It is a time when we have less sunlight in our lives and when things can look particularly bleak. But we as Jews are instructed to take the opposite steps that Joseph took. We are not meant to harbor our good feelings and ration them out little by little. We are meant to celebrate a holiday that is meant to spread light in the world, to bring increased warmth and joy through the lighting of our Hanukkiot to commemorate the miracle of the holiday. With each passing night we add another candle, adding more light to our celebration. Rabbi Shneur Zalman of Liyadi, the first Chabad Rebbe pointed out that a little light can dispel a lot of darkness. This is our time as Jews to remind ourselves of our sources of light.

Our light comes both from within and from without. In yoga practice it is common to end a session with the word “*namaste*” which is often colloquially translated as “the light in my heart bows to the same light that is in you.” The literal translation of the Sanskrit is, however, somewhat different. It’s a combination of two Sanskrit words “*namas*” and “*te*” which mean simply “I bow to you.” However, the word “*namas*” is not the word one would use when one bows to a human, but when one bows to a god. So the literal meaning of “*namaste*” is “I bow to the god that is you.”

What an amazing teaching this is, and what an amazing inspiration that American practitioners of Yoga have given to us. Perhaps it is because the idea of bowing to “gods” made Western yogis uncomfortable, but the mistranslation of “god” to “light” is so perfect for us as Jews. There is a concept first put forward in the Bible in the book of Proverbs where we read “A candle of God is the soul of man” (Proverbs 20:27). It is further developed in the Zohar, by the Hassidism, and later by Rav Kook, the first Chief Rabbi of Israel, who saw within every person is a divine light source, a flame, a spark, a recognition of God in whose image we were created. Accessing this spark, this light, is part of the challenge of Hanukkah. How do we use this internal spark to light our Hanukkiot and spread light out into the world.

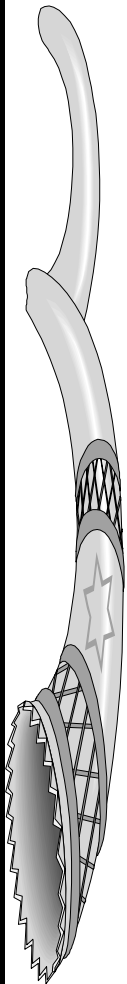
One way we do that is by interacting with our external source of light, the Torah. Rabbi Lauren Berkun, a vice president of the Shalom Hartman Institute of North America, points out that light is one of the most enduring symbols for both God and Torah in Judaism. Going back to the book of Proverbs, we read “A mitzvah is a candle, and the Torah is light” (Proverbs 6:23). In the Talmud, Torah is referred to as “*Oraita*,” which translates literally to “our light.” When the light of Torah interacts with the divine light within each and every one of us we are able to amplify the good we can do in the world and push back against the darkness.

There’s a great children’s song for Hanukkah that states:

כל אחד הוא אור קטן וכולנו אור איתן

Each one of us is a little light, and together we make a great flame!

In this Hanukkah season, I wish for each of you that you are able to look your nightmares in the face and illuminate the darkness in your own life. May we all have the power to look inside ourselves and see our inner light and to increase our engagement with each other and with the light of Torah. Then we can together make a truly great flame that can dispel the darkness around us all.



Presidents Message...

Susan Weinstein

As Jews, we say the Shema every day:

Shema Yisroel, Adonai Eloheinu, Adonai Ehud.

G-d is one. And as a Congregation, we are one. Men, women, children—more observant, less observant, in the middle—older, younger, middle age—we are one. I care very much about ALL our members—the people here are my family in Little Rock. We don't always get along with all our family members, but when life gets tough, we come together as one. And I love that about our community and can honestly say, I have personally been at the receiving end of the love of our central AR Jewish community. There are those that think, with our transition to Conservative Judaism, we have gone too far. There are others that think we haven't gone far enough. Change is HARD—very hard. Babies aren't born with the ability to run, but crawl first, then toddle, then walk and finally are very steady and can run. Each child is unique and does things at a different pace. We each are also unique, but we are more alike than unlike. We all say the Shema. We are looking for our members to help fill out our committees, to take an active role in our Synagogue, to be positive and open-minded. I am challenging myself to be this way as well. We need everyone's help, and welcome different talents, perspectives and opinions. We come together to pray each Saturday morning and welcome everyone to join us, pray with us, laugh with us, learn with us and eat with us. Be a part of the change you'd like to see. Come to our table!

Some folks, for the secular new year, make resolutions. Others eat black-eyed peas for good luck. Yet others eat twelve grapes at midnight, one for each stroke of midnight, to bring prosperity. Let's make a promise to each other to open our minds to new possibilities as we turn our gaze forward to 2020. Let's use this as an opportunity to look forward, to be more positive and caring, and to look for the good in the world, in our nation, and in our own community.

Sue

Student Rabbi Ben Freed

will be visiting on the following dates:

**January 24th - 26th
(Gladstein Conference)**

February 7th - 9th

March 6th - 10th

April 3rd - 5th

May 1st - 3rd

Student Rabbi Ben will be happy to meet with any congregant or prospective congregant during his visits here, to hear their concerns and questions.

Kabbalat Shabbat Services

led by

Rabbi Ben Freed

**February 7th, 2020 at
6:00PM**

followed by Dinner.

RSVP to office@LRsynagogue.org
or 225-1683

Sponsored by Sisterhood

Sisterhood...

Karen Mackey

New Year, New Goals!

My goal for 2020 is to reach out to more people and get more women involved in Sisterhood. If you have a program you would like to see this year, please email me and we can see about getting it started. If everyone would commit to one new Synagogue goal or do one more thing this year—look what we can accomplish!

A BIG thank you to all that have cooked, baked and prepared dinners, Kiddushes and snacks for all the events the past few months. Not to single anyone out but thanks to Alina for preparing at least half the Kiddushes over the last few months, Polly for the November Shabbat dinner and Valerie for Latkes and Lomein. We continue to have a really nice turn out for the once-a-month Shabbat dinners and we will continue these whenever student Rabbi Ben is in town. Humantashen baking begins Sunday, January 5. Thank you to Terri and Melanie for spearheading this fund raiser and we hope to see many of you come help.

*Happy New Year and Hope to see you soon,
Karen Mackey*

Congregation Agudath Achim Board of Directors

President	Susan Weinstein
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	Dan Girone
	Valerie Steinberg
	Lirit Franks
	Jonathan Aronson
	Chuck Prousnitzer

Jewish War Veterans

January 14th

&

February 11th

2:00PM

For more information call Jerry Sherman 663-0740.

PURIM BAKING BEGINS

Baking days are as follows:

Jan 5th, 12th, 19th & 26th

Feb 2nd, 9th, 16th & 23rd

9:00 AM - 12PM each Sunday

Please come and help

Pack on Sunday March 8th

MISHOLACH MANOT

Sisterhood will once again be offering Mishloach Manot to be sent to family and friends as part of our Purim observance. Traditionally, trays or baskets of edible foods are delivered to friends in the spirit of the Purim holiday.

This year we will again be happy to ship your Misholach Manot gift baskets to friends or family members out of town. **In order to do this we must have all orders by March 2nd, 2020.**

The cost is \$7.50 for each person locally you would like to receive your gift. A card will be enclosed with each basket bearing the names of all those who donated in that person's name. Out of town baskets are \$20.00 each.

THANK YOU FOR SUPPORTING OUR SISTERHOOD!!!

PLEASE CUT & RETURN THIS PORTION TO THE SYNAGOGUE OR CALL OR EMAIL TO:

Valerie Steinberg 225-5579 valeriesteinberg72@gmail.com

Or to the Synagogue office at office@LRsynagogue.org

YOUR NAME: _____

RECIPIENTS: _____ @ \$7.50

_____ @ \$7.50

_____ @ \$7.50

_____ @ \$7.50

Out of Town Names _____ @ \$20.00

EACH _____ @

(Please be sure to include full address) _____ @

(USE ADDITIONAL SHEET IF NECESSARY)

TOTAL ENCLOSED _____

MAKE CHECKS PAYABLE TO AGUDATH ACHIM SISTERHOOD

THANK YOU!!!!!!!!!!!!

January 2020

4 Tevet 5780 - 5 Shevat 5780

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 9:00AM-Noon Purim Baking Begins	6 B.Shandra Dicker Y. David Lee Dicker	7 Y. Henry Simon Y. Sheldon G. Goldsholl FAST OF TEVET 10 \$5:59PM	8 Y. Leaine Cohen	9 B. Mark Mackey	10 Y. Solomon Waldman	11 9:00AM Shabbat Services
8 Tevet	9 Tevet	10 Tevet	11 Tevet	12 Tevet	13 Tevet	14 Tevet
12 Y. Hattie Besser 9:00AM-Noon Purim Baking	13 Y. Russell Reddoch Y. Isadore Dicker	14 B. Ira Stone Y. Sidney Davis Y. Sherry Roosth 2:00PM JWV Meeting	15 Y. Ben Schwartz	16 B. Polly Greenbaum A. Sam & Suzanne Klimberg Storhtz Y. Morris Kluglose	17 A. Hubert & Elizabeth Helton Y. David Dicker Y. Miriam Goodman	18 9:00AM Shabbat Services
15 Tevet	16 Tevet	17 Tevet	18 Tevet	19 Tevet	20 Tevet	21 Tevet
19 B. Judy Greenbaum Y. Arnold Meyerson 9:00AM-Noon Purim Baking	20 B. Benjamin Krahn Y. Sol Aliman Y. Nathan Steinberg	21 B. Catherine Dicker-Schwob Y. Larry Dumont	22 Y. Sam Storhtz	23 B. Daniel Bastin B. John Mumford	24 B. Doris Krahn Gladstein Conference in New York	25 B. Sade Storhtz Gladstein Conference in New York 9:00AM Shabbat Services
22 Tevet	23 Tevet	24 Tevet	25 Tevet	26 Tevet	27 Tevet	28 Tevet
26 B. Yevette Hoos B. Joel William Simon Gladstein Conference in New York 9:00AM-Noon Purim Baking	27 ROSH HODESH Y. Yitzhak Binshtock Y. Roy Dumont	28 B. Nancy Pearlstein Y. Larry Dumont 7:00PM Board Meeting	29 A. Joshua & Anna Marks Epstein Y. Birdie Tenenbaum	30	31 B. Abram Greenbaum Y. Albert Weisbly	
29 Tevet	1 Shevat	2 Shevat	3 Shevat	4 Shevat	5 Shevat	

i=Candle Lighting, \$=Shabbat (or Holy Day) Ends, Y=Yahrzeit, A=Anniversary, B=Birthday

February 2020

6 Shevat 5780 - 4 Adar 5780

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 B.Ruth Frenkel Y.Tziporah Miles Y.Bianche Schlosberg Alman 9:00AM-Noon Purim Baking</p>	<p>3 8 Shevat</p>	<p>4 B.Bonnie Nickol Y.Robbie Godin Y.Benjamin Geller 9 Shevat</p>	<p>5 B.Charles Alman B.Bruce Greenberg B.Sam Nickol Y.Ben Kluglose 10 Shevat</p>	<p>6 B.Julie Kaplan B.Jennifer Kaufman 11 Shevat</p>	<p>7 B.Nicholas Tovbin-Jones Y.Mordechai Brieff 6:00PM Kabbalat Shabbat Services led by Rabbi Ben Freed followed by Dinner 12 Shevat</p>	<p>1 B.Sandi Gordon B.Simi Greene Y.Celia Bress Radin 9:00AM Shabbat Services 6 Shevat</p>
<p>9 B.Martha Alman B.Alicia Prager Rabbi Ben Freed Visit 9:00AM-Noon Purim Baking</p>	<p>10 8 Shevat TU BSHEVAT \$6:32PM Rabbi Ben Freed Visit</p>	<p>11 16 Shevat 2:00PM JWV Meeting</p>	<p>12 17 Shevat</p>	<p>13 18 Shevat</p>	<p>14 B.Annie Bauman 19 Shevat</p>	<p>15 Y.Eric Nussbaum 9:00AM Shabbat Services 20 Shevat</p>
<p>16 B.Perry Cohen Y.David Callen 9:00AM-Noon Purim Baking</p>	<p>17 B.Charlie Cohen Y.Anna Warhaftig Gans Y.Jean Margolis Y.Rose Brown 15 Shevat</p>	<p>18 B.Kay Geller B.Eva Zeno Y.Rose Besser Y.Millie Heifer 16 Shevat</p>	<p>19 Y.Rose Kossover Kosten Y.Adele Sanders 17 Shevat</p>	<p>20 B.Jacob Brown B.Andrea Cohen Y.Sarah Lulky B.Rabbi Katie Bauman 18 Shevat</p>	<p>21 B.Eilyn Polsky B.Lynn Goodman 19 Shevat</p>	<p>22 B.Nicolette Nikesfat Y.Edmund Frenkel Y.Rebbitzin Esther G. Parczewski 9:00AM Shabbat Services 20 Shevat</p>
<p>23 Y.Seima Koenig B.Jill Bauman 9:00AM-Noon Purim Baking</p>	<p>24 B.Dan Girone A.Richard & Debi Steppach Y.Sarah Sklar Y.Hyman Koenig 29 Shevat</p>	<p>25 A.Clive & Janet Zent Y.Myer Lulky ROSH HODESH I 7:00 PM Board Meeting 30 Shevat</p>	<p>26 Y.Carrie L. Dosch Y.Falek Lulky ROSH HODESH II 1 Adar</p>	<p>27 Y.Joseph A. Gordon 2 Adar</p>	<p>28 B.Marc Sherman Y.Abraham Zeno Y.Sam Levin Y.Chester Miller Y.Rebecca Sanders Y.Joseph Kosten 3 Adar</p>	<p>29 9:00AM Shabbat Services Y. Gussie Alman 4 Adar</p>

ii=Candle Lighting, \$Shabbat (or Holy Day) Ends, Y=Yahrzeit, A=Anniversary, B=Birthday

Yahrzeit - יָאָרְצִיט



JAN	TEVET		FEB	SHEVAT	
1	4	Louis Lane	1	6	Celia Bress Radin
1	4	Sarah Steinberg	2	7	Blanche Schlosberg Alman
1	4	Arnold Joseph Leff	4	9	Robbie Goldin
2	5	Betty Friedman Nash	4	9	Benjamin Geller
4	7	Elsie Axler	5	10	Ben Kluglose
4	7	Pauline Finkelstein	7	12	Mordechai Brieir
6	9	David Lee Dicker	8	13	Jenny Haltzman
7	10	Henry Simon	15	20	Eric Nussbaum
7	10	Sheldon G. Goldsholl	16	21	David Callen
8	11	Leaine Cohen	17	22	Anna Warhaftig Gans
10	13	Solomon Waldman	17	22	Jean Margolis
12	15	Hattie Besser	17	22	Rose Brown
13	16	Russell Reddoch	18	23	Rose Besser
13	16	Isadore Dicker	18	23	Millie Hefler
14	17	Sidney Davis	19	24	Rose Kossover Kosten
14	17	Sherry Roosth	19	24	Adele Sanders
15	18	Ben Schwartz	20	25	Sarah Lulky
16	19	Morris Kluglose	22	27	Edmund Frenkel
17	20	David Dicker	22	27	Rebitzin Esther G. Parczewski
17	20	Miriam Goodman	23	28	Selma Koenig
19	22	Arnold Mayersohn	24	29	Sarah Sklar
20	23	Sol Alman	24	29	Hyman Koenig
20	23	Nathan Steinberg	25	30	Myer Lulky
21	24	Larry Dumont	FEB	ADAR	
22	25	Sam Storthz	26	1	Carrie L. Dosch
JAN	SHEVAT		26	1	Falek Lulky
27	1	Yitzchak Binshtock	27	2	Joseph A. Gordon
27	1	Roy Dumont	28	3	Chester Miller
29	3	Birdie Tenenbaum	28	3	Rebecca Sanders
31	5	Albert Weisbly	28	3	Joseph Kosten
			28	3	Abraham Zeno
			28	3	Sam Levin
			29	4	Gussie Alman

Yizkor - Remember!

There are many ways to honor the living or the memory of the departed :

- Donate to Tzedaka
- Study or sponsor Jewish Learning
- Do an act of kindness
- Pray or lead prayers

May their souls be bound in the souls of the living

It is a Tree of Life to Those Who Up Hold It.

Proverbs 3:16-18

Leaves may be inscribed to highlight or commemorate such joyous events as birth, weddings, anniversaries, graduations or to honor or remember family and friends.

For more information call Marc Sherman at 831-4462.

General Fund

Chuck & Charlene Prousnitzer
Sisterhood
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Allan & Carol Mendel
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Cemetery Fund

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In memory of Raphael Biton
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Ruth Itzkowitz
In memory of Eleanor Gross
Judy Pearlstein
In memory of Eleanor Gross
Mark Gross
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In memory of Abram Greenbaum
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In memory of Dorothy Goldberg
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Anonymous

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your generous
Contributions!*

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ENCLOSED IS MY GIFT OF \$ _____

Please send acknowledgement to:

From: _____

Please apply the donation to: General

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Congregation Agudath Achim

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In Honor of/In Memory of: _____

Reason: _____

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Date: _____

2nd Choice of Date: _____ or any date is fine: _____

Contribution amount: \$50 for Basic Kiddush

Basic Kiddush: Challah, wine, grape juice, bagels, cream cheese, herring, tam tams, cookies, coffee, and soda. You are welcome to prepare other items at the synagogue for your Kiddush. Of course, all items must be certified kosher. Please contact the synagogue office to arrange a time for use of kitchen.

If you would like something extra for your Kiddush,

Help is available by members of Sisterhood.

Please make your check payable to: **Congregation Agudath Achim
Kiddush Fund**

Return this form and your check to: **Congregation Agudath Achim
7901 W. Capitol Avenue
Little Rock, AR 72205**

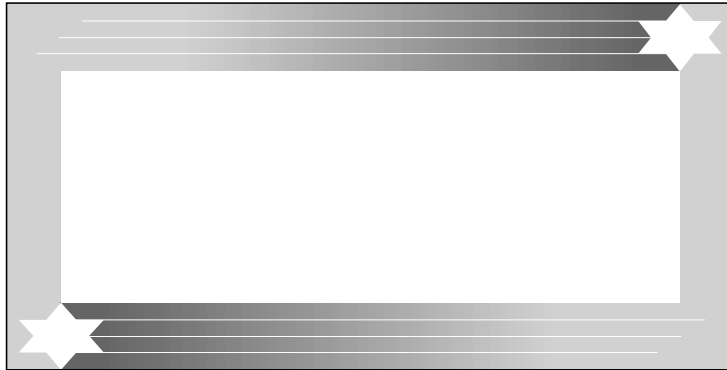
Congregation Agudath Achim

7901 W. Capitol Avenue • Little Rock, AR 72205

(501) 225-1683

Email: office@LRSynagogue.org

Website: www.LRSynagogue.org



DATES TO REMEMBER

Sun Jan 5th, 9:00AM-12:00PM	Purim Baking Begins (see pg 2 for schedule)
Tue Jan 14th, 2:00PM	Jewish War Veterans Meeting
Fri Feb 7th, 6:00PM	Kabbalat Shabbat Services & Dinner
Tue Feb 11th, 2:00PM	Jewish War Veterans Meeting
Fri Mar 2nd	Last Day to Order Mishloach Manot
Sun Mar 8th, 9:00AM-12:00PM	Purim Packing