



The Women's Chassed Committee will meet this Monday night at 8pm. New members welcome! Help make a difference to members in need or going through life cycle events while enjoying the fellowship of other women. Join us Monday night to learn more.

Starting this week - Esther will teach the **women's Kabbalah class** at noon on Tuesdays. See class details below under "It's About TIME".

Calling all suggestions! **Interested in starting a weekly daytime women's class?** Have a topic that interests you? Esther would love to hear from you! If you have an idea for a class theme and/or suggestions on times and days for the class please contact Esther at <u>esther.kaltmann@sbcglobal.net</u> or call the front office at 939-0765 to give your two cents.



Volunteers needed - LifeTown has started! If you can give as little as two hours a week, you can make a lasting difference in the life of a child with disabilities. Volunteers play the roles of merchants in our venues, helping children learn life skills.

If would like to volunteer, call or *email* Cheryl Sher at 774-3403 to schedule.

For more info about the LifeTown program, visit <u>www.lifetowncolumbus.org.</u>

Kiddush Corner

We need YOU for our New Chabad KIDDUSH TEAM! Individuals, husband-wife/couples needed! Sign up to shop, have fun, prep, bake! Esther Kaltmann will train you & provide menu/recipes! Be part of our warm community! We are using SignUp Genius to help keep everyone organized - click the link below for sign up!



A big thanks to last week's helpers - **Anna Rimkunas** (prep help) and **Kim Ableman** (shopper)



www.SignUpGenius.com/go/20F094EA9AF2DA02-chabad/5867020

Schedule of Services The Lori Schottenstein Chabad Center offers a full schedule of Shabbat and holiday services. Come and be inspired for the rest of the week! For more information, please call us at 614-939-0765.

25 Cheshvan, 5773 Saturday, November 10, 2012 Parsha Chayei Sarah

Morning Services: 9:30 a.m



Women's Torah Study 10:00 a.m



Candle Lighting Times



Shabbat Friday, Nov. 9 Light Candles at 5:02 pm

Shabbat Ends Saturday, Nov. 10 at 6:01 pm

Shabbat Friday, Nov. 16 Light Candles at 4:56 pm





KIDDUSH 12:00 pm

26 Cheshvan, 5773 Sunday, November 11, 2012

Shachrit: 9:45 a.m.





It's About TIME

A new course from the Rosh Chodesh Society Test-drive the wisdom of the ages in this balance of practical and insightful spiritual self-help, focused on making your life happier, more fulfilled, and more effective. In each session, learn to master one aspect of your personal life related to the kabbalistic energies of the month. Learn. Grow. Be inspired.

Be empowered. Take action. Implement change.

Rosh Chodesh society is a women's society that meets once per month

First Event - Tuesday, Nov. 13, 12:00 pm Study session led by Esther Kaltmann Catered lunch - \$15 (please pay at the door)

The Lori Schottenstein Chabad Center, 6220 East Dublin-Granville Rd., New Albany, OH 43054 Email esther.kaltmann@sbcglobal.net 614-563-2261



LESSON ONE: The Kabbalah of Sleep

We're told we're here to accomplish, yet we spend about one-third of our lives asleep! This lesson explores practical and powerful spiritual reasons for sleep, uncovering insights and practical tools to help us avoid boredom, initiate fresh beginnings, and infuse excitement and renewal into our lives.

For details of this monthly course: http://www.roshchodeshsociety.com

It's not too late to try this special class! Not sure? Try your first class for free - call the office to sign up.



The KABBALAH of You

Who are you? What do you truly care about? What do you really want? (Is it different from what you need?) A remarkable new course about YOU from the Rohr Jewish Learning Institute.

JUST HOW WELL DO YOU KNOW YOURSELF?

Every worthwhile endeavor in life can be enhanced and exponentially deepened when you are in touch with your innermost self. The inspiration and wisdom of The Kabbalah of You will help you encounter your deepest core and forge your own path to fulfillment. Rich with humor, insight, compassion and absolute honesty, this course is a map to help you handle anything life throws your way.

Sign up today for a remarkable experience!

OPTION 1 - Six Mondays, 7:15 - 9:00 p.m. Starting October 29 Location: The Columbus Jewish Foundation 1175 College Ave. (southern entrance) Columbus, OH 43209 OPTION 2 - Six Wednesdays, 7:30 - 9:00 p.m. Starting October 31 Location: The Lori Schottenstein Chabad Center 6220 East Dublin-Granville Rd. New Albany, OH 43054

Shabbat Ends Saturday, Nov. 17 at 5:56 pm

Shabbat Friday, November 23 Light Candles at 4:51 pm

Shabbat Ends Saturday, Nov. 24 at 5:52 pm

Shabbat Friday, Nov. 30 Light Candles at 4:49 pm

Shabbat Ends Saturday, Dec. 1 at 5:51 pm



Missed the first class? You can still sign up - please call or email Esther!



The Jewish Learning Institute presents a new JLI Teens program: Life on the Line: You Make the Call! How much is your life worth?

Debate real-life news stories such as rescuing strangers, euthanasia and attempted suicide. Discover a new way of navigating through life's moral challenges.

Open to all teens

WHEN: Sundays 4:30-5:30 PM A 6-week course that started October 28; Course fee: \$60, textbooks and snacks included WHERE: The Lori Schottenstein Chabad Center INFO: <u>esther@friendscolumbus.com</u> 614.563.2261 REGISTER TODAY AT: <u>http://tinyurl.com/iliteens-lifeontheline</u>



Women's Torah

Don't miss this week's women's Torah study Saturday, November 10 at 10:00 AM; coffee, cake and great discussion.



Be a part of the Chabad family! Sign up for new or renewed membership online at <u>ChabadColumbus.com</u>. You may also call our office at 614-939-0765 or email <u>rabbi@chabadcolumbus.com</u>

We've made it even easier this year - look for the signup station in the hallway, complete with iPad - so you can sign up with paper or paperless!



Chabad Hebrew School

For more information: <u>www.chabadhs.org</u> Call 614-939-0765 or 614-578-9318 or email <u>hebrewschool@chabadhs.org</u>



Tasty Torah

Tasty Torah is a monthy women's Rosh Chodesh luncheon hosted by Shelly Dembe at her home in Bexley. It features a Chassidus class and a gourmet lunch by Shelly. No charge, all are welcome. To get on the email list please email <u>Shelly@ahealthierbalance.com</u>



Weekly Torah study! Please join us for "A Journey into the Soul of Torah", a weekly Torah study.

The class will continue on Thursdays at 7:30 pm at The Lori Schottenstein Chadbad Center. Open to all and free of charge.

Kiddush Sponsorship Opportunities Available

Looking for a meaningful way to recognize a special day? Consider sponsoring a Kiddush. For more information, please contact the Chabad office at 614-939-0765



Brought to you by:

The Lori Schottenstein Chabad Center

6220 East Dublin-Granville Road New Albany, OH 43054 614-939-0765 www.chabadcolumbus.com

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