

Congregation Etz Chaim



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Chaim Stramer- President
Treasurer: George Monat
Secretary: Janis Monat
Member at Large: Robert Dell
Member at Large: Michael Ferber
Member at Large: Rabbi Chuni
Rappoport

Synagogue Member



Parasha Noach

October 17, 2026 / 6th Cheshvan

Shabbos lik ner: **5:43 PM**

Shabbos Day

Shacharis **9:00 AM**

Latest Shema **9:44 AM**

Latest Tefilla **10:49 AM**

Mincha **5:40 PM**

Ma'ariv **6:41/7:11 PM**

Shabbos Day at Young Israel

Mincha **5:44 PM**

Maariv/Havdala **6:37/6:42 PM**

Weekday at YI

Mincha/Maariv **5:33 PM**

Shabbos Day at Chabad

Mincha **5:35 PM**

Maariv **6:42 PM**

Weekday

Mincha/Maariv **5:35 PM**

Rabbi Hartman's Sunday morning class resumes

10/18 at 9:30 a.m.

Zoom ID: 903 917 1656

Password: 170 smain

SHMIRAS HALASHON class is **Monday at 9:15 a.m.**

Please contact Janis Monat: jbmonat@aol.com for the link.

DAF YOMI WEEKDAY ZOOM SCHEDULE

Via Zoom: Mon - Th 7:00 pm and Tu & Th 7:30 a.m.

Meeting ID: 822 979 966

Password: 727190

DAF YOMI LIVE SCHEDULE:

Shabbos mornings at shul, 8:00 a.m., one hour before shacharis;

Sunday mornings at shul, 7:00 a.m., one hour before shacharis.

Contact Melvyn Huff

(781) 784-6608) or

melvynhuff@comcast.net for more

RABBI YISROEL REISMAN

Rabbi Reisman's erudite and insightful teachings on the Book of Daniel will be this **motzei shabbos at 9:00 p.m.** All are invited to this live streamed Torah Conferencing Network (TCN) showing at Congregation Etz Chaim.

RABBI MENDY ROSENFELD

Rabbi Rosenfeld's parasha class is **Sunday at 8:00 p.m.** Chaim Stamer will send out the link.

ETZ CHAIM BOARD MEETING

Our next monthly **board meeting** is **Monday, November 2 at 6:00 p.m.** via Zoom. Please RSVP to Janis at jmonat@aol.com if the link is needed.

ETZ CHAIM BOOK CLUB

Our next book is **To the End of the Land** by David Grossman. We'll meet Monday, **December 7**, at 7pm.

A synopsis is below:

Ora, a middle-aged Israeli mother, is on the verge of celebrating her son Ofer's release from army service when he returns to the front for a major offensive. In a fit of preemptive grief and magical thinking, she sets out for a hike in the Galilee, leaving no forwarding information for the "notifiers" who might darken her door with the worst possible news. Recently estranged from her husband, Ilan, she drags along an unlikely companion: their former best friend and her former lover Avram, once a brilliant artistic spirit. Avram served in the army alongside Ilan when they were young, but their lives were forever changed one weekend when the two jokingly had Ora draw lots to see which of them would get the few days' leave being offered by their commander—a chance act that sent Avram into Egypt and the Yom Kippur War, where he was brutally tortured as POW.

In the aftermath, a virtual hermit, he refused to keep in touch with the family and has never met the boy. Now, as Ora and Avram sleep out in the hills, ford rivers, and cross valleys, avoiding all news from the front, she gives him the gift of Ofer, word by word; she supplies the whole story of her motherhood, a retelling that keeps Ofer very much alive for Ora and for the reader, and opens Avram to human bonds undreamed of in his broken world. Their walk has a "war and peace" rhythm, as their conversation places the most hideous trials of war next to the joys and anguish of raising children. Never have we seen so clearly the reality and surreality of daily life in Israel, the currents of ambivalence about war within one household, and the burdens that fall on each generation anew.

Questions? Book suggestions? Contact Merilee at melmaeir@gmail.com.

REFUAH SHELAIMA

Our prayers are for the healing of the wounded soldiers of the IDF, those who have been hurt in terrorist attacks, the Israeli survivors from 10/7/23 **and this Iran/Lebanon/Gaza War**. We pray for the healing of our congregation members: Heidi Goldblatt, Rachel Chana bas Menucha; Robert Dell, Tzila Pass, Tzila Chava bas Rachel; and Marve Rudenstein, Menachem Yitzchak ben Raitza;. May they all heal soon and fully!

ROOM RENTAL

The Mathes Room, a large modern space, is available for holiday celebration rentals, shiva meals, sheva bracha meals, children's parties, etc. Please contact George Monat, etztreasurer@aol.com for more information.

THOUGHTS on Noach

By Janis Monat

The words **“Noach, Nechama, Nachamu”** all mean comfort. In our parasha, ch. 5:29 Lemech, our progenitor’s father, names his 8 day old son, **“Noach”** as **“This one will provide us relief** from our work and from the toil of our hands, out of the very soil that G-d placed under a curse” a reference to the punishment Hashem gave Adam after he and Eve ate from the Tree of Knowledge - man’s work will be from the sweat and toil of his brow.)

Interestingly I learned that in ch. 6:6 the same root letters, Nun, Chet, and Mem make up the verb **“regret”**. Vayin**achem** is used to describe G-d as **“reconsidering” or feeling regret** over making humankind before the Flood. Regret can be a type of **remorse or sorrow**, an emotional shift after an event or realization. We use these letters in offering comfort to the mourner feeling sorrow, *“a-Makom y'n**achem** et'chem b'toch sha'ar aveilei Tzion v'Yerushalayim.”* "May Hashem **comfort** you among the rest of the mourners of Zion and Jerusalem."

With life changes such as the death of a relative, retiring from or losing a job, birthing a child, or even maybe coming to a new land after surviving a huge flood, a person has to adjust to their new reality.

Noach, as G-d’s messenger, did this. He saved mankind and animals aboard the ark he built over many decades and started life anew after the world destroying flood subsided and the dove returned with an olive leaf indicating dry land.

Pirkei d’Rabbi Eliezer suggests Noach desired to show appreciation, hakaras hatov, with Noach’s imagined question, “Am I not obliged to bring Him an offering?” immediately after exiting after exiting the ark, to give thanks. We see the **“nachas” (nun, chet, as in Noach)** Hashem felt toward Noach in ch. 8:21, “Hashem smelled the pleasing aroma and said in His heart, ‘I will not continue to curse again the ground because of man...Nor continue to smite every living being, as I have done.’”

Chabad offers an enlightening, uplifting thought, “Noach teaches us that we don’t have to wait for the world to change before we start making it better. We can begin right now, with what is within our reach. Every mitzvah, every act of kindness, and every moment spent helping another person adds light to the world. We can check on a neighbor, give charity, put on tefillin, light Shabbos candles, and/or offer encouragement to someone who needs it. These actions may seem small, but they make a real difference.”

Rabbi Menachem Mendel Schneerson taught, “When we speak of another’s goodness and praise them, it has a positive effect on them. It gives them strength and support in their Divine Service. Our words trigger this person’s goodness and virtues. And it’s even more so when the praise comes from the Almighty. It’s stated explicitly in the Torah, ch. 6:9, “Noach was a righteous man, wholesome in his generations; Noach walked with G-d”. Being amongst such evil people in his generation Noach needed a lift, an encouragement, a Divine hug that he could and did make a difference – an ordinary person putting in extraordinary effort.

Rabbi Schneerson goes on as with parents to a child, “When rebuking a child, a parent or teacher must be careful not to leave the child feeling helpless or in despair. The child should never be made to feel that they are unworthy and beyond hope. For if left feeling that way they may continue doing whatever they were doing that wasn’t right.” It could become what in psychology is called a “self-fulfilling prophecy”.

We can encourage children to feel capable of overcoming their difficulties with willpower and determination. My parents gave me this life lesson. I found this gift in my husband, and we are blessed with our sons speaking and acting sincerely in this way. My social work education and multi-decade long teaching experiences shaped my thinking to use words to be helpful to others. Chofetz Chaim’s group involvement for the past 6 years has helped me to formulate what I want to say in an uplifting, affirming manner.

We are all “ordinary”, but we can do extraordinary things with our words, manners, and acts of appreciation. When we sincerely compliment another person, we accentuate and reveal their strengths in ways they cannot do on their own.

A bundle up and stay warm shabbos!

