

# WAYEITZEI



## Shabbat Schedule

### Friday, November 24

16:15 Candle Lighting

16:20 Mincha & Kabbalat  
Shabbat

### Saturday, November 25

8:30 Shacharit

9:45-10:30 Kid's Program  
Kolot Yamim by Rabbi Oded  
Sher

16:15 Mincha Followed by  
Seudah Shlishit with Stories  
& Discussions

17:15 Arvit

17:16 Shabbat Ends

## Information

Corner of Uzi Hitman & Beni  
Berman Streets  
Entrance on Uzi Hitman  
Ir Yamim, Netanya  
[TefilatYamim.org](http://TefilatYamim.org)

## Contact Info

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## A Wonderful Life

By Rav Mendel Wuensch

Wouldn't it be nice if we were always so excited and jolly to take on another day? Well, if you have been searching for the secret to unlock this mentality in life, look no further than our forefather Yaakov in this weeks Torah portion. In 29:1 it says, "Light of foot, Yaakov set out for the land of the people who lived to the east." The east over here refers to Aram, a place which was a spiritual and moral wasteland. This is almost like saying Yaakov was "light of foot" on the way to Syria, not exactly the best place for a good, G-d fearing Jewish boy.

How was it possible then for his joy and lightheartedness to permeate his entire being, literally all the way down to his feet? Because he had complete and total trust-Bitachon that G-d was with him. Well that didn't really help you at all, did it? I don't see you being able to go about your daily, mundane chores in life with excitement and zest with just that answer. The question we need to answer is one step deeper. How did he have such a high level of trust?

This is where the secret is revealed. We are in a physical matrix. This is a place where the soul is hidden and the body naturally reigns supreme. If we neglect our souls, there is no question that our spirituality will rapidly nose dive. The key to not falling into the mirage around us is by constantly and consistently feeding the spirituality inside us exactly the same way we constantly need to feed the physicality inside us. It is no coincidence that there are three meals a day and three prayer times/tefilot a day. I am very strict on myself to not skip a meal for my belly and I am similarly stringent not to do so for my soul.

When we are properly nourished with the words of Torah, properly clothed with the Mitzvot and vehemently focused on our goal, we are guaranteed to have success, peace of mind and light of footedness. This is the challenge. Hamas knew all along that they never stood a chance of beating us in a war, but like the nefarious Amalek before them, they knew they could cool us down. They could hit us where it hurts so bad we simply can not bear it. Their disturbing videos and images are their most powerful weapons. We will not let them win. We will continue to build and flourish, with the name of every one of our people engraved on our hearts, forever. עם ישראל חי!

Tefilat Yamim

Ashkenazi Jewish Center

Ir Yamim, Netanya