

CANDLELIGHTING SHABBAT TIMES MOBILE ALABAMA



JAN 31 5:10 PM
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FEB 14 5:22 PM
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LOWER ALABAMA L'CHAIM

Volume 2, Issue 1

ChabadofMobile.com

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Dear Friends, This newsletter is a community effort sharing information, thoughts and inspiration of interest to Jews living in or passing through lower Alabama. It is my hope that you will find this newsletter educational and inspirational, and that it will help you experience your Judaism with renewed excitement. The Lower Alabama L'Chaim is a publication of Chabad of Mobile. For questions & comments, contact rabbi@chabadofmobile.com – *Rabbi Yosef Goldwasser*.
To dedicate an edition in honor or in memory of someone, or to donate, visit chabadofmobile.com/donate

THANK YOU TO OUR SPONSORS



L'CHAIM TO THE L'CHAIM VOLUME 2! by Rabbi Yosef Goldwasser



Dear Readers,

It is with great delight that we present the first edition of our second year of the Lower Alabama L'Chaim! With Hashem's help, this publication—made by locals, for locals - has made its rounds throughout the state (and beyond!) and is read by Jews across all demographics, from beginners to very learned, professionals, laymen, and even the incarcerated.

We recently celebrated the 75th anniversary of the Rebbe's leadership of Chabad. In the Rebbe's inaugural address, he said that after thousands of years of Jewish history where we did so many Mitzvahs and learned so much Torah, and of the Jewish People being a light unto the nations, our generation is now charged with the task of making Mashiach a reality.

We accomplish this by making sure that the teachings of the Torah—including its mystical dimensions—and the lessons of the Torah are spread to all four corners of the world. I am proud that our L'Chaim publication has joined the ranks of spreading and sharing the Torah's teachings throughout our part of the world.

May we take the inspiration from our first year and continue in a way of constantly increasing and elevating in matters of holiness, and in this way, may we finally complete the task that we have been working on since the beginning of creation, bringing the world to a time when *"the earth shall be filled with the knowledge of the Lord-as the water covers the seabed"*.

I would like to express my deep gratitude to all those who have helped us reach this point - those who wrote articles, those who helped with sponsorships, and certainly our esteemed readers. Please continue to share it with your friends and family.

SOUTH ALABAMA KOSHER

Kosher Store

Mobile Kosher Market

451 Azalea Rd
mobilekoshermarket.com

Kosher sections - Mobile

Publix (dry goods and freezer)

4628 Airport Blvd
Mobile, AL 36608
2370 Hillcrest Rd J
Mobile, AL 36695

Winn Dixie (dry goods)

6300 Grelot Rd
1550 Government St

Walmart (dry goods)

101 E Interstate 65 Service Rd S

Kosher Sections - Eastern shore

Publix (dry goods and freezer)

22530 US-98 Suite 100
Fairhope, AL 36532

27955 US-98 Ste 1
Daphne, AL 36526

160 Cotton Creek Dr #100
Gulf Shores, AL 36542

Winn Dixie (dry goods)

187 Baldwin Square

Walmart (dry goods)

10040 Co Rd 48

Facebook group

Kosher Finds in Mobile and Baldwin, AL

PURIM: NOT JUST HISTORY by Stephen Gottlieb



The holiday of Purim is upon us. It is a joyous time where we read the *Megillah*, have parties, eat tasty food, especially Hamantaschen and remember how Hashem saved the Jewish people. Listening to the retelling of the story is the most important task we have. It is a *Mitzvah*, a commandment. There is one specific *Mishnah* in *Tractate Megillah* which deals with reading the *Megillah* that caught my attention. *(continued on page 4)*

CHASSIDIC QUOTE Hayom Yom: 24th of Shevat



“ If you only knew - The *Tzemach Tzedek* said - the power of verses of *Tehillim* and their effect in the highest Heavens, you would recite them constantly. Know that the chapters of *Tehillim* shatter all barriers, they ascend higher and still higher with no interference; they prostrate themselves in supplication before the Master of all worlds, and they effect and accomplish with kindness and compassion. ”

BODY ARMOR FOR THE SOUL by Yehudah Silverwolf



I bought my house in 2019 and I was excited to put *mezuzos* on every doorpost that requires one. In the past, I put *mezuzos* on the front and back doors, but for this new house, I wanted them wherever they are needed according to Jewish law.

The grand total came to 18. The first thing that struck me was at every turn in my home, I am confronted with a reminder that this space is special for many reasons. I can't walk five steps in my home without being reminded that there is something greater than me in the universe, that there is a G-d that requires me to think and act in certain ways that should align me with holy purpose.

A *mezuzah* by its nature is holy and therefore brings a measure of holiness into the home. After putting all of the *mezuzos* up, I had an interesting feeling of being sheltered. It was one of those moments in life where learning and experience collide and force a new perspective. I came to understand that something other than my physical body was receiving shelter. My home was transformed into a house for the soul as well as the body.

I got a sense of divine care and protection, the same feeling I get when entering a shul. Jewish tradition teaches that *mezuzos* do bring G-d's protection to those who observe the mitzvah, in and out of the home, similar to a soldier wearing a helmet of protection. In a purely practical sense, at the very least, being surrounded by *mezuzos* is comforting, and in a tough world, that's a great reason by itself to observe the mitzvah of putting up *mezuzos*.

Q & A CORNER: ASK THE RABBI

Send your questions to:
rabbi@chabadofmobile.com

NEW COLUMN! - ASK THE RABBI

Do you have a question about a Jewish tradition or what the Torah's perspective is on a specific topic? Submit your question to be answered in next month's L'Chaim!

Q: Why was the 15th of Shvat chosen to be the New Year for trees?

A: The rainy season in Israel starts on Sukkot, four months before Tu B'Shvat. After four months of winter rains, the soil is saturated enough to begin producing sap for the new season of produce. When the Torah requires tithes to be taken from the year's produce, everything that grew before Tu B'Shevat is counted for the previous year's accounting, while post Tu B'Shevat begins the next year's crop.

FAITH IN HARD TIMES by Rachel Leah Fry



"...For he will hide me in his tabernacle on a day of adversity..." (Psalm 27)

We Jews believe in Hashem and the fact that he has the ultimate say over the direction in which our lives proceed. And that is all well and good until something in our lives goes terribly wrong and we are hard pressed to hold on to that belief and the faith that is asked of us no matter what.

Recently I had to face health issues both for myself and my husband. Some of these issues are manageable, and some I must face as progressive. Why Hashem, I cry out? How will I manage? *Please, please take these burdens from me. I cannot shoulder them alone.*

But that is the point. No matter how much corporeal or emotional pain we feel, no matter how great the burden or loss, we are never alone. Yes, we suffer because that is how Hashem made the world, from the time that Adam and Eve ate from the tree of knowledge until Moshiach comes. But Hashem never promised that life as we know it would be sunshine and roses. He promised to hold us up and walk with us through the pain and sorrow.

Am I worried and frightened? *Of course, I am.* But the secret weapon is complete belief in Hashem's perfect goodness. The other comforting secret is a letter to the Rebbe. There I can ask for a blessing and an intercession to help me reconnect my faith in Hashem and my belief in his constant love for me. In life there will be hard times—even death. But giving up on G-d is not an option. So as murky as the picture seems right now, I will hold on to what is real, and that is the belief that Hashem wants only the best for me—one of his children, chosen by him to follow his Torah teachings, and *never ever give up.*

POETRY CORNER by Bina Goldwasser



SPRING HAS SPRUNG

But I've hardly budded
Give me the winter
The cold and the grey
Light has come
But I am still sleepy
Lengthen the dawn
Till I'm ready for day

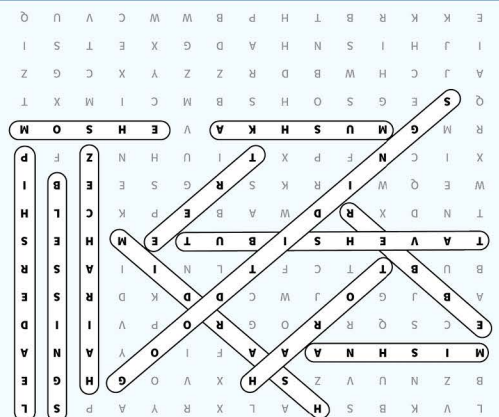
Turn the page
So that I can see it
End and beginning
The old and the new
Breaking out
And clearly emerging
Thrill of the freedom
To breathe and to do

Can it be
That life has no springtime
Clear demarcation
Of birth from decay
Can it be
That spring is just promise
That brutal winters
Are never to stay

Spring has sprung
Under our noses
Silently, slowly
So we'd hardly know
We have sprung
Throughout the winter
Now so much stronger
But when did I grow?

Spring has sprung
But we don't stop growing
Shedding more leaves
For a greater rebirth
Never done
Arrived where we're going
Otherwise why are we still
On this earth?

WORD SEARCH SOLUTION



TU B'SHEVAT FRUIT PLATES by Chana Scop



Tu B'Shevat, the 15th day of the Hebrew month of *Shevat*, marks the "New Year" for the trees. We celebrate by eating fruit, specifically the kinds that the Torah mentions that the Land of Israel is known for: grapes, figs, pomegranates, olives and dates.

So, I've created a fun and delicious way to welcome this "New Year" for the trees. The ingredients are simple, and the results will not only make you smile but will fill any craving you may have had! Consider this a kind of plated *Tu B'Shevat* fondue!

Here's what you'll need: Amounts will vary depending on how many plates you wish to make, but this will be enough for at least four.



- 1 box Cornflakes
- 1 Pomegranate
- 1 bunch green Grapes
- 1 box fresh Figs
- 1 box dried Dates
- 1 bag Mini-Marshmallows
- 1 Freezer-size Ziploc bag
- 1 container Duncan Hines (kosher) chocolate frosting
- Sprinkles or mini-white Chocolate Chips
- Scissors
- Sharp knife
- Chopstick or Skewer (or similar pointed utensil)
- 4 Plates (or one large rectangle platter)

Choose a set of 4 plates, or even a long rectangle platter if you wish to create one large masterpiece of all four seasons. Fill a Ziploc bag with the chocolate frosting, squeeze out the extra air and snap the bag shut. Snip off one corner of the bag in order to pipe the frosting and draw your tree. Draw the basic tree template, trunk, roots, branches and twigs as you wish. You can fix up any frosting by using the chopstick or skewer, swirling designs into your "trunk" and adding details in the branches.



To make the *Spring tree*, carefully add pomegranate seeds to your branches and to the "ground."



To make the *Summer tree*, slice the figs & grapes into wedges, and layer them decoratively into palm branches.



To make the *Fall tree*, carefully scatter cornflakes around the branches and on the "ground." Then add a few more cornflakes to make it look like the leaves are falling.



To make the *Winter tree*, cut mini-marshmallows in half and place them on and around the branches, spacing them apart to create a wintry look. Feel free to add a snowman by cutting another fig in half, preferably

using half of a smaller fig for the head. Use the end of the fig that has a stem, so it will act as a nose. Add eyes, mouth and arms by piping more chocolate frosting. For the eyes, use white sprinkles or mini-white chocolate chips. To add some detail to the trunk of the trees, simply slice a date in half and place it carefully on the trunk. This adds a nice touch and dimension.

To set this up for a *Tu B'Shevat* gathering or for young children, put out all your ingredients and pre-fill the Ziploc bags with frosting. Allow the children to design their own trees and choose which "seasonal ingredients" they want to decorate with. *Wishing everyone a beautiful Tu B'Shevat!*

courtesy of Chabad.org

WORD SEARCH

L V K B S H A L X R Y A P S L
 B Z N U V Z S H X V O G H G E
 M I S H N A A A F I O Y A N A
 E C S Q R R O G R O P V I I D
 A B J G O J W C D D K D R S E
 B U B T T C F T L N I I A S R
 T A V E H S I B U T E M H E S
 T N D X R D W A B E P K C L H
 W E Q W I R K S R G S E E B I
 X I C N F P X T I U H N Z F P
 R M G M U S H K A V E H S O M
 Q S E G S O H S B M C I M X T
 A J C H W B D R Z Z Y X C G Z
 I J H I S N H A D G X E T S I
 E K K R B T H P B W W C V U Q



Use the QR code & read "8 Facts to about the Hebrew Month of Shevat"

Find the words below taken from the article.

- Tubishevat
- Rebbe
- Zechariah
- Tree
- Mishna
- Leadership
- Goodtidings
- Moshe
- Midrash
- Blessings
- Torah
- Mushka

JEWISH BELIEFS



15 MOSHIACH FACTS EVERY JEW SHOULD KNOW

(Continued from Issue 12)

12. We Are Like Dwarves on Giants' Shoulders

Can we really be the last generation of exile and first generation of redemption? Are we better than our ancestors? *Why us?*

The sages give an analogy of a child atop the shoulders of a giant. The collective deeds and sacrifices of our ancestors combined to bring this world to the doorstep of Moshiach. All we need to do is open the door!

13. There Will Be No More Disease or Death

During the messianic era, we will witness ultimate physical and spiritual bliss. All will be healed. The blind, the deaf and the dumb, the lame, anyone with any blemish or disability, shall be healed:

"The eyes of the blind shall be clear-sighted, and the ears of the deaf shall be opened . . . the lame shall leap as a hart and the tongue of the dumb shall sing . . ." Death itself shall cease, as it is written, "Death shall be swallowed up forever and G-d shall wipe the tears from every face . . ."

CHABAD GULF COAST

East

Chabad of the Emerald Coast
 1219 Airport Rd #316
 Destin, FL 32541

Chabad of Pensacola
 919 N 12th Ave
 Pensacola, FL 32501

West

Chabad of Southern Mississippi
 12277 Three Rivers Rd
 Gulfport, MS 39503

Chabad of Louisiana
 7037 Freret St
 New Orleans, LA 70118

Chabad Jewish Center Metairie
 4141 W Esplanade Ave
 Metairie, LA 70002

TREE OF THE FIELD by Barbara Bracha Carlee



Many of you know that the 15th of Shevat is when we celebrate *Tu B'Shevat*, the New Year for Trees. I confess to a lifelong love affair with trees. As a child, I roamed the neighborhood freely, inevitably ending up in a grove of wild beach plum trees where I ate my fill of tiny, sweet plums from their overburdened branches. When confined to my parent's backyard, I dared myself to climb as high as possible (to my mother's dismay), scaling the ever-smaller branches of our towering, ancient sole chinaberry tree.

I read "A Tree Grows in Brooklyn" half a dozen times, swooned at the sight of the ancient California redwood forest, and cried when, after a massive wildfire, I saw the charred remains of various pine and spruce trees in Yellowstone. I happily planted so many trees in our first home's yard that lawn care

became a challenge, at least until the inevitable roots surfaced and shade took its toll, leaving little lawn to care for! Regardless, I repeated that strategy in our retirement home, much to the dismay of my late husband, who warned me of what was to come. He was right, though this time, he didn't need to remove any (overplanted) trees while I was at work (to deter me from chaining myself to any of them). Hurricane Sally happily did the job for him!

Of course, I am not alone. Nearly everyone knows at least one 'tree hugger', but did you ever stop to think why people and trees seem so infinitely related? Maybe it's because the Torah says, "*Man is a tree of the field*," pointing out our similarity to trees in the need for *strong roots* (faith) and a *solid trunk* (Torah knowledge) that leads to the sharing of *fruit* (acts of kindness and inspiring others). Trees are essential for human life, providing food we enjoy, shade for protection, logs for artistic creation and firewood, and so much more.

Though still winter in the U.S., *Tu B'Shevat* is celebrated in early spring in Israel, when the almond trees (Israel's earliest fruit-blooming trees), saturated by seasonal rains, emerge from their winter slumber and begin producing sap. From the tiny snowbed willow to the giant coastal redwoods, spring is a time of renewal for trees (and people).

Indeed, Hashem has planted us in His field and helps us grow. He faithfully encourages and loves us, asking little other than that we stay connected with Him and obey His laws, thereby turning His world into a garden of goodness and holiness. As we celebrate *Tu B'Shevat*, we can also strengthen our faith in Hashem, which will keep us firmly rooted on sunny days and through life's hurricanes.

NOT JUST HISTORY (continued from page 1)

Chapter two, *Mishnah* one states, "one who reads the *Megillah* out of order, reading a later section first, and then going back to the earlier section, *he has not fulfilled his obligation*."

Why would that be? Certainly, reading a story in order helps preserve the stories' coherence and impact. That said, is there another way to interpret the *Mishnah*? Does our obligation to hear or read the *Megillah* require more from us?

The *Baal Shem Tov* offers an interesting interpretation. He suggests that "one who reads the *Megillah* backwards" means they could look at the Purim story as a past event that has no current relevance. The *Baal Shem Tov* teaches the *Megillah* is a living narrative with lessons appropriate for every generation. Looking for contemporary stories and applying the lessons of Purim to what is happening in our generation allows us to fulfill the mitzvah on a deeper level that helps illustrate Hashem's involvement with our world every day and draw us closer to him.

As an example, look at what is happening in Israel and around the world today. Antisemitism is on the rise and Israel is being attacked from all sides by terrorist groups, yet the Jewish people prevail and are still here. Just like during the time of Esther and Mordechai. That is not all. Just look at some events in the last century. We survived the Holocaust, the reestablishment of Israel in our homeland, the 1948 war, the 1956 War, the Six Day War in 1967 and the Yom Kippur War in 1973.

Every time Israel, and by extension the Jewish people, is victorious. How can such a small nation whose military was smaller than the enemies arrayed against them prevail? How do we survive the hatred we face around the world and still thrive? The answer is we cannot without divine intervention.

Another thought comes to mind. I do not recall Hashem being mentioned directly in the *Megillah*. Yet there is no doubt that he engages in saving the Jewish people from a catastrophe. Why is his name not mentioned? Could it be to teach us G-d's providence operates in hidden ways and hearing the Purim story retold and applying its lessons to the present, we get a reminder it is true then and now.

What do you think? I am interested in your thoughts.

CHABAD OF MOBILE

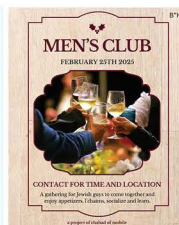
Chabad of Mobile is a local non-profit organization serving the needs of Jewish people living in or visiting throughout the lower Alabama region. We are part of the worldwide Chabad organization established by Rabbi Menachem Mendel Schneerson, with centers in every US state and more than 100 countries. We service Jews of all ages, backgrounds, affiliations, and abilities. We provide opportunities for Jewish practice, experience and education and strive to be an all around resource for every Jew.

Chabad of Mobile offers an array of programs and services including community Shabbat meals, holiday celebrations, Brunch and Learns, weekly Parsha class, weekly Tanya class, children's programs, women's events, one on one learning, home and hospital visitations, prison visitations, prayer services, kosher store, woman's mikvah, Jewish art calendar, and more.

EVENTS



4 Cteen Interview



Men's Club



New at Mobile Kosher!



Linda's Catering



Join us on Purim