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Parshat Vayishlach

FISCHER'S PLANET

"Nor b'Simcha - Only with joy!"

- The final words spoken by
R' Meir Shapiro,
founder of Daf Yomi

2 DAF A DAY.

A BRIEF INTERVIEW

WITH RAFI PINES, HARD WORKER AND LOYAL FRIEND

The wind shook the old window, leaving a rattling sound throughout the portpety. Wait, that doesn't sound right.

I think it's property, Meir.

Yeah right Yehuda, just like you told me it's Pacific Ocean, not Specific Ocean.

FP: HEY RAFI, WHOa sorry caps lock was on. What's your take on all this yeshiva construction going on?

RP: I think it's gonna be amazing. I'm stickin around here to see what happens!

FP: Hope you don't get too sticky (gosh why did I say that weak joke) Describe your winter zman.

RP: Very eye opening and a lot of understanding myself.

FP: Chanukah's coming up. What are you most excited about?

RP: Lighting the menorah with everyone and the mesibah!

FP: That's fire! (no pun intended) What's your 2nd favorite soda?

RP: Very good question. Cherry Coke. Shoot I think it's my favorite!

FP: Meir can we take 5?

RP What?

DEEP BREATHS

WITH YEDIDYA GRONSTEIN

Yo yo whaaat up, I just wanted to share something that happens to me twice a week that's like awesome! So every Monday and Wednesday there's yoga behind the chet caravans. After lunch I walk out, I have a full belly, I'm in the height of my day - crazy busy - and I see the boys in downward dog, just chillin, taking deep breaths of that free oxygen...So I decided to join but when I start I have this voice in my head telling me, "hey you have no time, and you're too stressed to be doing this!" But as I begin to go from mountain pose, where we stand tall, to triangle pose, where we promote deep breathing, this amazing feeling of gratefulness washes over me and I begin to connect with the warm fuzzy feelings my body is always searching for! We then all lie down for the most relaxing 20 minutes of my week, where I just notice how my body feels. Not to change it, but to understand it. And you know what? You can have it too, all you gotta do is show up for the most relaxing hours of your week with the coolest yogi Yitzy Rayman! Peace :)

STILL FLEISHIGZ

WITH HUDA KRUPKA



• THE BULLETIN BOARD •

• NOT ONLY OLAM
• HABA, BUT ONE WHO
• DOESN'T SPEAK
• LASHON HARA
• ENJOYS THIS WORLD
• AS WELL!

IN OTHER NEWS,
SANI WEINFELD
IS ROCKIN!!!

THANK YOU
RABBI ERYDMAN
FOR LITERALLY
EVERYTHING!

CHANUKAH
THIS
THURSDAY!
WOO-WOO!

THIS SHABBOS KODESH IS
YAT KISLEV
CELEBRATING THE ALTER REBBE'S
RELEASE FROM PRISON & THE LIGHT OF
CHASSIDUS. IT'S ALSO THE YARZHEIT OF
THE MAGGID OF MEZRITCH.
TIME TO FARBRENG!

IT'S MEIR MITTEL AND
REB SIMCHA RABBAH'S BIRTHDAY...

**HAPPY
BIRTHDAY!!**

MUSIC NIGHT
PART II?

EIRUVIN'

WITH SHLOIME GREEN

It recently made a siyum on Maseches Eiruvim which for me wasn't easy. Not because of the hours I put it in, but for the commitment, consistency, and persistence. I've been tripping lately - at first I thought it's because I don't realize who I've become, then it hit me: it's I just don't recognize who I was. For a long time in my life I was lacking clarity, goals, and commitment. Even though in my perspective I realize goals give you freedom. With these pillars in our lives it gives us room to do whatever it is we wish, as long as we know where we're heading and make sure not to deviate from that goal. Mentally also it gives us a freedom to let our minds free and not bug out about what it is we need to do. In my experience it will boost your brain capacity. Now the question is, now that we know how important goals are to us, it's still difficult to set goals, especially since you're lacking clarity (if you didn't lack real clarity you would have set those goals already). In my journey I found the first step was to make a goal to obtain clarity that gave me a clarity of a goal what a beautiful catch 22. Life altering! Talking about goals, a little while ago I sat down with a friend of mine, and after a really productive conversation I got to realize there's a few factors to accomplishing a goal. He has a goal to be a holistic lifestyle coach. What is that you might ask? Honestly the basic idea is to coach someone while taking everything into consideration: mental, emotional, and physical health.

In order to achieve that, he would need to actively work towards his goal on the physical aspect, to whatever it is to physically get there. Then there's the mental part he's working on - being controlled, calm, collected, persistent, in touch with himself, all to fit the bigger picture. As well there's being aware to not do things that hold him back from accomplishing his goal. The same can be said with anything to become a boxer, a ball player, a construction worker... Whatever it may be, we need to take all these factors into consideration. I hope to take this with me for life to achieve many goals and overcome obstacles with the same mentality. Ultimately to have those healthy relationships with my family, future family, myself, and Hashem!

FISCHER'S

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