

# DATA of Plano

Parshas Vayigash | 6 Teves 5779 | December 14, 2018

## Sermon



Behind the Scenes in  
the Drama with  
Yosef and the  
Brothers

*Friday*

Mincha / Candle lighting: 5:03

*Shabbos Day*

Shacharis: 9:00

Latest time for shema: 9:52

Learners' Service: 10:30

Kiddush following services at 11:45

Mincha: 4:35

Shabbos ends: 6:07

"Kol Hane'arim" Learning: 7:10

## Learners' Service



Winter Blues, or  
Opportunity?

From the Desk of Rabbi Zakon

## The Vaccination Question



We are just days after the great spiritual celebration of Chanukah. We are no doubt moving forward galvanized by the force of the "tailwind" this great oasis in time provided for us. Let us take a moment to ponder an important life lesson we can glean from the lights of the Menorah.

The Gemara tells us that we are supposed to light the Menorah at the entryway to our home or courtyard. Another halacha is that the Menorah should be lower than ten tefachim (37 inches) above the ground (We light at our windows for halachic rea-

sons that are a separate discussion. In this article we are referring to the Halacha as written in the Gemara). This seems to be very atypical.

Let me explain:

Mitzvot are all about developing kedusha (holiness) within ourselves. Mystically, kedusha is always associated with the neshama (soul) as opposed to the body, the internal as opposed to the external, the hidden as opposed to the revealed, the heavens as opposed to earth... If this is so, we would think that

the mitzvah would be to light candles inside the house not outside! Why is the mitzvah specifically to light outside? Secondly, things that are lower to the ground have a connotation of being less holy than those things higher up (for ex: the upper part of the body has more holiness than the lower part... ). Why then is there a Mitzvah to light the candles within the area that is closer to the lower part of a person?

The Chassidic masters (Chidushei HaRim, Sfas Emes, Shem Mishmuel) teach us that the power of the lights of Chanukah is that they bring light and holiness to areas that are normally most deficient in kedusha. The role of this powerful time is to bring light into the darkness, both literally and figuratively! This is a time to sanctify the mundane, the unholy, the distant. Therefore we light candles close to the ground, in public and outside the house; areas that are less holy. Our goal is to thus to bring kedusha into these areas.

This concept is central to Chanuka but not unique to Chanuka. Another place we find this is in a very interesting mitzvah. The Torah tells us in Parshas Vaeschanan (Chapter 4 verses 9 and 19) to be very careful and watch ourselves very much. From here the Gemara derives an obligation for one to guard his or her health. The question the commentaries ask is that the passuk (verse) is referring to not forgetting the awe inspiring moment of national revelation at Har Sinai as well as not to forget that there was no divine physical imagery at that epic time. This has no relevance to guarding one's health whatsoever! Why, then, do we learn this concept from this seemingly unrelated passuk? Without fully answering this question, one point we see from here is that the care we must give our bodies is of great significance. If we learn this obligation from a statement about the giving of the Torah then our physical bodies must be true beacons of spiritual light.

We are blessed to live in a world with tremendous advances in the area of medicine. Diseases that plagued communities and killed millions today are all

but eradicated. We should express our gratitude to Hashem, doctors and medical researchers for this on a regular basis. Through availing ourselves of the medical and preventive care we have access to today we are able to fulfil the mitzvah of guarding our health.

One area of preventive care that is so important is the proper vaccination of children. Recently, we have heard of the terrifying news of multiple measles outbreaks in communities in New York, New Jersey and beyond, because of unvaccinated children. The CDC calls for all parents to ensure that their children are vaccinated according the proper schedule. In recent weeks I have spoken to rabbis of large communities and prominent physicians who are adamant about the absolute need for children to be properly vaccinated. Not only is this vital for the health of our children

but indeed not vaccinating our children can unfairly endanger the lives and health of others who are in the same school, daycare or eve shul!



It is the position of the Rabbis and Rebbetzins of DATA of Plano that proper and timely vaccinations of children is a fulfilment of the mitzvah of guarding our

health and lives.

May we connect to the unique spiritual energy of these days by not only focusing on Torah study and Mitzvos but also by safeguarding our bodies that have become infused with the holiness of our Torah living.



Thank You!

Kiddush this week is sponsored by the Bard family in gratitude to Hashem on the 42nd anniversary of Jeremy waking up from a coma the birthday of his mother (Leona Bard) that year, December 12, 1976



This Tuesday, December 18th, is a fast day known as Asarah B'Teves (The Tenth of Teves). This fast is one of four "minor" fast days throughout the year during which we remember the destruction of Jerusalem and the fact that we are in exile. This particular fast commemorates the day on which Jerusalem was besieged, beginning the process of the Temple's destruction and the Jews' exile.

Fast begins: 6:05 a.m.

Shacharis: 6:25 a.m.

Mincha/Maariv: 4:45 p.m.

Fast Ends: 6:04 p.m.

Pregnant or nursing women should not fast. All other fast-related questions should be directed to Rabbi Zakon.

**SAVE THE DATE!**

- ☑ **Partners in Torah | Monday, December 17**
- ☑ **Fast of the Tenth of Teves | Tuesday, December 18**
- ☑ **Melava Malka Series for Women | Dates TBA**
- ☑ **Crash Course in Hebrew Reading | Begins January 7th**
- ☑ **New York Trip for Women | Weekend of February 28th-March 3rd (Contact Mrs. Zakon for more information)**



PARTNERS  
IN  
**TORAH**

DECEMBER 17  
8:30 PM

**CONNECT. ENJOY. DISCOVER.**



FOOD



DRINKS



TORAH



FRIENDS

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**REGISTER TODAY FOR THIS FREE PROGRAM**

**[NZAKON@DATAOFPLANO.ORG](mailto:NZAKON@DATAOFPLANO.ORG)**

**[WWW.DATAOFPLANO.ORG](http://WWW.DATAOFPLANO.ORG)**

Sponsorship opportunities available





# CRASH COURSE IN HEBREW READING

Learn Hebrew in just over a month.

**MONDAY EVENINGS**  
**BEGINNING JANUARY 7TH | 7:30-8:30 PM**  
**3251 INDEPENDENCE PARKWAY, PLANO**

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This course is free for qualified registrants. For more information or to register, email [enissel@dataofplano.org](mailto:enissel@dataofplano.org).





# WOMEN'S NEW YORK TRIP

FEBRUARY 28 - MARCH 3



Exquisite Restaurants



New York Shopping



Private Meetings with  
Jewish Womens' Leaders



Volunteering



Broadway Show



**COST:** \$500 per person (plus airfare). Includes accommodations, transportation and attractions.  
**For more information, contact [dzakon@dataofplano.org](mailto:dzakon@dataofplano.org)**

# KOL HANE'ARIM

Saturday night Torah study for boys with prizes, fun and monthly refreshments.



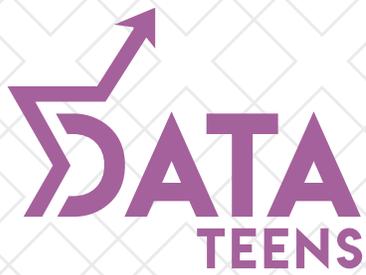
**Monthly refreshments**

**Learning for a half hour, followed by a weekly raffle for exciting prizes.**

**Participate 13 out of 17 weeks throughout the winter, and receive tickets to a sports game for every boy and a parent!**

**Weekly, one hour after Shabbos ends.**





*Connecting with Judaism and each other*

# TEEN CLUB

Monthly club meetings to discuss relevant teen topics with a Jewish twist and engage in meaningful projects with other Jewish teens.

## Co-Ed Programs

Holocaust Museum *January 13*

Israel Advocacy *March 31*

Feed my Starving Children *August 25*

## Girl Talk

Yoga and Dealing with Life's Stresses *February 3*

Krav Maga: Protecting Yourself Physically and Emotionally *March 24*

Mother-Daughter Communication Workshop *May 19*

Membership Fee: \$50

[www.dataofplano.org](http://www.dataofplano.org)

## Committee

HEATHER BEHR · VIRI FELDMAN · JULIE GOTHARD · YANA MINTZKOVSKY · LILY ROUSSO · CORRIE SHORES · DEVORAH ZAKON





DATA Teens

# Holocaust Tour

AT THE DALLAS  
HOLOCAUST MUSEUM  
**2PM TO 4PM**

**SUNDAY**  
**JAN 13, 2019**

RSVP REQUIRED: [OFFICE@DATAOFPLANO.ORG](mailto:OFFICE@DATAOFPLANO.ORG)

Join Jewish Dallas-area teens ages 13-15 on a private tour of the museum, including the current exhibit "Let Me Be Myself: The Life Story of Anne Frank". Afterward, experience a meeting with a holocaust survivor and hear his story.

