

## IMPORTANT UPCOMING DATES:

- **THIS SHABBOS:** Oneg with the ActiviTeam at Mrs. Meth's House, 1162 Mesa Cliff, 9-10 PM
- **Monday-Thursday, January 27-30:** Midterm Exams
- **Friday-Monday, January 31-February 3:** Midterm Break
- **Tuesday, February 4:** Second Semester Begins 8:00 start

## MAZAL TOVS:

- Mazal Tov to Ahrele and Ora (Fischer, '19) Leiman on the birth of a daughter. Mazal Tov to Shayna Fischer, 10th grade, on her new niece.

### ALL THE HOSTAGES

# 469

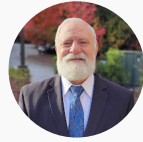
ARE IN OUR HEARTS &  
TEFILOS.

PLEASE CONSIDER SAYING PEREK  
140 OF TEHILLIM AS A ZECHUS  
FOR OUR BROTHERS & SISTERS.

## SUPPORT TEMIMA: DAY OF LEARNING

Sponsoring a Temima Day of Learning gives you the opportunity to support Temima and honor or commemorate your loved ones.

See our website for more details.



## From the Desk of Rabbi Avraham Shapiro

This week on Shabbos we begin to read the book of Shemos (Exodus). The Ramban refers to this book of the Torah as ספר הגאולה, "The Book of the Redemption". He points out that redemption was not realized when

Am Yisrael left Mitzrayim. True salvation came only when B'nai Yisrael received the Torah at Har Sinai. At that moment, our nation was considered redeemed because through accepting and observing the Torah, Am Yisrael was able to reach a spiritual level similar to that of the Avos and Imahos.

In other words, true freedom is not simply removing the shackles of an oppressor, but rather a quest to realize and actualize one's full spiritual potential.

HaRav Moshe Shapira, זצ"ל, taught that if you study all the aspects of the Exodus from Egypt you will discover a connection to the Rambam's "Thirteen Principles of Faith". (See the book "Looking into the Sun" by Rabbi Menachem Nissel.)

The Sefer HaChinuch points out that the reason that we mention our leaving Egypt so frequently in our davening and so often when we perform Mitzvos is because it is the foundation of our covenant and connection with Hashem.

The Chassidic Masters explain that the words יציאת מצרים also refer to a spiritual journey. The word מצרים, which refers to the country Egypt, can also be vocalized, "Maytzarim" which means those things that keep one imprisoned. So the phrase יציאת מצרים on a deeper level implies the process of leaving and rejecting the parts of one's life that keep one captive to the nonproductive facets of oneself or of one's surroundings.

So, as we begin to reread Sefer Shemos once again, it behooves each of us to remember that each Parsha is not only the story of the historical events that transformed us into HaShem's nation. Rather, it is a guide to help us discover and internalize the foundational principles of our faith - from belief in HaShem to the yearning for Mashiach. Additionally, recounting the Exodus will hopefully inspire us to look inward and motivate us to do some soul-searching and try to free ourselves from the aspects of our daily lives that prevent us from being all that we can be.

Today, when we talk about attaining true freedom we cannot help but think of our brothers and sisters who are being held captive by our evil enemies. The hostages are in dire need of 'simple' physical freedom. Even as we hear news reports of an impending deal to free them we fear for their safety and long for their return to their families and loved ones.

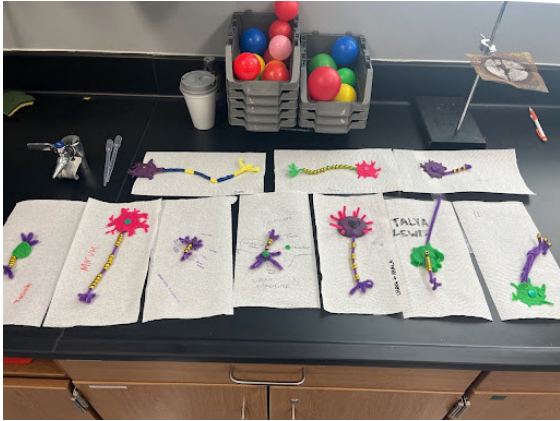
It is our fervent prayer that Hashem redeem each and every one of the hostages just as He redeemed our nation from bondage in Egypt. במהרה בימינו!

Good Shabbos to All!

Rabbi Avraham Shapiro

## This Week at a Glance:

### SENIORS IN HEALTH CLASS



The 12th-grade students created their own neurons and learned about the incredible power of our nervous system!

### SEMINARY INTERVIEWS



This week, many seniors will be having their seminary interviews in the tri-state area. We wish them much Hatzlacha!

### 8TH GRADE INTERVIEWS!



8th grade interviews are underway! It has been so nice getting to meet so many new faces and welcome new and old families back to Temima!

### ONEG TONIGHT!

עונג שבת קדש  
Schoolwide monthly Friday night onegs with the activiteam!

**THIS SHABBOS!**  
JANUARY 17  
פרשת שמות  
with  
*Mrs. Elana Meth*  
9:00-10:00 PM  
1162 Mesa Cliff

NOVEMBER 8  
פרשת כי תבוא  
with  
*Mrs. Schuck*  
8:00-10:00 PM  
500 Baltimore Drive

DECEMBER 6  
פרשת ויקרא  
with  
*Mrs. Ribakow*  
9:00-10:00 PM  
725 Scramble Road

Fun, nosh, shmooze, game,  
& spend time together!

Girls should not walk alone at night!  
If you have trouble finding a walking group or escort, please contact your oneg hostess.

Mrs. Schuck: 404-375-0014, sschuck@temima.org | Mrs. Ribakow: 404-205-0452, nrribakow@temima.org  
Mrs. Elana Meth: 770-615-9390, elanameth@temima.org

The ActiviTeam looks forward to spending time with everyone at the Oneg at the Meths tonight!

## GOOD SHABBOS!