And he dreamed, and behold! a ladder set up on the ground and its top reached to heaven; and behold, angels of God were ascending and descending upon it. (Genesis 28:12)

The Chafetz Chaim, citing many commentators, expresses the idea that the ladder Yaakov saw in his dream symbolizes the situation of every person in this world. There are two actions a person performs on a ladder. Either he goes from the bottom to the top, or else he goes from top to bottom. Each day in a person's life he faces new challenges. If he has the will power and self-discipline to overcome those challenges, he goes up in his spiritual level. If, however, a person fails to exercise the necessary self-control, he lowers himself. This is our daily task, to climb higher every day.

There is no standing in one place. When challenges arise, you will both behave in an elevated manner and grow from the experience or you will fall. Let's learn to appreciate the daily challenges of life that face us. Every difficulty is a means of elevating ourselves. Every time one overcomes a negative impulse he grows as a person. Additionally, just as a person climbing a ladder feels his progress with each step, so too with daily victories over our negative emotions we will feel we are accomplishing something.

Continued on page 2

From the Rabbi

• Rabbi Kalatsky will give his Hilchos Shabbos class at 8:35 AM
• Rabbi Goldberger will give a Parsha shiur Friday night in his home at 8:30 PM
• Mazel Tov to Eli Jaffa on his aufruf in honor of his upcoming marriage to Mirell Lefkowitz! Mazel tov to Noam & Laurie Jaffa! May the zivug be oleh be'shaah tova u'mootzachas!
• Shalosh Suedos is jointly sponsored today by Melvin Graf for the Yahrtzeit of his father Saul Graf (Sholomo ben Wolf) & and Aaron Graf in memory of his mother, Jill Sigman (Shulameit bas Avraham) who just recently passed.
• "Jewish Meditation for Women" Sunday, December 8, 7-8 pm at 3013 Monterey Ave. Do you ever find yourself wrestling with your own thoughts? Does your mind like to wander when you need it to focus? Do random thoughts pop into your mind and interfere with your davening? If these questions sound interesting to you, we would like to invite you for a conversation about mindfulness and authentic Jewish meditation tradition. Presented by Elena Khalitov and Tamar-Rus Stein. FFI call 952-926-5528 or email ekhalitov@gmail.com

"Ignorance is swiftly contagious."
Continued from page 1

and it will give us the motivation to continue.

Rabbi Yisrael Salanter used to say that a person is like a bird. A bird has the ability to fly very high, but it must continually move its wings. If a bird stops flapping its wings, it will fall. People are the same way.

Next time you see a bird flying, let it serve as a reminder to flap your spiritual wings and soar!

Have an uplifting Shabbos

Rabbi Kalatsky
## Zmanim

### December 6 - 13

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<tr>
<th>November</th>
<th>Friday Shabbos</th>
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<th>Sunday</th>
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<th>Friday erev Shabbos</th>
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<th>Candle lighting</th>
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### Zmanim December 6 - 13

- **Shachris:**
  - Friday: 6:30 AM
  - Shabbos: 8:45 AM
  - Sunday: 8:00 AM
  - Monday - Thursday: 6:30 AM
- **Mincha:**
  - Friday: 4:15 PM
  - Shabbos: 4:00 PM
  - Sunday: 4:15 PM
  - Monday - Thursday: 4:15 PM
- **Candle lighting:**
  - Friday: 4:14 PM
  - Shabbos: 
  - Sunday: 
  - Monday - Thursday: 4:14 PM
- **Havdalah:**
  - 5:22 PM

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The Kenesseth Israel Bulletin is sponsored by Melvin & Miriam Graf

Kenesseth Israel Congregation  
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www.kenessethisrael.org

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Rabbi Mordechai Kalatsky  
Chaim Goldberger, Rabbi Emeritus  
Jerome Herzog, Rabbi Emeritus
Chanukah Illumination

Friday, December 27, 2019
Parashat Miketz
Carlebach Kollel Shabbos
Friday Night Dinner
Non Members: Adult $20 | Child $18
Members: Adult $18 | Child $15
Babysitting available throughout the program

TO TAKE PLACE AT
KOLLEL
Conference Room

KOLLEL
The Hutton House
10718 South Shore Drive
Medicine Lake, MN 55441

SUNDAY
12.15.19
6:00 PM
Auction & Buffet
6:00 PM
Raffle & Drawings

SHA'ARIM
ChinesE AuCTION

SHAARIM
YESTERVA TO LEADINg
Educating Jewish Children
and Adults with Special Needs

PREPAID TICKET PACKAGES DEADLINE: 12.9.19

COMES TO BE ORIGIN FROM A CHANUKAH
REFRESHMENTS WILL BE SERVED!

FRIDAY NIGHT KOLLEL
WEEK 5
BEFORE 6:30 PM THE KOLLEL
NOW RAV 392
HOL 5779

STAFF...