



Stellar Education for Every Jewish Child

# ואהבת... ואהבת

Jan. 4, 2019 27 Tevet, 5779

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### Candle Lighting

Friday, Jan. 4  
4:46 p.m.

Saturday, Jan. 5  
Shabbat ends  
5:50 p.m.

### Dates to Remember

**Saturday, Jan. 5**  
PCL Program  
6:45 p.m.

**Monday, Jan. 7**  
RTA Home Opener  
Vs. St. Bridget's  
6:00 p.m. @ WJCC

**Tuesday, Jan. 8**  
RTA Spelling Bee  
9:15 a.m.

What's Cooking?!  
3:45 - 5:00 p.m.

**Thursday, Jan. 10**  
JCFR Presentation (gr. 7/8)  
1:30 p.m.

Computer Coding  
3:40 - 5:00 p.m.

Soccer  
3:40 - 5:00 p.m.

## RTA Classroom Fun

Our students, returning from their winter break, were happy to be back with their friends and teachers.

Thank you to Mrs. Adrienne Epstein for capturing these moments.



(more photos on page 3. . .)

**Don't miss the RTA Blue-Lions Home Opener  
this Monday, 6:00 pm, at the JCC!**



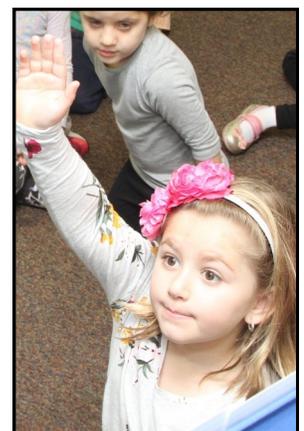
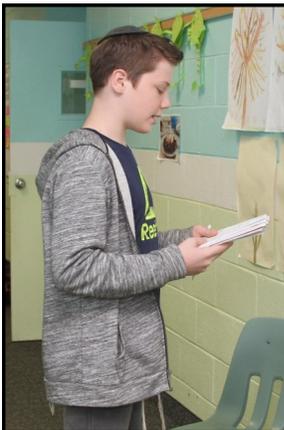
## RTA IRON BLUE LIONS - 2019 SCHEDULE

Date	Tip-off	Team	Location	Notes
1/7/19	6:00	St. Bridget's 1	5403 Monument Ave. Richmond, VA 23226	5:30 in gym
1/14/19	6:00	Good Shepherd	5403 Monument Ave. Richmond, VA 23226	5:30 in gym
1/16/19	7:00	University of Richmond	Robins Center 365 College Rd. Richmond, VA 23173	Email Coach Avi if player attending!
1/21/19	6:00	Waldorf	5403 Monument Ave. Richmond, VA 23226	5:30 in gym
1/24/19	4:00	At Waldorf (AWAY)	1301 Robin Hood Rd. Richmond, VA 23227	3:30 dismissal - carpool (Coach Avi)
1/28/19	6:00	Toras Chaim of Norfolk	5403 Monument Ave. Richmond, VA 23226	5:30 in gym
2/4/19	6:00	Montessori	5403 Monument Ave. Richmond, VA 23226	5:30 in gym
2/6/19	TBA	Ohr Chadash Academy	7310 Park Hgts Ave. Baltimore, MD 21208	Coach Avi to email families details
2/11/19	6:00	St. Bridget's 2	5403 Monument Ave. Richmond, VA 23226	5:30 in gym
2/18/19	6:00	Dads Game	5403 Monument Ave. Richmond, VA 23226	5:30 in gym, Senior Night



### RTA Classroom Fun

(...continued from front page)



RTA AFTER SCHOOL ACTIVITIES  
2018-19 WINTER SESSION

**COMPUTER CODING (Session II)**

Instructor: Mr. Avi Chandler

Students continue learning to create their own video games, animations, and digital art using the MIT developed language, Scratch. They'll use creativity, learn programming concepts, and develop problem solving skills in this fun class.

**3rd grade and up**

**Thursdays 3:40-5:00; January 10 - March 14**

**Cost - \$80 for 10 weeks**

**WHAT'S COOKING?!**

Instructor: Mrs. Rivka Bart

Enjoy not only the delicious tastes of all kinds of sweets and treats, but also experience how much fun goes into making these delights. In other words - Have your cake (or pasta) and eat it too!

**1st-4th grade**

**Tuesdays 3:45-5:00; January 8 - February 26**

**Cost - \$70 for 8 weeks**

***Maximum Registration: 12***

**SOCCER (Session II)**

Instructor: Mr. Haseem Copeland

This program is perfect both for beginners and those who have some experience, and open to students who were not in the first session. Participants will have a ton of fun as they also get lots of exercise and learn the fundamentals of this great game.

**K-4th grade**

**Thursdays 3:40-5:00; January 10 - March 14**

**Cost - \$80 for 10 weeks**

*In addition to the after school activities, RTA offers supplemental childcare on Monday-Thursday under the direction of Mrs. Sarah Chandler. This year after-care is available until 5:30 pm. Cost for after-care is \$15 per day, with discounts available for long-term sign-up as well as multiple child discounts. Please contact Mrs. Robin Odom at [mrsodom@rudlin.com](mailto:mrsodom@rudlin.com) to register for after-care or for more information.*

## Parsha Points

Each week we feature an article on the weekly Torah portion.

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### Va'eira (Exodus 6:2-9:35)

G-d told Moses that the time had now come for the redemption of the Jewish people from slavery in Egypt. When Moses approached Pharaoh asking for the Jews' freedom, Pharaoh flatly refused. God then sent a number of plagues onto the Egyptians so Pharaoh would know that God really meant business and wanted the Jews to be freed. It was when the Egyptians were experiencing the pain of the plagues that Pharaoh then promised to let the Jewish people go only if the plagues would stop.

But when God stopped the plagues - and the pain associated with them ended:

*Pharaoh saw that there had been a relief... He did not heed them....* (Exodus 8:11)

#### A LIFE LESSON

When someone does something that causes him to have an unpleasant or painful experience, he almost universally commits never to repeat the unhealthy behavior ever again. How often have you gotten nauseous after consuming too much food or drink and declared never to do it again? Or went to sleep much too late only to be exhausted and irritable the next day, and then committed to yourself to now always be in bed before 11:00 o'clock?

But like most everyone else, after a few days pass and the discomfort has faded into a memory, you'll then easily repeat the identical negative behavior once again. This is because when the pain of a situation is no longer present and you saw there had been a relief, you person will simply lose your once crystal clear clarity.

On a more serious scale, imagine someone God forbid has a heart attack and is rushed to the emergency room. While recovering in his hospital bed, he commits to himself immediately to change his ways and begin to eat better, start an exercise program, and work much less at the office. Sadly, these commitments are often short-lived because when the pain of the experience subsides, the old habits naturally and quickly return.

The fact is if you're in pain, it's not very hard to have clarity on the type of behavior you want to begin to have. Anyone can do that. What takes effort and goes against human nature is to still fight the urge to drift back to your old ways when you aren't in any physical discomfort.

A great way to accomplish this is: before you want to repeat a self-destructive behavior, stop and spend a moment to mentally recall the aftermath of the past event. It's very important actually to take yourself through the whole experience and "bring it back to life." This will make it real to you all over again.

Although there will always be a part of you that will try to push this negative association away so you can engage in your old ways, the more you're able to focus on the negative consequence, it will dilute your anticipated pleasure. And just like lifting weights, the more you do this, the stronger and stronger your willpower will become, making the behavior easier to and easier to resist. So, reliving it in your mind today will allow you to have a happier and more meaningful life both today.....and tomorrow!

*Adapted with permission from the award winning website, [www.aish.com](http://www.aish.com).*

## YVA Basketball Schedule for 2018-2019

DATE	LOCATION	TIME	OPPONENT
1/7	Home	7pm	New Life
1/8	Away	7:30pm	Spirit
1/14	Home	7pm	Grove
1/15	Away	7pm	Guardian
1/21	Home	7pm	Salem
1/22	Away	7pm	New Bridge
2/4	Home	7pm	Lynnhaven
2/5	Away	7pm	James River
2/11	Home	7pm	James River
2/12	Away	7pm	Grace
2/14	Away	7pm	New Life
2/18	Home	7pm	Spirit
2/19	Away	7pm	Grove
2/21	Away	4:30pm	Salem

***CCAC Tournament starts Monday, February 25th***