



TOWARDS MEANINGFUL PARENTING

REBBETZIN ZEMIRA OZAROWSKI
DIRECTOR OF OU ISRAEL WOMEN'S DIVISION

Sanctifying Our Time: Parenting Lessons from Parshat Bo

In Parshat Bo, we learn that the very first mitzvah given to Bnei Yisrael as a nation was “הַחְדֵשׁ הַזֶּה לְכֶם רَאשׁ חֶדֶשׁ” — the commandment of Rosh Chodesh. **Rashi** explains that Hashem showed Moshe the moon in its renewal and said, “*When it looks like this, you shall declare the new month.*” This moment

marked the first time the Jewish people were given control over their own calendar — and, symbolically, over their own time.

Rav Soloveitchik (Reflections of the Rav p.201-202) points out that it is no coincidence that this was the very first mitzvah given to the newly freed nation. He writes as follows -

“Time-awareness is the singular faculty of the free man, who can use it or abuse it. To a slave, it is a curse or a matter of indifference. It is not an instrument which he can harness to his purposes. The free man wants time to move slowly because, presumably, it is being employed for his purposes”.

A slave's days are not his own — every hour is dictated by someone else. But a free person can choose how to spend his time, and with that comes responsibility: to use time well and to ensure that his days have meaning.

As parents, we often experience this tension. We sometimes feel like our time isn't our own — swallowed by endless cycles of meals, laundry, carpools, and bedtime routines. Yet, in truth, *this* is our sacred opportunity to sanctify time. Every interaction, every bedtime story, every small act of patience or love is a chance to elevate the hours of our day.

Hillel's timeless words in **Pirkei Avot**



INTEGRITY
REAL ESTATE
FINE JERUSALEM HOMES



GARDEN COTTAGE FOR SALE IN KATAMON
RENOVATED GARDEN DUPLEX, 122 SQM, 4.5 BDRMS, 3 BATHS, PRIVATE GARDEN, PARKING, ELEVATOR, MAMAD, ASKING PRICE: NIS 7,870,000



4-ROOM APT FOR SALE IN OLD KATAMON
3 BDRM APT ON HAGDUD HAIVRI/PALMACH ST, 2.5 BATHS, 2ND FL., LARGE COMMON ROOF FOR SUKKAH, VIEW OVER SOUTH JERUSALEM ASKING PRICE: NIS 3,900,000



SPACIOUS 2 BDRM APT IN ARNONA
RENOVATED 97 SQM, HUGE KITCHEN AND SALON, VIEW TO JORDAN, SHABBAT ELEVATOR, MAMAD, PARKING, MAHAN, ASKING PRICE: NIS 4,400,000



2-RMS IN NEW BUILDING ON AGRIPAS ST
61 SQM, MODERN, SHABBAT ELEVATOR, BALCONY, A/C, UNDERFLOOR HEATING, SAFE ROOM, CLOSE TO LIGHT RAIL, ASKING PRICE: NIS 3,100,000



4-ROOM APT IN KATAMONIM
74 SQM, GOOD CONDITION, 1ST FL, ON THE PARK, FUTURE POTENTIAL FOR URBAN RENEWAL, GREAT INVESTMENT! ASKING PRICE: NIS 2,525,000



ILANA NELSON 054.5341403
www.integrityrealestate.co.il

come to mind: “אם אין אני לי, מי לי? וכשאני: “לעצמי, מה אני? ואם לא עכשי, אימת? The balance between caring for others and caring for ourselves is one that every parent feels deeply. *“If I am not for myself, who will be for me?”* reminds us that we must also nurture our own growth — to learn, to rest, to reconnect to Hashem and to ourselves. But the final phrase — *“If not now, when?”* — brings us back to the urgency of the present moment. These years of parenting, though often exhausting, are precious and fleeting.

If one calculates it, there are roughly 940 Shabbatot between a child's birth and the day he leaves home. It sounds like a lot — until we realize how quickly those weeks pass and how little time we have to spend with our children during the week. Each Shabbat, each bedtime, each car ride becomes a chance to invest in our children's hearts and neshamot.

Rosh Chodesh teaches us that time is not just something to get through; it is something to sanctify. Just as the moon renews itself each month, we too can renew our commitment — to our children, to ourselves, and to using our time with intention. ■

Pinchus Klahr, MD
Rheumatology
US Board Certified / Misrad HaBrut recognized specialist
in all Arthritis conditions Joint and Muscle Pain
Conscientious “American style” Care
Conveniently located at
Refa Na Medical Center, Givat Shaul, Jerusalem
052-713-2224

Now also seeing patients at the
LaBrut Health Center in RBS **02-970-1100**

רפואה שלמה
הדסה בת חיה



ISRAEL'S PROPERTY AND
COMMUNITY MATCHMAKER

LET YOUR JOURNEY
HOME BEGIN WITH US

Looking for an affordable
community in Israel?

LET'S TALK ABOUT
NERIYA & KARNEI SHOMRON



Scan to sign up
Sunday, January 25th

Israel 8:00 PM | South Africa 8:00 PM
UK 6:00 PM | New York 1:00 PM | LA 10:00 AM

Join our Zoom call to hear about life in
Neriya and Karnei Shomron.

Hear directly from residents, explore
the community and learn about presale
opportunities offering smart, affordable
living and investment options in Israel.

In partnership with Harey Zahav,
specialists in real estate development
throughout Judea and Samaria.



+972-54-441-5704

KimBashRealEstate.com

