



Congregation Spanish & Portuguese

שארית ישראל

בראשית

Parashat Vayetzei

פרשת ויצא



FEELING HAPPY

A man once came to see a rabbi for some professional advice. "Rabbi, I am unhappy with myself," he complained. "No matter how hard I try, I can't seem to stay on top of my game." Well now, exclaimed the Rabbi, what seems to be the problem? The man began to enumerate all the wrongs he felt needed to be fixed for him to be happy in life. I must make such and such salary, I must be intellectually superior or at least at par with my peers. "When people look at me, I want them to say, what a great guy I am." If not, how can I be happy Rabbi? All that I have toiled for is in vain. "Is that it?" said the Rabbi, I have the perfect remedy for that. Tomorrow morning when you wake up, the first thing you do is to make your wife a coffee. Prepare your kids' lunch boxes. Then you call your dear mother and see how she is doing. When you get to the office, make sure you greet your coworkers politely and... OK, OK, I have heard enough, said the man. I am coming to you for advice about my issues, and you are talking to me about everyone else. Why are you tormenting me? Exactly my point, answered the Rabbi. When you stop focusing on yourself and start turning your attention to others, you will feel much happier.

I recently read an article where researchers try to explain who is considered a happy person? In this research, they claim that when people evaluate other peoples' happiness, they include more than just how someone is feeling. They may also factor in whether he or she is a good person. Across different studies,

participants needed to rate the happiness of a made-up character. In one study, two characters were described as both experiencing happy feelings; one did nice things (such as helping others), while the other did mean things (indifference towards others). Overall, participants felt that the nice person was significantly happier than the mean person. According to Fan Yang, a University of Chicago psychologist, although feelings do count towards perceptions of happiness the findings reveal that when we judge how happy someone is, altruism and being a good person are perceived as making happier people.

Judaism thrives on relationships, whether with G-d or other human beings, that calls to action. In the story of the Rabbi and the man that came to seek advice, the Rabbi suggested the man help his fellow friend. What he was saying is that, when we do good things, we are not only giving the impression or a perception that we are happier, but we also actually feel good about ourselves. When I am busy trying to understand what the people around me are lacking and how I can be of help to them, my worries seem to fade away. The actual act of goodness and kindness is a liberating feeling that makes me happy. Because by doing so, I am not only focused on my "problems" but rather, I am creating an environment that makes being happy a little easier. Dear friends, in the last months the Spanish and Portuguese community has put forth Tzedaka initiatives. I invite you, together with my task team, to be part of these acts of goodness and kindness. You never know you might just feel a bit happier.

Shabbat Shalom, Rabbi Maimon Pinto

Shabbat Shalom

Start/Début 3:56 pm.

End/Fin 5:03 pm.

Havdalah



Services Schedule

Horaire des Offices

Our Week Day Services

SERVICES SCHEDULE IS AS FOLLOWS:

SHAHRIIT: 7:30 a.m.

Everyday Monday through Friday

Sunday: 8:30 a.m.

Afternoon/Evening Services:

Minha/Arvit 3:25

Join on Zoom ID: 914-650-9809

SHABBAT SERVICES (RSVP)

MASHAAL SANCTUARY - 9:00 a.m.

Minha Friday & Shabbat 4:00



LEARNING WITH RABBI PINTO

Lundi 30 novembre

4:00 - 4:30 P.M.

PENSÉE JUIVE

Mardi 1 décembre

4:00 - 4:30 P.M.

DÉCOUVRIR LE SIDDOUR

Entre le jour et la nuit

Thursday, December 3

4:45 - 5:45 P.M.

In the Beginning

שבת שבת שבת

Monday through Thursday after Minha

S&P SOUP TALK

Join us for a warm soup & enriching conversation with Rabbi Pinto

שבת שבת שבת

Sunday December 13

10:30-11:30 A.M. ~ "Wrap & Roll"

With Rabbi Pinto & Hazzan Benlolo

שבת שבת שבת

Monday through Thursday

8:25AM. & 3:40PM.

RABBI'S DAILY THOUGHTS & HALAKHA



OUR SHABBAT KIDDUSH-IN-A-BOX IS CO-SPONSORED BY/EST CO-SPONSORISÉ PAR:

Joseph Layani, à la mémoire de sa mère, Berruria Esther Irène Layani bat Hayem & Mireille z'l, et de son grand-père, Hayem Hayoun ben Eliahou z'l.

UPCOMING EVENTS

TUESDAY, DECEMBER 1 - 7:00 - 8:30 P.M.

Sisterhood Health Series: "The Power of Calm"

Guest Speaker, Marina Mashaal - Zoom ID: 814 3901 3488 SUPERSIS

TUESDAY, DECEMBER 8 - 7:00 - 8:00 P.M.

Sisterhood Health Series: "Relations of the Body & Soul"

Guest Speaker, Rabbi Maimon Pinto - Zoom ID: 871 7147 6312 SUPERSIS

TUESDAY, DECEMBER 15 - 7:00 - 8:00 P.M.

Sisterhood Hanukkah Cocktail - Inspiration by Rachel Gabbay

Zoom ID: 869 7901 6997 SUPERSIS

TUESDAY, DECEMBER 22 - 7:00 - 8:00 P.M.

Sisterhood Health Series: "Connecting With Ourselves & Others: The Language of Emotions" Guest Speaker, Cheryl Gabbay

Zoom ID: 830 8070 2240 SUPERSIS

TUESDAY, DECEMBER 29 - 12:00 - 1:00 P.M.

Sisterhood Book Review "The Third Daughter" by Talia Carner

Reviewer: Wilma Mashal - Zoom ID: 885 7489 6038 SISBOOK

TUESDAY, JANUARY 19 - 7:00 - 8:00 P.M.

Sisterhood Health Series: "Healthy Mind for the Daily Grind"

Guest Speakers, Drs. Melanie Bilbul & Sheida Rabipour

Zoom ID: 889 7956 5802 SUPERSIS

Beit Hamidrash Helwani

פרנס-הכבוד Parnass Hakavod: Mayer & Muriel Sasson

PROGRAMME DU BEIT HAMIDRASH

שיעור יומי

PROGRAMME QUOTIDIEN - HOK LEISRAËL - DIM.-VEN. APRÈS SHAHRIT Rabbi M. Pinto - Zoom ID: 5264381158

PARNASS HAYOM פרנס היום

Monday/Lundi 14 Kislev - November 30 novembre

Famille Romano, à la mémoire de Stella Esther bat Rahel ז"ל.

Maxime & Sabine Denoun, à la mémoire de leur père, Fernand Yihia Raphael Bendenoun ז"ל.

Fouad Haron Mashaal, in memory of his sister, Eva Mashal ז"ל.

Tuesday/Mardi 15 Kislev - December 1 décembre

Ron Reuben, in memory of his grandmother, Salha Ephraim ז"ל.

Wednesday/Mercredi 16 Kislev - December 2 décembre

Charlotte Shashoua, in memory of her father, Yehouda Isaac ז"ל.

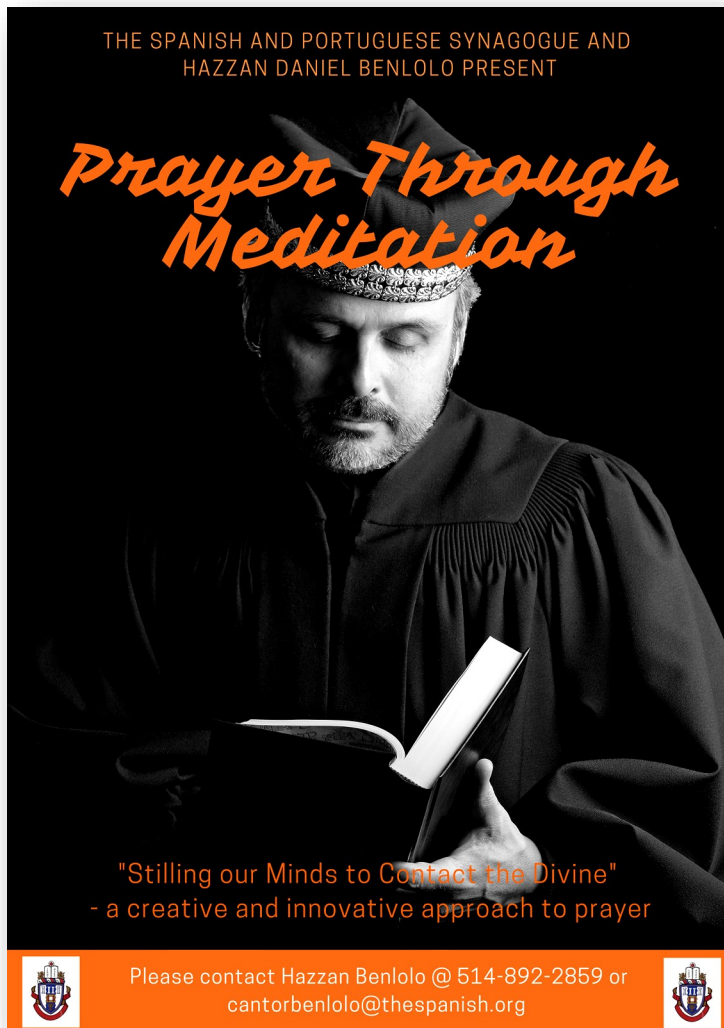
McHugh Family, in memory of husband & father, Michael McHugh ז"ל.

Thursday/Jendredi 17 Kislev - December 3 décembre

Saad Cohen, à la mémoire de son père, Selim Saad Cohen ז"ל.

THE SPANISH AND PORTUGUESE SYNAGOGUE AND
HAZZAN DANIEL BENLOLO PRESENT

*Prayer Through
Meditation*



"Stilling our Minds to Contact the Divine"
- a creative and innovative approach to prayer

Please contact Hazzan Benlolo @ 514-892-2859 or
cantorbenlolo@thespanish.org

Quote Of The Week

What you do wrong has more opportunity for growth than anything you do right.

— Rabbi Stephen Baars -Aish HaTorah

CHEVRA SHAAS
ADATH JESHURUN
HADRATH KODESH
SHEVET ACHIM
CHAVERIM KOL YISRAEL
D'BET ABRAHAM
CONGREGATION

SHABBOS, NOVEMBER 28th

FOR TIMES OF WEEKDAY SERVICES, PLEASE
FOLLOW WITH SPANISH & PORTUGUESE

WE HAVE MOVED THE STARTING TIME OF SHABBAT
MORNING SERVICES IN CS HALL TO 9:30 A.M.

WORDS FROM RABBI WHITE
VAYEITSEI 5781

All of us in Montreal have heard of the government's announcement that, in this year of the pandemic, we are allowed to host up to 10 people on the 24th, 25th, 26th, and 27th of December. There were Jewish people who were upset at the government: why couldn't the gov't have included at least one day of Hanukkah? (evening of Dec 10 through Dec 18). They feel that this shows insensitivity to our Jewish citizens!

I must respectfully disagree with those critics (there are certainly many areas to criticize the gov't, but not this one!) Personally, I am most pleased that Hanukkah was not included. Let's have a safe Hanukkah with our immediate families. For COVID is a powerful, hidden enemy. Why should we expose ourselves to danger? Let us have a quiet and safe Hanukkah this year, so that we could celebrate all the holidays with renewed vigour next year.

My source for this approach happens to be based on the end of last week's parasha, and the beginning of this week's. When we left Jacob last week, he had just received a 2nd blessing from his father Isaac: that the blessing of Abraham should be passed on to Jacob, so that he and his descendants should inherit the land of Canaan (later to be called Erets Yisrael, after Jacob's other name.)

Yet, immediately after that, Isaac sends Jacob out of the country! And Rebecca had told Jacob just a few verses earlier, that his life would be in danger if he were to stay in Canaan.

So that's how this week's parasha begins. Jacob sets out on his journey. But he prays to G-d that G-d should watch over him, and that he should be able to return in peace to his home and native land. He leaves temporarily, so that he and his descendants can return and settle permanently.

And that should be our attitude towards observing the regulations during the pandemic. Let's follow the rules about masks, social distancing, large gatherings, etc., so that the hardships of this year will result in renewed strength in future years.

Shabbat Shalom

Major Donors Program

The Spanish & Portuguese has recently begun a fundraising program whereby our goal is to raise \$1.5 Million over 3 years to help fund our activities, programs, and events.

We are pleased to announce the following congregants who have made very generous 3-year donations:

Edward & Gertrude Mashaal & Family

Sam & Ann Aintabi & Family

Philip & Dahlia Lawee & Family

Mayer & Roberta Lawee & Family

Alfred & Martha Lawee

Friends of the Congregation

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Rony & Anita Gabbay & Family

Mann Families

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Chazan Daniel & Muriel Benlolo & Family

Kamal & Sue Gabbay & Family

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Albert & Sandra Mashaal & Family

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Ovadia Shebath & Family

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Henri & Arlene Abitan & Family

David & Vivian Gabbay & Family

Manny & Denise Touaty & Family

SPANISH & PORTUGUESE ANNUAL GIVING CAMPAIGN

With deep gratitude, we acknowledge the following generous donors who are supporting the operations, activities, and welfare of our synagogue.

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SUPPORTER

Donald & Gladys Kattan

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Sam & Linda Fattal

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Maurice Douek

Robert Fattal

Rabbi Howard & Norma Joseph

Jim & Ruth Nabi

Before a Jew eats or drinks, he or she recites a blessing (called a berachah - בִּרְכָה), praising and thanking the Creator. Each category of foods has its own unique blessing text, based on the provenance of the food and its position in Jewish tradition. There is also an after blessing (called a berachah achronah - בִּרְכָה אַחֲרֹנָה) said after eating, tailor made for various kinds of food. "And you will eat and you will be satisfied," says the Torah, "and you will bless the L-rd your G-d for the good and expansive land, which He gave you."

There are also blessings (brachot) to be said upon seeing natural phenomena, smelling pleasant aromas, or even hearing good news. Saying blessings ensures that every meal is a sacred encounter, and every experience is an act of gratitude. In the following weeks we will learn and explore the various berachot that were transmitted to us by our sages.

Bread made from the five species of grains identified by our sages (wheat, barley, rye, spelt or oat) require the blessing "Hamotzi" (הַמוֹצִיא). To be

considered bread, the liquid ingredient must be primarily water and has to be baked. Dough that uses more oil or fruit juice than water (like pastries), or dough that is fried or cooked (like pasta) is not regarded as "bread."

In addition to the blessing made on food, bread has the special requirement that we ritually wash our hands before partaking of it. Fill a large cup with water and pour it three times over your right hand, then three times over the left. Lift your hands and rub them together, and as you do so recite the following blessing:

ברוך אתה יי א-ל-הינו מלך העולם אשר קדשנו במצותיו, וצונו על נטילת ידים
Baruch atah A-donay, Elo-heinu Melech Ha'Olam, asher kideshanu bemitzvotav vetzivanu al netilat yadayim.

Blessed are You L-rd our G-d, King of the universe, Who has sanctified us with his commandments and commanded us on the washing of the hands.

Shabbat Shalom, Rabbi Maimon Pinto



CONGREGATION ☆ MAGHEN ☆ ABRAHAM THOUGHTS FROM MAYER SASSON ~ A TIME TO BE SILENT

This week we read the parsha of Va'yatzay—"And Yaakov left from Be'er Sheva and went to Charan. [28:10]" In search of a wife, Yaakov headed to Charan to the house of his uncle Lavan.

At times, although one might feel the urge to speak out and defend one's interests, the proper course of action is to empathize or at least to remain silent. Our parsha shows the incredible power and long-term repercussions of such decisions.

Yaakov tended Lavan's flocks for 7 years in order to earn the hand of Rachel in marriage. At the marriage, Lavan deviously substituted Leah for Rachel. Yaakov had been suspicious that Lavan might make such an attempt and had given Rachel signs as a way of verifying that she would in fact be the bride. Rachel, however, did not want to humiliate her sister and gave those signs to Leah.

The next morning, when the deception had become apparent, Yaakov complained to Lavan. Lavan glibly turned it back on Yaakov explaining that maybe where Yaakov comes from they do such things but in his town the younger daughter is never given away before the older. Lavan proposed that at the end of the seven days of post-wedding celebration, Rachel would be given to Yaakov as a second wife in exchange for Yaakov tending his flocks an additional 7 years. This was agreed to and Yaakov married both Leah and Rachel.

Leah was the first to bear children and she gave birth to the first four tribes of Yisroel: Reuven, Shimon, Levi and Yehuda.

At that point, Rachel turned to Yaakov and said: "Give me sons, if not, I am (like) dead." Yaakov became angry with Rachel and said: "Hatachas Elokim anochi {Am I in G-d's place} who has withheld from you the fruit of the womb? [30:1-2]"

From you but not from me—I already have children. [Rashi] The Medrash [Rabbah 71:7] explains that Hashem took Yaakov to task for responding angrily to Rachel as opposed to empathizing with the pain that she was feeling. "Is that the way that you respond to the pleas of those who are suffering?" The Medrash goes on to explain the long-term repercussion of Yaakov's speaking when he should have empathized or at least remained silent: Your sons (from other wives) will stand before her son (Yosef) and beg from him when he'll be in a position of majesty and they in a state of suffering.

The brothers nervously approached Yosef after Yaakov's death begging for forgiveness, afraid that he might now punish them for selling him. Yosef responded to them using the same exact term that Yaakov had said to Rachel: "Hatachas Elokim anochi {Am I in G-d's place}?"

With Rachel, however, we find a very different response and result. "And Hashem remembered Rachel... and

opened here womb and she became pregnant and gave birth to a son. [30:22-23]"

Hashem's remembering always refers to a specific act that a person performed. In this case what act of Rachel did Hashem remember? Rashi writes that He remembered that she gave over the signs to Leah.

We must realize what an incredibly selfless act this was. By giving over the signs Rachel was forfeiting her chance to marry Yaakov and thereby claim her place in eternity as the matriarch of Bnei Yisroel (the Children of Israel). She had no way of knowing that Yaakov was going to marry her afterwards. Nevertheless, she was willing to sacrifice all of that on the altar of her sister's honor. She empathized with Leah and stayed silent the night of the wedding.

What were the long-term repercussions of this sacrifice? Rachel was sterile—unable to have any children. "Hashem remembered Rachel... and opened here womb!" He remembered her empathy for Leah and created fertility where no possibility for childbirth had existed before! It was her willingness to forfeit becoming a matriarch that enabled her to become a matriarch.

"For everything (turn, turn, turn) there is a season, and a time for every purpose under heaven. A time to be born, a time to die... A time to weep, a time to laugh... A time to be silent, a time to speak. [Koheles 3:1-7]"

Shabbat Shalom



Give a Hand is a Spanish & Portuguese initiative uniting people with acts of goodness & kindness...

COAT DRIVE

DROP OFF YOUR GENTLY USED WINTER COATS AND CLOTHING (AT 4894 ST. KEVIN AVE.)

SUNDAY, DECEMBER 6, 2020 FROM 10 A.M - 12 NOON OR MONDAY, DECEMBER 7, 2020 FROM 9 A.M. - 4 P.M.

INFO: PLS CONTACT SANDRA MASHAAL (514) 999-1413

DISTRIBUTION: RABBI PINTO AT RABBI@THESPANISH.ORG



KADDISH INITIATIVE

"A fundamental cornerstone of the Jewish tradition is our collective memory. Therefore, I call on Jewish communities around the world to join in this **global Shabbat of Remembrance**. By reciting the Mourner's Kaddish and an azkarah (memorial prayer) on the Shabbat of November 28, we will stand united in solidarity in honor of those we cannot physically pay our respect to." **Omer Yankelevitch, Minister of Diaspora Affairs for the State of Israel.**

This year we have organizations representing millions of Jews worldwide that have joined the Israeli government in adding the kaddish to their own November 30th annual celebrations of the exodus of Jews from Arab lands.

A website has been created and we encourage everyone to **visit, register and download the prayer** <https://www.kaddishinitiative.com>

If people want to know more, there are also these two links which are now live:

<https://www.jns.org/opinion/the-kaddish-initiative-for-global-jewish-unity-and-solidarity/> - David Dangoor - JNS "The Sephardi Perspective"

<https://blogs.timesofisrael.com/mass-prayer-planned-for-jews-buried-in-arab-countries/> - Lyn Julius - Jewish News - The Blogs