

Congregation Spanish & Portuguese



Parashat Noah

ישת נ



PARASHAT NOAH 5781 - 2020

Last week, my wife and I had a visitor. He was loud and rowdy, making inapprounpleasant way.

While I was trying not to judge, my impression of this individual was far from good. In the back of my mind, I was disapproving. Why does he talk so ostentatiously? Does he need to act so boldly? Doesn't he realize that his comments are so inappropriate? His dressing attire is so clumsy and dirty! I went on and on, jumping judging or criticizing: and seeking my own conclusions.

It was not until several days later that my wife learned something about him. "Did you know that he has a special-need's child who is severely disabled that he cares for?" he asked me. Of course, I had no idea.

I then understood that his "boisterous" manner was his way of coping with his challenge. His jokes and his comments were his way of staying above the pain that was his reality by keeping a positive and joyous mindset.

Suddenly, my perspective was turned on its head. This man was not the one who needed judging-it was me, for judging him!

In this week's Torah portion, we read about the tower, which was built in Babel to rebel against Gld.

Gld descended to see the city and the tower, which the sons of man had built.

Rabbi Shlomo Yitzchaki (Rashi) explains: Obviously, Gld

did not need to "come down" in order to see their crime: but He wished to teach all future judges not to judge a defendant until they see [the case] and understand it.

priate jokes. His presence was felt in an There comes a time in our lives when we need to intervene and share our negative feedback. But before doing so, we need to "come down" from our condescending positions to see the individual's reality. We also need to acknowledge that, rarely, can we fully understand the other person's circumstances.

Here are some questions we can ask ourselves before

- What am I trying to accomplish with my words?
- Am I having a bad day, and is this my way of getting it off my chest? Should I revisit this issue once I am feeling more positive?
- Do I want something specific changed or improved? Will my words accomplish that, or will they simply alienate?
- Do I understand and feel empathetic for what this person is going through? Am I talking down to or relating to his perspective?
- How can I strategize with this individual not only to focus on what is wrong, but to accentuate the results that we would like to see?

Our words and even our thoughts carry a tremendous amount of energy: if we have some forethought, let us make it positive.

Shabbat Shalom, Rabbi Maimon Pinto



Congregation **☆** Maghen **❖** Abraham

THOUGHTS FROM MAYER SASSON

flock and of the best thereof..." (4.4)

The nicest and the best

The Rambam learns from here that a person must overcome the temptation of his Evil Inclination and donate from the best possible - both in matters for Heaven and for the needs of the needy. The Rambam writes in the Laws of Prohibitions on the altar: "A person who wants to bring merits upon himself should overcome his Evil Inclination, expand his heart and bring his sacrifice from the nicest and best from that species that he brings.

"And Hevel he also brought from the firstlings of his It says in the Torah "And Hevel he also brought from the firstlings of his flock and of the best thereof and Gd turned unto... his offering." This applies to anything that is given for the sake of G-d - it should be from the nicest and the best. If he builds a synagogue, it should be nicer than his home. One he feeds a hungry person - should feed him from the best and sweetest on his table. One who clothes the unclothedshould cover him with his nicest garment. If he sanctifies something- he should sanctify from the best of his belongings, ... '

Shabbat Shalom

PREVENTIVE MEASURES FOR SAFE PLACES OF WORSHIP / MESURES DE PRÉVENTION POUR DES LIEUX DE CULTE SÉCURITAIRES

















Shabbat Shalom

Start/Début 5:36 pm. End/Fin 6:38 pm. Havdalah

Services Schedule

Horaire des Offices

Our Week Day Services SERVICES SCHEDULE IS AS FOLLOWS:

SHAHRIT: 7:30 a.m. **Everyday Monday through Friday**

Sunday: 8:30 a.m.

Afternoon/Evening Services:

Minha/Arvit 5:15

Join on Zoom ID: 914-650-9809

SHABBAT SERVICES (RSVP) Mashaal Sanctuary - 9:00a.m.

Cemetery

Following Sunday services, Rabbi & Cantor visit MOUNT-ROYAL CEMETERY to recite weekly hashcabot. Send names of loved ones to: rabbi@thespanish.org

LEARNING WITH RABBI PINTO

Sundays 9:30 a.m. **Siddur Study** Rediscovering the "Shema" **Monday through Thursday Mornings & Evenings** after Shahrit 8:25 after Minha/Arvit (check times) **DAILY THOUGHTS & HALAKHA**

Zoom Meeting ID 914-650-9809

Lessons From Noah's Ark

Don't miss the boat. Build on high ground. Two heads are better than one. If you can't fight or flee - float! For safety's sake, travel in pairs. Don't forget that we're all in the same boat. Don't listen to critics - do what has to be done. If you must start over, have a friend by your side. Plan ahead — It wasn't raining when Noah built the ark.

Take care of your animals as if they were the last ones on earth.

When things get really deep, don't complain-shovel! Remember the woodpeckers. An inside threat is often bigger than the one outside. Speed isn't always an advantage. The cheetahs were on board but ... so were the snails. Stay fit. When you're 600 years old, someone might ask you to do something REALLY big.

Aish HaTorah

Beit Hamidrash Helwani בית המדרש חלואני

ברנס 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

ורנס היום

Shabbat 6 Heshvan - October 24 octobre

Albert Mann, à la mémoire de son père, Haim Mann ז"ל.

Sunday/Dimanche 7 Heshvan - October 25 octobre

Famille Malka & Sequerra, à la mémoire de Maryse Miriam Malka bat Hanna זייל.

Bernard Atlan, à la mémoire de sa mère, Fortunee Atlan זייל.

Carolla Family, in memory of their mother, Jeanne Carolla''.

Monday/Lundi 8 Heshvan - October 26 octobre

Karkoukly Family, in memory of their father, Naim Karkoukly ז"ל.

Rachel Archibald, in memory of her sister, Nadia Haim י"ל.

Tuesday/Mardi 9 Heshvan - October 27 octobre

Karkoukly & Aintabi Families, in recognition of their support & generosity to BH & S&P.

Wednesday/Mercredi 10 Heshvan - October 28 octobre

Linda Aboody, in memory of her father, Joseph Rouben Aboody זייל.
Shahrabani Family, in memory of Gourji Shaoul Shahrabani.

Thursday/Jeudi 11 Heshvan - October 29 octobre

Claude Helwani, in honour of Rabbi Abittan, spiritual leader of Helwani BH.

Friday/Vendredi 12 Heshvan - October 30 octobre

Hasson & Gaiptman Families, à la mémoire de leur mère, Rachel Hasson זייל. Iny Family, in memory of their mother, Rosa Iny זייל.



MONTREAL S&P MUSIC HERITAGE AND PRESERVATION PROJECT

COLLECTING, RECORDING AND ARCHIVING THE MELODIES THAT CONTINUE TO SHAPE COMMUNITIES AND DEFINE CULTURES

TO LEARN HOW YOU CAN TAKE PART AND SUPPORT THIS HISTORICAL PROJECT

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CANTORBENLOLO@THESPANISH.ORG

Chazzan Daniel Benlolo &
Spanish & Portuguese Choir

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

SHABBOS, OCTOBER 24th

FOR TIMES OF <u>WEEKDAY</u> SERVICES, PLEASE FOLLOW WITH SPANISH & PORTUGUESE

WORDS FROM RABBI WHITE NOACH 5781

We read this week of the Tower of Babel. We are told that all the people spoke the same language and spoke unified ideas. safah 'ahat udevarim `ahadim. Sounds great. Reminds me of Dr. Zamenhoff's idea of a univeral language, Esperanto. [He invented it in 1873, hoping that it could lead to a world without wars!!!]

But the lesson we learn from the story is that it is not so good when everyone speaks and thinks the same. Sadly, this has become a most contemporary issue. I noticed the other day an essay by Bari Weiss, a very articulate young writer. In criticizing recent ultra-liberalism, she wrote "by simply existing as ourselves, Jews undermine the vision of a world without difference. And so the things that make us different must be demonized, so that they can be erased or destroyed: Zionism is refashioned as colonialism:.. Jewish businesses can be looted because Jews "are the face of capital." Jews are flattened into "white people," our living history obliterated, so that someone with a straight face can suggest that the Holocaust was merely "white on white crime." This is no longer a fringe view."

Weiss quoted a philosophy professor from Portland, [riots site this summer] who has noted: "This ideology is the dominant moral orthodoxy in our universities, and has seeped out and spread to every facet of American life—...a fearless and zealous minority who can smear them as racists if they dare disagree."

Important to note that Ms. Weiss does not identify as a "conservative," but rather as a "centrist," who tries to understand the whole picture.

My wish to you, in Esperanto, "bonan shabbaton, kaj restu sana." (Shabbat shalom and stay safe.)



שבת שלום



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:

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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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HALAKHA

THE LAWS OF SEUDA SHELISHIT

Question: Can one fulfill one's obligation to eat Seuda Shelishit (the 3rd Shabbat meal) by eating cakes and fruit?

Answer: The Gemara (Shabbat 118b) states: "One must eat three meals on Shabbat." This is derived from verses in the Torah regarding the Jewish nation's sojourn in the desert, they did not have actual bread and their sustenance was the Manna that fell from Heaven. The verse (Shemot 16) states that Moshe told them: "Eat it 'today', for it is a Shabbat 'today' for Hashem; 'today' you shall not find it in the field." From the fact that the verse uses the word "today" three times, our Sages derived that one must eat three meals on Shabbat. All three meals must be established on bread based on the words of the Rambam we have quoted in the previous Halacha that one must partake of bread even use things that are eaten together with during all three of the Shabbat meals.

partake of bread during all three meals, for our opinion that one must eat bread for Seuda

Sages derived the obligation to eat three meals Shelishit is the primary one unless one is overly on Shabbat from the verse regarding the Manna. full." which was the sustenance of the Jewish nation in the desert and which was, in fact, their bread. Nevertheless, Rabbeinu David Abudirhem writes that there is a distinction between Seuda Shelishit and the other meals in that one need not recite Kiddush before it and it is the conclusion of all of the Shabbat meals. Thus, one may fulfill one's obligation of Seuda Shelishit by eattypes of grain.

Maran Ha'Shulchan Aruch (Chapter 291, Section 5) rules, as follows: "One must partake of bread for Seuda Shelishit. Some say that one may even use pastries made from the five grains for Seuda Shelishit. Some say that one may bread, such as meat or fish. Some say that one According to Rambam and others, one must may even use fruits for Seuda Shelishit. The first

This is indeed the correct Halacha and preferably, one should partake of bread during Seuda Shelishit. This is especially true regarding Shabbatot during the summer months (when the day is long) when there is no real reason to abstain from eating bread during Seuda Shelishit, for several hours have passed since the Shabbat day meal. On the contrary, one should be wise ing cakes or other pastries made out of the five and not overeat during the day so that one will be able to partake of Seuda Shelishit in the most halachically preferable manner. Only if one is overly full and cannot eat bread during Seuda Shelishit may one fulfill Seuda Shelishit by eating a Kezayit of cake or other cooked foods made from the five grains. If one cannot eat cake, one should eat meat or fish. If cannot eat any of the above foods, one may even fulfill Seuda Shelishit by eating fruits.

YALKUT YOSEF Shabbat Shalom, Rabbi Maimon Pinto