



# Congregation Spanish & Portuguese

שָׁרֵיִת יִשְׂרָאֵל  
שְׁמוֹת

## Parashat Vayera

## פָּרָשַׁת וַיֵּרָא

Parasha Hertz: Page 232 ~ Haftarah Ezekiel Hertz: Page 244

### Parashat Vayera



Beyond the rights of the individual, the power of the individual constitutes, in today's thought, an inescapable ideal. When you have a real stake in an issue, then, through democratic processes, diplomacy, using the media to generate public interest and influence opinion, you can take action. In a way, everyone can change the world.

Spiritually, this is an ancestral Jewish idea. Over eight centuries ago, Maimonides wrote that each individual should see himself in a balance between good and evil and that the entire universe is in the same situation. This means, he continues, that the next step you take can change that balance for yourself and for the whole world. A good deed or a good thought, comment the sages, can tip the scales of reality for good and bring healing to the whole world.

So, this means that every individual is extremely important. Their perception of life can be a determining factor, not only for their personal well-being but for that of the world as a whole.

Our perception of life is also a central theme in our Parshah which relates to the plagues that G-d sent against Egypt.

What was the purpose of the plagues?

One of the answers to this question is that they were to force the Egyptians, and first and foremost Pharaoh,

to let the Jewish people go. They can also be seen as a punishment for the cruelty with which they acted towards their Jewish slaves. But if we carefully observe the text of the Torah, we see that it was not just about showing force or causing pain. The purpose was more subtle.

G-d explains that the purpose of miracles in Egypt was for "Egypt to know that I am G-d."

When Pharaoh first met Moses, who asked him for freedom for the Jews, he replied, "Who is this G-d whom I should listen to in freeing the Jews? I don't know G-d. So, this means that the purpose of the plagues was to get Pharaoh to recognize G-d. Only then would he allow the Jews to come out of Egypt.

Realistically this is not the ultimate goal of the plagues either. G-d gives another explanation to Moses. The plagues arose for the Jewish people to pass on to their children and grandchildren what happened and for them to "know that I am G-d."

The purpose of the plagues was to change our perception of life so that, across generations, we recognized G-d and the meaning of His teachings. For the Pharaoh of ancient Egypt, the plagues meant that he ended up obeying G-d and letting the Jewish people go. To us, they mean that we recognize the power of G-d in our lives and therefore take the right approach, which will bring good and healing to the world.

### Shabbat Shalom

## Shabbat Shalom

Start/Début 4:19 pm.

End/Fin 5:28 pm.

Havdalah



Services Schedule

Horaire des Offices

**Our Week Day Services**  
SERVICES SCHEDULE IS AS FOLLOWS:

**SHAHRIIT: 8:30 a.m.**

Everyday Monday through Friday

Sunday: 9:00 a.m.

Afternoon/Evening Services:

Minha/Arvit 4:00

Join on Zoom ID: 914-650-9809

**\*\*\*SHABBAT SERVICES IN\*\*\***  
**MASHAAL SANCTUARY will**  
**resume after Feb. 8 - \*StayTuned\***



**BEIT HAMIDRASH**  
**HELWANI with**  
**RABBI PINTO**

**ZOOM DVAR TORAH**  
**ID: 914 650 9809**

**9:25 A.M. HALAKHA**  
**4:15 P.M. MIDRASH**

**TALMUD - EIN YAKOV**  
**LUNDI & MARDI 4H30**

**PARASHA**  
**THURSDAY/JEUDI 4H30**  
\*\*\*\*\*

**All classes & services will**  
**be held regularly on**  
**Zoom - ID: 914-650-9809**

## HALAKHA הלכה WHAT IS COMPLEMENTARY & ALTERNATIVE MEDICINE? PART I

There are many healthcare approaches that are not typically part of conventional medical care as it is practiced in Western society. Over 30% of adults have used one of these approaches. In 1992, the National Institute of Health established a center devoted to studying these therapies, now known as the National Center for Complementary and Integrative Health (NCCIH). The NCCIH defines "complementary medicine" as therapies used together with conventional medicine, and "alternative medicine" as those used instead of conventional medicine. There are many different types of these "unconventional" therapies; such as, iridology, acupuncture, homeopathy, hydrotherapy, naturopathy, phototherapy, and reflexology.

There is a basic concept in Jewish thought that one is obligated to seek healing. Therefore, we must establish whether, according to Jewish law, one is allowed to seek one of these unconventional therapies in place of the more conventional therapies. Alternatively, do these therapies satisfy the requirement to seek heal-

ing? Are they legitimate therapies?

Determining what constitutes a legitimate therapy plays a central role and has bearing on our discussion of complementary and alternative medicine. Because even if one were to use these therapies as a complement to conventional therapy, there are still some potential issues in two areas of halakha.

Depending on the circumstances, the basic rule that prohibited things in halakha can be overridden for a sick person. The sicker the patient, the greater the ability to override prohibitions. If a patient is at death's door, one may override nearly every restriction in halakha in order to save him or her. This often comes into play with the laws of Shabbat and kosher. If obtaining a specific medicine is needed to save a patient's life, then one may override the laws of Shabbat and kosher. Clearly, this override will only apply if we have a reasonable expectation that this medicine might work.

The 2<sup>nd</sup> area of halakha is lesser-known and is based

on the verse "And in their statues, you shall not walk." G-d is telling Moses to convey to the Jewish people that upon entering the Land of Israel they should not emulate the practices of their pagan Emorite neighbors. Based on this, any activities that smack of quackery or superstition are forbidden under this commandment to not walk in the "ways of the Emorite" (darchei Emori, as this restriction, is colloquially known). This prohibition does not apply if the behavior in question has some medical benefit, as will be discussed further in this article. It is therefore important for halakha to define what constitutes a medical benefit.

To summarize, one must know what constitutes a legitimate therapy for purposes of overriding certain halachic prohibitions such as Shabbat and kosher, for lifting the darchei Emori ban, and more broadly to satisfy one's obligation to seek healing. Next week we will begin by analyzing some of the more classic halachic texts. *sminkomedicinehalakha*

*Shabbat Shalom, Rabbi Maimon Pinto*

# Beit Hamidrash Helwani

בית המדרש הלואני

פארנאס האבאד - 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 פארנאס היום

Shabbat 3 Shevat - January 16 janvier

Lydia, Vivian, Jack & Carmen & Families, in memory of their father, Naim Corin ז"ל.

Corin Grandchildren, in memory of Naim Corin ז"ל.

Liza, Sandra & Nicole, in memory of their mother, Claire Chitayat ז"ל.

Sunday/Dimanche 4 Shevat - January 17 janvier

Max Saad, à la mémoire de son père, Isaac Saad ז"ל.

Monday/Lundi 5 Shevat - January 18 janvier

Bella Betito & David Betito, à la mémoire de Yaacov ben Esther ז"ל.

Wilma Mashal, in memory of her daughter, Hillary Haviva Mashal ז"ל.

Ouri Ohayon, à la mémoire de Nadine Stanimorovic ז"ל.

Les enfant, petits-enfant et arrière-petits enfants Gozlan,

à la mémoire de Luna Gozlan (née Elkaim) ז"ל.

Wednesday/Mercredi 7 Shevat - January 20 janvier

Famille Shama, à la mémoire de leur mère, Renée (Alkallay) Shama ז"ל.

Thursday/Jendredi 8 Shevat - January 21 janvier

Jim, David & Selman Khazzam, in memory of their brother, Sass Khazzam ז"ל.

Sandra & Ronald Mashaal, in memory of her mother, Aniesse Alaghband ז"ל.

Friday/Vendredi 9 Shevat - January 22 janvier

Schachter Family, in memory of their mother, Miriam Schachter ז"ל.

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

**SHABBOS, JANUARY 16<sup>th</sup>**

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  
VA'EIRA 5781

As last week's parasha concluded, life was becoming very difficult for the Israelites. At the end of last week's parasha, their slavery has become unbearable. They were angry at Moses, whose initial efforts at speaking to Pharaoh were making life even more difficult. And Moses, in turn, is upset with HaShem: "why are You dealing badly with this people, and why did You send me?"

This week's parasha opens on a positive, encouraging note. Five verbs describe what Moses must tell the people what HaShem will do: 1) **I will bring you out** from under the burdens of Egypt; 2) **I will save you from** their bondage; 3) **I will redeem you**; 4) **I will take you** to be my nation; 5) **I will bring you** to the land (of Israel).

The late rabbi Pinchas Peli, an outstanding scholar and teacher, suggested that the reason there are 5 verbs is to stress that the salvation will not come all at once, but rather in stages. This is a good lesson for all times: we must learn to have patience. (Anyone who has been to Israel knows the importance of *savlanut*.)

\*\*\*\*\*  
The events of last week in Washington have caused many to think of the expression, "Nero fiddled while Rome burned." Although historians question the veracity of that particular expression, we are reminded of the words in Pirquei avot, that we must pray for the welfare of the government. As the prophet Jeremiah had said (chapter 29) "for with its peace, you will have peace." Considering the close connection between Canada and our neighbour to the south, we pray for peace and reconciliation.

Shabbat shalom and Hodesh tov!





TEN PATHS TO GOD  
UNIT 2

**תפילה**  
**PRAYER**  
*Speaking to God*

Based on the teachings of Rabbi Sacks

**THURSDAY, JANUARY 28, 2021 AT 7:00 PM**

How can prayer give your Life Meaning?  
How does praying make-belief "real"?  
How is it possible to connect to a God who is "beyond" this world?

**ZOOM ID: 846 5677 7165 / PASSWORD: 05819**



Quote Of The Week: You can live in the past...but there's no future in it. - Aish HaTorah

# 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:

Penina & Claude Helwani  
 Edward & Gertrude Mashaal & Family  
 Sam & Ann Aintabi & Family  
 Philip & Dahlia Lawee & Family  
 Mayer & Roberta Lawee & Family  
 Alfred & Martha Lawee  
 Friends of the Congregation  
 Morris & Gilda Abdulezer & Family  
 Rony & Anita Gabbay & Family  
 Mann Families  
 Yaghoub & Clifford Noonoo & Families  
 Chazzan Daniel & Muriel Benlolo & Family  
 Kamal & Sue Gabbay & Family  
 Mayer & Muriel Sasson & Family  
 Albert & Sandra Mashaal & Family  
 Frank & Rebecca Daniel & Family

Ovadia Shebath & Family  
 Carla & Philip Khazzam  
 Morris & Evette Mashaal & Family  
 Mike & Monika Yuval & Family  
 Jacob & Iris Haimovici & Family  
 Joshua & Anne Haimovici & Family  
 F.G. Shahrabani Family  
 Salim Mashaal & Family  
 Charles & Lucie Shemie & Family  
 David & Carole Nathaniel & Family  
 Ronald & Myriam Reuben & Family  
 Victor & Edna Mashaal & Family  
 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.

« » « » « » « » « » « » « » « » « » « » « » « » « »

### SUPPORTER

*Dr. Manuel Vasquez*  
*Dave Dadoun*  
*Donald & Gladys Kattan*  
*Charlie & Linda Balass & Family*  
*Sam & Linda Fattal*  
*Wilson & Mireille Fattal*  
*Ralph & Orly Dadoun*  
*Moussa & Nina Saaad*  
*Maurice J. Fattal*  
*Raphael & Rachel Lallouz*  
*Burt Saleh*  
*Drs. Sabah & Samia Bekhor*  
*Edmond & Suzanne Elbaz*  
*Albert & Valerie Tauby*  
*Emile & Rita Fattal*

### FRIEND

*Sam Abdou*  
*Renna Bassal*  
*Sami & Lydia Sourani*  
*Charles & Racheline Abadi*  
*Stanislav Pacenka*  
*Richard Saleh*  
*Jack & Gracy Corin*  
*Isaac Sadaka*  
*Paul Harari*  
*Gladys Matarasso*  
*Ferial Akairib*  
*Allan & Nina Daly*  
*André Rotchel*  
*Joseph & Niddam Amzallag*  
*David & Lyson Haccoun*  
*Gladys Mooallem*  
*Maurice Douek*  
*Robert Fattal*  
*Rabbi Howard & Norma Joseph*  
*Jim & Ruth Nabi*

## UPCOMING EVENTS

**TUESDAY, JANUARY 19, 2021 - 7:00 - 8:00 P.M.**

Sisterhood Health Series Healthy Mind for the Daily Grind  
Speakers: Dr. Melanie Bilbul & Dr. Sheida Rabipour

**WEDNESDAY, JANUARY 20 - 10:00 - 11:00 A.M.**

Sisterhood Health Series: Yoga Class with Lisa Shebath - Registration required.  
lissashebath@gmail.com OR sisterhood2020@hotmail.com

**TUESDAY, JANUARY 26, 2021 - 7:00 - 8:00 P.M.**

Sisterhood: Tu B'Shvat/Shabbat Shirah - Benefits of Music on Body, Mind...  
Guest Speaker Hazzan Daniel Benlolo

**WEDNESDAY, JANUARY 27 - 10:00 - 11:00 A.M.**

Sisterhood Health Series: Yoga Class with Lisa Shebath - Registration required.  
lissashebath@gmail.com OR sisterhood2020@hotmail.com

**WEDNESDAY, JANUARY 27, 2021 - 7:00 P.M.**

Tu B'Shvat Seder Program - with Rabbi Pinto & Hazzan Benlolo

**THURSDAY, JANUARY 28, 2021 - 7:00 P.M.**

A YEAR OF HONOURING RABBI SACKS ZT'L - THE TEN PATHS TO GOD (SERIES)

"PRAYER: SPEAKING TO GOD"- Cantor Rabbi Daniel Benlolo, Order of Canada; Cantor Eyal Bitton & Michèle Tredger, Cong. Neveh Shalom, Portland, OR.

**TUESDAY, FEBRUARY 2, 2021 - 7:00 - 8:00 P.M.**

Sisterhood Health Series Healthy Musings on Holistic Wellness  
Speaker: Denise Archambault Nathaniel  
Zoom ID 811 4151 0549 - SUPERSIS

**THURSDAY, FEBRUARY 4 - 12:00 P.M. - 1:00 P.M.**

BOOK REVIEW: "ALL THE LIGHT WE CANNOT SEE" BY ANTHONY DOERR  
REVIEWER: GIGI BITTON - Zoom ID 825 4433 1089 - SISBOOK

**TUESDAY, FEBRUARY 9, 2021 - 7:00 - 8:00 P.M.**

Sisterhood Health Series: How Physical Activity Maintains Neurological Health - Parkinson's, Alzheimer's and Beyond.  
Speaker: Dr. Ariel Levy - Zoom ID 827 0421 5278 - SUPERSIS

**FRIDAY, FEBRUARY 12, 2021**

Rosh Hodesh Adar I - Musical Experience - with Rabbi Pinto & Hazzan Benlolo

**SATURDAY, FEBRUARY 13, 2021**

Rosh Hodesh Adar II - Shabbaton - Rabbi Pinto & Hazzan Benlolo

**TUESDAY, FEBRUARY 16, 2021 - 7:00 - 8:00 P.M.**

Sisterhood Health Series: Dental Health - How to Keep Your Pearly Whites Smiling - Speaker: Dr. Lisa Kattan - Zoom ID 810 8536 3158 SUPERSIS



### CONGREGATION ☆ MAGHEN ☆ ABRAHAM THOUGHTS FROM MAYER SASSON ~ LOYAL SHEPHERD

"...see the Children of Israel have not hearkened unto me, how then shall Paroah hear me, who am of uncontrolled lips." (6, 12)

On the verse above Rashi writes "This is one of the *a fortioris* in the Torah (where one learns from a lighter issue about something more severe).

We know that the Interpreters wondered about Moshe's words for, seemingly, this *a fortiori* can be refuted. The Children of Israel did not listen to Moshe due to the difficult bondage as it says, "but they hearkened not unto Moshe out of impatience and out of cruel bondage". By Paroah this reason does not apply of "impatience and cruel bondage" and it was possible that Paroah would listen to Moshe.

The words of the holy Rabbi Yisrael of Ruzhin are well known concerning the Prophet Yona who did not want to go as an emissary of G-d to the city of Ninveh to arouse them to repent: The Prophet Yona said to himself: "I know that the Gentiles are close to repenting and they are afraid of a punishment. If I go on a mission of G-d they will immediately repent and G-d Who is very patient and full of kindness will forgive them and have mercy on them; thereby there will an accusation against the Nation of Israel, for many prophets had been sent to them and they have still not repented, and G-d forbid, G-d will be angry at the Nation of Israel.

Thus, Moshe Rabeinu, the Loyal Shepherd and Leader of Israel who always looked to speak only good on their behalf, upon seeing that the Chil-

dren of Israel did not hearken unto him "out of impatience and out of cruel bondage", was very frightened that when he would go to the wicked Paroah in a mission from G-d, Pharaoh would accept what he says and then – what an embarrassment- accusation would be aroused against Israel for they had not listened to Moshe.

This is what Moshe Rabeinu said, - See the Children of Israel have not hearkened unto me, and what will be if Pharaoh shall hear me – my lips will not have what to answer the accusation.

Therefore, G-d subsequently promised him, "I will harden Pharaoh's heart". Don't worry – Pharaoh will not listen to you and you don't have to worry about an accusation against My Nation.

**Shabbat Shalom**

### SISTERHOOD NEW LIFETIME MEMBERS

SHOLAMIT MOULAVI ~ JULIA PERESS ROSENFELD ~ LISA PERESS ~ SHANI SEBAG ~ GENE RABIE ~ WILMA MASHAL  
MICHELE SHEMIE ~ LISA JOY LAWEE ~ NATALIE LAWEE ~ GLENDA LISBONA ~ MARINA MASHAAL  
EVELYNE BARCHICHAT

### SISTERHOOD "SUPER TUESDAY" DONORS (S&P GENERAL DONATIONS FUND)

Linda Aboody	Susan Goel	Marina Mashaal	Connie Tambasco Oiknine	Angelle Shahrabani
Lisette Shashoua Ades	Joyce Isaac	Sylvia Mashal	Simha Peress	Rose Simon Schwartz
F. C. Babulot	Linda Ischayek	Wilma Mashal	Gene Rabie	Yael Shahin
Lily Bilbul	Sandra Koukou	Mariam Mintz	Yvonne Saleh	Vicky Shemie
Taff Chitayat	Grace Peress Lawee	Sholamit Moulavi	Clara Sayegh	
Lily Dangoor	Evette Mashaal	Ruth Nabi	Sylvia Shahin	



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

Due to **NEW** Quebec Government regulations regarding **Covid19**, we will not be able to have regular services at The synagogue until after Feb. 8. We hope to resume our minimal services after that date. *Stay tuned!*