



Congregation Spanish & Portuguese

שָׁרִית יִשְׂרָאֵל
שְׁמוֹת

Parashat Shemot

פָּרַשַׁת שְׁמוֹת

Parasha Hertz: Page 180 ~ Haftarah Kings Hertz: Page 191

ROSH HODESH SH'VAT ~ THURSDAY/JEUDI JANUARY 14 JANVIER הַחֹדֶשׁ הַזֶּה לְכָם



Parashat Shemot

At the beginning of this week's Parasha it states, "And these are the names of the children of Israel who came to Egypt". The Midrash points out that not adopting Egyptian names was one of the three merits for which the Jewish people were redeemed. They went out of Egypt with the same names they entered with. Our sages write that this verse reveals the secret of Jewish survival in all the difficult and dangerous exiles.

When a Jew finds him or herself in a modern-day Egypt - a place where daily life goes against our traditions - the first defense is that his children will know and remember who they are, and who their parents are. They must be imbued with the consciousness that they are the children of Abraham, Isaac, Jacob, Sara, Rebecca, Rachel and Leah. When our children really know this, they will carry their Jewish names with pride. It is these children that, as adults, will continue to protect their own Jewish identity and that of their children. And when the redemption arrives, they will be among those exiting today's Egypt, with their names and Judaism intact.

This message followed wonderfully the theme - Identity - of our "Ten Paths To G-d" program which commemorate Rabbi Jonathan Sacks z"l. Rabbi Sacks is one of the notable teachers of our time, speaking and writing. What he has said and written on a remarkable range of topics deserves

careful and attentive listening and reading by reason of his insights and his analytical powers, both as rabbi and as philosopher. The question of identity preoccupied philosophers for centuries, when, in the 17th century, Kant outlines the main lines of the constitution of a philosophical anthropology, he formulates his famous questions: what can I know? what should I do? Am I entitled to hope? and he specifies that these questions basically come back to a single fundamental question: "What is man?" Kant does not return to this question in the rest of his work. He does not dwell on the problems it implies for all which concerns the place of man and his relations with the world and with other men, nor on the understanding of the destiny of man himself. The question seems to escape him. Perhaps, as Martin Buber suggests, he fears the difficulty of dealing with this problem in its entirety?"

What we learned from Rabbi Sacks about Jewish identity is, that he too deals with the same questions posed by Kant, not as much as an existential question but rather by identifying the elements, such as faith, history and responsibility that give expression to who we are as Jews. Recognizing the choices and responsibilities of our forefathers through history is what give us our identity and our purpose in life.

I invite you all to join us for our next sessions and to get to know yourself and your traditions one step at a time.

Shabbat Shalom

HALAKHA הלכה

NAMING THE BABY

A baby boy is named at his *brit* (circumcision). If the *brit* is delayed, some authorities maintain that the name should be given when the father is called to the Torah, before the *brit*. However, the more prevalent custom is to wait until the *brit* is performed. If the baby is ill, and people would like to be able to pray for the baby using his name, he should be given a name earlier.

A baby girl is named at a Torah reading following her birth. Some people have the custom of waiting until Shabbat to name the baby, when it can be done in the presence of the greater community. The naming is usually accompanied by a feast and a ceremony of naming a daughter called *zeved habat*, or "presentation of the daughter." A special *mi shebeirach* prayer is recited along with several other prayers, followed by a

celebratory meal.

If a person has a serious illness, it is considered a segulah (spiritually propitious act) to give him an additional name, because this name will bring him additional mazal (good fortune). The name that it added is often one which denotes healing or long life (e.g., for boys: Chaim - "life"; Rafael - the name of the angel of healing." For girls: Chaya - "life. In cases when a name is added that name becomes the main name. The new name is formally given at a Torah reading using the text of a *mi shebeirach* prayer. If possible, the person receiving the new name or a relative of that person should receive an Aliyah at that time.

Halacha@Parasha

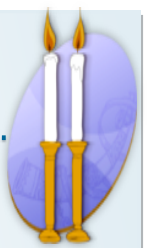
Shabbat Shalom, Rabbi Maimon Pinto

Shabbat Shalom

Start/Début 4:11 pm.

End/Fin 5:20 pm.

Havdalah



Services Schedule

Horaires des Offices

Our Week Day Services

SERVICES SCHEDULE IS AS FOLLOWS:

SHAHRI: 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 and services will
be held regularly on
Zoom - ID: 914-650-9809**

Quote Of The Week:

Peace cannot be kept
by force; it can only
be achieved by
understanding.

- Albert Einstein

- Aish HaTorah

Beit Hamidrash Helwani

פֶּרַס הַכְבוֹד - 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 פֶּרַס הַיּוֹם

Shabbat 25 Tevet - January 9 janvier

Year Oriel, à la mémoire de sa mère, Mazal Tov Oriel ז"ל.

David, James & Selman Khazzam Families, in memory of Ezra Khazzam ז"ל.

Sunday/Dimanche 26 Tevet - January 10 janvier

Nusbaum Family, in memory of their mother, Viviane Nusbaum ז"ל.

Linda Aboody, in memory of her mother, Flora Aboody ז"ל.

Monday/Lundi 27 Tevet - January 11 janvier

Mr. & Mrs. Simantob Darwish, in memory of Sarah bat Mazal ז"ל.

Tuesday/Mardi 28 Tevet - January 12 janvier

Lily & Emile Sayegh, à la mémoire de Jamil Sayegh ז"ל.

Wednesday/Mercredi 29 Tevet - January 13 janvier

Armand Moyal, à la mémoire de son père, Haim ben Yahya ז"ל.

Vicky & Selim Moghrabi, à la mémoire de Abrahm Moghrabi ben Jamile ז"ל.

Famille Ohayon, à la mémoire de son frère, Michel Ohayon ben Freha ז"ל.

Friday/Vendredi 1 Shevat - January 15 janvier

Famille Ohayon, à la mémoire de Yossef Edery ben Freha ז"ל.

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

SHABBOS, JANUARY 9th

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
SHEMOT 5781

Nahmanides (Ramban in Hebrew,) the great Sephardi commentator on the Torah, in his introduction to Shemot, points out that the first paragraph of Shemot, which lists the names of Jacob's children who had emigrated to Egypt, repeats what we had already learned in chapter 46 of Genesis.

Why the repetition? According to Ramban, the repetition is to stress the fact that the difficulties of the *galut* really began with that emigration to Egypt, as described in Genesis.

However, you might ask: wasn't everything great for Jacob's family at the end of the Book of Genesis? After all, Joseph was Pharaoh's trusted assistant. He had great responsibility. Moreover, his brothers lived by themselves in the Goshen area, where they were free to work in their chosen profession. It probably didn't seem like *galut*!!

Perhaps we can answer by referring to a comment by Rashi in last week's parasha of *va-yechi*. You see, the parasha of *va-yechi* is unique in that it is a "closed parasha." That means, it is the only parasha in the Torah where the Torah scribe, the *sofer*, does not leave any space at the beginning of the parasha. Why is that?

So, Rashi, the great Ashkenaz commentator, said it is because that after Jacob died, the eyes of the children of Israel were **closed** due to the enslavement. What does Rashi mean? There was no enslavement mentioned in Genesis!?

Perhaps the answer is that enslavement, and its later manifestation of antisemitism, has an insidious way of beginning. The Talmud relates that Pharaoh said: "come, let's work together, let's construct a building. It's good, rewarding work! Good exercise!" Pharaoh originated the dreaded concept of "arbeit macht frei!" The Talmud says that Pharaoh spoke with a "soft voice." And before long, the Israelites were working as slaves, under cruel taskmasters, doing backbreaking work.

Do you agree with me that there's a lesson here we can apply to modern times!

Be safe and healthy. Shabbat shalom



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

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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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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Isaac Sadaka	Robert Fattal
Paul Harari	Rabbi Howard & Norma Joseph
Gladys Matarasso	Jim & Ruth Nabi

UPCOMING EVENTS

JOIN US: SUNDAY, JANUARY 10 - 12:00 NOON - 1:00 P.M.

LIFE AS A JEWISH MEMBER OF PARLIAMENT IN BAHRAIN (SINCE 2010)

Guest Speaker: **H.E. Nancy Dinah Elly Khedouri, politician, business-woman & writer.** Zoom ID 854 3687 7450 - Password 165893

TUESDAY, JANUARY 12, 2021 - 7:00 - 8:00 P.M.

Sisterhood Health Series "Let's Dance" with Silvia Lebensztajn Shahrabani
Zoom ID: 899 8627 6146 SUPERSIS

WEDNESDAY, JANUARY 13 - 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 13, 2021

Rosh Hodesh Sh'vat Musical Experience

Rabbi Maimon Pinto & Hazzan Daniel Benlolo

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.



CONGREGATION ☆ MAGHEN ☆ ABRAHAM

THOUGHTS FROM MAYER SASSON ~ "G-D'S SEAL"

"And Moshe said unto G-d, See, when I come unto the Children of Israel.... they will say to me – What is His Name? What shall I then say unto them? And G-d said unto Moshe.... Thus shall you say unto the Children of Israel אהיה has sent me unto you. (3, 13-14)

On these verses the Sages ask: Why, G-d has many Names mentioned in the Torah. Why, when He was asked by Moshe "What shall I then say unto them" did G-d answer, from all the many Names - אהיה has sent me unto you – a Name that is not mentioned in the Torah besides here?

We find an explanation for this in the Medrash (Shmot) "G-d said to Moshe You want to know My Name? I am called according to My deeds.... When I judge people I am called Elokim.... When I have mercy on My world I am called Hashem, for that is the Trait of Mercy, that is "אהיה אשר אהיה". In other words, G-d said to Moshe that He Reveals Himself in each one of His Names according to what He does at that time.

We learn in the Gemara (Shabbat) that "the seal of G-d is Truth – אמת. The ARIZ'L explained that this refers to the Name "אהיה אשר אהיה". The Pa'aneach Raza also wrote that in this answer that G-d gave He was alluding to His Seal of Truth for the Name of Hashem in numerology is 21 and if we multiply it by itself, as it says "אהיה אשר אהיה", we get 441 which is the numerology of Truth - "אמת".

Accordingly, when Moshe asked G-d what to answer them – i.e. – What

Name should they intend and pray to in order to continue their salvation – G-d answered, as the Medrash says – "You want to know My Name? I am called according to My deeds."

This means that in order for a person to attain salvation from all of G-d's Names he should think of "אהיה אשר אהיה" – The Seal of Truth of G-d's Names – **one should pray with true intentions because thereby one brings salvation from all of the Names.**

As it says in Orchot Tzadikim: "אהיה אשר אהיה" – and G-d is Truth and His Seal is Truth and He is close to those who call out to Him truthfully. What is calling truthfully? When one clears his heart from everything in the world and his mind gets stronger in its cleaving to the Heavenly light and his thoughts and desires are always with that.

The CHID'A (and the Ben Ish Chai) wrote that there are writings from ancient Kabbalists that if a person prays to the Name "אהיה אשר אהיה" for anything – for someone sick, for children, wisdom, ... for anything – and his prays are pure – he should say with intention "May it be Your will, the Great Name אהיה אשר אהיה that You have mercy on me and do..... – and he should ask clearly for his wish, and say this three times.

We learn from here that in G-d's answer to Moshe He alluded to him about one of the foundations of the entire Torah – that G-d behaves towards a person the way he behaves.

Shabbat Shalom

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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!*