



Shearith Israel  
SPANISH &  
PORTUGUESE  
Synagogue of Montreal  
Est. 1768

# SHABBAT BULLETIN

December 10, 2022 | 16 Kislev, 5783



<b>SHABBAT SHALOM</b>	
<b>Start/Debut</b> 3:52 p.m.	<b>End/Fin</b> 5:01 p.m.
PARASHAT VAYISHLAH HERTZ PAGE 122 HAFTARAH OBADIA HERTZ PAGE 137	
SHABBAT SERVICES SHAHRIT: 8:30A MINHA: 3:45P	
<b>WEEKLY SERVICES SCHEDULE</b>	
Sunday Shahrit: 8:30A Minha: 4:00P	
MONDAY - FRIDAY Shahrit: 7:30A Minha: 4:00P	
<b>CHEVRA SHAAS Service Schedule</b>	
SHABBOS, December 10 <sup>TH</sup> Schachris 9:30 a.m.	
SUNDAY, December 11 <sup>TH</sup> Schachris 8:00 a.m.	

## Dvar Torah

VAYISHLAH  
REVEREND HAZAN DANIEL BENLOLO

This calendar year was a chance to celebrate, and celebrate we did! We made sure to capitalize on every opportunity to be together.

The Spanish and Portuguese Synagogue is alive and well. Our

community is growing and thriving. This year alone welcomed over 20 young families. And it's been a pleasure seeing those families on Shabbat and at the many events we've hosted.

It's with that spirit in mind that we would like to invite you all to join us, **December 19<sup>th</sup> from 4:30 - 7:30 p.m. for our Annual Hannukah Party.** This year, we will be co-hosting the party



with the OrSheli Daycare. There will be something for everyone. Bouncy castles and cookie decorating for the little ones, games and arts and crafts for the older children and a performance and candle lighting for everyone. This is our last chance to celebrate together this year, let's make it count!

We would like to express our gratitude to our sponsors: *Claudia Aintabi*;

*Danielle Benchimol Mashaal; Rebecca & Frank Daniel; Linda & Sam Fattal; Wilma Mashaal and Richard Saleh.* Thanks to your support and generosity, we were able to plan a spectacular party. We hope to see you all there.

Shabbat shalom

**Julia Peress**

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## OPINION

### Chevra Shaas Words From Rabbi Menahem White VAYISHLAH 5783

In honour of the berit this past Tuesday of Akiva Simcha Tzur, son of my granddaughter Rosy and her husband Elchanan, grandson of my son Yehoshua and his wife Racheli, BH.

In this week's parasha, we read how Yaakov Avinu returned to his family in the Land of Canaan, after many difficult years of hard labour and deception from his relative Lavan.

But the return trip wasn't easy. Yakov was afraid that Eisav would kill him (as he had threatened to do many years before.)

After solving that problem (via presents, prayer, and military

strategy,) when Yaakov was alone, he is mugged by a man, who was fighting with him all night. (Well, we know that the "man" was an angel, but Yaakov didn't know that until the end.)

Then he had the problem with his daughter Dina, who (according to Rashi) didn't like to stay home, and got herself into trouble. Dinah was raped by a man named Shechem

The response of his sons Shimon and Levi was way too aggressive for Yaakov's likes, and he was afraid that the inhabitants of the Land would retaliate by wiping him out.

Then we read of the death of the love of his life, Rachel, whom he could not even bury in the family plot.

All of the above "tsoros" in just one parasha!

If that wasn't enough tsoros for

Yaakov, we shall soon read how his beloved son Yosef was sold by his own brothers into slavery: with Yaakov having been told that Yosef had been devoured by a wild beast.

So we can certainly understand, that when, later on, Yaakov is introduced to Pharaoh, Yaakov says that he has had a bad life ("me`at ve-ra`im")

Yet nevertheless, when it is time to bless his grandchildren, Menashe and Efraim, Yaakov states "the angel that has saved me from **everything bad**". So, what was it? Was his life good or bad? The answer: The grandchildren make everything worthwhile.

BH, May little Akiva Simcha grow to Torah, to Chuppah, and to performance of good deeds, to love our land and our people.

Shabbat shalom



## QUOTE OF THE WEEK

He that falls in love with himself will have no rivals  
-Benjamin Franklin | Aish HaTorah



### S.&P. Shabbat Kiddush is Sponsored by:

The Sequerra family, in honour of Nikki Devito, who has completed her conversion studies.

### S.&P. Seudah Shlishit is Sponsored by:

Marc Dadouche, in memory of his mother, Jeanine Dadouche z'l.

### C.S. Shabbos Kiddush is Sponsored by:

The Congregation



Rabbi Menahem White on the birth of his great grandson, Akiva Simcha Tzur, grandson of Racheli & Yehoshua White, and son of Rosy & Elchanan.

## Mazal Tov To



La famille Sequerra est fière d'annoncer que Nikki Devito, à compléter sa conversion avec le VAAD HA'IR. Pendant ces deux dernières années, Nikki a su faire les sacrifices nécessaires pour compléter ses études rigoureuses tout en s'intégrant à notre belle communauté. Par-dessus tout, Nikki a fait preuve d'une grande discipline, d'une grande humilité et sérieux dans son apprentissage, le tout rempli d'amour et de respect pour nos lois et nos valeurs. Nous lui offrons aujourd'hui notre grande admiration et appréciation pour le travail accompli et nous lui souhaitons avec Olivier Reuven, de continuer de vivre notre judaïsme, de poursuivre leur chemin ensemble entouré de nos lois et valeurs pour le bénéfice des générations futures B'H'.

## INSIGHTS

### Jewish Wisdom HALAKHA

The Swaying Candle  
By Yehuda Shurpinif

Shuckling: Why Do Jews Rock While Praying?

Dear friends, let me share with you this piece of wisdom.

You've watched Jews during Torah study and prayer; chances are that you saw some of them rocking back and forth. This swaying, or shuckling, as it is known, is so widespread that the classic Jewish work on philosophy, the Kuzari (also known as "In Defense of the Despised Faith"), written by Rabbi Yehuda Halevi in 1140 CE. In truth, there are multiple reasons for shuckling, and not all reasons apply to both learning and prayer. Additionally, there are times when it may be inappropriate to shuckle.

**In Jewish Law** In the words of Rabbi Moshe Isserlis; People who are meticulous in their observance customarily sway when they read the Torah, recalling the Giving of the Torah that was accompanied by trembling, as it is written, "The people saw and shuddered." This is also customary when praying, as implied by the verse, "All my bones [entire being] shall say, O L-rd, who is like You?"

In other words, when we praise G-d during prayer, we do so with our whole selves: the mind, heart and mouth express the prayer through speech, and the rest of the body does so by moving. Every fiber of our being is involved in connecting to our Creator.

**Petrified Before the King** Others, however, claim that when standing in prayer before the King of Kings, one should stand still, just as one would do before a mortal monarch, not daring to move. Accordingly, many are of the opinion that only in the lead-up to the Amidah, during the Pesukei DeZimrah ("Verses of Praise"), is it proper to sway back and forth. However, during the actual Amidah, when standing as if before a king, it is improper to sway back and forth. (Some still sway very slightly at the conclusion of each blessing, in the spirit of the verse "Before My name, he trembled.")

So, what are we to do? The rabbis suggested that everyone follow his custom, doing whatever will help him or her achieve maximum concentration.<sup>9</sup>

**The Candle of G-d** The Zohar quotes Proverbs, "The soul of man is a candle of G-d." The Torah is a flame, and when Jews learn Torah, the "candle of G-d" (the soul) is lit on fire. Just as a flame doesn't stand still, so too the Jewish soul, when lit, constantly moves about. And just as the flame constantly sways and flickers as it attempts to tear free of its wick and ascend on high, so too our soul is engaged in a constant effort to escape the corporeality of this mundane world and cleave to its G-dly source.

Shabbat shalom  
Reverend Hazan Daniel Benlolo

### Congregation Maghen Abraham

Thoughts: Mayer Sasson

#### PERASHA VAYISHLACH

**Why seven?** "And he himself passed before them and bowed himself... seven times until he came near to his brother." (33,3)

On that which is written in the parsha (before Yakov met with Esav) "And he himself passed before them and bowed himself... seven times until he came near to his brother" our Rabbis ob'm wonder. If a person wants to honor or appease someone, he bows before him once. Why did Yakov bow specifically seven times?

First we will bring as an introduction the interpretation of the Baal Haturim as to why Yakov bowed 7 times – Like the verse "Seven times a righteous man will fall and will stand up" – in order to take away the 7 abominations from Esav's heart. And we also need to understand which 7 abominations were in Esav's heart. To begin with we will relate what is written in the gemara (kedushin): In the beis medras of Abaya a harmful spirit walked around that even if two people came into the beis medrash together, he was able to harm them. One day Abaya heard that Rav Acha bar Yakov was planning on coming to his city to learn Torah in his beis medrash. Abaya immediately announced that no one was to let Rav Acha bar Yakov sleep by them so that Rav Acha would have to sleep in the beis medrash and in his merit a miracle would occur and the harmful spirit would die. Indeed when Rav Acha bar Yakov came to the city of Abaya and did not find a place to sleep over, having no choice he went to the beis medrash of Abaya. When he came in the harmful spirit appeared before him in the form of a snake with 7 heads. Rav Acha immediately began praying and bowing to G-d that He should save him from the harmful spirit. After each time that he bowed down one head fell off the snake until after 7 times of bowing down all 7 heads of the harmful spirit had fallen off and it died. Accordingly, we can understand why Yakov bowed down 7 times, for the numerology of the name Yakov יעקב is 182 which is 7 times the Name of Hashem (7x 26=182). We can say that Yitzchak gave over to Yakov, in the blessings that he gave him – 7 times the Name of G-d; for Yitzchak יצחק in numerology is eight times G-d's Name (8x26=208) – and when Yitzchak blessed Yakov he gave him 7 times the Name of G-d and the remaining Name of G-d he gave to Esav. The numerology of Esav is 376. If we take away one Name of G-d from this that Esav had gotten from Yitzchak we get 350 which is 7 times the word impure (טמא. טמא) adds up to 50 and 7 times 50 is 350.)

Now we understand what Yakov did by bowing 7 times until he reached Esav, for each time he bowed he reduced the name 50(=טמא) one time from Esav's name "until he came near to his brother" and this is what the Baal Haturim means "in order to take away the 7 abominations from Esav's heart."

SHABBAT SHALOM!!

### SHINSHIN ARIEL LEVY

#### PLEASE JOIN ME IN SONGS

Hello everyone and Shabbat Shalom! Here are my second set of weekly songs, you are invited to listen to them during the week and share with me what you thought of them!

In order to listen to my songs, scan the following QR code



The first song of this week is "Kshe'nigmeret Ha'sufa" (which means: when the storm ends) by Edén Hasson. Edén is the most played artist of 2022, and he's one of my favorite singers. I went to see him in Park Ha'Yarkon, which is the biggest place in Israel for artists to play.

Our next song is "Nitrae Ba'gilil Ha'ba" (See you in the next life) by Ravid Plotnik. The song was written for a girl who perished in the flood disaster in Nahal Tzfit in 2018 along with nine other boys, during a trip on behalf of the "Mechina" (one year program, that you can choose to do before the army). The girl was a big fan of Plotnik, and after her death her parents let him read some of the poems she wrote. He used one of her poems in the song. My twin sister and I love to listen to that song together in the car, and that's a thing I'm looking forward to do with her again when I'll see her.

I Can't wait to share with you my following songs!  
Shabbat shalom

### PARNASS HAYOM BEIT HAMIDRASH HELWANI

**SHABBAT 16 KISLEV - DECEMBER 10**  
Charlotte Shashoua, in memory of her father, Yehouda Isaac ז"ל

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

**SUNDAY/DIMANCHE 17 KISLEV - DEC. 11**  
Saad Cohen, à la mémoire de son père, Selim Saad Cohen ז"ל.

**TUESDAY/MARDI 19 KISLEV - DEC. 13**  
Ouri Ohayom & Famille, à la mémoire de leur grand mère, Fanny Ederly ז"ל.

**THURSDAY/JEUDI 21 KISLEV - DECEMBER 15**  
Famille Crudo, à la mémoire de Sharona Chaya bat Lidia ז"ל.

Famille Darwiche, à la mémoire de Simantov Darwiche ben Sarah ז"ל.

Sophie & Philip Coriat, à la mémoire de leur mère, Annie Coriat ז"ל.

**FRIDAY/VENDREDI 22 KISLEV - DEC. 16**  
Khamara Family, in memory of Esther Lawee ז"ל



## Upcoming Events



**TUESDAY, DECEMBER 13 | 7:00P**  
**SISTERHOOD: ARABIC ROUND TABLE**  
Improve your Arabic. Join our evening night sessions.  
Zoom ID 881 1057 1315 PASSCODE: SUPERSIS



**SHABBAT, JANUARY 28 | 10:00A - 1:00P**

**SPY KIDS SHABBAT TAKEOVER**  
Join us for a fun song filled, children led service. Followed by a kid friendly kiddush.

Please contact Julia Peress [julia@thespanish.org](mailto:julia@thespanish.org) if your child would like to participate in the service.