



Shearith Israel
SPANISH &
PORTUGUESE
Synagogue of Montreal
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SHABBAT BULLETIN

March 26, 2022 | 23 Adar II, 5782



Parashat Shemini

PASSOVER IN MY HOUSE

Submitted by: Muriel Suissa Benlolo

Everyone knows how stressful this time of year can be. The cleaning, the cooking, the preparations, the invitations, the seating arrangements, and the list goes on. But even with all of this commotion there is something exhilarating and enlivening about this wonderful holiday. For me, and I am sure I speak for many, Passover seems to place a close second to the High Holy Days in observance and importance.

In Sephardic homes, it is a custom to start cleaning and preparing for Passover the day after Purim. The Misloach Manot we prepare for Purim help us get rid of some of the chametz in the house.

My mother-in-law loved the Passover holiday and wanted everything perfect. She would ask my father-in-law to get her a painter and every year the house would get a fresh coat of paint (Daniel noticed that the house seemed to shrink after every passing year). She would get her carpets cleaned and the whole house would

get a face lift.

I have adopted many of my mother and my mother-in-law's customs and recipes and they have become a tradition in our home. Passover is a time for reflection and renewal. It's the time of year when we get a fresh start, "out with the old and in with the new" as they say.

As a little girl, it was the time of the year when my dad would bring home new spring dresses from one of his supplier and I have kept this tradition. For as long as I can remember, our kids all got new clothes and shoes for Passover.

It is also customary every year to get fresh spices and herbs for Passover. The butcher would prepare and ground fresh nutmeg and mace and offer a selection of fresh spices and herbs. This is one of the reasons why Passover food tastes so delicious and why the dishes are so vibrant.

Everyone that knows me knows that I am passionate about cooking and keeping the Moroccan tradition alive. Passover is my favourite holiday to showcase my recipes and to offer my family and friends a taste of my child-

hood and country of origin.

Passover wouldn't be the same without the traditional Fava bean and vegetable soup. The Moroccan community adopted the tradition of eating fava beans on Passover since it is presumed that this was a staple the Israelites ate when they lived in Egypt. The few ingredients come together to create a soup with an earthy flavour and a warming and comforting feeling. It is a favourite in my house and my kids wait for it all year. They call it "La soupe de Paques" since we only eat it on both Seder nights.

Here is the recipe!

Ingredients: (For 10 to 12 people)

- 2 packs of frozen fava beans
- 4 medium Yukon gold potatoes
- 2 Spanish onions
- 2 carrots
- 2 Tbsp vegetable oil
- 1 veal shuck cut up into 4 pieces
- 2 large bone marrow
- A generous hand full of fresh chopped coriander
- 2 Tbsp Chicken soup base
- Salt and pepper to taste
- 1 tsp of turmeric
- Saffron water (please see below for preparation)

cont'd. next page under "Dear Danny"

SHABBAT SHALOM SHABBAT PARAH

Start/Debut 6:55 p.m. End/Fin 8:00 p.m.

PARASHAT SHEMINI:
HERTZ PAGE 443
HAFTARAH EZEKIEL (SPECIAL):
HERTZ PAGE 999

WEEKLY SERVICES SCHEDULE

Shabbat
Shahrit: 8:30 a.m. Minha: 6:45 p.m.
Sunday
Shahrit: 8:30 a.m. Minha: 6:00 p.m.

MONDAY - THURSDAY
Shahrit: 7:30 a.m.
Minha: 6:00 p.m.

FRIDAY
Shahrit 7:30 a.m. Minha 6:30 p.m.

CHEVRA SHAAS Service Schedule

SHABBOS, MARCH 26TH
Schachris 9:30 a.m.

SUNDAY, APRIL 1ST
Schachris 8:00 a.m.



To contact **Reverend Hazan**
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(514) 892-2859



QUOTE OF THE WEEK

Silence encourages the tormentors
- never the tormented.

Eli Wiesel | Aish HaTorah

OPINION

Chevra Shaas

Words From
Rabbi Menahem White
SHEMINI 5782



This parasha introduces us to the laws of kashrut.

First, we learn the signs of a kosher animal.

Actually, the Torah uses the words for "pure" and "impure" rather than kosher and non-kosher. Then we read that for a fish to be acceptable, it must have fins and scales. No, ugh, lobsters! We then have a list of non-kosher birds, such as eagles, vultures, ravens, ostriches, owls, and bats. (Covid?)

There is even an approved list of insects. This sounds very strange to Ashkenazim, but some Sephardim and Yemenites had a tradition that certain species of grasshoppers are kosher.

A person who "keeps kosher" must always be thinking. S/he will not eat anything unless it has first been established as kosher. Wait! Don't put it into your mouth yet. First, we have to determine what is the proper blessing? Is it *ha-motsi'*, *mezonot*, *ha`ets*, *ha-adamah*, or a simple *she-ha-kol*. This trains us to learn to think, and to make the proper distinctions in all aspects of life. Indeed, the last verse in this parasha begins with the word *le-havdil*, "to distinguish."

In my opinion, probably the best one volume book in English about Judaism is Rabbi Hayyim Donin's "To Be a Jew." He referred to Kashrut a "A Diet for the Soul."

Although there are certainly health benefits in following a kosher diet, Rabbi Donin writes that the faithful Jew observes the laws of kashrut because s/he "regards them as divine commandments," and yields his/her will before the Will of the Divine, and to the disciplines imposed by his/her faith.

I might add to what he wrote: The antepenult verse in this week's parasha reads "For I am HaShem who brings you out of the land of Egypt to be your God, and you shall be holy, for I am Holy." Notice that the verb *ha-ma`aleh* is not in the past tense, but rather in the **present participle form**. By following the rules of kashrut, we maintain our **constant** relation to HaShem.

Wishing everyone a kosher and peaceful Shabbat



S&P Shabbat Kiddush is Sponsored by:
Penina & Claude Helwani, in memory of his father, **Haim Helwani z'l**.

C.S. Shabbos Kiddush is Co-Sponsored by:
Galia Dafni & Henri Darmon, in memory of her grand-father, **Itzhak Dafni ben Chana ve Chaim Avraham Fundaminsky z'l**.

Mazal Tov To



Suzanne & Edmond Elbaz, on their Wedding Anniversary!
Muriel Suissa Benlolo, on her Birthday!

Our Condolences To:



Liliane Levy; Léon Sayegh; & Emile Sayegh, on the loss of their sister, **Stella Mizrahi z'l** - Israel

THE GIVING TREE - By Shel Silverstein
The book follows the lives of an apple tree and a boy, who develop a relationship with one another. The tree is very "giving" and the boy evolves into a "taking" teenager, a middle-aged man, and finally an elderly man.

In his childhood, the boy enjoys playing with the tree, climbing her trunk, swinging from her branches, carving "Me + T (Tree)" into the bark, and eating her apples. However, as the boy grows older, he spends less time with the tree and tends to visit her only

Congregation Maghen Abraham

Thoughts: *Mayer Sasson - PARASHA SHIMINI-PARA*

"... Do this thing which G-d has commanded and the Glory of G-d will show itself unto you." (9,6)

In which direction?

Rabbi Moshe Elyakim of Kozhnitz related: Rabbi Zusha of Anipoli once came to a crossroads and did not in which direction to turn. He looked to see in which direction the Holy Name of G-d was hovering in front of his eyes and then continued in that direction.

The Rabbi of Kozhnitz said – So should a person do. When a desire arises in his heart to do something and he is in doubt whether it is a mitzvah or, G-d forbid a sin that is colored over by the Evil Inclination to look like a mitzvah – the person should check if G-d's Glory – similar to G-d's Name – is hovering above his deed or not. He should also think whether the results of his action will cause greater Glory of G-d or, G-d forbid, the opposite.

SHABBAT SHALOM!!!!

when he wants material items at various stages of his life, or not coming to the tree alone (such as bringing a lady friend to the tree and carving "Me +Y.L." (her initials, often assumed to be an acronym for "young love")) into the tree. In an effort to make the boy happy at each of these stages, the tree gives him parts of herself, which he can transform into material items, such as money (from her apples), a house (from her branches), and a boat (from her trunk). With every stage of "giving," "the Tree was happy."

In the final pages, both the tree and the boy feel the sting of their respective "giving" and "taking" nature. When

only a stump remains for the tree (including the carving "Me + T"), she is not happy, at least at that moment. The boy does return as a tired elderly man to meet the tree once more. She tells him she is sad because she cannot provide him shade, apples, or any materials like in the past. He ignores this (because his teeth are too weak for apples, and he is too old to swing on branches and too tired to climb her trunk) and states that all he wants is "a quiet place to sit and rest," which the tree, who is weak being just a stump, could provide. With this final stage of "giving," "the Tree was happy."

Source:https://en.wikipedia.org/wiki/The_Giving_Tree

COMMUNITY

Jewish Wisdom

HALAKHA
BEDIKAT & BIUR CHAMETZ
Reverend Hazan Daniel Benlolo

On the night before Pesach, every Jew is required to conduct a thorough search and destroy all chametz remaining in his/her possession. It is customary to begin this search with a candle and pay particular attention to those places such as: behind couches, children's playsets, briefcases, glove compartments and other crevices.

It is customary to place (non-crumblly) pieces of bread around the house to be "found" during the search. Accepted practice, is to place 10 pieces of bread around the house and a list of their locations should be held by a member of the family not participating in the search to ensure all the pieces are retrieved. After the search one should recite the Kol Chamira, the nullification of all chametz.

On the morning of erev Pesach, the chametz that was found during the search, and anything that was left over from breakfast and not stored with the chametz that is being sold to the non-Jew, should be burned, and followed by a second and final version of Kol Chamira.

More to follow..



Got A Question for Reverend/Hazan Daniel Benlolo?

cont'd. *Passover in my house*

- Defrost the fava beans and peel them.
- Peel the potatoes, carrots and onions and cut them into cubes.
- Add the oil and the cut up onions into a large soup pot and lightly blanch them.
- Add the fava beans, veal, bones, potatoes, carrots and fresh coriander along with enough water to cover 3/4 of the ingredients.
- Bring the soup to a boil and remove the foam that forms on the top of the soup as it starts to cook.
- Add the turmeric, saffron water and chicken powder base, lower the heat and cook the soup for one hour stirring it often during the cooking to avoid it to stick to the bottom of the pot.
- Add little more water if it thickens too much.
- Remove the bones and veal and lightly blend the vegetables.
- Blending the soup near the end of the cooking creates a rich creamy texture that will make you forget there's no dairy in this dish.
- Add the veal and bones back into the soup with a little more water if the soup looks too thick and continue the cooking at low for another 30 minutes stirring it often.
- Add salt and pepper to taste.

To prepare the saffron, add a few strands of saffron into 1/2 cup of boiling water and let it rest for 15 minutes until the saffron has totally infused the water with colour and flavour.

This is a delicious and flavorful soup that will definitely be a welcome addition to your Passover table. If you don't eat legumes and beans throughout Passover, I would definitely suggest you try making this soup once the holiday is over. You won't be disappointed.

From my home to yours, I wish you a healthy and joyful Passover holiday and may your home be filled with joy and laughter.



PARNASS HAYOM BEIT HAMIDRASH HELWANI

SHABBAT 23 ADAR II - MARCH 26
Sylvia Shahin, in memory of her sister, **Amal Akairib ז"ל**.

Yael & Edmond Shahin, in memory of her father, **Yaacov Zilkha ז"ל**.

SUNDAY/DIMANCHE 24 ADAR II, MARCH 27
Famille Bensimon, à la mémoire de leur mère, **Mazaltov bat Zohra ז"ל**.

MONDAY/LUNDI 25 ADAR II - MARCH 28
Solly Arazi, à la mémoire de leur mère, **Adele Arazi ז"ל**.

Famille Emile Sayegh, à la mémoire de son frère, **Isaac ben Avraham Sayegh ז"ל**.

TUESDAY/MARDI 26 ADAR II - MARCH 29
Albert Cohen, à la mémoire de sa mère, **Estrella Cohen ז"ל**.

Claude Helwani, à la mémoire de son père, **Haim Helwani ז"ל**.

Famille Abittan, à la mémoire de leur mère, **Aicha Abittan ז"ל**.

Victoria Nathaniel & Family, in memory of **Heskel Nathaniel ז"ל**.

WEDNESDAY/MERCREDI 27 ADAR II - MARCH 30
Famille Malka, à la mémoire de **David Malka ז"ל**.

Mr. & Mrs. Simantob Darwiche, in memory of **Itshak ben Rivka ז"ל**.

THURSDAY/JEUDI 28 ADAR II - MARCH 31
Rouben Shemie Family, in memory of **Rouben Kadouri Shemie ז"ל**.

FRIDAY/VENDREDI 29 ADAR II - APRIL 1
Michel Dahan, à la mémoire de sa grand-mère, **Zohra Dahan ז"ל**.

Armand Moyal, à la mémoire de sa mère, **Fibi bat Simha ז"ל**.

Upcoming Events



Tuesdays, March 29 | 7:00 - 8:00 pm
Improve your Arabic. Join our Tuesday night sessions
Registration required: sisterhood2020@hotmail.com OR Grace at (514) 979-9779
Meeting ID: 881 1057 1315 Passcode: SUPERSIS



Wednesday March 30 / | 7:00 - 8:00 pm
Passport to Learning - Instructor: Rachel Gabbay
Exploring creation, the world we live in & ourselves, with a special twist through Biblical messages.
Is religion still relevant? Do we still need religion / G-d? What for?
Zoom ID: 894 9032 5512 - PW: 55337



Thursday, March 31 | 7:00 - 8:30 P.M.
S&P Education Committee presents: "Shlomzion"
The Greatest Jewish Queen - with Carole Basri, Visiting Professor & Meir Soloveichik, Rabbi of S&P NY
Moderated by Sandra Koukou
Join on Zoom ID 861 0905 6217



Thursday April 7 / | 7:00 - 8:00 pm
Passport to Learning - Instructor: Rachel Gabbay
Exploring creation, the world we live in & ourselves, with a special twist through Biblical messages.
Is Freedom a real thing? Are we ever really free? What kind of freedom are we celebrating?
Zoom ID: 894 9032 5512 - PW: 55337



Wednesday, April 13 | 12:00 - 1:15 P.M.
Come join our network of entrepreneurs & professionals to learn, share & grow!
Speaker: Lorne Steinberg - LSWM "Economic update, investor positioning, asset allocation" - **Intro: Oren Gabbay** - Argust Transport *(More infor consult our website)*



Tuesday, April 26 | 12:00 - 1:00 pm
Sisterhood Book Review: "Beneath A Scarlet Sky" By Mark Sullivan - Reviewer: Wilma Mashal
RSVP: sisterhood2020@hotmail.com
Zoom ID 895 2182 1866 - Password: SISBOOK