



Shearith Israel  
**SPANISH &  
PORTUGUESE**  
Synagogue of Montreal  
Est. 1768

# SHABBAT BULLETIN

October 1, 2022 | 6 Tishrei, 5783



## Dvar Torah

VAYEILEKH  
THE POWER OF SELICHOT  
BY: RÉVÉREND/HAZAN DANIEL BENLOLO

In the month of Elul, the call to repentance is being felt more urgently throughout the Jewish world.

Rosh HaShanah is preceded with special penitential prayers called Selichot (forgiveness) that are added to the daily morning prayer service in Ashkenazi communities (Jews of France, Germany, and Eastern Europe and their descendants).

However, the Sephardic Jewish community (Jews of Spain, Portugal, North Africa and the Middle East and their descendants) has been saying these special prayers throughout the month of Elul. They are often recited before the sun rises.

A central theme found throughout these prayers is the 13 Attributes of Mercy (Shelosh-Esreh Middot), which were revealed to Moses on Mount Sinai and enumerated in Exodus.

"The Lord, The Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion, and sin. Yet He does not leave the guilty unpunished." (Exodus 34:6-7)

The Hebrew word selichot is related to slichah, which is the equivalent expression for excuse me, I'm sorry, and forgive me.

Although we strive to live a pure and holy life before God, all of us are not immune to fault and fall short in the eyes of God. Each one of us needs to repent and ask forgiveness for the many errors we make that hurt not only ourselves but others.

"Let us examine our ways and test them and let us return to the LORD." (Lamentations 3:40)

This is a special time in which we request forgiveness from those we have wronged and extend forgiveness to those who have wronged us. Jewish tradition, in fact, holds that God cannot forgive us for sins that we commit against another until we obtain forgiveness from the person we wronged.

Forgiveness and saying sorry can be life changing. They are crucial to leaving the past behind and moving forward with God's plan for our lives. Asking for

forgiveness is pivotal to repentance, a closer walk with God, and to successful relationships with our family, friends, and our fellowman.

This period of Selichot, repentance and forgiveness does not end on the last day of Elul. In most Jewish communities, Selichot will continue to be recited in prayer services right through the Days of Awe or Ten Days of Repentance, a special ten-day period that begins with Rosh HaShanah and culminates with Yom Kippur. This ten-day period is an even more intensive time of introspection and self-examination.

It provides everyone the opportunity to survey the condition of their lives and hearts and get right with God. During these final days of Elul and throughout the High Holiday season, may we each be challenged to look inside ourselves, asking the Ruach HaKodesh to reveal hidden sin in our hearts and lives.

We invite you this Saturday October 1 at 7:30pm for an inspirational Havdalah and Selichot service. Together we will pray for health, happiness and prosperity through the words and music of our moving service. Refreshments and desserts will follow.

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### LE POUVOIR DES SELIHOT

Au mois d'Elul, l'appel à la repentance se fait sentir avec plus d'urgence dans le monde juif.

Rosh HaShanah se poursuit par des prières pénitentielles spéciales appelées Selichot (pardon) qui s'ajoutent au service de prière quotidien du matin dans les communautés ashkénazes (Juifs de France, d'Allemagne et d'Europe de l'Est et leurs descendants).

Cependant, la communauté juive séfarade (Juifs d'Espagne, du Portugal, d'Afrique du Nord et du Moyen-Orient et leurs descendants) recite ces prières spéciales tout au long du mois d'Elul. Ils sont souvent récités avant le lever du soleil.

Un thème central trouvé tout au long de ces prières est les 13 attributs de la miséricorde (Shelosh-Esreh Middot), qui ont été révélés à Moïse sur le mont Sinai et énumérés dans l'Exode.

« Le Seigneur, le Seigneur, le Dieu compatissant et miséricordieux, lent à la colère, abondant en amour et en fidélité, maintenant l'amour à des milliers et pardonnant la méchanceté, la rébellion et le péché. Pourtant, il ne laisse pas les coupables impunis. (Exode 34:6-7)

Le mot hébreu selichot est lié à slichah, qui est l'expression équivalente pour excusez-moi, je suis désolé et pardonnez-moi.

Bien que nous nous efforcions de vivre une vie pure et sainte devant Dieu, nous ne sommes pas tous à l'abri des fautes et des défauts aux yeux de Dieu. Chacun de nous doit se repentir et demander pardon pour les nombreuses erreurs que nous commettons et qui blessent non seulement nous-mêmes mais aussi les autres.

« Examinons nos voies, testons-les et retournons à l'Éternel. » (Lamentations 3:40)

C'est un moment particulier où nous demandons pardon à ceux à qui nous avons fait du tort et accordons le pardon à ceux qui nous ont fait du tort. La tradition juive, en fait, soutient que Dieu ne peut pas nous pardonner les péchés que nous commettons aux autres jusqu'à ce que nous obtenions le pardon de la personne à qui nous avons fait du tort.

Pardoner et s'excuser peuvent changer la vie. Ils sont essentiels pour mettre le passé derrière nous et aller de l'avant avec le plan de Dieu pour nos vies. Demander pardon est essentiel pour reconnecter avec Dieu et renforcer les relations avec notre famille, nos amis et nos semblables.

Cette période de Selichot, de repentir et de pardon ne se termine pas le dernier jour d'Elul. Dans la plupart des communautés juives, Selichot continuera d'être récité dans les services de prière tout au long des jours de crainte ou des dix jours de pénitence, une période spéciale de dix jours qui commence avec Rosh HaShanah et culmine avec Yom Kippour. Cette période de dix jours est un moment encore plus intensif d'introspection.

Il offre à chacun l'occasion d'examiner l'état de sa vie et de son cœur et de se mettre d'accord avec Dieu. Au cours de ces derniers jours d'Elul et tout au long de la haute saison des fêtes, puissions-nous chacun être mis au défi de regarder à l'intérieur de nous-mêmes, en demandant au Ruach HaKodesh de révéler le péché caché dans nos cœurs et nos vies.

Nous vous invitons ce samedi 1er octobre à 19h30 pour un service inspirant de Havdalah et Selichot. Ensemble, nous prions pour la santé, le bonheur et la prospérité à travers les paroles et la musique de notre service émouvant. Rafraîchissements et desserts suivront. Shabbat shalom

## SHABBAT SHALOM

Start/Debut 6:18 p.m. End/Fin 7:19 p.m.

**PARASHAT VAYEILEKH  
HERTZ PAGE 887**

**HAFTARAH HOSEA & MICAH:  
HERTZ PAGE 891**

### WEEKLY SERVICES SCHEDULE

**Shabbat**  
Shahrit: 8:30A Minha: 6:00P

**Sunday - Selihot 6:30A**  
Shahrit: 8:00A Minha: 6:00P

**MONDAY - SELIHOT 6:30A**  
Shahrit: 7:30A Minha: 6:00P

**Tuesday - Erev Yom Kippur**  
Selihot: 6:00A Shahrit: 7:00A  
Minha: 1:30P Kol Nidre: 6:00P  
Fast Begins: 6:10P

**WEDNESDAY - YOM KIPPUR**  
SHAHRIT: 8:30A YIZKOR: 12:30P  
MINHA: 4:30P NE'ILA: 6:00P  
FAST END & SHOFAR: 7:11P

**THURSDAY - FRIDAY**  
Shahrit: 7:30A Minha: 6:00P

### CHEVRA SHAAS Service Schedule

**SHABBOS, October 1<sup>ST</sup>**  
Schachris 9:30 a.m.

**SUNDAY, October 2<sup>ND</sup>**  
Schachris 8:00 a.m.

**Tuesday - Erev Yom Kippur**  
Minha: 1:30P - Candles before 6:11P  
Fast Begins: 6:10P Kol Nidre: 6:20P

**Wednesday - Yom Kippur**  
Schachris: 8:45A Mincha: 4:25P  
Ne'ila: 6:00P Fast Ends: 7:11P

To contact Reverend Hazan  
Daniel Benlolo:  
cantorbenlolo@thespanish.org  
(514) 892-2859



## QUOTE OF THE WEEK

Of all the acts of man, repentance is the most divine. The greatest of all faults [...] is to be conscious of none.

Thomas Carlyle | Aish HaTorah





**S.&P. Shabbat Kiddush is Co-Sponsored by:**  
The Congregation

**S.&P. Selihot Service on Shabbat October 1<sup>st</sup> at 7:30P Sponsored by Our Dear Friend: Zouki Lawi.**

## COMMUNITY

### Chevra Shaas Words From Rabbi Menahem White VA-YEILEKH 5783 SHABBAT SHUVAH

GREETINGS FROM TEANECK. Teaneck is one of the first New Jersey communities you would come to, after crossing the GW Bridge in Manhattan.

In my daughter's section of the city, there is hardly any vehicular traffic on Shabbat and Yom tov, so it is common for people to walk in middle of the streets. Her house is situated between 2 large shuls. I sometimes wonder if Montreal could have been like that, had it not been for Bill 101.

On Rosh HaShanah, I had the pleasure of hearing my son-in-law Azriel blowing the shofar in the minyan I attended. (My son also was the shofar blower in his shul in Passaic.)

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Despite all of the complaints that we had concerning the Quebec health system, I never realized how fortunate we were: health insurance in the States is very complicated and expensive. People here are amazed when I tell them how in Qc, when you have a doctor's appointment, or have to go to hospital, all you have to do is to show your Qc Medicare card, and there is no charge.

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We are now in the "10 days of repentance." This is a time for all of us

to consider how to improve ourselves in the new year, as we prepare for Yom Kippur. An outstanding young rabbi here in Teaneck, Rabbi Avraham Wein, related the following story: when he was in high school, he participated in the NCSY summer program in Israel. One of the activities was a "gedolim tour:" i.e., they were taken around Jerusalem to meet some of the great rabbis.

One of the Gedolim was Rav Pinchas Scheinberg zt"l. He was an American trained rabbi, who devoted his life to studying and teaching Torah, was the head of a yeshiva, went on Aliya, and became known as one of the great talmud scholars in Jerusalem.

Rav Scheinberg told the NCSY'ers something that the young future rabbi never forgot: "don't kill time, because if you do, time will kill you!" That advice has become more and more relevant nowadays, as we are all distracted by insignificant messages on our computers and especially our cellphones. Wouldn't that be a great "resolution" for Yom Kippur: let's not be distracted by irrelevant material on social media!

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Shabbat shalom, have a healthy year, gemar hatimah tovah.

## INSIGHTS

### Jewish Wisdom

YOM KIPPUR

REVEREND HAZAN DANIEL BENLOLO

Shacharit on Erev Yom Kippur

1. Before Shacharit on erev Yom Kippur, Selichot and Tachanun are recited. During Shacharit, Avinu Malkenu is recited, but one does not recite Tachanun, LaMena-tze'ach Mizmor LeDavid and Tefillah Le-David. After Shacharit, hatarat nedarim should be performed.

Kapparot

2. On erev Yom Kippur, the general custom is to perform kapparot. Kapparot is performed by waving a chicken or money over one's head and declaring that the chicken or money being waved should receive the punishment for one's sins, instead of oneself. Afterward, the chicken or money is given to the poor. This custom dates to the times of the Geonim. Being that it may prove difficult to find a chicken during this time, it is perfectly acceptable to use money as well.

Minchah and Vidduy of Erev Yom Kippur

3. Before the seudah mafseket, one should pray Minchah and recite Vidduy. This Vidduy is recited at the end of Shemoneh Esrei, after reciting the first Yehiyu LeRatzon Imrei Fi. Preferably, one should pray Min-

chah Gedolah.

4. When lighting the candles, one should not recite a SheHecheyanu. If one did, one may no longer perform any melachah. Therefore, it is better to hear the She-Hecheyanu from the chazzan in the synagogue. However, if a woman wants to recite SheHecheyanu, or if she is unable to attend the tefillot at the synagogue, she should only recite SheHecheyanu after donning her non-leather shoes and lighting the candles

The Tefillot of Yom Kippur

5. It is customary to don a tallit before praying Arvit. If it is still daytime, one should recite a berachah when donning the tallit.

6. During keriat Shema, the verse Baruch Shem kevod malchuto le'olam va'ed is recited out loud.

7. After completing the prayers on Yom Kippur night, one should try to recite Tehillim until going to sleep.

8. The rules for praying Selichot during Yom Kippur, are the same as stated above in the laws of praying Selichot.

Ne'ilah

9. The time to pray Ne'ilah is about half an hour before shkiyah, not before then. One should leave himself enough time to pray Minchah beforehand as well.

## Our Condolences To

Martha Tapiero Lawee, on the loss of her husband, **Alfred Khedouri Lawee z'l.**  
Alan & Marilyn Lawee, on the loss of his father, **Alfred Khedouri Lawee z'l.**  
Philip & Dahlia Lawee, on the loss of his father, **Alfred Khedouri Lawee z'l.**  
Ron & Annick Lawee, on the loss of his father, **Alfred Khedouri Lawee z'l.**  
Eric & Grace Lawee, on the loss of his father, **Alfred Khedouri Lawee z'l.**

## Congregation Maghen Abraham

*Thoughts: Mayer Sasson* **PERASHA VAYELECH SHABBAT SHUVA**

"In the end the Children of Israel will repent." (Rambam)

In the Parsha of Pinchas when the Torah enumerates the family of Levy it also notes the "Korachi" family.

We can ask, how did the Korach family remain? Korach and his sons and all that they had were swallowed up in the earth when they made a dispute with Moshe Rabeinu.

The Torah answers (Bamidbar 26) "And the sons of Korach did not die" and Rashi explains, "They (Korach's sons) were part of the idea at the beginning but at the time of the dispute they had thoughts of repentance in their hearts and therefore a high place was barricaded for them (in the earth) and they sat there." (And thereafter they came out and brought up families.)

Dear brothers, please note! The sons of Korach who were partners in the dispute and even gave the idea to begin it – when the dispute broke out they felt remorse and "thought of repentance in their hearts"; indeed they were swallowed in the earth but since they felt remorse and had thoughts of repentance, a high place was barricaded for them in the earth and they were saved.

This expresses the essential power of repentance: Korach's sons, the initiators of

the dispute who caused the entire nation to sin – when they repented, and even it was only "thoughts of repentance in the heart", and no one knew about it except for the Creator – nevertheless, in the merit of the thoughts of repentance were saved from a punishment of death that was decreed on Korach's group, and they merited to have a special miracle happen to them that "a high place was barricaded for them" and they came out alive – and from them descended Shmuel Hanavi and twenty four shifts of priests, and psalms were even included in Tehillim that they had said.

We can learn from this: If Korach's sons who sinned so badly merited to be saved and reached wonderful heights in the merit of a thought of repentance – how much more so when we speak of our generation, a generation that comes after many Jews who sacrificed themselves for G-d and were full of Torah and good deeds – certainly in the merit of those generations and by our repenting – we can be saved on the Day of Judgment and may we merit to be written and inscribed for a good, long, happy life, Amen.

May the words of the Rambam be fulfilled in us: "In the end Israel will repent... and they will immediately be redeemed."

SHABBAT SHALOM!!

## PARNASS HAYOM - BEIT HAMIDRASH HELWANI

**SUNDAY/DIMANCHE 7 TISHREI - OCT. 2**

Famille Battat, à la mémoire de Isaac Battat ז"ל.

Ouri Ohayon, à la mémoire de Yosseph Sabath ז"ל.

**MONDAY/LUNDI 8 TISHREI - OCT. 3**

Ouri Ohayon & Famille, à la mémoire de leur grand-mère, Fanny Ohayon z'l.

**TUESDAY/MARDI 9 TISHREI - OCT. 4**

Claude Helwani, la mémoire de Moshe Saad ז"ל.

Famille Tobianah, à la mémoire de leur père, Isaac Tobianah ז"ל.

**WEDNESDAY/MERCREDI 10 TISHREI - OCT. 5**

Rachel & Jim Archibald, in honour of their new granddaughter, Hannah Madeleine.

**THURSDAY/JEUDI 11 TISHREI - OCT. 6**

Familles Selim Sasson, in honour of Rabbi Abittan & Helwani Beit Hamidrash.

**FRIDAY/VENDREDI 12 TISHREI - OCT. 7**

Alain & Tina Harari, à la mémoire de Liliane Harari ז"ל.

Betty & Joseph Nezri, en l'honneur de leur famille.



## Upcoming Events



**[EVERY] SHABBAT KIDS CLUB | 10:00A - 11:30A**  
SPY SPANISH & PORTUGUESE YOUTH IN GARDERIE ORSHELI DAYCARE (AGES 3 - 11)

Parasha - Games - Stories  
Crafts - Songs - Prizes



**THURSDAY, OCT. 6 SUKKAH DECORATING | 9:30A - 12:00P**  
Sisterhood: Bringing our Community Together.

Please confirm by email to:  
sisterhood2020@hotmail.com OR Grace: 514-979-9779



**SUNDAY, OCT. 9 HONOURARY SUKKOT DINNER | 7:00P**

Please join us as we honour three members who devoted countless hours & resources to make the synagogue a better place for all.

Member: \$18 kids - \$36 adults  
Non-member: \$25 kids - \$45 adults

Registration must.



**THURSDAY, OCT. 13 SUKKOT PIZZA IN THE HUT | 4:30P - 6:30P**  
SPY - Join Captain Lolo, You Family & Friends for Pizza and Sukkah Crafts. All Ages Welcome.

Members : \$8.00  
Non-member: \$10  
**RSVP By October 7<sup>th</sup>**