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COMMUNITY

PARNASS HAYOM BEIT HAMIDRASH HELWANI

SUNDAY/DIMANCHE 19 AV - AUGUST 6
Armand Mamane, en l'honneur de sa famille.

MONDAY/JEUDI 20 AV - AUGUST 7
David Gabbay & Shasha Families, in memory of Haron Shasha ז"ל

TUESDAY/MARDI 21 AV - AUGUST 8
Anne & Sam Aintabi, in memory of his brother, Robert Haim Aintabi ז"ל

WEDNESDAY/MERCREDI 22 AV - AUGUST 9
Gary Pearl, in memory of his father, Joseph Pearl ז"ל

Maghen Abraham, in memory of Jacob Akaireb ben Rahel ז"ל

THURSDAY/JEUDI 23 AV - AUGUST 10
M. & Mme. Marcel Menda, en l'honneur de Rabbin Yehuda Abittan.



Jewish Wisdom HALAKHA

PARASHAT EKEV - VALUABLE LESSONS
Reverend Hazan Daniel Benlolo

Parashat Ekev, contains valuable lessons that can resonate with the times we live in. Some key messages include:

- 1. Gratitude and humility:** The portion emphasizes the importance of gratitude for the blessings we receive. In challenging times, it's essential to remember the things we are thankful for and to approach life with humility, recognizing our dependence on the Divine and the interconnectedness of all beings.
- 2. Trust in God during hardships:** Parashat Ekev recounts the Israelites' journey through the wilderness, where they faced various trials. Despite the uncertainties, they were encouraged to trust in God's providence. This message can inspire us to find strength and hope during difficult times, trusting that there is a greater purpose and a guiding force in our lives.
- 3. Ethical behavior and kindness:** The portion stresses the importance of acting ethically and showing compassion towards others. In today's world, where divisions and challenges are prevalent, the message of treating others with kindness and fairness is more important than ever.
- 4. Spiritual significance in everyday life:** As mentioned earlier, the custom of saying blessings for various actions is present in Parashat Ekev. This serves as a reminder to find spiritual significance in everyday activities, fostering mindfulness and gratitude amidst our busy lives.
- 5. Responsible stewardship of the Earth:** The portion emphasizes that the land the Israelites are about to enter is a gift from God and that they have a responsibility to care for it. In the context of our times, this message carries the importance of environmental stewardship and taking care of our planet for future generations.
- 6. Unity and collective responsibility:** The portion stresses the idea of collective responsibility, emphasizing that the actions of individuals can have consequences for the community as a whole. This message can remind us of the importance of working together to address global challenges and to support one another.

In summary, Parashat Ekev offers timeless teachings that encourage us to cultivate gratitude, trust, ethical behavior, mindfulness, and unity. These lessons are relevant and can guide us in navigating the complexities of the modern world, fostering a sense of connection with the Divine and with each other.



Got a Question for Reverend/Hazan Daniel Benlolo?

Dear Danny

Why is it customary in Judaism to recite a blessing for almost everything?

Dear reader,

The practice of reciting blessings, known as "berakhot" in Hebrew, is an essential aspect of Jewish tradition and observance. It stems from the belief that God is the ultimate source of all blessings and that expressing gratitude for these blessings is an integral part of spiritual life.

The concept of blessings in Judaism can be traced back to the Torah, where it is mentioned numerous times. For example, in Deuteronomy 8:10, it says, "When you have eaten and are satisfied, you shall bless the Lord your God for the good land which He has given you." This passage encourages the act of blessing after partaking in a meal, acknowledging that the food comes from God's benevolence.

Judaism teaches that blessings should be recited for both positive and seemingly mundane aspects of life. For instance, there are blessings for food and drinks, such as bread, wine, and fruit, as well as blessings for different occasions and activities, like lighting the Shabbat candles, hearing good news, seeing a rainbow, studying Torah, and even using the restroom.

The rationale behind reciting blessings for ordinary activities is to infuse daily life with spiritual significance. It fosters mindfulness and helps individuals recognize that even the most routine tasks can be opportunities for gratitude and connection with the Divine. This practice serves as a constant reminder of the blessings in one's life and encourages a sense of thankfulness for everything, big or small.

Moreover, saying blessings before performing certain actions can also be seen as a way to seek permission or approval from God before proceeding with a specific activity. By acknowledging God's role in all aspects of life, it promotes a sense of humility and dependence on the Divine.

Overall, the custom of reciting blessings in Judaism helps cultivate a sense of spirituality and gratitude, making daily activities meaningful and sacred while deepening the connection with God.

until next time...



Congregation Maghen Abraham

PERASHA EKEV
Thoughts: Mayer Sasson
One hundred blessings

"And G-d will keep afar from you - ממך - all illness and all the bad sufferings of Egypt..." (7,15)

We know what the Tur wrote (Or Hachaim): David Hamelech instructed that one hundred blessings be made daily and thereby the plague that had erupted in his time wherein hundred young men had been dying daily stopped.

We can learn an allusion to this from this verse: "And G-d will keep afar from you - ממך - all illness" . In the merit of - מ מ כ - which adds up to 100 – the one hundred blessings that you make daily - the blessing of "And G-d will keep afar from you - ממך - all illness and all the bad sufferings of Egypt..." will be fulfilled.

Concerning this the Ben Ish Chai zy'o adds that we can interpret the verse in Tehilim (81) "Widen your mouth and I will fill it up" that it alludes to the idea that one who makes 100 blessings daily will be blessed. If we open our mouth - "פה" – if we open up this word fully into its letters- פ"ה ה"י - this adds up to the numerology of 100 (15 = ה"י = 85 = פ"ה).

Therefore, if we widen our mouths and say 100 blessings daily then "I will fill it up- "G-d will fill it and bring blessings upon the person.

SHABBAT SHALOM!!



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