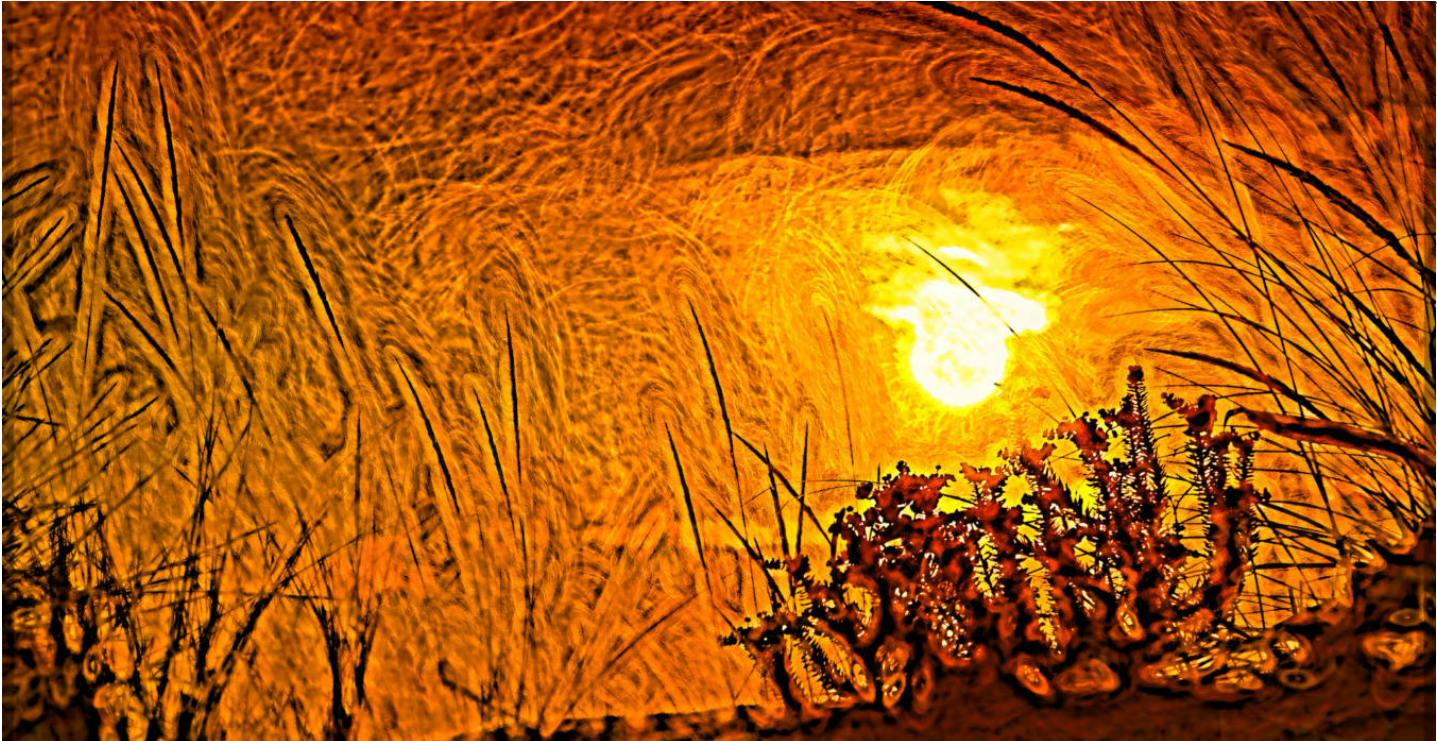




Shearith Israel  
SPANISH &  
PORTUGUESE  
Synagogue of Montreal  
Est. 1768

# SHABBAT BULLETIN

January 14, 2023 | 21 Tevet, 5783



## Parashat Shemot

YOUTH SHABBAT #2

*Reverend Hazan Daniel Benlolo*

As some of you may be aware, the Shabbat on which Parashat Beshalah is read is called “Shabbat Shira”, the Shabbat of Song. During this Torah portion we celebrate Moses and Miriam leading the Israelites across the Sea of Reeds (The Red Sea) and out of Egypt. Shabbat Shira gets its name from part of the weekly Torah reading known as Shirat HaYam-Song of the Sea. This year’s Shabbat Shira will take place on February 4<sup>th</sup> and we thought this would be the perfect time to host our second of four *Kids Shabbat Takeovers*. We were so blessed to have so many of you participate the first time around that we hope we can count on your continued support.

We would again like to give the children the opportunity to take a lead role in the service. The children (and their parents or grandparents) will be opening and closing the ark, introducing the Aliyot, reciting the blessings, delivering the D’var Torah, and leading us in song. We have

prepared the text and recorded the songs and would be happy to share them with any children interested in participating. Over the next two weeks, *Morah Maayan* and *ShinShin Ariel* will be practicing some of the songs during the Shabbat kids club.



On February 4<sup>th</sup> our children will also take over our Shabbat Bulletin. This is a wonderful opportunity for our young writers and artists to shine. We

would like our children to tell the story of Beshalah through their eyes, with their words and images.

We are asking you, our members, our friends to invite your children, grandchildren, nieces, and nephews to participate. We have honours available for children of all ages, from 3 to 17 years old. Please contact *Julia* by phone or email and she would be happy to discuss the best way to get the child or family involved.

*Morah Maayan, Shinshin Ariel* and *Nina Hazzan* will be overseeing the Shabbat Kids Club on that February 4<sup>th</sup> and have planned many wonderful activities. Following the service, we will have a special kiddush in honour of our children, where we will serve some of their favorite foods. If you are interested in volunteering that day or sponsoring Kiddush, please contact *Julia*. We would welcome your support.

May we continue to gather to celebrate, pray, sing, and rejoice. May our hallways be filled with laughter, our chapels and sanctuary with song. May our children continue to feel included and special and may we go from strength to strength.

Shabbat Shalom

### SHABBAT SHALOM

Start/Debut 4:16 p.m. End/Fin 5:25 p.m.

PARASHAT SHEMOT  
HERTZ PAGE 180  
HAFTARAH KINGS  
HERTZ PAGE 191

SHABBAT SERVICES  
SHAHRIT: 8:30A MINHA: 4:15P

#### WEEKLY SERVICES SCHEDULE

Sunday  
Shahrit: 8:30A Minha: 4:30P

MONDAY - FRIDAY  
Shahrit: 7:30A Minha: 4:30P

#### CHEVRA SHAAS Service Schedule

SHABBOS, January 14<sup>TH</sup>  
Schachris 9:30 a.m.

SUNDAY, January 15<sup>TH</sup>  
Schachris 8:00 a.m.

#### TORAH CLASS

Join *ANDRE ROTCHEL* every  
Shabbat after services  
Beit Hamidrash  
Refreshments

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



### OPINION

## Chevra Shaas

Words From  
Rabbi Menahem White  
SHEMOT 5783

\*Our friend Malcolm Moscovitch is in the Jewish Eldercare, Victoria entrance.

\* Mariam Mintz and Stanley Goldstein observe yahrzeit for their grandfather, Shalom ben Yerachmiel HaKohen, on Tuesday, 24 Tevet

GREAT NEWS: Although not an agudist, I must give great credit to Agudath Israel for the following news item I saw on Israel National News. The news refers specifically to the USA, but I assume it will also affect Canada.

A bill to enact permanent Daylight-Saving Time has been shelved by Congress in part due to the efforts of Agudath Israel which led the way in ensuring that the measure, disruptive to religious Jewish life, was not passed.

The effort in Congress to permanently extend Daylight Saving Time (DST)

“came to a sputtering end,” according to Agudath Israel, after the House of Representatives refused to put forward the measure.

The death of the bill was largely due to the organization’s efforts, it explained, as it worked to ensure that the “unique and disruptive challenges” permanent DST would cause the Orthodox community did not take place.

\*\*\*\*\*

To clarify: In Montreal, for example, in mid December, the earliest time to put on tallit and tefillin is around 6:27. Were DST in effect, it would be 7:27. That would have created terrible problems for shul attendance and cause late arrival to work for people who would go to shul.

As it is now, DST creates major problems for pesach sederim. I remember that when I was young, DST did not begin until the end of April. Thus, the sederim began at a reasonable hour. Later on, the start time for DST was moved up, so that now sederim begin very late. Another problem has been Taanit Esther and the reading of the megillah. Fortunately, this year, Purim comes very early,

so we don’t have a problem, but most years it comes after DST begins.

So, we are stuck with the problems on Purim (most years) and Pesach, but at least we won’t have to put up with DST during the winter.

Another argument against permanent DST, which does not only affect Jews: I found the following in the Smithsonian magazine, concerning an attempt by Pres. Nixon to establish DST in the winter of the 70’s:

The main drawback to pushing the clock forward permanently was the prolonged early-morning darkness in the winter, which left children heading to school when it was “jet black” outside, as a parent told the Washington Post’s Barbara Bright-Sagner at the time. Writing for *Washingtonian*, Andrew Beaujon notes that eight students in Florida died in traffic accidents in the weeks following the change; in the nation’s capital and its surrounding suburbs, similar incidents led some schools to delay classes until the sun came up.

Shabbat shalom



## QUOTE OF THE WEEK

Make the most of yourself, for that is all there is of you.

-Ralph Waldo Emerson | Aish HaTorah





**S.&P. Shabbat Kiddush is Sponsored by:**  
Albert & Lola, Marc & Gloria and Michel & Reine,  
in memory of Joseph (ben Mordechai) Kakon z'l.

**S.&P. Seudah Shlishit is Sponsored by:**  
Sylvia Malka, in memory of her father, Haim Malka z'l.

**C.S. Shabbos Kiddush is Sponsored by:**  
Hannah & Dr. Joshua Haimovici, thanks to Hashem  
for all His goodness.



INSIGHTS

### Got a Question for Reverend/Hazan Daniel Benlolo?

Dear friends,

I found this anonymous jewel and I thought you would like it.

The question was asked; At 70 of age and heading towards 80 what sort of changes are you hoping for yourself? Here is the answer:

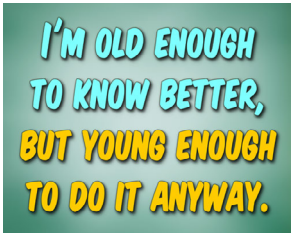
1. After loving my parents, my siblings, my spouse, my children, and my friends, I have now started loving myself.
2. I have realized that I am not "Atlas". The world does not rest on my shoulders.
3. I have stopped bargaining with vegetable & fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.
4. I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
5. I stopped telling the elderly that they've already told that story many times. The story makes them walk down memory lane & relive their past.
6. I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.
7. I give compliments freely & generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never,

NEVER turn it down, just say "Thank You."

8. I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.
9. I walk away from people who don't value me. They might not know my worth, but I do.
10. I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat & neither am I in any race.
11. I am learning not to be embarrassed by my emotions. It's my emotions that make me human.
12. I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.
13. I have learned to live each day as if it's the last. After all, it might be the last.
14. I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

I decided to share this for all my friends. Why do we have to wait to be 60 or 70 or 80, why can't we practice this at any stage and age?

Shabbat shalom



### Congregation Maghen Abraham

Thoughts: Mayer Sasson

PERASHA SHEMOT  
"I shall be that which I Will be." אֶהְיֶה אֲשֶׁר אֶהְיֶה 3,14))

**To see the light amidst the dark** The fact that G-d's Name comes from the words אֶהְיֶה אֲשֶׁר אֶהְיֶה comes to allude to us that He acts from Above with people as a person acts in This World Below. (Rabbi P. Friedman)

We have learned from the Nefesh Hachaim that "Just as a person determines in his heart and says G-d is the real G-d and besides Him there is no power in the world – and he subjugates his pure thoughts only to the Only G-d – so thereby all the powers and desires in the world will be cancelled out and they will not be able to anything to him." Likewise, it is also brought in the name of the Baal Shem Tov that if a person totally believes even when things are totally concealed, in the greatest trouble that he has, that G-d is there – thereby by that faith that he has he will merit that the harsh Judgment will be mellowed, and the trouble will turn into salvation. Thus, the Leket Imrei Pninin wrote: "I heard from my teacher (the Baal Shem Tov) that if a person would know with full knowledge and faith that in all situations when G-d is concealed, He is hidden therein and there is really no concealment – then immediately all the evil doers would leave him and the evil would fall away, and the light would be revealed. Yet, sometimes there is a situation of "I will conceal My Face" – G-d conceals His concealment, and a person feels no vitality and he forgets that G-d is with him (in his troubles) and this is considered as idol worship when he has no belief and faith in G-d – and then he can be punished.

However, as long as a person cleaves to total faith in his Creator, no bad will befall him and he will receive love and affection from G-d.

SHABBAT SHALOM!!

### PARNASS HAYOM BEIT HAMIDRASH HELWANI

**SHABBAT 21 TEVET - JANUARY 14**  
Familles Kakon, à la mémoire de leur père, Joseph Kakon ז"ל

**SUNDAY/DIMANCHE 22 TEVET - JANUARY 15**  
Sachs Families, in memory of Oscar Rahamin Sachs ז"ל

Dr. Samia Bekhor & Amy Hadid, in memory of their mother, Salima Zubaida ז"ל

**MONDAY/LUNDI 23 TEVET - JANUARY 16**  
Rosette Rossano, in memory of her father, Rav. Jaïs Revah ז"ל

Michel & Lina Cohen, in honour of their Children.

**TUESDAY/MARDI 24 TEVET - JANUARY 17**  
David Gabbay, in memory of his mother, Renée Dangoor ז"ל

Marie Miriam Benhaïm Schad, à la mémoire de sa mère, Rachel Benhaïm ז"ל

Rina & Zion Totah, in memory of her father, Yosef Benisti ben Rina ז"ל

**WEDNESDAY/MERCREDI 25 TEVET - JAN. 18**  
Yaer Oliel, à la mémoire de sa mère, Mazal Tov Oliel ז"ל

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

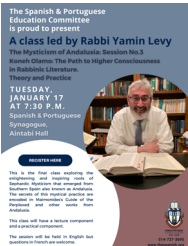
**THURSDAY/JEUDI 26 TEVET - JANUARY 19**  
Nusbaum Family, in memory of their mother, Viviane Nusbaum ז"ל

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

Ruth & David Khazzam, in honour of the birth of our grandchild, Charles Joseph (Ezra) Khazzam.

**FRIDAY/VENDREDI 27 TEVET - JAN. 20**  
Mr. & Mrs. Simantob Darwish, in memory of Sarah bat Mazal ז"ל

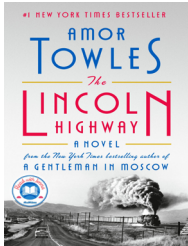
## Upcoming Events



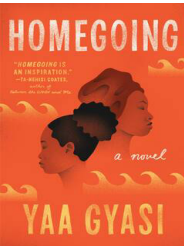
**TUESDAY, JANUARY 17 | 7:30P - 9:00P**  
The Education Committee Presents: MUSTICISM OF ANDALUSIA (SESSION 3) KONEH OLAMO: THE PATH TO HIGHER CONSCIOUSNESS IN RABBINIC LITERATURE - with RABBI YAMIN LEVY  
We are thrilled to welcome, once again, Rabbi Levy, who will lead us into a series on Sephardic mysticism, with a combination of practice and theory.  
Registration required: [www.thespanish.org](http://www.thespanish.org)



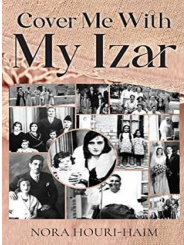
**SHABBAT, FEBRUARY 4 | 10:00A - 1:00P**  
SPY KIDS SHABBAT TAKEOVER  
Join us for a fun song filled, children led service. Followed by a kid friendly kiddush.  
Please contact Julia Peress [julia@thespanish.org](mailto:julia@thespanish.org) if your child would like to participate in the service.



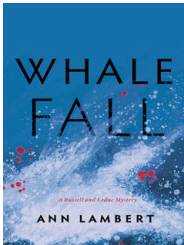
**SUNDAY, FEBRUARY 12 | 10:30A - 12:00P**  
SISTERHOOD BOOK REVIEW: The Lincoln Highway by: Amor Towles - Reviewer: Yvonne Saleh Battat Hall  
\$5 FOR SISTERHOOD MEMBER & \$8 FOR NON-MEMBERS



**SUNDAY, MARCH 12 | 10:30A - 12:00P**  
SISTERHOOD BOOK REVIEW: Homegoing by: Yaa Gyasi - Reviewer: to be advised - Battat Hall  
\$5 FOR SISTERHOOD MEMBER & \$8 FOR NON-MEMBERS



**TUESDAY, APRIL 4 | 10:30A - 12:00P**  
SISTERHOOD BOOK REVIEW: Cover Me With My Izar by: Nora Houri-Haim - Reviewer: Joe Menashe Battat Hall  
\$5 FOR SISTERHOOD MEMBER & \$8 FOR NON-MEMBERS



**TUESDAY, MAY 2 | 10:30A - 12:00P**  
SISTERHOOD BOOK REVIEW: Whale Fall by Ann Lambert - Reviewer: Taff Chitayat Battat Hall  
\$5 FOR SISTERHOOD MEMBER & \$8 FOR NON-MEMBERS