

# Tefilla Notebook

This week's Tefilla Notebook is sponsored by **Janet Sasson** in memory of her mother, **Fania Fontak, Fania Tziporah bat Yenta a"h**, whose yahrtzeit is on the 12th of Adar.

18 Adar • Parshat Ki Tisa

March 10-11, 2023

**Steven Dorfman, President**

• **Rabbi Pini Dunner, Senior Rabbi**

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Dear Members and Friends,

Oscar Wilde is purported to have said that "to love oneself is the beginning of a lifelong romance." I had always thought this was a pithy remark about the dangers of narcissism, but apparently not. Wilde's remark emphasizes the importance of cultivating self-love, namely ensuring that one feels positively towards oneself so that you create the foundation for a fulfilling and meaningful life, unencumbered by low self-esteem.

Although, ultimately, what exactly is the difference between self-love and narcissism? Doesn't the first automatically lead to the second? It seems not. In fact, according to the experts, self-love and narcissism couldn't be more different. Self-love allows one to feel comfortable in one's own skin and to accept who we are as we are, while narcissism describes someone with an inflated sense of self-importance – which always leads to unjustified and unfulfillable feelings of entitlement.

The main difference between self-love and narcissism is that those who have perfected self-love find it easy to form relationships with others, while narcissists are always inconsiderate and selfish. Indeed, the narcissist's preoccupation with themselves is the antithesis of self-love – and it certainly doesn't allow room for anyone else, which means that narcissists are never able to develop healthy relationships. America's best-known self-help guru, Wayne Dyer (1940-2015), put it beautifully: "If you don't love yourself, you won't be good at loving anyone else. Loving starts with the self."

But learning self-love can be a challenging process. Many people have a critical inner voice that constantly puts them down and tells them they are not good enough, and this inner voice can be hard to silence. Experiences of rejection, trauma, or abuse can also leave deep emotional scars and make it difficult to trust oneself or feel worthy of love, even self-love. The society we live in is also a barrier to self-love; our environment is constantly feeding us messages that we need to be perfect, or achieve certain goals, in order to be loved and accepted. These messages create unrealistic self-expectations and make it hard to accept ourselves for who we are. Nevertheless, with focus and commitment, any person can learn to love themselves and to give themselves the foundation to love others, and to be loved by others. But without that first step of self-love, the second step of loving others is unattainable.

This two-step process offers the perfect analogy to help us understand a curious phrase in Parshat Ki Tissa, along with a well-known but ill-understood passage in the Talmud. Parshat Ki Tissa includes five verses that reiterate the centrality of Shabbat in the Jewish faith, two of which are intoned as kiddush every Shabbat. Oddly enough, the first of those two verses seems to defy the whole idea underpinning Shabbat (Ex. 31:16):

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם

– "the Israelite people shall observe the Shabbat, to do the Shabbat for their generations as a covenant for all time."

Using the Hebrew word "la'asot" – "to do" – about Shabbat seems strange, as Shabbat is best known as the one day each week when we refrain from "doing" anything. Which prompts the question: what is the word "la'asot" doing here?

According to the Babylonian Talmud (Shabbat 118b), "if only the Jewish people would observe two Shabbats properly, they would immediately be redeemed," a promise the Gemara bases on two verses in Isaiah. The commentaries all puzzle over the specific need for the observance of two Shabbats, as opposed to one, particularly as there is a competing statement in the Jerusalem Talmud (Ta'anit 1:1) which suggests that if everyone observed just one Shabbat, that would be sufficient for the redemption to occur.

Several commentaries propose the idea that the six workdays sandwiched between the two Shabbats are pivotal, and the second Shabbat is a more proper Shabbat because it is the culmination of a six-day week – specifically, six days that are preceded by a properly observed Shabbat. Messianic redemption will only occur after the second Shabbat is observed, and it is this second Shabbat that the Jerusalem Talmud refers to as the "one" Shabbat needed for redemption, making no reference to the first Shabbat, as it doesn't really count.

But while this explanation offers a technical solution, perhaps the aforementioned verse in Ki Tissa offers a more satisfying answer. Just as forming loving, healthy relationships with others can only happen when one has perfected self-love, ensuring the endurance of Shabbat for future generations can only happen if we have perfected our own Shabbat observance first. "Veshamru" for ourselves will be followed by "la'asot" for others, which in turn will lead to an eternal covenant. However, observing that "first" Shabbat is comparable to the challenge of achieving self-love – it is tough to accomplish, but worth the effort, as it provides a platform for something much deeper and more profound: the ability to create the "second" Shabbat for others. This "second" Shabbat is a reflection of our ability to take the power of our personal Shabbat and introduce it to the world around us, ensuring that Shabbat is there for the next generation and beyond. And it is once we have achieved these objectives that the messianic redemption can occur.

The late Rabbi Shlomo Carlebach (1925-1994) would always focus a tremendous amount of effort and energy promoting the beauty of Shabbat, wherever he went and in the widest variety of settings. He would say that "the holiness of Shabbat is not in the doing or in the not-doing, and not in the eating and the drinking – it is in the being." His message was simple: for Shabbat to impact your life and the life of others, you need to absorb it into the very essence of who you are and be totally comfortable in every one of its aspects. And once you love Shabbat, that love is infectious – others will learn to love Shabbat too, and to embrace it, which is why it will become "la'asot" – a gift of Shabbat that keeps on giving.

Wishing you Shabbat Shalom and a wonderful week ahead,  
Rabbi Pini Dunner

**FRIDAY, MARCH 10**  
5:39pm CANDLELIGHTING  
5:40pm SERVICES

**SATURDAY, MARCH 11**  
8:30am GEMARA SHIUR  
9:15 am SHACHARIT  
5:45 pm MINCHA  
6:35 pm MAARIV  
6:36 pm SHABBAT ENDS

**WEEKDAY DAVENING**  
Sun 8:00am 6:45pm  
Mon-Thu 7:00am 6:45pm  
Fri 7:00am 6:30pm  
**CLOCKS GO BACK AN HOUR ON SATURDAY EVENING**

**WELCOME**  
**Yaakov Katz,**  
Editor in Chief of the Jerusalem Post. He will speak at approximately 11am.

# Sisterhood Corner

March/ April

**Our next YINBH Book Group read!**

We will be reading

*The Periodic Table* by Primo Levi

Chosen by The Royal Institution of Great Britain as the best science book ever written.

Tuesday, March 14th at 7:30 pm

Private home address will be provided upon RSVP

RSVP at [yinbh.org/bookgroup](http://yinbh.org/bookgroup)

Get ready for an insightful discussion!

## First Night Seder

Wednesday, April 5th 7:30 pm

Seder led by Rabbi Pini Dunner

Accompanied by gourmet glatt kosher international wine

**We see a paint night with wine and cheese coming...**

Stay tuned after Pesach....!

Shabbat Shalom,

Cecile & Ruthie

Sisterhood Co-Presidents



Dear Family and Friends,  
It is with immense gratitude to HaShem that we welcome to the world **Rosalyn's** second great grandson and **Eric's** second grandson -

**Shlomo Leib Gavriel** and in English - **Stephen**.

May Rosalyn's beloved husband Stephen, and our father and Papa's Neshama continue to live on in all that we are and do for generations to come.

**The Rothman Family**

# YAHRTZEITS



**Solomon Aizenstein**

Zalman ben Isser z"l

Husband of

**Shirley Aizenstein**

Yahrtzeit - 18 Adar

**Victor Samuel**

Yitzchak ben Yaakov z"l

Brother of

**Joe Samuel**

Yahrtzeit - 18 Adar

**Etta Cohen**

Yehudit bat Yisroel a"h

Mother of

**Arleen Tanenbaum**

Yahrtzeit - 18 Adar

**Samuel Michaels**

Simcha ben David z"l

Father of

**Denise Richter**

Yahrtzeit - 21 Adar

**Emil Sassover**

Emmanuel ben Yona HaLevi z"l

Father of

**Moshe Sassover**

Yahrtzeit - 23 Adar

**Yaghoub Soroudi**

Yaakov ben Mari z"l

Father of

**Behrouz Soroudi**

Yahrtzeit - 23 Adar

Thank you to **Steve & Chavi**

**Dorfman** and **Jackie &**

**Natalie Wizman** for hosting

our speaker

**Yaakov Katz.**

# Happy Anniversary

*Simon & Susy Rubinstein*

# HAPPY BIRTHDAY

*Lauren Broidy*

*Joshua Flaum*

*Johanna Rosenblatt*

*Jacqueline Cohenca*

*Lauren Korbatov*

# Mazel Tov



**July-Caroline Hodara and**

**Jeremy Sultan**

on their wedding on March 5th.

Mazel Tov to parents,

**Drs Patrick & Ginette Hodara**

and

**Bruce & Sonya Sultan.**



Mazel Tov

to **Danielle**

**Novack &**

**Jonathan**

**Boiarsky** on the birth of

a baby girl who they

named **Miriam**

**Emunah, Madeline**

**Heidi.** Mazel Tov to

grandparents **Barry**

**Novack & Annie Baum**

and **Robert Boiarsky**

**& Dr. Alise Reicin**



# Book Group

## The Periodic Table PRIMO LEVI

MARCH 14TH, 2023  
7:30PM

ORDER  
NOW  
amazon

The Periodic Table is largely a memoir of the years before and after Primo Levi's transportation from his native Italy to Auschwitz as an anti-Facist partisan and a Jew.

RSVP at  
[yinbh.org/bookgroup](http://yinbh.org/bookgroup)  
LOCATION GIVEN UPON RSVP

## THANK YOU

**Moshe & Helen Sassover** for sponsoring the kiddush luncheon in memory of Moshe's father,  
**Emil Sassover, Emmanuel ben Yona HaLevi z"l**,  
on the occasion of his first yahrtzeit on 23 Adar.  
**Rabbi Pini & Sabine Dunner** for sponsoring Seudah Shlishit in memory of Rabbi Dunner's brother  
**Benzi Dunner, Benzion ben Avraham Moshe HaLevi z"l**,  
whose yahrtzeit is on the 16th of Adar.



Mazel Tov to **Temima Rosenstein Sheff and Zev Shimshon Sheff** on the birth of a baby boy and to Big Sister, **Rachel Tiferet "Tiffany" Sheff**  
Mazel Tov to Grand Parents, **Ari and Aliza Rosenstein** and to the Great Grandparents,  
**Lee & Anne Samson a"h** and **Neil & Mavis Rosenstein**.

## Purim Seudah 2023

Thank you to all who joined us  
and Mazel Tov to our costume  
contest winners, Ed & Cecile  
Gromis, otherwise known as  
Sonny & Cher.



# First Night SEDER

Wednesday, April 5th 2023

Gourmet glatt kosher  
International wine  
selection

**SEDER LED BY  
RABBI  
PINI  
DUNNER**

**EARLY BIRD  
BEFORE MARCH 20TH  
ADULT \$195 • CHILD \$110**

**AFTER MARCH 20TH - ADULT \$210 • CHILD \$125**

**[www.yinbh.org/seder](http://www.yinbh.org/seder)**

**ישיבת ינב** **YINBH**  
BEVERLY HILLS SYNAGOGUE

