

Tefilla Notebook

10 Nissan • Parshat Tzav • Shabbat Hagadol • Pesach

March 31-April 13, 2023

Steven Dorfman, President

Rabbi Pini Dunner, Senior Rabbi

www.yinbh.org

310-276-7650 • office@yinbh.org



Dear Members and Friends,

In a 2014 interview for the Huffington Post, the late Rabbi Lord Jonathan Sacks said something incredibly profound: "Our thoughts have power," he told the interviewer, "They can create or destroy. They can heal or harm. They can inspire or depress. The way we think about ourselves and the world around us literally shapes our reality and determines our destiny."

The idea that what we think results in what we do is deeply rooted in Judaism, and has also been adopted by modern psychology. But I believe Rabbi Sacks was trying to drive home a slightly different point. What Rabbi Sacks meant to say is that our thoughts are not just a series of electrochemical signals and processes that occur within the brain. Rather, as the neurons in our brain communicate with each other through the release of neurotransmitters which trigger further electrical activity – the scientific definition of "thoughts" – there is something else going on that cannot be monitored by an electroencephalogram (EEG) machine. In fact, the brain power referenced by Rabbi Sacks – the power to create or destroy, or to heal or harm – the power that "literally shapes our reality" – is not the kind of brain activity that generates a reading of any kind, on any machine, in real-time. Although, it is certainly a power that can be measured, evaluated and quantified – if you know what you are looking for.

The question of whether human thought on its own has the power to change reality is a topic that has been explored and discussed for millennia by philosophers, spiritual teachers, and – more recently – by scientists. Truthfully, the results of scientific research studies is a mixed bag, and there are no shortage of skeptics and debunkers who dismiss any notion that what happens in someone's head has any impact on the physical world beyond their head.

And yet, there is well-documented research into what is known as the "placebo effect" – a phenomenon that occurs when a person experiences a positive outcome from medical treatment which includes no known active ingredient. These "fake" medicines are effective because of the belief and expectations by those using them that they will improve their condition. The placebo effect has been critically observed in clinical trials, with placebos used as a control or as a supplement to other treatments, and while the mechanism is not fully understood, it clearly demonstrates that if you think you are taking a medicine, it has a measurable impact well beyond your brain. Dr. Ted Kaptchuk, a Harvard professor of medicine who has studied the placebo effect for many years, and has written countless books and articles on the topic, has this to say: "The placebo effect is not imaginary – it's a real, biological response to an expectation of healing that is induced by a treatment. It is a reminder that our health and well-being are not just determined by our biology, but by our beliefs, attitudes, and social context."

Remarkably, the placebo effect phenomenon was discovered by accident in the eighteenth century, as part of an attempt to discredit a charlatan doctor. In 1784, King Louis XVI of France asked Benjamin Franklin – who was the American Ambassador in Paris – to oversee the first-ever documented placebo-controlled trial. The trial was set up to investigate the claims of a German physician named Franz Anton Mesmer (1734-1815), who had become famous in Vienna for his "animal magnetism" therapy. Mesmer's hypnotic effect on his followers in Paris (hence the word "mesmerized") even included the French queen, Marie Antoinette.

The King was highly skeptical of Mesmer, and asked Franklin to investigate – and the results of the investigation were devastating.

Franklin's carefully chosen team of eminent scientists conducted several controlled experiments, which included asking a young boy to hug what he was told were magnetized trees that contained healing powers. The boy hugged the trees and immediately began shaking and convulsing – but it was then revealed that the trees were not magnetic, and the boy had simply been tricked into believing they were. Mesmer was exposed as a fraud, but in the meantime, the power of a placebo had been demonstrated for posterity.

But while the placebo effect proves that thoughts have power beyond mere thinking, the power that thoughts have to change reality is still seemingly limited to the individual who has those thoughts. What about projecting that power beyond oneself? Is it possible? Scientific data is scant, and those who claim to have proven the efficacy of "thought power" have yet to convince the scientific community.


In her book "The Intention Experiment", the alternative medicine practitioner, Lynne McTaggart, presents what she claims is scientific evidence. In a series of experiments, participants were asked to focus their thoughts – she refers to them as "intentions" – on a specific outcome, such as reducing violence in a particular area or improving the health of a particular group of people. McTaggart asserts that the results of these experiments conclusively prove that the "power of intention" can be used to affect the physical world in measurable ways. But her claims have been contested by scientists, with her data being dismissed as half-baked and unscientific.

Judaism has always promoted the idea that thoughts and prayers can make a tangible difference to the world around us. Perhaps it is exactly because it can't be proven and involves faith, that this idea is so important to religion. No less an expert than Dr. Fred Rosner, an Orthodox Jew who is a well-known authority on Jewish medical ethics, has expressed doubts about the feasibility of subjecting prayer to empirical analysis, and he questions whether this subject even falls within the domain of science – even though he personally believes prayer works.

In Parshat Tzav we have the perfect example of thoughts intervening into reality, with a concept known as "pigul" relating to Temple offerings. The consumption of any intended offering is subject to two restrictions: the time and location of its consumption. The time frame for consuming certain sacrifices is limited to one day, while for others it's two days. Meanwhile, some sacrifices can only be eaten within the Temple complex, and others can be eaten anywhere in Jerusalem. According to the laws of "pigul", if a priest thought to consume a sacrifice beyond the permitted time or outside the permitted location while offering it, the sacrifice is automatically disqualified. Even if the sacrifice is later consumed according to Jewish law, in the correct time and location, it is still no good, due to the initial "pigul" thought. The reality has changed as a result of a random thought.

Modern science is still in the very early stages of understanding the human brain, and the power it yields. But Judaism is clear – our thoughts have the power to alter reality, a message imparted in the Torah by the laws of "pigul". And while we may not have scientific evidence to back this idea up, the concept of "thought power" is certainly worth taking on board, so that our minds are finely tuned to become tools of positivity in our own lives, and for the lives of all those we know. Or, as Rabbi Sacks put it: "The way we think about ourselves and the world around us literally shapes our reality and determines our destiny." Powerful words indeed.

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

FRIDAY, MARCH 31		SATURDAY, APRIL 1	
	6:55pm CANDLELIGHTING	8:30 am GEMARA SHIUR	
	6:30pm KABBALAT SHABBAT	9:15 am SHACHARIT	
		6:10pm HAGADOL DRASHA	
		7:00 pm MINCHA	
		7:50 pm MAARIV	
		7:52 pm SHABBAT ENDS	

WEEKDAY DAVENING		
Sun	8:00am	7:00pm
Mon	7:00am	7:00pm
See Passover schedule on page 3		
for times starting Tuesday April 4th through end of Pesach.		

CHAG PESACH V'SAMEACH
Chametz Sale forms are due by Tuesday April 4th at 10:00am. You can find the form at yinbh.org/chametz

Sisterhood Corner

April / May

We wish you and your family a happy and healthy Pesach.

We hope you have joyous and meaningful Seders surrounded by family and friends.

RESCHEDULED

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.

Thursday, April 20th at 7:30 pm

Private home address will be provided upon RSVP

RSVP at yinbh.org/bookgroup

Get ready for an insightful discussion!

Save the Date!

YINBH Annual Gala Banquet

Sunday, May 21st at 5:30 pm

Chag Pesach Kasher V'Sameach and Shabbat Shalom,

Cecile & Ruthie

Sisterhood Co-Presidents

YAHRTZEITS

Dora Ross

Devorah bat David a"h

Mother of

David Ross

Yahrtzeit - 12 Nissan

Robert Greenspan

Reuven Fayvel ben Chaim z"l

Father of

Evan Greenspan

Yahrtzeit - 13 Nissan

Sam Praw

Shalom ben Hanoach Eliezer z"l

Father of

Ruthie Kellerman

Yahrtzeit - 13 Nissan

Nathan Sweetbaum

Yitzchak ben Avraham Aba z"l

Husband of

Shirley Sweetbaum

Father of

Judith Garshofsky

Liz Greenspan

Yahrtzeit - 14 Nissan

Abraham Silvas

Avraham z"l

Father of

David Silvas

Yahrtzeit - 14 Nissan

Happy Anniversary

Steven & Vivian Dorfman

SAVE THE DATE

Shabbos April 22nd
Kiddush Luncheon in celebration of the engagement of
Meir Dunner & Ronia Blum

Harry Brandt

Hersch ben Chaim z"l

Father of

Ruth Brandt

Yahrtzeit - 19 Nissan

Ilse Halberstadt Schloss

Miriam bat Meir a"h

Mother of

Stephen Schloss

Yahrtzeit - 22 Nissan

Margaret Feder

Malka bat Yisrael a"h

Mother of

Steven Feder

Helene Feder

Donald Feder

Yahrtzeit - 22 Nissan

Sam Deutsch

Shmaya ben Moshe Leib z"l

Father of

Galina Samuel

Yahrtzeit - 23 Nissan

STEVEN & VIVIAN DORFMAN KEILIM MIKVAH



The Keilim Mikvah is now open for use. You can buzz-in for access via the intercom at the entrance to the garage, during weekday office hours. It is customary to give tzedakah before doing to mitzvah of tovelling Keilim. You can give a donation directly to the keilim mikvah by visiting beverlyhillssynagogue.org/keilim

Thank you to the following Tzadikim for their help during Pesach Services

Dovi Prero for leading Tefillas Tol

Hart Cohen for leining Shir

Hashirim on Shabbat Chol Hamoed

Tuvia Shirken for leining on Chol Hamoed

Daniel Lauchheimer for leining first 3 days

HAPPY BIRTHDAY

Stephen
Schloss

Sharon
Weiner

Uriel Sadeghi

Mark Zucker

Micah
Sostchen

Grace Zucker

Netanel
Sadeghi

Philip Kaufler
Regina
Goldberger

Marlene Perl

Brigitte

Jacques
Wizman

Silkin
Shanna

Diba
Mostadim

Naim



Sponsored by George and Suzi Fischmann in memory of George's mother, Katarina de Widder, Chaia Pearl Esther bat Menachem Mendel a"n, whose yahrtzeit is on the 27th of Adar.

SHABBAT HAGADOL DRASHA

All Night Long

THE INSIDE STORY OF JEWISH HISTORY'S MOST FAMOUS SEDER with **Rabbi Pini Dunner**

Imagine the scene... five of the greatest rabbis of the generation gather together in a room to celebrate Pesach. It is a seder that has gone down in history as the example of what a seder should look like. The five rabbis discussed the Exodus from Egypt all night long, and were so absorbed in the story that they needed to be reminded about saying Shema when dawn broke. Rabbi Dunner unpicks the story of this seminal seder, delving into every detail, and into the personalities of the rabbis themselves, to gain a deeper understanding of what happened that night, revealing why this story has so much to teach us, even today.

SHABBOS, APRIL 1ST, 2023 6:10PM

PREMIERING ON YOUTUBE SUNDAY 2ND APRIL AT 9AM (LA), 12PM (NY), 5PM (UK), 7PM (ISRAEL)

www.yinbh.org/video

MAOT CHITIM

Pesach is meant to be a joyous yomtov, but unfortunately it becomes a terrible financial burden for families who are unable to provide for themselves. And because of the current global inflation situation, this year's burden has exploded exponentially, and the demand for assistance has skyrocketed. Your help and generosity will make all the difference. Rabbi Dunner will be accepting donations for Maot Chitim that will go directly towards helping those in need. Please donate generously. You can do so online at yinbh.org/donate and select "Maot Chitim" from the donation dropdown or send a check made payable to "YINBH" and please make sure to write "Maot chitim" on the memo. Thank you for your kindness and generosity.

Thank You to **Evan & Liz Greenspan** for sponsoring Kiddush on the first days of Passover in memory of **Evan's father, Robert Greenspan, Reuvan Feivel ben Chaim z"l**, whose yahrtzeit is on the 13th of Nissan; and in memory of Liz's father, **Nathan Sweetbaum, Natan ben Yitzchok z"l**, whose yahrtzeit is on the 14th of Nissan

Reminder : Start

counting he

Omer in the

evening after

Maariv, starting

the Second

Night of Passover, April 6th.



PASSOVER SCHEDULE

Tuesday, April 4th

7:00am Shacharit

10:00am Deadline for selling chometz

7:05pm Mincha/Maariv

7:31 pm **BEDIKAT CHAMETZ**

EREV PESACH/TAANIT BECHORIM

Wednesday, April 5th

7:00am Shacharit

7:30am Siyum for Firstborns

SIYUM SPONSORED BY RABBI PINI & SABINE

DUNNER IN MEMORY OF RABBI J. H. DUNNER Z"l

10:49am Latest time for eating chometz

11:53am Latest time for burning chometz

6:59pm Candle Lighting**

7:10pm Mincha/Kabbalat Yom Tov/Maariv

7:30pm YINBH SEDER LED BY RABBI PINI DUNNER

Thank you to the Sisterhood for the donation of Wine for Seder

7:55pm Earliest time for Kiddush

EAT AFIKOMAN BEFORE 12:55AM

**Brachot: *Le'hadlik Ner Shel YomTov* and *Shehecheyanu*

**A 24hr candle should also be lit before 6:59pm

**Do "Eruv Tavshilin" BEFORE CANDLELIGHTING so that you can eat food on Shabbat that was prepared on Yomtov.

FIRST DAY OF YOMTOV

Thursday, April 6th

NO GEMARA SHIUR

9:00am Shacharit

11:00am Mussaf with *Tefillat Tal*

7:10pm Mincha

7:25pm Maariv/Sefirat Ha'omer

7:56pm Candlelighting**

7:56pm Earliest time for Kiddush

EAT AFIKOMAN BEFORE 12:55AM

**Light should be taken from an existing flame

**Brachot: *Le'hadlik Ner Shel YomTov* and *Shehecheyanu*

SECOND DAY OF YOMTOV

Friday, April 7th

8:15am Rabbi's Gemara Shiur

9:00am Shacharit

6:30pm Mincha/Kabbalat Shabbat

CANDLELIGHTING NO LATER THAN 7:01PM

SHABBAT CHOL HAMOED

Saturday, April 8th

8:15am Rabbi's Gemara Shiur

9:00am Shacharit

7:05pm Mincha

7:25pm Seudat Shlishit

7:55pm Maariv

7:58pm Shabbat ends

SECOND/THIRD DAY CHOL HAMOED

Sunday, April 9th/Monday, April 10th

8:00am Shacharit

7:05pm Mincha/Maariv

FOURTH DAY CHOL HAMOED

Tuesday, April 11th

7:00am Shacharit

11:00am Yizkor service on zoom*

6:30pm Mincha/Kabbalat Yomtov

7:04pm Candlelighting**

*Code: 310 276 7650 / Password: yinbh

**Bracha: *"Le'hadlik Ner Shel YomTov"*—NO SHEHECHEYANU!

SHEVI'Y SHEL PESACH

Wednesday, April 12th

8:15am Rabbi's Gemara Shiur

9:00am Shacharit

7:10pm Mincha

7:25pm Maariv

8:01pm Candlelighting*/Kiddush

*Light should be taken from an existing flame

*Bracha: *Le'hadlik Ner Shel YomTov"*—NO SHEHECHEYANU!

ACHARON SHEL PESACH

Thursday, April 13th

8:15am Rabbi's Gemara Shiur

9:00am Shacharit

10:45am (approx.) Yizkor

7:10pm Mincha

7:25pm Seudat Moshiach

8:00pm Maariv

8:02pm Yom Tov ends

8:25pm – YOUR SOLD CHOMETZ CAN BE USED!

Thank you to **Raphy & Rivka Nissel** for sponsoring the Shmura Matzah for the Communal Seder

 **BEVERLY HILLS SYNAGOGUE**
YOUNG ISRAEL OF NORTH BEVERLY HILLS

Save The Date

ANNUAL BANQUET HONORING

BILL LOPATIN

WITH A SPECIAL TRIBUTE
TO STEPHEN ROTHMAN Z"L

FEATURING THE FAB FOUR

🎵 *Ultimate Beatles Concert* 🎵

5/21/23

Yinbk Gala Banquet Committee

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