

Tefilla Notebook

3 Shevat • Va'era

January 15-16, 2021

Steven Dorfman, President

Rabbi Pini Dunner, Senior Rabbi

Nati Bar-Am, Chazan



SHABBAT SCHEDULE FRIDAY JANUARY 15TH

4:49pm CANDLELIGHTING

5:00pm FRIDAY NIGHT SERVICES

SATURDAY, JANUARY 16TH

8:45am PESUKEI D'ZIMRA

9:00am MORNING SERVICES

5:00 MINCHA

5:53pm SHABBAT ENDS

WEEKDAY DAVENING TIMES

Sunday 8:00am & 5:00pm
Mon- Fri 7:00am & 5:00pm

Services are also on zoom
<https://zoom.us/j/226829899>
Passcode: yinbh

THANK YOU

Ed & Cecile Gromis for
sponsoring next week's
Parsha shiur in memory
of Ed's mother, **Chana
Gromis, Chana bat
Moshe Yehuda
HaChoen a"h**, whose
yahrtzeit is on 7 Shevat.

THE FOLLOWING PEOPLE PURCHASED MISHLOACH MANOT

Michael & Susan Baum
Maggie & Michael Bayer
Rabbi Pini & Sabine Dunner
Jason Fuchs
Aaron & Lillian Fuchs
Ed & Cecile Gromis
Hillel & Ruthie Kellerman
Jonathan & Faye Kellerman
Vera Markowitz
Seymour & Grace Stoll

See flyer on page 2 for more details

Those who are going to be
attending our in-person minyanim
must pre-register at
beverlyhillssynagogue.org/protocols
Services are open to MEMBERS
ONLY at this time. ALL services
are being held at a private residence

Dear Members and Friends,

The nineteenth-century British prime minister Benjamin Disraeli (1804 - 1881) is best remembered for his very focused personal ambition, coupled with his ability to allow political expediency to override aspirational idealism. And yet, despite his rather self-absorbed personality, he was unfailingly polite and gracious, and always ready to acknowledge others. He expressed it so well, using his characteristically wry turn of phrase: "I feel a very unusual sensation—if it is not indigestion, I think it must be gratitude."

When Ronald Reagan gave his final address as president, he began with warm words of gratitude to those he had led for eight years: "My fellow Americans, this is the 34th time I'll speak to you from the Oval Office, and the last... It has been the honor of my life to be your President. So many of you have written the past few weeks to say thanks, but I could say as much to you. Nancy and I are grateful for the opportunity you gave us to serve."

John F. Kennedy always made it his business to thank those who had served him in some way, even if it meant going out of his way. As he once said: "We must find time to stop and thank the people who make a difference in our lives." When George H. W. Bush died in 2018, his longtime aide John Brown gave an interview to The Republic, in which he noted that "on every trip [we] took, no matter the significance — he could have been visiting the president of Egypt or someone's home — he always took the time to say 'thank you.' He made you feel that you were the most important thing to happen to him at that moment."

Truthfully, if there is one attribute that elevates a person, it is their ability to show gratitude. Remarkably, it's not 'sorry' that is the hardest word, but 'thank you' (I know: it's two words!). Last August, Workhuman conducted a survey of 500 full-time employees in the United States, in an effort to better understand gratitude in the workplace during the COVID-19 pandemic. Astoundingly, almost half of them said they had not been thanked — even once! — by a colleague or manager for what they had done in the midst of these trying times.

According to a recent article in Forbes, gratitude is the "root of happiness." It enables one to focus on what one has rather than on what one might be lacking. When you are grateful for something, you will automatically focus on the present, which reduces any "sense of yearning or anxiety about the future." Being grateful allows you to see the proverbial glass as being "half-full," and is therefore a sure path to contentment rather than resentment, which inevitably leads to misery.

In God's instructions before unleashing the first plague onto Egypt, God tells Moses to ask his brother Aaron to use his staff as the 'tool' to turn the Nile's water into blood (Ex. 7:19). Rashi picks up on this delegation of responsibility, and cites a Midrash to explain why it was Aaron and not Moses who initiated the plague. The Nile had protected Moses as a baby, when he had floated on it before being rescued by Pharaoh's daughter. Had Moses struck the Nile with his staff, he would have been exhibiting ingratitude to the river that had saved his life. But this Midrash seems ridiculous. Was God really worried that the Nile would be offended? The idea that an inanimate body of water would be sensitive to ingratitude is patently absurd. In which case, what is the message of this Midrash?

As a collector of historical objects and items, I can testify that any antique that was once owned by a notable personality is more valuable than the same object owned and used by no one famous. When buying an antiquarian book, for example, what is known as an "association copy" — which refers to the pedigree of a book's previous ownership — can increase the value exponentially. Although it is not necessary for a book to have had distinguished previous owners in order for it to be rare or valuable, an "association copy" can make a book of low value very valuable indeed. In 2011, the Mexican artist Frida Kahlo's copy of a 1905 edition of The Works of Edgar Allan Poe sold at auction for \$24,000; the same book with no "association" pedigree sells online for \$25.

The value of an inanimate object increases when the object is used by a person of great distinction, and the greater the person, the greater the value. The object itself may be the same, but our feelings toward it change just knowing that it was once held and valued by a distinguished previous owner. Giving value to this "association" object is an expression of our reverence for the person who is connected to it.

Having gratitude is a derivative of this same idea. Self-respect is important, as is self-esteem, which means that showing respect and giving gratitude to those items that have helped us are an expression of our self-esteem. If we don't show gratitude, or worse, if we show ingratitude, we are disrespecting ourselves and showing that we don't consider ourselves worthy of whatever benefit we received.

Had Moses struck the Nile he would have diminished his own stature by belittling the river that had saved his life. If his life was important and had meaning, than respecting and showing gratitude to something that had saved his life was equally important. It was for precisely this reason that the duties associated with initiating the first plague were passed over to his brother Aaron.

Showing gratitude is the ultimate form of self-esteem. By thanking those from whom we have benefited, we are making the ultimate "association" connection. They facilitated us and enabled us, and our gratitude to them is an extension of us believing that whatever we are doing and whatever it is that we represent is both important and worthwhile. By expressing our appreciation to others, not only are we doing the right thing, we also show that we are aware of the fact we are worthy of receiving the kindness of others. For that reason alone, whenever the opportunity arises — just say 'thank you.'

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

Sisterhood Corner

January

If you have not already done so,
please take a few minutes
to complete the survey regarding our
Book Group!

Links to the survey have been sent out
via email.

It's that time of year again
Sisterhood's biggest annual
fundraiser!

Keep an eye out for our
Mishloach Manot order form.

Chodesh Tov!

&

Shabbat Shalom,

Cecile & Ruthie

Sisterhood Co-Presidents



Daniel Kellerman

Esther Feigen

Nora Soroudi

Jonathan Boyer

Julia Greenspan

Happy Anniversary

Michael & Shari

Weiner

Paul & Emma

Almond

YAHRTZEITS



**Sarah Breindel
Kirczenbaum-Feigen**

Sarah Breindel bat Avrohom

HaLevi a"h

Mother of

Yehuda Feigen

Yahrtzeit— 7 Shevat

Bernat Block
Menachem Dov ben Itzhak
Aryeh z"l
Father of
Eva Feldberg
Yahrtzeit— 5 Shevat

Chana Gromis
Chana bat Moshe Yehuda
HaCohen a"h
Mother of
Ed Gromis
Yahrtzeit— 7 Shevat



IT'S THAT TIME OF YEAR

MISHLOACH MANOT 2021

Join our YINBH Community in celebrating Purim
with another fabulous Sisterhood Mishloach
Manot basket.

Let us come together to perform the joyous
mitzvah of Mishloach Manot & contribute to the
Sisterhood's biggest fundraiser of the year!

**We are accepting orders from now until
February 18th.**

Cost to participate is \$275 per household.

This year a portion of the money raised will be donated to
Tomchei Shabbos & Meir Mishkoff Z'L Mishloach Manot Campaign

**To order visit
www.beverlyhillssynagogue.org/purim**

BEVERLY HILLS SYNAGOGUE
YOUNG ISRAEL OF NORTH BEVERLY HILLS





CELEBRATE PESACH SEDERS AT YINBH IN 2021



Details to be announced in February
Register for more info by
emailing office@yinhb.org
or
calling (310) 276 7650

ישיבה BEVERLY HILLS SYNAGOGUE
YOUNG ISRAEL OF NORTH BEVERLY HILLS

PURIM



Sunday
February
28th at
7PM

ONLINE
VIA ZOOM
PRIZES AWAIT
OUR WINNERS

REGISTRATION REQUIRED

beverlyhillssynagogue.org/trivia

ישיבה BEVERLY HILLS SYNAGOGUE
YOUNG ISRAEL OF NORTH BEVERLY HILLS

NEW YINBH BOOK GROUP



The YINBH Sisterhood and Rabbi Dunner are happy to introduce a new program: **The YINBH Book Group**. The YINBH Book Group will be open to both men and women members! Fiction and non-fiction books of the Jewish genre will be chosen; discussion will be moderated by Rabbi Dunner. We look forward to hosting authors for Q&A about their books for our book group events.

Fill out the survey at:

beverlyhillssynagogue.org/bookgroup

ישיבה BEVERLY HILLS SYNAGOGUE
YOUNG ISRAEL OF NORTH BEVERLY HILLS

TU BSHVAT WINE TASTING *on zoom*



WEDNESDAY,
JANUARY 27TH
7PM

MORE DETAILS
COMING SOON

ישיבה YINBH
BEVERLY HILLS SYNAGOGUE

The Sound of the Golden Age of the Cantorate

**HEAR THE MUSIC OF
MORDECHAI HIRSCHMANN
& LEIB GLANZ**

**Sung by
Chazzan
Nati Baram**



**Featuring
Mark Kligman**
Chair, Department of Ethnomusicology
UCLA Herb Alpert School of Music

Sunday January 31st 2021

LA 11am | NY 2pm | UK 7pm | ISRAEL 9pm

**www.beverlyhillssynagogue.org/concert
to register**



BEVERLY HILLS SYNAGOGUE
YOUNG ISRAEL OF NORTH BEVERLY HILLS