

# Tefilla Notebook

18 Adar I • Parshat Ki Tissa

February 18-19, 2022

Steven Dorfman, President

Rabbi Pini Dunner, Senior Rabbi

Nati Bar-Am, Chazan



## SHABBAT SCHEDULE

### FRIDAY, FEBRUARY 18

CANDLELIGHTING 5:21pm

MINCHA/KABBALAT SHABBAT 5:25pm

### SATURDAY, FEBRUARY 19

GEMARA SHIUR: 8:30AM

SHACHARIT 9:15AM

MINCHA 5:35PM

MAARIV: 6:25PM

SHABBAT ENDS: 6:26PM

## WEEKDAY DAVENING TIMES

	Shacharit	Mincha/Maariv
Sunday	8:00am	5:30pm
Mon-Thurs	7:00am	5:30pm
Friday	7:00am	5:35pm

## THANK YOU

Kiddush is sponsored by  
**Shirley Aizenstein and Harry Finkel**  
in memory of Shirley's late husband,  
**Dr. Sol Aizenstein, Zalman ben Isser**  
**z"l**, whose yahrtzeit is on the  
18th of Adar.  
Welcome to Shirley's children.

## THANK YOU

Seudah Shlishit is sponsored by  
**Karynne Tencer** to mark the  
Shloshim for her father,  
**Franck Tencer,**  
**Feivel ben Aaron Ha Levi z"l.**

## Mazal Tov

**Dr. Sidney Stoll** upon his  
appointment as Medical  
Director of Northridge Hospital  
Medical Center and as Chief of  
the Department of Hematology  
and Oncology.

Welcome to all those joining for  
the **TEEN MINYAN** this Shabbat at  
10:00am in the beit midrash

Teen-led services and participation  
followed by a teen-only kiddush

Dear Members & Friends,

"If you smoke less and drink less," Sir Winston Churchill's doctor is purported to have told him, "you'll live longer." "Oh no, my good man," responded Churchill, "it will just seem longer!"

Churchill was 90 years old when he died in 1965 – remarkable longevity for someone whose lifestyle was so notoriously unhealthy. In 1940, US Secretary of the Interior, Harold Ickes (1874-1952), recorded President Roosevelt's views regarding Churchill's fondness for alcohol. "The president said that he supposed that Churchill was the best man that England had, even if he was drunk half of his time." With a cigar constantly in his mouth, and a drink never very far away, Churchill is often cited as a prominent exception to the rule that unhealthy living leads to premature death – he beat the odds and lived to a ripe old age, although his later years were plagued by ill-health, and he suffered several strokes and frequent bouts of pneumonia.

The important point is this – an exception is exactly that: an exception. Countless scientific studies have proven that unhealthy living is the primary cause of premature death. Every year in the United States, almost 900,000 Americans die earlier than they should, and data shows that nearly all of these premature deaths are linked to lifestyle. Which means that the deaths are preventable. A 2014 CDC study demonstrated that if people made healthier lifestyle choices, it would be possible to prevent 34 percent of premature heart disease deaths, prolonging the lives of 92,000 people each year. Similarly, 21 percent of premature cancer deaths could be prevented by simple lifestyle changes, prolonging the lives of 84,500 people each year across the United States.

These numbers should give us all pause for thought. Our system of thinking is based on the idea that one-off acts cause the most harm – but the truth is, long-term lifestyle neglect and bad habits are a far graver threat to our lives. And it is insidious, because at no stage until it is too late do we realize just how vulnerable we are as a result of our poor lifestyle choices. We might even justify our lifestyle choices, or claim that they are harmless, and proceed merrily on – even as the damage builds up. Contrast that with when we do something wrong out-of-character – we know it's wrong, we regret it, and then we go back to doing the right thing. But if we don't know that what we are doing is wrong, we will have no protection when it crystallizes as a grave threat. And by then, no amount of regret can undo the injury.

Remarkably, this idea is embedded at the heart of one of the key passages in Parshat Ki Tissa. The crowning accomplishment of the atonement achieved by Moses for the Jewish people after the sin of the Golden Calf was the articulation of God's thirteen attributes of mercy, to be used for all time as a formula for repentance. The Torah tells us (Ex. 34:7) that God "extends kindness to the thousandth generation, forgiving iniquity, transgression, and sin." The Hebrew words used in the verse for "iniquity, transgression, and sin" are *"עוֹן וְפֶשַׁע וְחַטָּאת"* – each of them connoting a different kind of transgression. The Talmud (Yoma 36b) deliberates whether this order should be retained for the formal prayer of confession recited on Yom Kippur, and interprets the three words using various source texts to see if the progression makes sense. Thus, *avon* means a deliberate sin, while *pesha* means an act of rebellion. The final term, *chata'ah*, refers to a sin that is committed unwittingly.

The Talmud is puzzled by this order. Shouldn't *chata'ah* come first? Wouldn't it make more sense to ask God to forgive an unwitting transgression before the other two? Surely *chata'ah* is less serious than a deliberate sin or an act of rebellion against God. So why is it the last one on the list? The Talmud offers a homiletic explanation, but the "Netziv" – Rabbi Naftali Tzvi Yehuda Berlin (1816-1893) – in his commentary on this verse, offers an illuminating insight that sticks closely to the literal meaning of the words.

In reality, says the Netziv, an unwitting sin is worse than a deliberate sin. Every person falls prey to momentary lapses of judgement – that's just human nature. Suddenly, out of nowhere, a person is tempted and can end up doing something wrong. Undoubtedly, such wrongdoing is an intentional act, but at the same time it is one-off and out of character. And once the aberrant act is over, things go back to normal – which means that person goes back to leading an upstanding life: always doing the right things and behaving properly. Obviously, they will have to atone for the sin – but the sin is isolated, and it can be addressed on that basis.

Inadvertent sin, however, is quite different, and far worse. When someone has slipped into a lifestyle that enables them to commit unwitting acts of transgression without even realizing they have done anything wrong, that is far worse than leading a good life and having an occasional moment of weakness. People might think that their persistent bad habits are not bad at all – they may even think of them as mitzvahs. They might justify them, they may rationalize them – they could even celebrate them as the true path of faith.

In definition terms their transgressions against God are unwitting, the result of being ill-informed or of not having gone to the effort of informing themselves properly – but practically speaking, the results of such behavior are far worse than the results of a one-off sin. Bad habits are not just a one-off lapse that are easily corrected – rather, they represent a fundamental lifestyle flaw that results in a long-term ongoing threat to one's spiritual wellbeing. Which is why *chata'ah* comes last on the list of three.

The Canadian psychologist, Jordan Peterson, has reflected on the destructive nature of bad habits, and has this to say: "Once someone has spent enough time cultivating bad habits and biding their time, they are much diminished, as much of what they could have been has dissipated." So true, and it is a message that we must always remain acutely aware of.

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

## *Sisterhood Corner*

February

Happy Presidents Day!

Purim is right around the corner!

If you not yet done so, please participate in Sisterhood's biggest fundraiser of the year and sign up now!

Please see the flyer in this week's notebook for full details

OR email [office@yinh.org](mailto:office@yinh.org) to sign up!

"Beautiful Life"

Art Exhibition will be held

**Sunday, February 27<sup>th</sup> 11:00am-1:00pm**

**Luxe Sunset Blvd Hotel**

Join artists Sonia Levitin, Karen Lee Fisher, & Jack King for an afternoon of stimulating art and pleasant company!

A portion of sales will be donated to Chai Lifeline!

Please see this week's Tefilla Notebook for full details!

Shabbat Shalom,

Cecile & Ruthie

Sisterhood Co-Presidents

## **YAHRTZEITS**



**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

**Solomon Aizenstein**

Zalman ben Isser z"l

Husband of

**Shirley Aizenstein**

Yahrtzeit - 18 Adar

**Victor Samuel**

Yitzchak ben Yaakov z"l

Brother of

**Joseph Samuel**

Yahrtzeit - 18 Adar

**Yaghoub Soroudi**

Yaakov ben Mari z"l

Father of

**Behrouz Soroudi**

Yahrtzeit - 23 Adar

# "Beautiful Life"

## Art Exhibition

February 27, 2022

**Luxe Sunset Boulevard Hotel**

11461 Sunset Blvd.,

Los Angeles, CA

11:00am - 1:00pm



Sonia Levitin, novelist, painter, and educator



Karen Lee Fisher, painter and art educator at Gindi Maimonides Academy



Jack King, artist, lecturer, and educator



*Hart Cohen*

*Dana Feldberg*

*Samantha Cohen*

*Robert Tanenbaum*

*Happy Anniversary*

*Joe & Galina Samuel*

A portion of sales will be donated to Chai Lifeline in memory of our beloved student Rachel Yafa Tabibi (z"l)



# PASSOVER SEDER IN BEVERLY HILLS

## PASSOVER 2022

GOURMET GLATT KOSHER  
INTERNATIONAL WINE SELECTION

### 1st NIGHT ONLY

COMMUNAL SEDERS LED BY RABBI PINI DUNNER & CHAZZAN NATI BARAM



Questions call (310) 276-7650 or email [office@yinhb.org](mailto:office@yinhb.org)

PUPPETS ♦ PIZZA ♦ PURIM

WEDNESDAY, MARCH 16TH, 2022

PUPPET SHOW AT 6:30PM

\$10/CHILD

INCLUDES PIZZA AND POPCORN

RSVP at [beverlyhillssynagogue.org](http://beverlyhillssynagogue.org)

MEGILLA READING AT 7:45PM  
BY CHAZZAN NATI BARAM

Followed by a Break-The-Fast sponsored by  
Joe & Galina Samuel in memory of Joe's father,  
Victor Samuel, Yitzchak ben Yaakov z"l, whose  
yahrtzeit is on the 18th of Adar.

YINBH Beverly Hills Synagogue  
9261 Alden Drive • Beverly Hills, CA 90210  
[Beverlyhillssynagogue.org](http://Beverlyhillssynagogue.org) • 310-276-7650

## JOIN THE NEW LA JEWISH BOYS CHOIR

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### SUNDAYS

### 1:30PM - 3 PM

YINBH

9261 Alden Dr

Beverly Hills 90210

For more info and  
to signup

Shelley Schwartz

[Snsmd@ucla.edu](mailto:Snsmd@ucla.edu)





YINBH  
SISTERHOOD

# MISHLOACH MANOT

2022/5782

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

This year, more than ever, we want to reach out  
and connect with everyone in our community.

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



A portion of the money raised will be donated for The Young Family Initiative  
and to Mishloach Manot baskets for IDF soldiers

Place your order at

[www.beverlyhillssynagogue.org/purim](http://www.beverlyhillssynagogue.org/purim)

Limited number of baskets are available this year due to supply constraints. Please order early.