

# Tefilla Notebook

14-22 Nissan • Shabbat HaGadol • Tzav • Pesach • Chol Hamoed

March 26-April 4, 2021

Steven Dorfman, President

Rabbi Pini Dunner, Senior Rabbi

Nati Bar-Am, Chazan



**SHABBAT & PASSOVER SCHEDULE**

**FRIDAY MARCH 26TH**

CANDLELIGHTING 6:51PM  
FRIDAY NIGHT SERVICES 6:30PM

**SATURDAY, MARCH 27TH**

MORNING SERVICES 7:15AM  
LATEST TIME TO FINISH EATING  
CHAMETZ: 10:31AM

MINCHA 7:10PM

CANDLE LIGHTING 7:55PM

**Sunday, March 28th**

MORNING SERVICES 9:00AM

MINCHA: 7:10PM

CANDLE LIGHTING: 7:56PM

**Monday, March 29th**

GEMARA SHIUR: 8:15AM

SHACHARIT: 9:00AM

MINCHA: 7:10PM

YOM TOV ENDS: 7:57PM

Dear Members and Friends,

Countless studies have explored the usefulness of optimism as a psychological phenomenon, and all of them have demonstrated that optimists have a higher quality of life as compared to pessimists. Being optimistic significantly affects both your mental health and your physical well-being – for a number of measurable reasons. Optimists tend to lead a healthier lifestyle, they are ready and able to adapt in difficult situations, they are always more flexible than pessimists, because they are able to embrace problem-solving as a solution and tend to handle negative information constructively.

Just to prove the point, here's a great rabbi story for you. It may be anecdotal, but it sums up the concept beautifully. Someone comes to meet a local community rabbi to discuss whether or not it would be a good idea for him and his family to move into the rabbi's neighborhood.

"I've heard that the people here are lovely, that there's good schools, and that the community is really thriving. In fact, everyone I speak to has told me that you have a very welcoming community, and that the people here are very hospitable. I just want to hear from you whether this impression is correct and if you think it's a good idea for me to come and live here with my family." The rabbi unhesitatingly nods his head, and says: "absolutely, I think you'll do very well."

Soon afterwards another guy walks in to see the rabbi, with the same inquiry. He's been thinking of moving into the neighborhood, he says, but had recently been having second thoughts. "I've heard that the people in your community are not so friendly, in fact they're very cliquy. I've also heard that there's not much interest in advanced Jewish learning, and that your community is quite satisfied with what they already know. So now I'm thinking that maybe it's not such a good idea for me to join this community. What do you think, rabbi?" Again, the rabbi unhesitatingly nods his head: "you're absolutely right, I think it would be a mistake for you to move into our community."

The rabbi's wife overhears both conversations, and wonders why her husband would give such conflicting responses. Both visitors had the same exact question – "should we move to this neighborhood?" – and yet his response to each of them had been the polar opposite of the other, and it seemed like he had just validated whatever they said. Bewildered, she marches into her husband's study: "What is going on? Why are you so inconsistent?"

"It's simple," he tells her. "Both of them could move into this neighborhood, but the experience will be totally different for each of them. The first guy who came to see me is full of optimism, fully committed to making the move work; his aspirations are unflinchingly optimistic and upbeat. And I don't need to tell you, there are plenty of lovely people in our community who are equally optimistic and aspirational, and they are also hospitable. Let's face it, these are the people to whom this guy and his family will gravitate, and as a result everything will work out.

"But the second guy couldn't be more different – his whole vibe is negative. And guess what! His negativity will accompany him every step of the way. The nice people will try at first and quickly be rebuffed for no good reason, while the unpleasant, non-aspirational people will become his obsessive focus, proof that his pessimistic predictions were spot-on. His gloomy outlook will destroy any chance of success before he's even got to first base."

Commenting on the final narrative of the Exodus story, Rashi explains that God ordered the Jewish people to take the Pesach lamb into their homes four days before it needed to be killed so that they did a mitzvah which would enable the redemption process to succeed. Or, as God put it, "the time to fulfill the promise I made to Abraham has arrived, and the Jewish people must do something in order to earn the promised redemption."

Rabbi Ahron Leib Steinman, one of the great rabbinic leaders of the last generation, poses an obvious question. If redemption from Egyptian slavery had already been promised by God to Abraham – which meant it would happen whether or not the Jewish people deserved it – why was it necessary for them to do this mitzvah to "earn the promised redemption"? Surely God was going to keep His promise either way?

Rabbi Steinman's answer is very revealing, and solidly based on the "optimism is the way to success" idea. If the Israelites were freed from slavery but were not simultaneously invested in the realization of the new nationhood endeavor, their move from slavery to freedom was doomed before it had even begun. God wanted to see a demonstration of their buy-in, their optimism, their enthusiasm, and their willingness to take risks, so that He knew that when the redemption kicked in, it was bound to succeed. By insisting that they took in the lamb – an Egyptian deity – in full view of their tormentors, and then to slaughter it and paint their doorposts with its blood, all done with the optimistic outlook that it would facilitate their redemption from slavery, God was ensuring that the promised redemption wouldn't collapse the moment or shortly after it happened.

And how right He was. Well over three millennia later we still sit down each year at Seder night, reliving that pivotal moment in our history, as enthusiastic and optimistic now as our ancestors were then, ready to succeed and to build on every success – even when the odds are stacked against us. If ever the optimism route needed proof of its efficacy, the Exodus story and Seder night are undoubtedly its greatest advocates.

Wishing you a Shabbat Shalom, Chag Kasher V' Sameach, and a great week ahead, *Rabbi Pini Dunner*

**CHOL HAMOED DAVENING**

Tues– Thur 7:00am & 7:00pm  
Fri 7:00am & 6:30pm

**LAST DAYS OF PASSOVER SCHEDULE**

**FRIDAY, APRIL 2ND**

CANDLE LIGHTING: 6:56PM  
FRIDAY NIGHT SERVICES: 6:30PM

**SATURDAY, APRIL 3RD**

GEMARA SHIUR: 8:15AM  
SHACHARIT: 9:00AM

MINCHA 6:30PM

CANDLE LIGHTING: 8:00PM

**SUNDAY, APRIL 4TH**

GEMARA SHIUR: 8:15AM  
SHACHARIT: 9:00AM

YIZKOR: 10:15AM (APPROX.)

MINCHA: 7:10PM

YOM TOV ENDS: 8:01PM

CHAMETZ SOLD BY RABBI DUNNER  
AVAILABLE TO EAT: 8:15PM

*See a more detailed schedule on separate sheet*

*Sisterhood Corner*

**March**

As Pesach approaches and life gradually returns to some sense of normalcy we hope you will be able to enjoy Pesach this year with family and loved ones.

We wish you a festive and meaningful Passover.

Chag Kasher Sameach!  
&  
Shabbat Shalom,  
Cecile & Ruthie  
Sisterhood Co-Presidents

**THANK YOU**

**Rabbi Pini & Sabine Dunner** for sponsoring the Siyum Bechorim break the fast in memory of Rabbi Dunner's grandfather, **HaRav Yosef Tzvi HaLevi Dunner z"l**, whose yahrtzeit is on the 14th of Nissan.

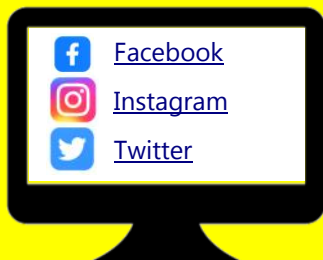
~~

**Evan & Liz Greenspan** for sponsoring the kiddushes following Pesach First Days morning services in memory of Evan's father, **Robert Greenspan, Reuven Feivel ben Chaim z"l**, whose yahrtzeit is on 13 Nissan; and in memory of Liz's father, **Nathan Sweetbaum, Natan ben Yitzchok z"l**, whose yahrtzeit is on 14 Nissan.

~~

**Raphy & Rivka Nissel** for sponsoring the Shmura Matzah that we will be using at our Passover Seders.

*Stay Connected on Social Media*



**YAHRTZEITS**

**Nathan Sweetbaum**  
Natan ben Yitzchok z"l  
Father of  
**Judith Garshofsky**  
**Liz Greenspan**  
Husband of  
**Shirley Sweetbaum**  
Yahrtzeit - 14 Nissan

**Harry Brandt**  
Hersch ben Chaim z"l  
Father of  
**Ruth Brandt**  
Yahrtzeit - 19 Nissan

**Gene Thompson**  
Yosef ben Avraham z"l  
Father of  
**Benjamin Thompson**  
Yahrtzeit - 21 Nissan

**Margaret Feder**  
Malka bat Yisroel a"h  
Mother of  
**Steven Feder**  
**Helene Feder**  
**Donald Feder**  
Yahrtzeit - 22 Nissan

**Ilse Halberstadt Schloss**  
Miriam bat Meir a"h  
Mother of  
**Stephen Schloss**  
Yahrtzeit - 22 Nissan

**Sam Deutsch**  
Shmaya ben Moshe Lein z"l  
Father of  
**Galina Samuel**  
Yahrtzeit - 23 Nissan

**Irving Gromis**  
Yisroel Tzvi ben Efraim  
HaLevi z"l  
Father of  
**Edwin Gromis**  
Yahrtzeit - 24 Nissan

**Rabbi Alter Yosef Feigen**  
Reb Alter Yosef ben HaRav  
Menachem Mendel z"l  
Father of  
**Rabbi Yehuda Feigen**  
Yahrtzeit - 26 Nissan

**Alex Dorfman**  
Tzvi ben David HaCohen z"l  
Father of  
**Steve Dorfman**  
Yahrtzeit - 26 Nissan

**Happy Anniversary**

**Steve & Vivian Dorfman**



*Nava Dordick*  
*Aaron Kohanbash*  
*Spencer Fogelman*  
*David Kimmel*  
*Avital Szulc*  
*Shira Baram*  
*Stephen Schloss*  
*Joel Barnehama*  
*Jacqueline Sadie Smith*  
*Uriel Sadeghi*  
*Micah Sostchen*  
*Marlene Perl*  
*Netanel Sadeghi*

**LIVE VIRTUAL YIZKOR SERVICE**

יִזְכוֹר

Friday, April 2, 2021  
11:00am PST via Zoom  
Zoom code: 310 276 7650  
Password: yinbh



# PASSOVER SCHEDULE 2021/5781

## Thursday, March 25th - TAANIT BECHORIM

7:00am Shacharit

7:40am Siyum Bechorim

*Thank you to **Rabbi Pini & Sabine Dunner** for sponsoring the Siyum bechorim in memory of Rabbi Pini's grandfather, **HaRav Yosef Tzvi HaLevi Dunner z"l**, whose yahartzeit is on 14 Nissan.*

6:50pm Mincha/Maariv

8:06pm Bedikat Chametz

## Friday, March 26th - "PSEUDO" EREV PESACH

7:00am Shacharit

11:45am Latest time to burn/nullify the Chometz

6:30pm Mincha/Kabbalat Shabbat Maariv

6:51pm Candle Lighting

24 Hour YIZKOR Candles should also be lit before 6:51 pm

## Shabbat, March 27th - SHABBAT HAGADOL/EREV PESACH

7:15am Morning Services

*Note early start time so that you can eat chametz*

10:31am Latest time to finish eating chametz

7:10pm Mincha

7:45pm Maariv

7:55pm Candle lighting / First Night Seder begins

*Light should be taken from an existing flame*

Bracha: "Le'hadlik ner shel Yom Tov" and "Shehecheyanu"

EAT AFIKOMAN BEFORE 12:58 AM

## Sunday, March 28th - First Day of YOMTOV

9:00am Shacharit

10:15am Mussaf with Tefillat Tal

*Kiddush following morning services is sponsored by **Evan & Liz Greenspan** in memory of Evan's father, **Robert Greenspan, Reuven Feivel ben Chaim z"l**, whose yahrtzeit is on 13 Nissan; and in memory of Liz's father, **Nathan Sweetbaum, Natan ben Yitzchok z"l**, whose yahrtzeit is on 14 Nissan.*

7:10pm Mincha

7:30pm Maariv/Sefirat Ha'omer

7:56pm Candle lighting / Second Night Seder begins

*Light should be taken from an existing flame*

Bracha: "Le'hadlik ner shel Yom Tov" and "Shehecheyanu"

EAT AFIKOMAN BEFORE 12:58am

## Monday, March 29th - SECOND DAY OF YOMTOV

8:15am Gemara Shiur

9:00am Shacharit

7:10pm Mincha

Shiur between Mincha/Maariv

7:55pm Maariv/Sefirat Ha'omer

7:57pm Yom Tov ends

## Tuesday, March 30th - FIRST DAY CHOL HAMOED

*When davening shacharit and mincha, regular Amida, just add ya'aleh v' yavo*

7:00am Shacharit (includes hallel and mussaf)

7:00pm Mincha/Maariv/Sefirat Ha'omer

## Wednesday, March 31st - SECOND DAY CHOL HAMOED

*When davening shacharit and mincha, regular Amida, just add ya'aleh v' yavo*

7:00am Shacharit (includes hallel and mussaf)

7:00pm Mincha/Maariv/Sefirat Ha'omer

## Thursday, April 1st - THIRD DAY OF CHOL HAMOED

*When davening shacharit and mincha, regular Amida, just add ya'aleh v' yavo*

7:00am Shacharit (includes hallel and mussaf)

7:00pm Mincha/Maariv/Sefirat Ha'omer

## Friday, April 2nd - LAST DAY OF CHOL HAMOED

7:00am Shacharit (includes hallel and mussaf)

11:00am Yizkor on zoom Code: 310 276 7650 pwd: yinbh

6:30pm Mincha/Kabbalat Hachag/Maariv

6:56pm Candle Lighting - "Le'hadlik ner shel Shabbat v Yom Tov" - NO "SHEHECHEYANU"

24 Hour YIZKOR Candles should also be lit before 6:56 pm

## Shabbat, April 3rd - SHEVT'I SHEL PESACH

8:15am Gemara Shiur

9:00am Shacharit (includes hallel and mussaf)

6:30pm Mincha/Maariv/Sefirat Ha'omer

8:00pm Candle Lighting

*Light should be taken from an existing flame*

Bracha: "Le'hadlik ner shel Yom Tov" - NO "Shehecheyanu"

## Sunday, April 4th - ACHARON SHEL PESACH / YIZKOR

8:15am Gemara Shiur

9:00am Shacharit

10:15am (approx.) YIZKOR

7:10pm Mincha

8:00pm Maariv/Sefirat Ha'omer

8:01pm Yom Tov ends

8:15pm Chametz sold by Rabbi Dunner will be available to eat

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

9261 Alden Drive Beverly Hills, CA 90210

310-276-7650 office@yinbh.org