



# Tefilla Notebook

19 Sivan • Beha'alotcha

June 17-18, 2022

Steven Dorfman, President

Rabbi Pini Dunner, Senior Rabbi

Nati Bar-Am, Chazan

## SHABBAT SCHEDULE

**FRIDAY, JUNE 17th**  
CANDLELIGHTING: 7:48PM  
MINCHA/KABBALAT SHABBAT: 6:30PM

**SATURDAY, JUNE 18th**  
GEMARA SHIUR: 8:30AM  
SHACHARIT: 9:15AM  
PIRKEI AVOT SHIUR: 7:30PM  
MINCHA: 8:00pm  
MAARIV: 8:50pm  
SHABBAT ENDS: 8:52pm

## WEEKDAY DAVENING TIMES

	Shacharit	Mincha/Maariv
Mon - Thurs	7:00am	8:00pm
Friday	7:00am	6:30pm

## Mazal Tov

Chavi Hertz for the wedding of her grandson Chaim Gordon to Chaya Stern. Mazal Tov to Rabbi Yisroel and Sandy Gordon.

## A message from Vera Markowitz:

Dear Friends, Volunteers and Supporters:

Thank you for the time, effort, wise counsel and resources you so generously contributed to my campaign. While I am disappointed in the election outcome, I believe we must be more diligent than ever in making our voices heard.

I plan to continue my civic involvement, especially in support of law enforcement. No issues are more important than reducing crime and providing law enforcement with the tools to do their job. From time to time, I will share updates so you can stay fully informed.

With love and gratitude,  
Vera Markowitz

Dear Members & Friends,

Benjamin Franklin said, "constant complaint is the poorest sort of pay for all the comforts we enjoy." So true, but, as it turns out, complaining is not just churlish, it's actually bad for you. Believe it or not, science has proven that complaining – or being complained to – for 30 minutes or more can physically damage the brain.



A 1996 Stanford University study revealed that regular stress affects your hippocampus, the region of your brain that is "responsible for explicit, declarative memory" – things like addresses and names. The research was carried out using MRI imaging of the human brain by neuroendocrinologist Professor Robert Sapolsky, who has focused his career on researching stress and corresponding neuronal degeneration. In 2007, bestselling author and motivational speaker Will Bowen wrote a book: *A Complaint Free World*, in which he revealed that an average person complains 15-30 times a day. To compound matters, studies have shown that 4 out of 5 employees spend at least 4½ hours each week listening to coworkers grumble, and that at least 10% quit their jobs just so that they don't have to listen to these complaining coworkers – and it is worth noting: it is the noncomplainers who quit.

Why do people complain so much? Dr. Robert Biswas-Diener – a psychologist intriguingly known as the 'Indiana Jones of Positive Psychology' – has written extensively on this topic. According to him there is a difference between complaining in a situation when doing so can correct matters, rather than complaining as a matter of course when things don't work out as planned. "There are those who never seem to be satisfied," says Biswas-Diener. Known as "chronic complainers," such people – and there are an awful lot of them – "have a tendency to ruminate on problems and to focus on setbacks over progress."

In some instances, there can be constructive benefits to complaining; oddly enough, it can help us form closer relationships. In January 2020, a New York Times article quoted the psychotherapist author of "Constructive Wallowing," Tina Gilbertson, who believes that people deliberately and successfully use grumbling as a social tool. As she put it, "any time we are sharing emotional content with someone, that is a vehicle for bonding." Nevertheless, "healthy" complaining can quickly become unhealthy when it takes over and becomes the dominant feature of someone's attitude to life.

Those who incessantly complain insist that all their problems are interrelated; this is referred to as "Spaghetti Thinking." Instead of being solution oriented, spaghetti thinkers interweave all their problems together, resulting in an incomprehensible and irresolvable mess. If life's difficulties are a jumble of problems, they will never be solved. Instead, one must apply "Waffle Thinking" – a method that makes problems more manageable and less traumatic. Waffles have very clearly defined margins so that one can easily select bite-size chunks. When each problem is seen as a separate smaller problem, it destresses the situation, delineates thinking, and the need for complaining is removed. The thing is this: spaghetti thinkers complain about problems that are not problems at all – because the real problem is them.

In Parshat Behaalotecha, we are informed of a group that the Torah refers to as mitonenim – "complainers." Their complaints are recorded in the Torah, and they were clearly spaghetti thinkers. Supposedly, they had three issues – but in reality, they were the problem. God had miraculously enabled the nation to complete a three-day journey in just a day, but the complainers still moaned about how difficult the journey had been. They also complained about the manna, even though this miraculous food was nutritious and available fresh each morning. "Why can't we eat meat?" they demanded, "and we remember the fish we ate in Egypt!" Really? Was this not the same Egypt that had enslaved their nation for centuries?

Their final complaint was even more random. Earlier on, God had defined the laws of morality and relationships, proscribing marriages of close family members – a practice that was common custom for Egyptians. "Why are we burdened with these prohibitions and restrictions?" they complained to Moses, "why can't we marry who we want?" The complainers' world was a mess of problems and a litany of difficulties. But was it really? These were people who had been rescued from oblivion and personally experienced divine revelation. They were offered constant protection and sustenance, by a God who had chosen them as His nation. And yet, they were miserable and dejected.

Rashi suggests that the complainers had sinned at Mount Sinai by "gazing" at God. At the time, it had been possible to dismiss their disrespect as overeagerness – a misguided attempt to feel closer to God. But now, seven months after that Sinai moment, the truth was revealed. The boundary-crossing moment was not an act of enthusiasm, rather it was jaded over-familiarity. And, when push came to shove, the complainers had nothing positive to say about their lives or their circumstances.

Sometimes, complaints are a way of avoiding showing gratitude. When one is full of disdain, nothing anyone does and nothing good that happens will ever elicit a positive response. Complaining and negativity are the default – because then you don't have to acknowledge the good in your life. According to Rashi, the complainers were just looking for any excuse to reject God. By denying the boundless good they had already received and that they continued to receive, and by complaining bitterly about all of their "problems," they were deflecting, attempting to justify their decision to reject Him.

Nothing has changed since biblical times. Chronic complaining is just a cover for some other deep-rooted issue that has nothing to do with any of the problems featured in the complaints. Sigmund Freud (1856-1939) put it so beautifully, when he said that "neurotics complain of their illness, but they make the most of it – and when it comes to taking it away, they will defend it like a lioness defends her young." The message of the mitonenim story is that for those who suffer from it – chronic complaining is the real problem. Life is good, and whatever challenges we may encounter, we can deal with them without resorting to endless grumbling.

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

# Sisterhood Corner

June

Wishing you a happy and relaxing Father's Day!

Experience the world of music performed by our star

**Chazzan Nati Baram!**

**Summer Concert**

Sunday, June 19<sup>th</sup> 11:30am

Get your tickets at

[www.beverlyhillssynagogue.org/event/summerconcert](http://www.beverlyhillssynagogue.org/event/summerconcert)

Shabbat Shalom,

Cecile & Ruthie

Sisterhood Co-Presidents

## YAHRTZEITS

**Shirley Gittler**  
Shirley bat Avraham a"h  
Mother of  
**Gregg Gittler**  
Yahrtzeit - 20 Sivan

**Betty Kramer**  
Batya a"h  
Mother of  
**Shawney Fine**  
Yahrtzeit - 21 Sivan

**Leah Schlesinger-Ben Tovim**  
Rabbanit Chaya Leah bat Ha  
Rav Dovid a"h  
Mother of  
**Simi Feigen**  
Yahrtzeit - 23 Sivan

## HAPPY BIRTHDAY

*Ravit Brenner*

*Ezra Boyer*

*Danielle Gross*

*Alan Fogelman*

*Darsie Ross*

*Mark Smith*

*Zach Dorfman*

*Isabelle Renee Azouz*

*Allison Zucker*

*Tahli Bracha Cohenca*

*Susan Varon*

### PAUL FEDER Z"l GEMARA SHIUR

לע"נ פנחס אליהו בן שמשון הלו

Join Rabbi Dunner for his Gemara shiur on Shabbat and Yom Tov 45 minutes before Shacharit.

**Fred Baum**  
Ephraim David ben Elimelech z"l  
Father of  
**Michael Baum**  
**Roberta Kimmel**  
**Anna Baum**  
Yahrtzeit - 24 Sivan

### 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](http://beverlyhillssynagogue.org/keilim).

### Happy Anniversary

*Nasrin & Manucher Mostadim*

*Jonathan & Julie Boyer*

*Ezra & Lauren Kest*

*Payam & Sepideh Eliahoo*

*Dani & Rivkie Samson*

*Sam & Diba Mostadim*

On the back walls of our Sanctuary, we have two gorgeous displays of marble yahrtzeit plaques. This is a beautiful way of visibly showing the names and dates of our dearly departed loved ones. All members can add names to this yahrtzeit wall as a way to embed a lasting memory. Yahrtzeit plaques cost \$1,800.

If you would like to add a yahrtzeit plaque to our memorial wall, please contact Madeline at [mkramer@yinh.org](mailto:mkramer@yinh.org)



### FOLLOW US ON SOCIAL MEDIA!

Keep up to date on what's happening at our Synagogue in real time!

# HOLIDAY HOPPER SHABBAT EDITION SUNDAY, JUNE 12TH 2022

Thank you to all who joined us for our fun event!



WIZO California Invites You To

*Advocating for Israel*

FEATURING  
EMILY SCHRADER  
& YOSEPH HADDAD

*In Conversation with  
Kimberly Brooks*

Monday, June 20th | 9:00AM

The Four Seasons Hotel

300 S. Doheny Drive  
*Dietary Laws Observed*

*Please join us as we honor Dianna Mannheim Sternberg with  
the Warrior for Israel Award and install Shana Glassman as  
WIZO California San Fernando Valley Chair*

CHAired BY:

DEBRA BARACH, AMY GRAIWER & SHANA GLASSMAN



Consulate General of Israel  
Los Angeles

**aish**

Sunday July 24th

**The  
DISCOVERY  
Seminar**

*Featuring*

**RABBI YITZ  
JACOBS**

Hear startling evidence for belief in God, explore  
hidden codes in the Torah, reveal amazing  
prophecies, & more.

Sunday | 9:30 AM-4:30 PM

Morry's Fireplace | 9118 W Pico Blvd

FREE FOR YINBH MEMBERS THANKS TO A SPONSORSHIP BY A GENEROUS MEMBER  
OF OUR SYNAGOGUE. EMAIL [RSVP@YINBH.ORG](mailto:RSVP@YINBH.ORG) TO RSVP OR CALL 310-276-7650

בית המדרש  
BEVERLY HILLS SYNAGOGUE

PRESENTS A

SUMMER CONCERT

SUNDAY, JUNE 19TH, 2022

11:30 AM

A selection of Israeli, Broadway, Jewish World  
Music...along with Comedy!



FEATURING



Chazzan Nati Baram ..... Rinat Shlomo Boys Choir  
Nicholas Hylander ..... Tali Tadmor on Piano



**COST: \$20**



Signup at

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

# CONGRATULATIONS TO THE GRADUATING CLASSES OF 2022



**NATHANIEL BROIDY**

Nathaniel graduated from Brentwood High School. He will be going to the University of Texas at Austin next year. He is the son of Elliott & Robin Broidy.



**ELI DUNNER**

Eli graduated from Bellevue University with a Bachelors in Business. He is the son of Rabbi Pini and Sabine Dunner



**ETHAN FIALKOV**

Ethan Graduated as the Valedictorian of Shalhevet High School. He will be going to Reishit Yeshivah in Israel next year and then to Yeshivah University Honoris Business in the fall of 2023. He is the son of Howie & Shirin Fialkov.



**HANNAH FOGELMAN**

Hannah graduated Magna Cum Laude as a Renaissance Scholar at USC with a double major in Human Biology and Health and Human Sciences, along with a minor in Nonprofits, Philanthropy, and Volunteerism. She is the daughter of John & Sherri Fogelman.



**MIRIAM GIAHN**

Miriam graduated from YCQ3 Pre-K. She is the daughter of Zion and Shoshana Giahn and the granddaughter of Rabbi Pini & Sabine Dunner.



**JONATHAN GROMIS**

Dr. Jonathan Gromis completed his fellowship in Musculoskeletal Imaging and Interventions from the NYU Grossman School of Medicine.

He will be working in private practice at Montclair Radiology.

He is the son of Ed & Cecile Gromis.



**SHIRA KALINSKY**

Shira graduated from 8th grade at Yeshiva Rabbi Raphael Hirsch School. She will be attending Naaleh High School next year. She is the granddaughter of Rabbi Alan & Sandy Kalinsky



**JEFFREY NEIMAN**

Jeffrey graduated with a Law Degree from the University of Texas at Austin. He is the grandson of Georgette Dunst.

# CONGRATULATIONS TO THE GRADUATING CLASSES OF 2022



**DAVID NEIMAN**

David graduated with a Masters in Statistics from the University of Wisconsin. He is the grandson of Georgette Dunst.



**SARA NEIMAN**

Sara graduated with a Masters in Corporate Communications & Public Relations from Georgetown University. She is the granddaughter of Georgette Dunst.



**ARIELLE ROTHMAN**

Arielle graduated Summa Cum Laude and Phi Beta Kappa from Harvard University with a Bachelors of Science in Bioengineering. Arielle's senior capstone project was chosen for a Dean's award for outstanding engineering projects. She is the daughter of Eric & Hilary Rothman and granddaughter of Stephen z'l & Rosalyn Rothman.



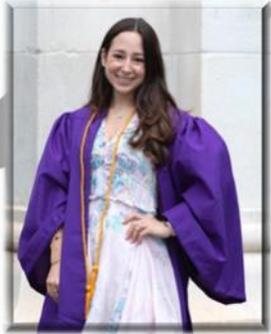
**ETHAN RUIMY**

Ethan graduated from 8th grade at Milken School. He will attend 9th grade in Beverly High School in the fall. He is the son of Franck and Evelina Ruimy



**ATARA SAMSON**

Atara Graduated from YULA High School. She will be attending Midreshet Moriah next year and then Stern College the following year. She is the daughter of Dani & Rivkie Samson and the granddaughter of Lee & Anne a"h Samson



**TAMAR SAMSON**

Tamar graduated as Valedictorian with a BSN from NYU School of Nursing. She is the daughter of Dani & Rivkie Samson and granddaughter of Lee and Anne a"h Samson.



**JOSEPH SCHNITZER**

Joseph graduated Cum Laude from Columbia University School of General Studies with a BA and a member of GS Honor Society. He will be beginning his investment banking career at Goldman Sachs in July. He is the son of Avrumie & Maryjo Schnitzer.



**SHAYNA SLOMNICKI**

Shayna graduated from 8th grade at TAG. She will be attending SKA High School in the fall. She is the granddaughter of Rabbi Alan & Sandy Kalinsky



**RIVKA SLOMNICKI**

Rivka graduated from High School at SKA Academy. Next year she will be attending Shalavim for Women in Yerushalayim next year. She is the granddaughter of Rabbi Alan & Sandy Kalinsky



**ENZO TEBOUL**

Enzo graduated from Elementary School at Hawthorne Elementary School. He will be attending Beverly Vista Middle School in the fall.