



Tefilla Notebook

17 Av • Parshat Eikev

August 7 - August 8, 2020

Stephen Rothman, President • Rabbi Pini Dunner, Senior Rabbi
 9261 Alden Drive, Beverly Hills, CA 90210

Nati Bar-Am, Chazan
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SHABBAT SCHEDULE

FRIDAY, AUGUST 7

6:30pm KABBALAT SHABBAT
 IN SHUL & VIA ZOOM
 7:29pm CANDLELIGHTING

SATURDAY, AUGUST 8

8:32pm SHABBAT ENDS
 9:00pm HAVDALAH VIA ZOOM

WEEKDAY DAVENING TIMES

Sunday 8:00am & 7:25pm
 Mon - Friday 7:00am & 7:25pm
 We are continuing to stream via zoom.
<https://zoom.us/j/226829899>

Guidelines for Praying at home:

When davening at home, it is best to daven at the same time that you would have davened when in shul. Although you cannot *hear* the krias Hatorah, you should still read the torah portion and haftorah aloud, using the tunes if you know them.

Stone Chumash (Artsroll)

Eikev p. 980
 Haftorah Eikev p. 1197

This week's Parsha Shiur is sponsored by **Susan Graysen** in memory of her husband, **William Graysen, Beil ben Moshe z"l**, whose yahrtzeit is on 25 Av. Join us for the live Zoom at 11am on August 12th
<https://zoom.us/j/3102767650>

Those who are going to be attending our in-person minyanim **must pre-register**. Services are open to **MEMBERS ONLY** at this time. Space is limited. **ALL services are being held at a private residence tennis court in Beverly Hills.**

Dearest Members and Friends,

In old age, the late Sir Roger Bannister was the absolute epitome of an elderly British gentleman – urbane, well-spoken and courteous to a fault, the type of person you would have guessed had spent his pre-retirement working life as the manager of a local bank, or as the headmaster of an upscale grammar school. Indeed, those guesses would not have been far off the mark. In 1954 Bannister graduated Oxford University medical school, and he spent almost 40 years as a neurologist, retiring in 1993 at the age of 64.

But his decades-long professional career as a physician and his quaintly charming demeanor in later life are of little relevance to the fact that this avuncular man with an infectious smile and a twinkle in his eye was one of the most famous athletes of all time. His fame rested on the fact that on May 6, 1954, in front of a surprisingly small number of spectators at an amateur runners event at Oxford University's Iffley Road track, Bannister ran a full mile in just under four minutes – 3:59.4, to be precise – becoming the first person on record ever to do so.

Remarkably, it almost didn't happen. In the summer of 1952 Bannister had competed at the Olympic Games in Helsinki, Finland. Already known for his extraordinary running talent, expectations for Bannister were high, and he was favorite to win the 1500 meters. But at the last minute the race schedule changed, throwing his routine into disarray and he came in fourth. Tremendously disappointed by his failure to win a medal, he contemplated abandoning athletics for good. But after some careful reflection and soul searching, he decided not to give up, instead setting himself a new target – he was going to be the first athlete in the world to break through the four-minute-mile barrier.

His success in this endeavor was far from a foregone conclusion. In 1947, at the age of 18, Bannister ran his first competitive mile in 4 minutes 24.6 seconds. By 1949 he was running a mile in 4:11, and in 1950 he had managed 4:09. Then, in 1951, he ran the mile in 4:07. On May 2, 1953, Bannister ran a mile in 4:03.6 – but as hard as he tried, and as much as he trained, he found that he simply could not run a mile in less than four minutes. And he was not the only one trying; other top runners were trying too, and achieving better times than him: on June 5, 1953, the US runner Wes Santee ran a mile in 4:02.4, and later that year, Australian John Landy ran it in 4:02.0. But doing it any faster than that seemed impossible.

The following year, Landy made various attempts to beat his own record, running 4:02.4 in January 1954, 4:02.6 in February, and in April 4:02.6 again. It was all in vain. The record for the fastest mile was still held by Gunder Hägg of Sweden, who ran it in 4:01.4 on 17 July 1945 in Malmö. Almost ten years had passed without anyone breaking this record, and sportswriters and medical experts declared that it was not possible for humans to run a mile in under four minutes. The countless failed attempts by Bannister and others seemed to prove them right.

When Bannister unexpectedly managed to do what no one had thought possible on that damp day in Oxford, everyone imagined it was a complete one-off, and that it would take years for anyone to get there again, if ever. But less than six weeks later, Landy ran a mile in 3:58 in Finland, and then, at the Empire Games in Vancouver in August, Bannister won the first-ever race in which two men ran a mile in under four minutes. In June 1957, Don Bowden became the first American to do it, running a mile in 3:58.7 in Stockton, California. In fact, since that fateful day in May 1954, the "sub-4", as it is known, has been achieved over 1400 times, with the current one-mile world record held by Moroccan runner Hicham El Guerrouj, who ran it in a staggering 3:43.13 in Rome, on July 7, 1999.

Over the years, whenever Bannister was asked how he had broken through that unbreakable barrier, he answered simply "it didn't make sense to me that there was a barrier." As far as he was concerned, if someone could run a mile in 4:01.2, then there would definitely be someone who could run a mile in less than four minutes. Bannister would say that he was determined to be that person, adding that he knew that once that psychological barrier – which is all it was – was breached, there would be many more who would get through it too. And despite his humility and understatedness, he was absolutely right.

In Eikev, during one of the last speeches Moses gave to the Jewish people before passing away, he posed a question for the nation to consider (Deut. 10:12): וְיִהְיֶה ה' אֱלֹהֶיךָ שָׂאֵל מֵעַמְּךָ – "what is it that God wants from you?" Before giving anyone the opportunity to answer, Moses answered the question himself, beginning his answer with the Hebrew words "ki im" – "only that...". The clear implication of this phrase is that Moses wished to suggest a simple, achievable way for the nation to please God. But what actually ensued was a list of goals and targets that was so beyond the grasp of ordinary mortals, it almost seems comical: "you should fear God, walk exclusively in His paths, love Him, and serve God with all your heart and soul, keeping all His commandments and laws." Really? If that's the case, we may as well all give up before we start. After all, why embark on a Mission Impossible?

To compound the problem, the Talmud (Berachot 33b) quotes this verse and notes how difficult it is to achieve an acceptable level of fearing God. In order to resolve this problem, the Talmud proposes that what is virtually impossible for ordinary people was easy for Moses, which was why he included the fear of God on his list of what God wants from all of us. But how exactly is that an acceptable solution? And surely Moses would not have deliberately set us up to fail?

(Cont'd on Page 2)

Sisterhood Corner

August

We hope you had a lovely
TU B'AV.

Make sure to tune in to our next
Ladies Night In
Monday, August 10th at 7:30pm.
See the flyer for full details!

Don't forget board member
elections will be held August
20th via Zoom!

Get your practice in for
November and make sure to
vote!

Shabbat Shalom,
Cecile & Ruthie
Sisterhood Co-Presidents

YAHRTZEITS

Eugen Nissel
Yechiel ben HaRav Chaim
Menachem z'l
Father of
Raphy Nissel
Yahrtzeit— 18 Av

Frances Fay Cohen
Faygie bat Zev Wolf a"h
Mother of
Hart Cohen
Yahrtzeit— 19 Av

Yaakov Gindi
Yaakov Eliyahu ben Elie z"l
Father of
Elie Gindi
Yahrtzeit— 20 Av

David Kellerman
David ben Ephraim HaLevi z"l
Father of
Hillel Kellerman
Jonathan Kellerman
Yahrtzeit— 21 Av

(Cont'd from page 1)

But perhaps the Talmud is telling us something very profound in its simplicity. What is recorded as Moses' advice is a reflection of who he was, and it is this that should truly inspire us. For Moses, the fear of God seemed like the most natural thing in the world. One might even speculate that had you asked Moses how he could ever have suggested breaking through an unbreakable barrier, he might very well have replied "it doesn't make sense to me that there is a barrier." And if an entire nation would witness a man like Moses, for whom the fear of heaven was a simple and rudimentary aspect of life – achievable, with no barrier – it would undoubtedly make a powerful impression, thereby enabling many others to achieve the same result.

Moses' proposition may have been a reflection of who he was – humble and understated – but it paved the way for something much more important. Suddenly the high bar became a reality that was within the reach of all of us. Psychological barriers are there to be broken, but you need to know that it is possible to break them. And as it turns out, our relationship with God is not an unachievable "sub-4", instead it is an attainable goal. All we need to do is believe we can get there.

Praying for your safety and health, and for only good news, with God's help. and Shabbat Shalom!

Rabbi Pini Dunner



Carmit Baram
Isaac Czucker
John Fogelman
Chavi Hertz
Janice Kaufler
Jonathan Kellerman
Ruth Kellerman
Barry Novack
Nathalie Paluch
Sam Richter
Harold Schloss
David Silver

COMMUNITY CONNECTION

During this time of social
distancing, we are keeping our
community connection alive.

Connect with our Whatsapp
Groups

- ◇ [YINBH Community](#)
- ◇ [Daily Daf Yomi Shiur](#)
- ◇ [Parsha Shiurim](#)
- ◇ [YINBH Videos](#)

Happy Anniversary

Isaac & Sarah
Meier

CLASS SCHEDULE WEEK OF AUGUST 2 – AUGUST 8

THE ZOOM CODE FOR ALL CLASSES IS **310 276 7650**

The log-in link is <https://zoom.us/j/3102767650>

DATE	TIME	TOPIC
Sunday August 9	8:30pm	Tzurva MeRabanan with Chazzan Nati Baram
Tuesday August 11	12:00pm	Tanach Shiur with Chazzan Nati Baram
Wednesday August 12	11:00am	Parsha Shiur with Rabbi Dunner
Wednesday August 12	1:00pm	Pirkei Avot with Rabbi Pini Dunner
Thursday August 13	12:00pm	Shiur with Chazzan Nati Baram
Friday August 14	6:30pm	Mincha/Kabbalat Shabbat
Saturday August 15	9:00pm	Havdalah

YINBH Presents Ladies Night In



**JOIN US
AUGUST 10TH AT 7:30PM
VIA ZOOM**

Zoom Join Code: 3128392298

Zoom Link: <https://zoom.us/j/3128382298>



PRESENT...

Beethoven to Bor'chu

The Creation of a Symphony based on the High Holy Day Liturgy

Sunday, August 30th at 11:00am via zoom



*Exploring
Sacred Jewish*

*Music with composer **Steven Rothstein** and **Cantor Nati Baram***

*Introduction by **Rabbi Pini Dunner***

Witness the birth of Symphony No.1: JUDAICA (Days of Awe), a newly commissioned symphonic work by Dr. Steven Rothstein, Artistic Director of the Judaic Sacred Music Foundation, which threads our most cherished High Holy Days melodies and liturgies through a rich and dynamic four-movement lyrical composition for our Age.

In 2014 Dr. Robert H. Freilich founded the Judaic Sacred Music Foundation and merged his love of Jewish and classical music. The Foundation commissioned Dr. Steven P. Rothstein, a composer with a Ph.D. in Classical Music Composition from UCLA, to compose the Judaic Symphony. Together Drs. Freilich and Rothstein engaged in in-depth research identifying synagogue melodies and motifs of the 18th-20th centuries.

Come and listen as Steve Rothstein and Cantor Nati Baram take you through the journey of bringing your favorite High Holy Days memories from the synagogue to the symphony.

REGISTER AT beverlyhillssynagogue.org/hhhzoom



How do you say **THANK YOU?**

BEVERLY HILLS POLICE OFFICERS BENEVOLENT FUND

Can you imagine going to work and wondering if you'll survive the day to see your family that night? Most people can't. But, in Law Enforcement, this is a fact of life.

2020 has been a year full of challenges and our Beverly Hills Police have been there for us all. Due to the COVID-19 pandemic, the state of California has issued guidelines which unfortunately, will prevent the Beverly Hills Police Officers Benevolent Fund from holding the annual Black & White Gala in October. Our Police Officers will truly miss seeing their wonderful supporters in person this year. However, the need remains essential to support our First Responders. Funds raised support the BHPOBF Scholarship Fund and Medical Trust Fund.

Beverly Hills is known worldwide as one of the safest communities in which to live and work. Police Officers are an integral part of our community, proudly protecting Beverly Hills 24 hours a day, 7 days a week. Last year, the BHPD received 38,160 calls for service and answered with the incredible response time of 2.4 minutes. Our Police Officers are dedicated professionals who serve the residents and businesses of the City of Beverly Hills with courage and honor.

During these unprecedented times, please show your support for the Beverly Hills Police by donating generously.

Your support is more important than ever.

DONATE ONLINE AT: WWW.BHPOA.ORG

Donations of \$500 & above include a 2021 Beverly Hills Police Supporter Decal

Name: _____ Company: _____

Address: _____ City: _____ ST: _____ Zip: _____

Phone Number: _____ Email: _____

Enclosed is my check for: \$ _____

Please charge my credit card for: \$ _____

Please make checks payable to:
Beverly Hills Police Officers Benevolent Fund
City of Beverly Hills Solicitation Permit on File

Card #: _____ Exp. Date: _____

Billing Zip: _____ Authorized Signature: _____

PLEASE SEE REVERSE FOR NEW SPONSORSHIP PACKAGES

BEVERLY HILLS POLICE

2020 SPONSORSHIP PACKAGES

- Chief's Black & White Package.....\$25,000**
Private Dinner for 6 with Chief of Police
(Date and location to be determined)
Name listed on 2020 Patrons Plaque prominently displayed at BHPD
Virtual Ad Journal Cover
 - Captain's Diamond Package.....\$15,000**
Private Dinner for 4 with BHPOA President
(Date and location to be determined)
Name listed on 2020 Patrons Plaque prominently displayed at BHPD
Diamond Ad in Virtual Ad Journal
 - Lieutenant's Platinum Package.....\$8,000**
Name listed on 2020 Patrons Plaque prominently displayed at BHPD
Platinum Ad in Virtual Ad Journal
 - Sergeant's Gold Package.....\$5,500**
Name listed on 2020 Patrons Plaque prominently displayed at BHPD
Gold Ad in Virtual Ad Journal
 - Detective's Silver Package.....\$3,500**
Name listed on 2020 Patrons Plaque prominently displayed at BHPD
Silver Ad in Virtual Ad Journal
 - 2021 Supporter Decal.....\$500**
 - "Thank You" Sponsor.....\$375**
Name listed on "Thank You" page in Virtual Ad Journal
- I wish to make a tax-deductible donation of \$ _____

Donations of \$500 & above include a 2021 Beverly Hills Police Supporter Decal

Email Completed Form to: gala@bhpoa.org or
Purchase Online: <https://bhpoa.ejoinme.org/gala>

VIRTUAL AD JOURNAL

Our Virtual Ad Journal will be on our website from November 2020 until our 2021 Gala.

- Cover(s).....\$10,000
- Diamond.....\$7,500
- Platinum.....\$5,000
- Gold.....\$2,500
- Silver.....\$1,500
- Bronze.....\$1,000
- Black/White.....\$500

Send Artwork to: journal@bhpoa.org

AD SPECIFICATIONS

8" wide x 5" high | 300 dpi | Full Color | PDF or JPG

If you would like us to design your ad,
please email journal@bhpoa.org.

Virtual Ad Copy Deadline: October 30, 2020