

# Tefilla Notebook

28 Elul • Parshat Nitzavim • Rosh Hashanah

September 23-24, 2022

Steven Dorfman, President

Rabbi Pini Dunner, Senior Rabbi

Nati Bar-Am, Chazan

## SHABBAT SCHEDULE

**FRIDAY, SEPTEMBER 23**

CANDLELIGHTING: **6:30PM**

MINCHA/KABBALAT SHABBAT: **6:30PM**

**SATURDAY, SEPTEMBER 24**

GEMARA SHIUR: **8:30AM**

SHACHARIT: **9:15AM**

PIRKEI AVOT SHIUR: **6:15pm**

MINCHA: **6:40 pm**

MAARIV: **7:30pm**

SHABBAT ENDS: **7:32pm**

## WEEKDAY DAVENING TIMES

	Shacharit	Mincha/Maariv
Thurs	6:50am	6:40pm
Friday	6:50am	6:30pm

**SEE PAGE 2 FOR SUNDAY, ROSH  
HASHANAH & WEDNESDAY**



**Welcome New Members**

Benjamin & Golnaz Imanuel  
Ronnie & Dorit Schwartz

## THANK YOU

Moshe & Helen Sassover  
for sponsoring Seudah  
Shlishit in memory of  
Helen's father,  
Ted Orden, Mordechai ben  
Ephraim z"l,  
whose yahrtzeit is on the  
28th of Elul

Dear Members & Friends,

"The road to hell is paved with good intentions," goes the adage, and the broad consensus is that "good intentions" are a waste of time. According to Dr. Alex Pattakos, author of the definitive *Prisoners of Our Thoughts: Viktor Frankl's Principles for Discovering Meaning in Life and Work*, "good intentions are not enough" – because it is what we are doing now that counts, not what we intend to do in the future. Or, as he puts it, "focusing on the results rather than the process can actually get in the way of a successful outcome."

Quoting his hero, the Holocaust-survivor psychiatrist and existential philosopher, Victor Frankl (1905-1997), Dr. Pattakos takes this idea of the futility of good intentions even further: "Our good intentions actually become the cause of our failure; when a specific success is so fervently sought that we overlook and neglect the relationships that are an integral part of the process, we lay the seeds for something to go wrong – we fly in the face of our own success, and we neglect our own meaning, the meaning of others, and the meaning of the process."

And yet, there are scientific studies that paint quite a different picture. In 2012, Harvard-trained social psychologist, Kurt Gray, who is professor of psychology and neuroscience at the University of North Carolina, released a study titled: *The Power of Good Intentions*, based on a series of social experiments and peer-reviewed data. In total, three studies were carried out to discover whether if a person believes that people interacting with them have good intentions, this can improve the experience.

The first experiment was quite bizarre. A group of people were given an electric shock, with some of them told that the person administering the shock meant them no harm and actually had a positive reason to do it, while others were not given any information about the person doing it, or why they were doing it. Startlingly, the data showed that "benevolently intended" shocks hurt less.

The second experiment tested whether benevolently intended massages were considered more pleasurable, while the third experiment examined whether candy given with kindness tastes sweeter than candy received without any accompanying goodwill. All the results confirmed the same thing: good intentions – even if they are known to be misguided – can measurably improve and enhance a range of experiences. Good intentions have the power to sooth pain, they can increase pleasure, and they can even make things taste better. Clearly there is some innate power in good intentions that transcend any act, or indeed logic.

And while the idea of good intentions having intrinsic value may fly in the face of accepted wisdom, it is not at all new to Judaism. In Parshat Nitzavim, Moses informs the Jewish nation that they have important choices to make going forward, between life and death, and between good and evil (Deut. 30:15): רְאֵה נָתַתִּי לְפָנֶיךָ הַיּוֹם אֶת הַחַיִּים וְאֶת הַטּוֹב וְאֶת הַמָּוֶת וְאֶת הָרָע "See, I have placed before you today life and good, and death and evil." Moses then encourages the nation to "choose life, so that you and your children shall live." Quite puzzlingly, the Midrash praises Moses for telling the nation to choose life as he did not need to tell them which path was better, and yet he did.

The Midrash seems a little bit far-fetched. Why would telling the Jewish people to choose life over death and good over evil be considered such a big deal? Rabbi Yosef Chaim Sonnenfeld (1848-1932) suggests an answer based on a Midrash that explains the first verse of Parshat Bechukotai (Lev. 26:3). The verse begins with a declaration: "if you walk in My statutes, and keep My commandments, and do them" – and the following verses promises every kind of blessing imaginable. At first glance "keeping" (u'shmartem) the commandments seems exactly the same as "doing" (v'asitem) the commandments. But Rashi explains that they are not the same and quotes a Midrash which offers a clear distinction. Thinking about doing mitzvot – namely, having good intentions – has intrinsic value in and of itself, which is what "u'shmartem" actually means. Meanwhile, "v'asitem" means doing the mitzvot – a separate, although clearly related, concept.

As to proof in the Torah that if a person thinks about doing a mitzva, it has a positive value sought by God – that can be found in Parshat Nitzavim: because "choosing" life and "choosing" good doesn't mean that you've done anything more than have good intentions. The reason the Midrash makes such a fuss over what Moses said to the nation is because by saying it he created a paradigm in which good intentions have value. As it turns out, good intentions bring a person closer to God, ensuring that their life is enhanced, even before they have physically done anything.

And this is exactly the message of Rosh Hashana and Yom Kippur, when we make a real effort to consider our lives going forward and make commitments to improve the way we will conduct ourselves in the coming year. Nothing material has changed, and yet there is positivity in the air, the pain is diminished, and the flavor of our lives has improved. On Rosh Hashana we are choosing life and good even before we've got there – but by choosing them we have set ourselves on the path towards a better future. Follow-through might well be a challenge, but the journey has already begun, and we have the destination firmly in our sights.

The irony of it all is that it's not the road to hell that's paved with good intentions, but the road to heaven. As we say in America – go figure!

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



## Sisterhood Corner

September

Shana Tova U'Metukah!

Wishing you and your loved ones a happy, healthy, sweet and peaceful New Year.

In an effort to connect and inspire over the Yomim Noraim, the OU Women's Initiative has prepared an inspirational collection of Teshuva-themed essays. A copy will be placed on each women's seat.

### "Let My People Know"

Book Event with Author Arye Lighstone

Rescheduled to January 2023

Stay tuned for more updates!

We have a lot coming up in the year 5783, we look forward to you joining us, stay tuned!

K'tiva V' Chatima Tova!

Shabbat Shalom,

Cecile & Ruthie

Sisterhood Co-Presidents

## YAHRTZEITS

### Ted Orden

Mordechai Ben Ephraim z"l

Father of

**Helen Sassover**

Yahrtzeit - 28 Elul

### Ildiko Liebermann

Pessl bat Yoel a"h

Mother of

**Rivka Nissel**

Yahrtzeit - 5 Tishrei

## HAPPY BIRTHDAY

*Sara Silkin*

*Dylan Kestenbaum*

*Simon Elhiani*

*Scott Silver*

*Rabbi Pini Dunner*

*Lief Rosenblatt*

*Janette Herskovitz*

*Lila Perl*

*Hannah Fogelman*



THE OU WOMEN'S INITIATIVE IS PROUD TO PRESENT:

ASERET YEMEI TESHUVA

**IDEAS**  
& inspiration

## ROSH HASHANAH TEFILLAH SERVICE TIMES

### SUNDAY SEPTEMBER 25

#### EREV ROSH HASHANAH

Selichot.....7:15am

Shachari..... 8:00am

Hatarat Nedarim.... 8:30am

Candlelighting..... 6:28pm

Mincha..... 6:30pm

Maariv..... 6:40pm

### MONDAY SEPTEMBER 26

#### FIRST DAY ROSH HASHANAH

Pesukei Dezimra...8:00am

HaMelech..... 8:25am

Torah Service.....9:20am

Sermon.....10:00am

Shofar.....10:15am

Musaf.....10:30am

End of Service... 12:30pm

Mincha.....6:30pm

Maariv..... 6:45pm

Candles not before.. 7:21pm

### TUESDAY SEPTEMBER 27

#### SECOND DAY ROSH HASHANAH

Pesukei Dezimra..... 8:00am

HaMelech..... 8:25am

Torah Service..... 9:15am

Sermon..... 10:00am

Shofar..... 10:15am

Musaf..... 10:30am

End of Service..... 12:30pm

Mincha..... 6:30pm

Shiur..... 6:45pm

Maariv..... 7:20pm

Yom Tov Ends..... 7:28pm

### WEDNESDAY SEPTEMBER 28

#### FAST OF GEDALIA

Fast begins..... 5:34am

Selichot..... 6:50am

Shacharit..... 7:00am

Mincha/Maariv..... 6:30pm

Fast ends..... 7:13pm

### SEAT ASSIGNMENTS

Your seat assignment will be given to you when you arrive at services. There will also be a map and the seats will be labelled. We ask that you please sit in your assigned seat.

### SECURITY ANNOUNCEMENT

Security guards will be checking all bags and coats at the entrance of the shul, as is our standard procedure.

### REMINDER:

Pay any outstanding pledges before the New Year. Log into your shulcloud account at [beverlyhillssynagogue.org](http://beverlyhillssynagogue.org)

*We ask that you please refrain from conversation during services out of respect to the other service attendees and to keep the sanctity of the Holiday. We would like to wish you a happy and healthy 5783.*

**שנה טובה**



# LIVE VIRTUAL YIZKOR SERVICE

## יזכור

Erev Yom Kippur  
Tuesday, October 4th, 2022  
11:00am PST via zoom

Zoom Code: 310 276 7650  
Password: yinbh



WIZO CALIFORNIA  
CHANUKAH CELEBRATION LUNCHEON

Honoring  
*Gina Raphael*  
WIZO California Chair

Please Join Us As We Celebrate 75 Years of Israel and  
40 Years of WIZO USA Helping Women & Children in Israel

Featuring  
Dina Ben Tal Ganancia, CEO EL AL Airlines  
**EL AL**

TUESDAY, NOVEMBER 29 | 11:00AM  
The Four Seasons Hotel  
300 S. Doheny Drive, Los Angeles, CA 90048

Dietary Laws Observed

Chaired By  
LILY ARTENSTEIN • KIMBERLY BROOKS • RUTH DAVIDOV • MALKA FOGEL • SHANA GLASSMAN  
AGNES HARRIS • JANICE KAUFER • KARLA LARI • JUDY LEVIN • ORLY MACIBORSKI  
KATALIN MANNHEIM • NAVA MARMUR • KAREN MICHELLE • KATHY MORAY • ELEANOR NANKIN  
RINAT NEWMAN SOHEILA NEWMAN • JACALYN SHALOM • IRENE SIREBRENIK  
LAURA STEIN • RUTH STEINBERGER CANDICE WEINER • SHARI WEINER  
SHOSHI WILCHFORT • MIRIAM WIZMAN • SHIRIN YADEGAR

For questions or more information, please contact WIZO California at  
(323) 206-6403 or [director@wizocalifornia.org](mailto:director@wizocalifornia.org)

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

## Rabbi Dunner's Shabbat Shuva Drasha



THE CONFOUNDING STORY OF JONAH  
AND ITS RELEVANCE TO YAMIM NORAIM

SATURDAY OCTOBER 1ST  
DRASHA - 5:30PM • MINCHA - 6:20PM

## LULAV & ETROG ORDER

We are offering 4 levels of Kosher  
Certified Arba Minim Sets that can be  
purchased directly through the  
Synagogue. Please visit  
[yinbh.org/arbaminim](http://yinbh.org/arbaminim) to order your  
set(s) or call the office at 310-276-7650  
Please order by Monday, October 3rd

Children Set \$35

\*Standard \$50

\*Mehudar \$80

\*Mehudar Deluxe \$125

\*With or without Pitom Options  
available



HIGH HOLIDAYS  
5783/2022

# Youth Activities

**Let's  
PLAY!**

## ROSH HASHANA AND YOM KIPPUR ITINERARY

### ROSH HASHANAH - DAY 1

MONDAY, SEPT 26

#### AGES 2-6 YEARS OLD

9:00AM - 10:30AM: **FREE PLAY**  
YOUTH ROOM



10:30AM-11:30AM: **GAMES AND PLAY TIME LED BY SPORTBALL**  
PATIO

11:30AM-12:30PM: **MAGIC SHOW- NAPOLEON THE MAGICIAN**  
YOUTH ROOM



#### AGES 7-13 YEARS OLD

9:00AM - 10:30AM: **FREE PLAY**  
ORGANIZED ACTIVITIES INCLUDE FOOSBALL, KNOCK HOCKEY,  
BOARD GAMES, BLOCKS, PUZZLES, AND MORE!  
BEIT MIDRASH



11:30AM-12:30PM: **SPORTS AND GAMES LED BY SPORTBALL**  
PATIO



### ROSH HASHANAH - DAY 2

TUESDAY, SEPT 27

#### AGES 2-6 YEARS OLD

9:00AM - 10:30AM: **FREE PLAY**  
YOUTH ROOM

10:30AM-11:30AM: **GAMES AND PLAY TIME LED BY SPORTBALL**  
PATIO

11:30AM-12:00PM: **PUPPET SHOW - THE PIRATE AND THE MAGIC FISH**  
YOUTH ROOM



THE YOUTH ROOM WILL REMAIN OPEN UNTIL THE CONCLUSION OF SERVICES

#### AGES 7-13 YEARS OLD

9:00AM - 10:30AM: **FREE PLAY**  
BEIT MIDRASH

10:30AM-11:30AM: **MAGIC SHOW - THE MAGIC OF RAUL**  
BEIT MIDRASH



11:30AM-12:30PM: **SPORTS AND GAMES LED BY SPORTBALL**  
PATIO



### EREV YOM KIPPUR/KOL NIDRE

TUESDAY, OCTOBER 4

#### ALL AGES

6:15PM - 8:00PM: **FREE PLAY**  
BEIT MIDRASH (AND YOUTH ROOM IF NEEDED)



### YOM KIPPUR MORNING

WEDNESDAY, OCTOBER 5

#### AGES 2-6 YEARS OLD

9:00AM - 10:00AM: **FREE PLAY**  
YOUTH ROOM

10:00AM-12:00PM: **BUBBLE SHOW AND BUBBLE PLAY**  
YOUTH ROOM



12:00PM-12:30PM: **BAGEL LUNCH**  
BEIT MIDRASH



12:00PM-2:00PM: **'FIELD DAY' ACTIVITIES LED BY SPORTBALL**  
PATIO



#### AGES 7-13 YEARS OLD

9:00AM - 10:00AM: **FREE PLAY**  
BEIT MIDRASH

10:00AM-12:00PM: **'FIELD DAY' LED BY SPORTBALL**  
PATIO



12:30PM-2:00PM: **LEGO BUILDING PARTY**  
BEIT MIDRASH



### YOM KIPPUR AFTERNOON

WEDNESDAY, OCTOBER 5

#### ALL AGES

4:00PM-5:15PM: **FREE PLAY**  
BEIT MIDRASH & YOUTH ROOM



5:15PM-6:00PM: **DINNER**  
BEIT MIDRASH



6:00PM- 7:00PM: **MAGIC SHOW - CHRIS T. MAGICIAN**  
BEIT MIDRASH