

## SHABBAT MATTERS

### Friday, July 7

7:15 pm Mincha /  
Maariv  
Sanctuary  
8:43 pm Candles  
(earliest 7:26 pm)

### Shabbat, July 8

7:30 am Hashkama Minyan - Beit Midrash:  
Rabbi Bergman  
8:10 am Chumash-Rashi: Melech Halberstadt  
Classroom 106  
9:00 am Shacharit - Sanctuary: Rabbi Taylor  
9:00 am Shacharit - Sisterhood Hall: Rabbi Diamond  
9:30 am Shacharit - Beit Midrash: Rabbi Anstandig  
9:45 am Youth Programs - Classrooms  
*Recite Shema before 9:33 am*  
11:05 am Shabbat Drasha - Rebbetzin Emma Taylor

11:15 am Kiddush\* - Banquet Hall for Sanctuary and  
Sisterhood Minyan  
11:30 am Shiur with Prof. Novak - Beit Midrash  
7:45 pm Pre-Mincha Shiur: Rabbi Taylor  
8:30 pm Mincha - Sanctuary  
8:50 pm Seudah Shlishit\* - Banquet Hall:  
Rabbi Diamond  
9:48 pm Maariv / Shabbat Ends  
\*Pareve from dairy kitchen

### Torah Reading:

*Bamidbar*  
25:10-30:1  
Hertz P. 686  
Stone P. 876  
**Haftarah:**  
*Yirmiyahu*  
1:1 - 2:3  
Hertz P. 710  
Stone P. 1192

### TODAH RABAH to our sponsors:

#### KIDDUSH:

Brian & Judy Kotzer in  
commemoration of the *yahrzeit* of  
Brian's mother, Rachel Kotzer <sup>z"l</sup>

Les & Shayne Train in commemoration  
of the *yahrzeit* of Les' father, Louis  
Train <sup>z"l</sup>

Michael Klein and Wendy Klein in  
honour of the marriage of their  
daughter, Tamara to Max Klein.

#### 9:30 AM MINYAN KIDDUSH:

Gerald Lazar & Rachel Libman in  
commemoration of the *yahrzeit* of  
Gerald's mother, Elizabeth Lazar <sup>z"l</sup>

#### YOUTH PROGRAM SNACKS

The Dishy Family in honour of Elie's  
birthday.

## MAZAL TOV AND OTHER MEMBERS MATTERS

- Mazal Tov to **Kenny & Sherri Wise**, Dr. Gil Gross & Dr. Debra Kiez on the birth of their granddaughter, Leeba Frumet, born to Baruch & Tamar Wise. Excited siblings are Annaelle and Hinda.
- Mazal Tov to **Michael Klein** and **Wendy Klein** on the engagement of their daughter, Tamara to Max Klein, Son of Rael & Dalya Klein from Vancouver. Excited siblings are Shaya and Amy.
- Mazal Tov to **Rabbi Dr. David & Melva Novak** on their 60<sup>th</sup> wedding anniversary.
- Mazal Tov to **Larry Krauss** on being awarded an Honorary Fellowship of Humane Letters from the Jerusalem College of Technology at the June graduation ceremony at the Lev Graduation Ceremony held in June.
- Mazal Tov to **Rabbi Elliott Diamond** on his recent appointment as CEO of Aish Toronto. We are pleased to note that Rabbi Diamond will be continuing with his role at Shaarei Shomayim.

This Shabbat, we welcome **Rebbetzin Emma Taylor** who will be giving the **Shabbat Drasha** at 11:05am in the Sharp Sanctuary

We are looking for **HOME HOSTS** from September 15 to 26 and **CHAG MEAL HOSTS** for **CHAZZAN SHAI ABRAMSON AND HIS CHOIR**. If you are interested in being a host, please contact Nicole at [nicole@shomayim.org](mailto:nicole@shomayim.org).

## UPCOMING SHIURIM & PROGRAMS

Along with the services and programs in the shul building, weekday services and programs will continue on Zoom. To obtain the access information, please email [info@shomayim.org](mailto:info@shomayim.org).

- Mondays, July 10-24, 9:30 am - **Megillat Eicha Series** with **Rabbi Bergman**. On Zoom.
- Monday, July 10, 8:00 pm - **Rabbi Gemara's Monthly Zoom Lecture on the writings of S.Y. Agnon**. The story will be "The Sign" (*Ha'Seeman* in Hebrew).
- Tuesdays, 10:30 am - **The Walkie Talkies** with **Rabbi Bergman**. In person.
- Thursdays, 9:00 am - **Coffee Klatch** with **Rabbi Bergman**. On Zoom.
- Tuesday, July 18, 12:00 pm - **Lunch & Learn in honour and in appreciation of Rabbi Sammy Bergman**. No charge - registration required at <https://www.shomayim.org/form/lunchnlearn0723> by Friday, July 14.
- Wednesday, July 19, 8:00 pm - **Women Teaching Torah for Rosh Chodesh** with **Marcy Ages**. On Zoom.
- Shabbat, July 22, 5:00 pm - **Emunah Shabbat**: Emunah Canada in partnership with Shaarei Shomayim present a **Shiur and Dessert Reception with Rebecca Rotenberg Nadler**. At Shaarei Shomayim. Contact [toronto@emunahcanada.org](mailto:toronto@emunahcanada.org) to register or for more information.
- Mondays, 1:45-3:30 pm beginning July 24 - **Games Afternoon** in the Main Lobby. \$2 at the door. For registration and information contact the shul office.
- Shabbat, July 29 - **Rabbi Sammy Bergman and the Bergman Family Farewell Shabbat**. To co-sponsor the special farewell Kiddush in honour of the Bergman Family, go to [www.shomayim.org/form/bergmanfarewell](https://www.shomayim.org/form/bergmanfarewell).

## TORAH MATTERS:

DATE	DAVENING TIMES: IN PERSON & ZOOM		SHIURIM & PROGRAMS: IN PERSON AND / OR ZOOM	
Sunday, July 9 / 20 Tammuz	8:30 am 7:10 pm	Shacharit Mincha / Maariv	7:45 am	Masechet Tamid Shiur (in person & Zoom)
Monday, July 10 / 21 Tammuz	7:10 am 7:10 pm	Shacharit Mincha / Maariv	6:30 am 9:30 am 1:00 pm	Masechet Tamid Shiur (in person & Zoom) Megillat Eicha Series with Rabbi Bergman (Zoom) Circle of Care Senior Exercise Class (in person)
Tuesday, July 11 / 22 Tammuz	7:15 am 7:10 pm	Shacharit Mincha / Maariv	6:30 am 10:30 am	Masechet Tamid Shiur (in person & Zoom) Walkie Talkies with Rabbi Bergman (in person)
Wednesday, July 12 / 23 Tammuz	7:15 am 7:10 pm	Shacharit Mincha / Maariv	6:30 am 1:00 pm	Masechet Tamid Shiur (in person & Zoom) Circle of Care Senior Exercise Class (in person)
Thursday, July 13 / 24 Tammuz	7:10 am 7:10 pm	Shacharit Mincha / Maariv	6:30 am 9:00 am	Masechet Tamid Shiur (in person & Zoom) Coffee Klatch with Rabbi Bergman (Zoom)
Friday, July 14 / 25 Tammuz	7:15 am 7:15 pm 8:39 pm	Shacharit Mincha / Maariv Candles (earliest 7:24 pm)	6:30 am	Masechet Tamid Shiur (in person & Zoom)

Kriyat Shema should be repeated after 9:46 pm this week.

## PARSHA MATTERS - by Rabbi Sammy Bergman

### SPIRITS AND FLESH

I write this Dvar Torah on the afternoon of Shiva Asar B'Tamuz, one of the longer fasts of the year. While our Rabbis tell us that on public fast days, we ought to spend the day contemplating how we can improve our habits and character, I must confess that I struggle on fast days to accomplish anything noteworthy. Frankly, I find exerting effort toward any specific goal much harder when my pallet is dry, and my stomach is empty.

However, despite how unpleasant fasting can be, grappling with our dependence on food relates to an important perspective on the human condition illustrated in our Torah reading this week. After Hashem reiterates to Moshe that he will not merit entry into the land of Israel, Moshe asks Hashem to appoint a leader of the Jewish people in his stead. In his request, Moshe refers to Hashem with a unique title. He says “*Yifkod Hashem Elokei HaRuchot Lichol Basar Ish Al Heidah*” meaning, “the Lord, the God of the spirits of all flesh should appoint a man over the assembly” (Bamidbar 27:17). Why when asking for a leader to replace him does Moshe add this title and not suffice with the name of Hashem? More specifically, why mention both spirit and flesh and not say either “the God of all flesh”, or the “God of all spirits”?

Malbim explains that in calling Hashem *Elokei HaRuchot Lichol Basar*, Moshe highlighted the uniqueness of the human struggle which creates the need for leadership. Angels are only comprised of the spirit. They have no conflicts in their decision making and therefore do not require leaders. On the opposite side of the spectrum, animals have a lower spirit and have less potential for character formation. Humans, however, possess both a body and soul which naturally pull them in different directions. Man faces the challenge of directing the body toward the pursuits of the soul while still attending to the needs of the flesh. Temptation can cloud the path toward fulfilling this mission. Therefore, Moshe asks “the God of the Spirits of all Flesh” to appoint a leader who can help guide His nation of physical humans toward the path of the spirit.

On fast days we feel the tension of being humans of both flesh and spirit. When we feel weakened by hunger and thirst and yet still strive to exercise our minds and souls, we participate the struggle humanity. In the coming weeks, as we mourn for the destruction of the Beis Hamikdash and the various tragedies that have befallen our people let us embrace the fulfillment of serving the “*Elokei HaRuchot Lichol Basar*”.

### THE WELCOME TEAM - PLEASE SIGN UP!

The Welcome Committee *Hachnasat Orchim* initiative needs volunteers. To volunteer as a Shabbat greeter or be a part of this new and exciting initiative, please contact Sholom Eisenstat at [sholomeisenstat@gmail.com](mailto:sholomeisenstat@gmail.com). Sign up to staff the Shababt Greeters Table at <https://bit.ly/3NzHFc5>.

# Lunch & Learn

In Honour and in Appreciation  
of Rabbi Sammy Bergman

Tuesday, July 18, 2023  
12:00 pm



No charge - registration required at  
<https://www.shomayim.org/form/lunchnlearn0723>  
By Friday, July 14

Generously sponsored by  
Alan & Helen Cohen as a Seudat Hodaya  
for Alan's brother, Steven Cohen's recovery

# WOMEN TEACHING TORAH

## For Rosh Chodesh

Extending Shaarei Shomayim's  
Women's Divrei Torah Program  
throughout the year!



**Rosh Chodesh Av 5783**  
**Wednesday, July 19, 2023 | 8:00 pm**

**Marcy Ages**

**"The Connection between the Weekly Parsha  
and its Haftorah"**

Via Shul's Zoom | Women and Men Welcome

# Games Afternoon

In the Main Lobby

Every Monday, 1:45 to 3:30 pm  
Start date: July 24, 2023

Bring a game of your choice and  
a group of friends!  
Open to the community.  
Refreshments will be served.

\$2.00 at the door.  
For registration and information please  
contact the shul office: 416-789-3213.

Wheelchair accessible.



# Rabbi Sammy Bergman and the Bergman Family

**Farewell Shabbat**  
Shabbat, July 29, 2023



Please join us for Shabbat of Hakat Hatov to  
Rabbi Sammy Bergman and the Bergman Family,  
as we wish them success and fulfilment in  
Rabbi Bergman's new role as the Rabbi of  
Young Israel of Fort Lee, New Jersey.

To co-sponsor the special farewell Kiddush in  
honour of the Bergman Family, please go to  
[www.shomayim.org/form/bergmanfarewell](https://www.shomayim.org/form/bergmanfarewell)

# Yahrzeits

DATE	Yahrzeits Being Observed	
Shabbat, July 8 / 19 Tammuz	Aaron Benzaquen, father of Albert Benzaquen Shirley Jackson, mother of Susan Jackson Sara Koplowitz, mother of Marc Koplowitz	Louis Langer, father of Sharon Zimmerman Ester Milech, mother of Blima Dreezer Yaakov Leib Rosenberg, brother of Ilona Roberts
Sunday, July 9 / 20 Tammuz	Simon Kochman, father of Ricky Kochman and Helen Peto	Louis Vine, father of Goldie Newman
Monday, July 10 / 21 Tammuz	Girle Heilbronn, mother of Michael Heilbronn Harvey Milech, brother of Blima Dreezer	Helen Sherman, mother of Rose Smith
Tuesday, July 11 / 22 Tammuz	Stanley Neinstein, brother of Gary Neinstein Louis Train, father of Leslie Train	Freda Warner, mother of Ellen Warner
Wednesday, July 12 / 23 Tammuz	Leah Feldman, mother of Yaacov Feldman Harry Fromstein, father of Judy Neinstein	Elizabeth Lazar, mother of Gerald Lazar
Thursday, July 13 / 24 Tammuz	Mark Hillman, father of Carole Title	Wolf Woznica, father of Vicky Levine
Friday, July 14 / 25 Tammuz	Helen Adams, mother of Kayla Adams Rachel Kotzer, mother of Brian Kotzer Min Parker, mother of Carole Cantor	Moshe Tamari, father of Lori Ulmer Toby Waltman, mother of Barry Waltman

## TODAH RABAH to our sponsors for Yahrzeit Commemorations:

Carole & Brian Cantor in commemoration of the yahrzeit of Carole's mother, Min Parker z"l

Ilona Roberts in commemoration of the yahrzeit of her brother, Yaakov Leib Rosenberg z"l

Helen & John Peto in commemoration of the yahrzeit of Helen's father, Simon Kochman z"l and Helen's mother, Mary Kochman z"l

Blima & Stephen Dreezer in commemoration of the yahrzeit of Blima's mother, Ester Milch z"l

Blima & Stephen Dreezer in commemoration of the yahrzeit of Blima's brother, Harvey Milch z"l

## Community Matters

- Oct. 23-30 - **Canadian Hadassah WIZO's Journey 4 Impact to Israel.** Experience challenges with a purpose, create social impact and economic independence for women entrepreneurs. Register at <https://chw.ca/journey-4-impact/>.
- Dec. 25-Jan. 3 - **JNF Family Mission to Israel.** Explore all Israel has to offer: wander through the beauty of the Galilee, live the bustling life of Tel Aviv, discover the history of Jerusalem, and soak up the sun in Eilat. For information and registration please go to <https://jnf.ca/toronto/events.asp?id=176&c=8>.

## Refuah Shleimah

Eliyahu ben Ryejah, Yehuda Yoseif ben Miriam Yocheved (Jerry Genesove), Eliyahu ben Ruth, Adi bat Francis, Minah Tzurel bat Ita, Elyakum Zev ben Leeah, Moshe ben Malka, Yekutiell ben Sara, Ronitte bat Esther, Hinda Rivka bat Mindel Esther, Tova Rachel bat Elka Tema, Yehoshua Tzvi ben Sara, Baruch Bendit ben Chana Gittel, Elana Chana bat Gila Brynlah, Shaul Efraim ben Hendl, Leah Adi bat Miriam Gitel, Brachah bat Gitl, Eliyahu Yom Tov ben Leah, Aryeh ben Tzipporah, Israel Binyamin ben Telma, Yehuda ben Chana, Levi David ben Elisheva Leba, Oved ben Regina, Aron Shimon ben Faigi Chana, Emily Yael bat Naomi Gittel, Tova Sara bat Chana Rivka, Devora Malka Raizel bat Rut Chana, Eliyahu ben Clara, Rivka bat Chana Hentcha, Rivka Tzippora bat Chana Gittel, Inbal bat Shoshana, Moshe Mordechai ben Basha, Chaya bat Yachet, Mordechai Ron ben Rachel, Yosef ben Esther, Chaim Shmuel ben Dina, Shimon ben Esther, Rifka Malka bat Liba, Frimet Ita bat Feiga Perl, Davida Leiba bat Bracha Rut, Pesach Shlomoh ben Leah, Aharon Leib ben Chaim G'daliya, Adi bat Francis, Lieba Rivka bat Chaya Reizel, Roochel Beila bat Chaya, Neshama bat Luba.

Rabbi Sam Taylor, Senior Rabbi

Rabbi Elliott Diamond, Rabbi  
Jonathan Ostro, President

Rabbi Sammy Bergman, Assistant Rabbi  
Nicole Toledano, Executive Director

Rabbi Chaim Freund, Chazzan

### Executive Officers:

Yaakov Goldrich, Vice President | Raquel Goldberg, Vice President | Ian Rosmarin, Treasurer | Farokh Hakimi, Secretary |  
Louis Vandersluis, Gabbai | Robin Gofine, Immediate Past President

### Board Members:

Alan Burger, Advisory Council of Past Presidents Rep. | Tamar Arje-Lechtman | Dov Begun | Golda Brown | Sholom Eisenstat | Laurie Fialkov | Mark Greenberg |  
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