

שערי שמים SHAAREI SHOMAYIM

SPRING / SUMMER 2018
 NISAN-IYAR-SIVAN-TAMUZ-AV-ELUL 5778



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What Owns You?

As a rabbi, people often give me things to read. They see an interesting article, and they say, “I have to share this with my rabbi.” Someone recently handed me a magazine article about the spiritual meaning to be found in owning a dog. During the course of the article, the author described his canines as “the dogs who have owned me.” The phrase struck me as both odd and adept. Isn’t a dog’s owner his “master”? Yet, pet ownership does demand a great deal of the “master.” It is the human who must look after the canine’s needs. The author goes on to describe how his relationship with his dogs has changed him as a person. His argument might be extended beyond pets. In some ways, whenever we own something, we ourselves are owned.

In the book *Sapiens*, Yuval Noah Harari makes a shocking claim about the human connection to the wheat plant. He suggests that as a species, humans have not domesticated wheat so much as wheat has domesticated us.

Harari asks us to consider the position of wheat thousands of years ago when it was just one of many wild grasses, confined to a small part of the Middle East.

“Suddenly, within just a few short millennia, it was growing all over the world. According to the basic evolutionary criteria of survival and reproduction, wheat has become one of the most successful plants in the history of the earth. Worldwide, wheat covers about 2.25 million square kilometres of the globe’s surface, almost 10 times the size of Britain. How did this grass turn from insignificant to ubiquitous?”

Harari argues that wheat manipulated us. Up until the adoption of wheat as a staple crop, humans had lived quite comfortably as hunter-gatherers. Our symbiotic relationships with the wheat species changed everything. “Within a couple of millennia, humans in many parts of the world were doing little from dawn to dusk other than taking care of wheat plants. It wasn’t easy. Wheat demanded a lot of them. Wheat

didn’t like rocks and pebbles, so Sapiens broke their backs clearing fields. Wheat didn’t like sharing its space, water and nutrients with other plants, so men and women laboured long days weeding under the scorching sun.”

As we prepare for Pesach, the relationship between humans and wheat dominates our thinking about slavery and freedom. Egypt was the bread basket of the ancient world; it is not by chance that Pharaoh dreamed of seven stalks of wheat. When we left Egypt, we did not simply throw off the yoke of the Egyptians; we rethought our relationship with the species that “domesticated us.” To commemorate that moment every year, we discard all the wheat (and the other four classic species of grain) that has not been prepared as matzah. For the time span of seven or eight days, we declare our dominion over “our owner,” by controlling wheat consumption in a radical way. Symbolically, we retake control of our wheat relationship.

Today, it’s not just wheat that enslaves us. Many things that we own make demands of us. If we are not careful, they too can usurp our freedom. Every year, the electronic devices that we carry occupy more and more of our time. To adapt

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What Owns You?

Harari's quote regarding wheat, "Within [far less time than] a couple of millennia, humans in many parts of the world [are] doing little from dawn to dusk other than [engaging with their smartphones]." The devices' usefulness is not the lone cause for this domination.

The businesses that create the content that we view on these devices demand our servitude. They design material to grab and hold our attention. The business model of these companies requires it.

Because most popular websites and apps don't charge for access, the internet is financially sustained by eyeballs. That is, the longer and more often you spend staring at Facebook or YouTube, the more money companies can charge advertisers. Our mental-focus and attention-spans are being monetized. Our brain-space is being sold.

"Freedom is never an end point.
We must work for it in every generation
– *be'chol dor va'dor*."


To ensure that our eyes remain firmly glued to our smartphones, internet giants have become experts in persuasion. These companies convince us to check our devices again and again, and for longer than we intend. Unfortunately, the lures by which we are constantly hooked are rarely enlightening and positive. The addictive content is leavened by highly partisan and salacious material. We are often fed a degraded popular culture in which we as consumers become slaves to our appetites.

When you sit down to your Pesach Seder, you will enjoy better fare. Yet, allow me to introduce a question that you might want to share:

"What owns you?"

Please engage in a discussion about what we can do to better balance our relationships with the things that we own.

There are no easy solutions (I don't recommend burning your smartphone before Pesach with your chametz). Try different things: make use of a technological Sabbath (at times other than just Shabbat and Yom Tov) or get lost in a long book. Perhaps, consider the response of the Jews in Egypt and simply cry out for help (from Hashem and from friends). Freedom is never an end point. We must work for it in every generation – *be'chol dor va'dor*.

May you merit to find a new freedom in this season of freedom. Avital and I wish you a *Chag Kasher v'Sameach*. 

DO YOU RECEIVE
RABBI STRAUCHLER'S
WEEKLY TORAH FOR
YOUR LIFE EMAILS?

If not, please contact the shul office to be included in the email list. Or you can visit our website at shomayim.org and click on "join email list". Please visit his regularly updated blog: shomayim.org/blog

As a community, Shaarei Shomayim will be studying all of the six books of the Mishna between Passover and Shavuot, and we will celebrate with a siyum on Shavuot. Please join in this learning project by emailing Rabbi Shore at rabbishore@shomayim.org



President's Message

As I write this, there is still snow on the ground and it is cold outside. But in our shul, it's bright and warm and bustling with activity. I want to update our community on a few of the more significant happenings over the last little while, and what we can look forward to.

Some of us come to our shul regularly during the week, some mainly on Shabbat and Holidays, some just a few times a year. But, importantly, when we gather – we do so to do much more than pray: we converse (sometimes a little too much), we catch up, we share our lives and experiences, and motivate one another to do well and to live better. Our connections continue as we join each other beyond the walls of our synagogue – sharing meals, caring for one another during times of need, celebrating simchas, and much more. This past September, at our Volunteer Appreciation Shabbat, we celebrated the volunteers in our shul community who help out in many ways. People continuously help in our office, on committees, on the board and executive. Unspoken heroes help run all types of different events; they give of their professional skills; they help with the religious services. Literally, hundreds of people, give of themselves regularly for our community. We are better together.

I am so proud of the many excellent programs we've hosted, including:

- The YU Torah MiTzion Beit Midrash's Winter Shabbaton.
- Welcoming guest speaker Dr. Donald Redelmeier, a senior scientist at Sunnybrook Research Institute speak on "Can Behaviour Economics Make a Better Doctor; Can it Make a Better Person?"
- Our Chanukah and Chessed program for families, where we prepared food, cards and toys for organizations such as Ve'ahavta, Bikkur Cholim, North York Food Bank, JF&CS, Mazon, Baycrest, and for children who lost their toys in Hurricane Harvey in the USA.
- KiddushFest! An exciting series of special Shabbat kiddushim, highlighting various aspects of food, including "KugelFest" in January, "AdarFest" in February, and "ChametzFest" in March.

- "Kneading for a Cause", a program in association with Ve'ahavta, for young girls to bake challah, and explore issues of poverty and homelessness in our community.
- An amazing Shabbat Shira evening of song and inspiration with Rabbis Strauchler, Shore, Diamond, and Baal Tefillah Zvi Katzman.
- A fun Tu B'Shevat program "Café Israeli" where we learnt more about Israeli cultural and political personalities, hosted by our Shinshinim, Hillel and Naama.
- A beautiful tribute to Mr. Philip Zucker^{z"l} on his first yahrzeit, where his family and students led us in davening, layning, and learning about his incredible legacy he has left to our community.
- Another important panel discussion in our continuing series of "Breaking the Stigma in the Jewish Community", co-hosted with Beth Tzedec and Mt. Sinai Hospital, where we explored mental health during and after pregnancy.
- An afternoon activity "Tailgating with D.A.N.I.", which supports Jewish Disability Awareness and Inclusion month.
- A great YYP Friday night dinner.
- Another wonderful Purim, including our annual Megillah reading for women, carnivals for children, teens, "The Greatest ShulPerson" Purim Seudah, and back after a two year hiatus, a Purim shpiel!

Of course, we continue to have our regular programming, including: Lunch and Learn, Dinner and Shmooze, Rabbi Diamond's Parshat Hashavua Shiur, a new Shabbat Learning Series: Musar, Rabbi Strauchler's early morning Talmud shiur, Rabbi Strauchler's Yeshayahu Shiur on Mondays, Shoshana Zolty's Shiur on Tuesdays, other classes with Rabbi Shore, Rabbi Torczyner, and Yaron Perez, Chumash-Rashi Shiur on Shabbat with Melech Halberstadt, and so much more!

I want to mention another milestone – since I have been involved with our shul (for about 20 years), we've been talking (and talking) about upgrading our shul's software, which dates from the early 1980s. I am excited to announce that we've successfully gone live with new synagogue management software that will not only allow us to serve

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President's Message

you better, but will enable you to have access to your own member profiles, *yahrzeit*, and accounting information. Many of you have already received invoices and letters via email, thus saving the shul hundreds of dollars in postage. Quite a few members have already connected and updated their family's information, and made payments or donations directly on line. If you haven't tried it yet, please do; and I'd appreciate any feedback. This is just Phase I of the project – that is, getting the administrative component of the software up and working. Phase II will involve integrating this software with our *shomayim.org* website. Many thanks to Nicole in the office, and volunteers Ira Povitz and Meyer Boldes for their countless hours in getting this job done so well.

Our new facilities manager, Anthony Netti, started in January. So far, he is leading our house staff, and the shul is looking great. Thank you Tony!

On a sad note, in February, we mourned the passing of Rabbi Henry Hoschander, who served our community as senior rabbi for almost 20 years, from 1972 till 1992. Rabbi Hoschander built lasting bonds with many members of our congregation through his care, love, and leadership. His passing leaves a deep void in our community – may his memory be for a blessing.

We reached out to our broader community with other important programs such as the one in March at our shul, "What Do We Talk about When We Talk about the New Anti-Semitism", a conversation among three of Toronto's leading rabbis: Rabbi Strauchler, Rabbi Frydman-Kohl of Beth Tzedec Congregation, and Rabbi Splansky of Holy Blossom Temple.

This coming Shavuot, we are in the midst of planning another full-featured

Tikun Layl Shavuot program, including Scholar-in-Residence Raizi Chechik, and great food all night long.

As summer approaches, the shul will once again host the Peace of Mind program May 6-13, with a community Friday night dinner on May 11. Please keep your eyes open for more details. This program invites groups of discharged Israeli veterans and their therapists to enjoy the hospitality of members of our community, and are immersed in both therapy and fun leisure events during their stay. It truly becomes a magical week as they become aware of the caring, strength

“...thank you to all of
the members of our
shul for making me
proud to walk into
Shaarei Shomayim,
every time I do.”

and unity of our community. It is indeed an honour to give back to those men and women who have given so much of themselves not only to Israel, but to all the Jews in the Diaspora.

I want to share with you the status of the proposed development next to our laneway, to the immediate west of the shul. From the outset our concern has been to protect the safety and health of our membership, recognizing the importance of the laneway to the viability of the shul. As a shul, we are not against the redevelopment of the site. The developer, Riverking, has recently submitted a new proposal to the City that does not use our laneway. The proposal is now in front of the OMB, the next hearing is scheduled for January 2019.

As this will be my last article in the Bulletin as President, I want to take this opportunity to say what an honour it has been to serve you, the members and our community. I have managed to complete many of the things I set out to do, but I guess I needed to leave a few things for the next President! I want to thank my Senior Officers Lori Disenhouse (VP), Randall Craig (VP), David Ulmer (Treasurer), Raquel Benmergui (Secretary), Joyce Eklove (Past President), and Irving Benmergui (Gabbai) for their on-going assistance, guidance, and support. Thank you to the office staff Nicole Toledano (Executive Director), Miriam Price (Office Administrator), Meital Itzkovich (Administrative Coordinator), Lejla Petrela (Bookkeeper), Joven Pinol (Receivables) for all your support and important work you do to keep our shul running.

Our youth is so fortunate to have Avital Strauchler and Jacob Posluns leading and planning, along with the many other support staff and volunteers, for this critical group in our shul. The incredible hard work of our Klei Kodesh, Rabbi Strauchler, Rabbi Shore, Rabbi Diamond, Ralph Levine, and Zvi Katzman help make our shul a wonderful place to daven, learn, socialize, and come together for joyous and sad lifecycle events. Thank you to the house maintenance staff, and a special thank you to all the hundreds of volunteers who give so much of themselves to make us better together. And thank you to all of the members of our shul for making me proud to walk into Shaarei Shomayim, every time I do. And last but not least, thank you to my wife Carole (who I hope still remembers who I am) for her love and support.

As we approach the meaningful holiday of Pesach, Carole and I wish everyone a *Chag Kasher v'Sameach*. 🇺🇸



It's *Your* Haggadah

There are few Jewish rituals that are as carefully crafted and staged as the Seder night. The evening's proceedings are often rehearsed in school so children, from a very young age, will be very familiar with the flow of events. The script is published before hand, with many directorial notes available for the curious participant of all ages, so there shouldn't be any unexpected twists and turns. After centuries of practice, we got this.

The night is generally divided into two main parts: the first "act" is the slavery story in Egypt, and the second part describes the journey to freedom of the Jewish people. Everyone gets a copy of the script (read Haggadah), and when the signal is given, the Seder begins with the first song and carefully moves toward the conclusion, often a few hours later.

At the beginning of the first part, as we prepare to tell our story of slavery, the Haggadah calls upon each of us to make a declaration:

הא לחמא עניא – This is the bread of affliction that our forefathers ate in Egypt. We imagine the poverty, slavery and affliction that our ancestors experienced.

כל דיכפין ייתי ויכל – whoever is hungry let him come and eat.
כל דצריך ייתי ויפסח – whoever is needy let him come and celebrate.

The description of our people's suffering makes perfect sense in the introductory section of the first part of the Seder, that highlights the enslavement of our nation. But an open invitation to guests to come and eat and celebrate doesn't seem to fit at this point. Slaves don't send out invitations. What can a slave offer someone? Why is this section deliberately inserted at this point of the Seder?

Perhaps the insertion of the paragraph הא לחמא עניא – "this is the bread of affliction" – was not intended only to reflect the historical situation of slavery. The message of this declaration lies in the affirmation that even a slave can be a "giver." We reject the notion that only some amongst us have what to contribute to others – either physically or spiritually. Each one of us has something to give.

The Seder ritual is a framework that guides our experiences that night. We begin by reading words and ideas

that have been passed down from generation to generation. This "order" upon which the Haggadah is based is necessary – but it is not sufficient. What is missing is our individual voice – the voice that expresses *our* personal thoughts and reflections. For the Seder to be *our story*, and not just someone else's play that we are acting out, we need to give something of ourselves during the night. This act of giving may take some forethought and preparation. But we are a nation of givers. We always have been and, hopefully, we will always be thus.

The paragraph that exclaims "whoever is hungry, let him come and eat; whoever is needy, let him come and celebrate" is our affirmation that we have what to give. These words are intended to remind us that, while the words of the Haggadah are in front of us, it's our own individual voices that we have to add. When we give the words on the page the sounds of our personal thoughts, feelings, questions, answers, insights and wisdom, we make the Haggadah ours.

Rochelle and I wish you and your families *Chag Kasher v'Sameach*. 🍷

CAN YOU BE A GREETER?

We need volunteers for special Shabbatot when we have a Simcha or Scholar-in-Residence. Please contact the office at 416-789-3213 or email miriam@shomayim.org



Hashem at a Distance

The opening chapters of Shemot are rich with the intrigues of an epic but are sparse in detail. The narrative easily lends itself to Hollywood dramatizations, helping to prime our imaginations towards fulfilling the Haggadah's incentive to elaborate on the Shemot / *Yetziat Mitzrayim* story. As the events in these first few chapters unfold, one thing seems persistent. Of the protagonists in the story, Hashem, the Omnipresent, is ironically portrayed as remote and distant. From a plain reading of the text (*peshat*), we can appreciate how Hashem is indeed depicted as distant from the Israelites. With the assistance of a Gemara in Sotah (11a), we can uncover meaning behind those times when Hashem's presence is not easily felt.

"In those many days," the Torah tells us, "...the children of Israel groaned from their bondage and cried out; and from the labor their cries rose up to Hashem" (2:23). A plain reading indicates that the cries of the Israelites are not intentionally directed towards Hashem. The possibility of petitioning for divine rescue is not even considered. Rather, the cries of the Israelites are raw and without direction. They travel upwards and are heard by Hashem over a considerable period of time. The temporal and spatial imagery of the verse establishes the remoteness of Hashem from Israel.

This is a bleak reading of the text. (Incidentally, it may help to make the happy ending that we all know is coming all the more happy.) Yet the Mishnah in Pesachim (10:5) enjoins us to envision ourselves as participants in the story. Therefore, before we celebrate the story's happy ending, we must also confront those parts of the story that are not happy. While it is uncomfortable to contemplate that Hashem may be far away from us, that does not undermine the notion that feeling distant from Hashem is also part of a healthy spiritual life.

The Gemara in Sotah corroborates this message by expounding on the verse that relates Miriam's vigilance over her baby brother's journey in the Nile (Shemot 2:4). The verse tells us that she watched her little brother "at a distance to know what would happen to him." The Gemara interposes the presence of Hashem here, and suggests that Hashem's presence is like Miriam's; distant but watchful. The Gemara does this by noting that the phrase "at a distance" (*מרחק*) is shared with an otherwise unrelated biblical verse that depicts Hashem "at a distance" (Yirmiyahu 31:2).

Remarkably, the Gemara meticulously applies this

homiletic procedure with every phrase in that little verse. The inter-biblical connections the Gemara draws are worth exploring. The last phrase of the verse however, "to him" (*לו* or "lo") is particularly difficult. It is a common preposition; the phrase occurs many times throughout the Torah. The possible connections are overwhelming! What is even more perplexing is that the connection the Gemara decidedly makes, a "lo" in reference to Gideon's altar (Shoftim 6:24), appears to be arbitrary. Offering a rationale behind the connection, Rabbi Shalom Carmy writes:

"Is there a lack of texts with the common word *lo* that the Talmud must deploy a verse referring to Gideon's altar? The Talmud, I believe, is hinting at the previous scene in Judges, where Gideon, recalling the Exodus from Egypt, asks where Hashem's marvels are in his own day. ...Hazzal acknowledge that the hour of forsakenness recurs, in different form, in later generations too and that our re-enactment of the redemption from Egypt includes re-experiencing it as part of our national story."

Gideon experiences distance from Hashem. He is not supplied with miracles comparable in grandeur to those in the original Exodus story. We can sympathize with Gideon's sense of Hashem's distance, even abandonment, especially when contrasted with the open signs and wonders that marked the infancy of our national relationship with Hashem in Egypt. Nevertheless, Gideon leads the Israelites against their Midianite oppressors through more natural means, including cunning military tactics. He rises to his divine charge of rescuing the Israelites.

When we feel distant from Hashem, we may often long for miracles, as Gideon had. That longing, much like Gideon's, is nostalgic. We may feel helpless without Hashem's wonders. However, perhaps just being aware of that desire, of a longing for Hashem's immediate and overwhelming presence, may simultaneously indicate that Hashem is indeed there. Hashem may feel distant, but He is watchful. He is waiting to see how we interpret and respond to His divine charge in our own lives. The epic drama of the Exodus story, in every generation, waits to be actualized. What are the challenges particular to our generation? Who are the new protagonists and heroes of our generation?

Lauren and I wish you and your families *Chag Kasher v'Sameach*. 🍷



From the Executive Director's Desk

If I forget you O'Jerusalem – אם אשכחך ירושלים
 These words came to mind while I was visiting Israel, checking up on my son who is learning in Yeshiva for the year. He took some time off to see us (moved in for the week). Having been in Yerushalayim a few times, I told him that I wanted to do something different. We decided to do the, "Rampart Tour." This tour enabled a tourist (ME) to actually walk the ramparts of the Old City.

We started our walk from the Jaffa Gate, to the Lions Gate. Walking through an area that your ancestors walked is an incredible feeling. As you look across the city from your bird's eye view from the wall, from the opening for arrows to be shot down to your enemies below, you get a perspective of what it meant to defend the City. What would it feel like to be standing there, guarding your people. You can look out, but you can also look in. How would it feel to be surrounded by your enemies, and knowing that you have some very solid walls protecting you?

As you walk through Jerusalem, you see such a mix of the old and new. You see (and hear) the large and diverse population. The city itself means so much to so many people.

As my son and I were heading back to the Jaffa Gate, we ran into some non-Jewish tourists, on their last night in Israel. They had split from their group and just had to get to the Jaffa Gate to find their transportation. They noted that they had gone to Yad Vashem that morning and were astounded by the Jewish people and what we had gone through over time. They remarked on how amazing their trip was and how much they respect and honour the Jewish people. They also remarked that whenever they needed some help while on the trip, there was no shortage of helping hands / directions / suggestions. This is what Yerushalayim is all about. It draws all types in and makes you reflect on what has come before us and what will continue on after us.

On 4 September 1995, on the 3,000th anniversary of King David's foundation of the city, Israeli Prime Minister Yitzchak Rabin²¹ (who was himself born in Jerusalem), eloquently stated the message of Jewish Jerusalem:

Three thousand years of dreams and prayers today wrap Jerusalem in love and bring close Jews of every generation – from the fires of the Inquisition to the ovens of Auschwitz, and from all corners of the earth – from Yemen to Poland.

Three thousand years of Jerusalem are for us, now and forever, a message for tolerance between religions, of love between peoples, of understanding between the nations, of the penetrating awareness that there is no State of Israel without Jerusalem, and no peace without Jerusalem united – the City of Peace.

Because Jerusalem is much more than a city. It's an ideal that we are struggling to reach.

Chag Kasher v'Sameach – Next year in Yerushalayim. 

WE'RE HERE TO SERVE YOU BETTER!

Did you know that you can now make donations, sponsor kiddushim / breakfasts, make a payment on your account, etc. online – right from our website, anytime you want! You can also access your account from our web portal. Please call the office to get this access.

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AS APPEARED IN: THE CANADIAN JEWISH NEWS

FEBRUARY 9, 2018

Breaking the Stigma on Perinatal Mental Health Issues

By Jodie Shupac

Being depressed is wretched and isolating. Being depressed when someone feels that she should be joyful can result in an even worse feeling of alienation.

This sentiment was emphasized at an event held on Feb. 6 at Shaarei Shomayim Congregation in Toronto, to break the Jewish community's stigma against mental health issues during and after pregnancy.

The program marked the third in a series on mental illness in the Jewish community and was put on by Sinai Health System, Beth Tzedec Congregation, Shaarei Shomayim, UJA Federation of Greater Toronto, Jewish Family & Child, JACS, Holy Blossom Temple and the Beth Avraham Yoseph of Toronto Congregation.

About 100 people attended, a handful of whom were carrying newborns.

The discussion was moderated by Dr. Molyn Leszcz, a psychiatrist at Mount Sinai Hospital.

Both Rabbi Chaim Strauchler of Shaarei Shomayim and Rabbi Adam Cutler of Beth Tzedec gave opening remarks on the importance of combating the stigma of mental health.

The panel included speakers who work in perinatal mental health and individuals who shared their personal experiences of psychological struggles during and post pregnancy.

Dr. Ariel Dalfen, head of the Perinatal Mental Health Program at Mount Sinai, said that between 10 and 20 per cent of pregnant women and new mothers experience some sort of mental health problem. She outlined the distinction between the so-called baby blues and clinical postpartum depression:

Baby blues, which affects between 50 and 90 per cent of new moms, is characterized

by feeling overwhelmed and exhausted. It isn't considered a psychiatric illness and typically lasts a few weeks and dissipates with sleep and social support. If, Dalfen said, those feelings persist, or are accompanied by sadness and crying, then a person may be having a depressive episode. This, as well as if a mother is having intense postpartum anxiety or panicking – including being constantly worried, or even afraid to leave the house with the baby – likely means that she needs to seek psychiatric help.

Therapy – whether individual, group or couples – can be extremely helpful, Dalfen said. She underscored that not only is there a great deal of hope for sufferers of postpartum depression and anxiety, but that having a preexisting mental illness needn't be a reason not to have kids.

"Most psychiatric medicines are safe to take during pregnancy and breastfeeding, with a lot of data to support their use," she said.

Yanekah Jacobs gave a personal account of experiencing postpartum depression and of finding solace in Mount Sinai's Perinatal Mental Health Program.

She stressed that the entire community has a role to play.

"We need to be more vulnerable as a community, more comfortable with being uncomfortable.... When the community is hush-hush about people's mental health issues... the stigma continues," she said.

Several panelists stressed that mental illness before, during and after pregnancy is not an issue that exclusively affects women.

Dr. Andrew Howlett, co-founder and head of the Fathers Mental Health Network at Mount Sinai, said the pressure a new or expectant father might feel could put that person at risk of mental health issues.

"This can be one of the most vulnerable periods for men.... About one in 10 dads get depressed at this time of life," he said, noting

that men are generally more reticent to access medical resources or reach out to their support networks when suffering.

Ira Weisman told his personal story of developing anxiety during his wife's first pregnancy and subsequent miscarriage.

"I felt like I had to be her rock and couldn't address my own issues ... like I couldn't get it together at work or at home, that things were spinning out of control," he recounted.

Though initially ashamed to see a psychiatrist, Weisman eventually sought help by going to see Dr. Howlett on a regular basis. The support proved invaluable in the intensely difficult period that followed, in which his wife became pregnant again and he was diagnosed with cancer.

The couple now has a young daughter and Weisman has made a full physical recovery.

Arielle Berger gave a personal perspective on losing a child due to a miscarriage and in finding comfort in Jewish prayer and ritual – some of which she crafted herself.

"Partly what was so hard for me was the lack of (Jewish) ritual around miscarriage. When a child dies before 30 days of life, there's no burial, no formal prayers to say. I felt like I had this huge pain inside me, but no one knew, cared or knew what to say," she said.

Following her miscarriage, when it was time to go to the mikveh, she brought along her sister and a friend. They made a makeshift ceremony, wherein Berger read a prayer she had written and a psalm that resonated with the suffering she was then feeling. Then, they all sang a song and she performed her ritual immersion.

"What could have been a moment of such intense loneliness ended up being so warm, loving and powerful," she said.



Youth Matters

Shalom everyone! Pesach is a great time of year to be reminded about the importance of teaching our youth about our story as a nation. As the Haggadah points out through the four sons and the four questions, there are many subjects that are important for kids to understand, and they are always curious to discover all of our customs and traditions. At Shaarei Shomayim Youth we are dedicated to being one of the sources that provide your children with as many answers as we can, giving them the value and joy of our tradition. Through educational games by the Shinshinim, weekly and special programming, the kids have the opportunity to learn about *mitzvot*, holidays, Israel and more.

We have had an outstanding year so far, with a ton of programming and great involvement from our youth. Every Shabbat we have programs and games that are run by our amazing Shinshinim, and the beautiful davening from all ages can be heard throughout the shul. Our Stay 'n' Play room continues to boom and is the centre of excitement on Shabbat morning. With play time and sing along, there are always so many smiles!

Some of the events we had in the past few months include: Chanukah & Chessed, Family Tefillah, Movie Night, Bingo Night, Musical Puppet Show, and Family Weekend Bowling and Laser Tag. Our annual Purim Carnival (Cartoon Themed) included jousting, mega jumping machine and super-fun slime! There is a lot more to look forward to in the next couple of months:

Chol Hamoed Pesach at Rinx, Shavuot Late Night Learning, Ice Cream Party, and of course – our awesome weekly programs!

I am so proud of the grade 5 boys and girls who have started going to Teen Minyan every month. We start each month with Rabbi Shore coming to give the kids an interactive Dvar Torah before heading into the Teen Minyan. We were very proud of boys announcing the Molad before Rosh Chodesh to the entire Minyan! Here, the kids have the opportunity to learn from the teens the proper way to act in shul, and what to do during tefillah in a real Minyan. Learning through Parsha trivia and attempting to better ourselves week by week are just a few of the things that we focus on in order to support our children's education in a fun way.

Thank you so much to our Youth Leaders who arrive each Shabbat morning, ready and eager to help our youth shine. We always welcome input from our parents, and we appreciate the support we receive from parents who have contributed to our birthday club, which helps to bring in a special entertainer whenever possible.

Thank you as well to our youth committee, to Rabbi Strauchler and Avital, we couldn't have done anything without their support and leadership! Thank you for all of your energy and guidance.

From myself and the Shaarei Shomayim Youth team, *Chag Kasher v'Sameach!* 🎉



Young Professionals

Shaarei Shomayim Young Professionals kicked off 2018 with a delicious meat Kiddush, where we shared warm food and conversation on a chilly January Shabbat morning. In February, we joined with the shul's Chessed Committee to once again prepare and deliver Mishloach Manot packages to members of our shul who need a little TLC. The Chessed Committee does important work for our shul community and we are proud to volunteer alongside them.


Another highlight was the hilarious comedy night! We brought in NYC-based comedian Eli Lebowicz on Motzei

Shabbat, March 3. The night offered over 150 YPs a chance to enjoy a great dinner and Eli's comedic routine, which included many lighthearted moments to chuckle at some of the funnier elements of being an observant Jew. We thank all of the generous sponsors and dedicated volunteers, who work to ensure we can offer such specialized programming. These events bring our peers in the shul together over relevant social and religious opportunities, and of course, we love to come together over food! Please contact us to support our programs or to get involved. [📞](#)



YYPs: Young Young Professionals

Over the past year, Shaarei Shomayim's YYP community has thrived. The year began with a Shabbat dinner that attracted 50 people on one of the coldest nights of the year. With the help of Rabbi Jesse Shore, this event was a success as it allowed university students and new graduates to come together for a musical Kabbalat Shabbat, followed by a delicious dinner and exciting board games!

The YYPs came together again to learn a new winter sport – Curling! With a great turnout, we embraced the winter and rooted for team Canada in the Olympics. We volunteered packing Mishloach Manot for Purim to help those in need, as well as Pesach packages for the National Council of Jewish Women of Canada. With many exciting opportunities coming up, we look forward to engaging more YYPs into the community! 



Photos by Ilan Max

LET'S MAKE OUR SHUL WARM AND HOSPITABLE

We are looking for members who can host young singles, new members or visitors for Shabbat and Yom Tov meals. We would like to make sure that every person who comes to our shul has a place to go. If you are interested, please email or call the shul office.

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TIKKUN LAYL SHAVUOT STARTS 11:30 PM

peace of mind

AT SHAAREI SHOMAYIM

MAY 6TH – MAY 13TH, 2018

Shaarei Shomayim once again has the honour of hosting Peace of Mind, a unique program developed by the Israel Centre for the Treatment of Psycho-Trauma that provides therapy for discharged soldiers who are dealing with the aftermath of their combat experiences. We invite the community to participate and embrace the discharged soldiers by providing financial support for this important initiative.

TO SUPPORT THE SHAAREI SHOMAYIM
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DETAILS TO FOLLOW

**PEACE
OF MIND**
ISRAEL CENTER FOR THE
TREATMENT OF PSYCHOTRAUMA

Bat Mitzvah Program

BY AVITAL STRAUCHLER

Another successful year for our Bat Mitzvah program. Special thanks to Avital Strauchler for leading the program and to Ilana Arje-Goldenthal, Sofia Freudenstein, Naama Geffen, Ronit Holtzman, Jodi Katzeff-Klein, Brenda Lass, Sara Lemberger, Bella Motzen, Daniella Silver, and Rifka Sonnenberg. A highlight of the program is the opportunity to meet talented educators and professionals in our community who share their expertise and meaningful work. Our young women learn about strength of character, Tzedakah, social justice, art, *Krav Maga*, healthy cooking, Chessed, Halachah, and Tanach. Our Bat Mitzvah girls were excited and inspired in every session. Below are excerpts from the reflections of two participants.

In the Bat Mitzvah program we learned about Tzedakah. Tzedakah comes from the word 'Tzedek', meaning righteous, or justice. Becoming Bat Mitzvah reminds us that giving is important, and is more valuable than receiving. – Aviva Eizicovics



Over the course of the Bat Mitzvah program, I've had an opportunity to learn about Jewish women who have influenced history. This learning has inspired me to want to participate in Chessed projects in my community. I am excited to share this experience with my friends who are also preparing for their Bat Mitzvahs. We get to support and celebrate together. When I grow up I want to be a person that works hard, able to volunteer my time, and contribute to my community. – Ariella Korman



Bar Mitzvah Program

BY RABBI JESSE SHORE

This year's Shaarei Shomayim Bar Mitzvah Program ended with a lively and meaningful Oneg Shabbat. The boys got together after Shabbat dinner to sing, share Divrei Torah, and to talk about their experiences in preparation for their Bar Mitzvah. Some of what we talked about was our chessed experience in raising money so that we might help to deliver food to the homeless, learning about prayer, tefillin, and how to make our own tzitzit. We reminisced about getting together to play hockey and go ice skating. Finally, we concluded the evening with a discussion about what it means to be a Jew and our aspirations as Bnei Mitzvah. The Bar Mitzvah boys look forward to celebrating their Bar Mitzvahs with one another, and perhaps meeting again to give some advice and guidance to the new group for next year! 🇮🇱



Shaarei Shomayim's Inclusion Committee in Action!

On Sunday February 5, 2018 our shul welcomed DANI participants for an afternoon of games, music, crafts and socializing. DANI is based in Thornhill. Its mission is to create opportunities for adults with physical and / or cognitive challenges to participate fully as valued members of the community and enjoy a meaningful and dignified quality of life.

Members of the Shaarei Shomayim Bar Mitzvah program, shul volunteers and our very own Rabbi Strauchler and Rabbi Shore helped to plan, organize, and

host this very special afternoon. It is the second in a series of programs to ensure that Shaarei Shomayim opens its doors and is welcoming to all. The Inclusion Committee is chaired by Robin Gofine and committee members include: Casey Green, Rivka Jacobovic, Stacey Perlmutter, Barry and Debby Goldman, Harold and Gili Rosen, Shoshana Kagedan and Rabbi Strauchler. We are pleased to welcome Rabbi and Lauren Shore as our newest members. If you want to join us, please contact the shul office. [\[link\]](#)

Tailgating with DANI

Whether you're a sports fan or not, Superbowl Sunday was a great excuse for Shaarei Shomayim to get together and celebrate with DANI, an organization that helps adults with physical or cognitive challenges integrate into the Jewish community. Thanks to the initiative and efforts of Robin Gofine, Casey Green, Rivka Jakubovic and the staff at DANI, we enjoyed a fun pre-game program filled with savory snacks, delicious doughnuts and melodious music. The boys from the bar-mitzvah program and DANI participants split into teams to play some games, including table football! We also went on a walking tour around the synagogue. DANI participants got to see how they might access the synagogues' facilities by going for a ride in the elevator and rolling up and down the ramps in the sanctuary. After the tour, we returned to the social hall for a "half-time show." DANI members brought out their shakers and drums for some live music and dancing! We welcome back anyone from DANI to our synagogue and hope that DANI can join us for more fun and programming in the future! [\[link\]](#)

SHABBAT ITANU | SHABBAT, APRIL 28



Join us as we welcome Camp Aim/Kayla Children's Centre and celebrate children and the future of inclusion, with Julia Hanigsberg, President and CEO, Holland Bloorview Kids Rehabilitation Hospital. Julia is leading one of the most important children's institutions in Canada supporting young people with disabilities. A lawyer by training, Julia has law degrees from McGill University and the Columbia Law School. She has served on numerous volunteer boards and currently is a member of the board of the Holland Bloorview Kids Rehabilitation Hospital Foundation, the Canadian Association of Pediatric Health Centres, and the Council of Academic Hospitals of Ontario, to name a few.



שערי שמים
SHAAREI SHOMAYIM

An Inclusive Afternoon Activity With D.A.N.I.
and Shaarei Shomayim

Sunday, February 4, 2:30-4:00 pm






Entertainment and Cultural Committee

JERRY AND SANDRA GENESOVE

We are looking forward to our exciting **Summer History Lecture Series** with historian Gerald Ziedenberg and others. Some of the topics are: How David became Goliath: The Story of the Israeli Defense Force; Franklin Delano Roosevelt and the Holocaust; Harry Truman and the State of Israel; Henry Kissinger, World

Class Statesman or War Criminal? Vladimir Putin: Is he the World's Most Corrupt Dictator? and Z'ev Jabotinsky: One of the Founders of Zionism.

It was great to see people staying and chatting after the lectures – please join us again this year! Thank you for taking part in our programs. 



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Wednesdays at 7:30 pm

July 4 | How David became Goliath: The Story of the Israeli Defense Force

July 11 | Franklin Delano Roosevelt and the Holocaust

July 18 | Harry Truman and the State of Israel

July 25 | Henry Kissinger, World Class Statesman or War Criminal?

August 1 | Vladimir Putin: Is he the World's Most Corrupt Dictator?

August 8 | Ze'ev Jabotinsky: One of the Founders of Zionism

Members: Free with a smile; Non Members: \$2.99 and a smile

Coordinators: Sandra & Jerry Genesove

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Chessed Committee

Hello from the volunteers of the Chessed Committee. We would like to thank the people who have been coordinating our activities and are retiring this year: **Shirley Schildkraut**, coordinator of hospitality, for all of her special effort to put people up for Shabbat and get people invited for meals; and **Robbie Schwartz**, coordinator of greeters, for getting greeters in the lobby for special occasions and services on Shabbat morning;

Hospitality. We try to provide Shabbat and holiday meals for single members, people looking to join our shul, people who have a business situation, or have family with an illness that got them stuck over Shabbat with a need to be in our neighborhood. We try to help new families and integrate them in the community. However, please understand that due to limited resources, we are not always able to accommodate all the various requests.

Purim. We send a package during the week before Purim to newly bereaved members and to those with health or other challenges, many of whom appreciate a short visit along with our Purim treats.

Bereavement. When a member had lost a loved one, we try to provide at least one meal, to show we care and express our sympathy.

In order to be there for our members, we need to know which ones need our help. We cannot help if we don't know. The ways we help are to provide a meal, visit, or get them connected to local Jewish services such as Bikur Cholim. Since family and personal situations vary from among our members, our committee tries to individualize the support we give according to their needs and our resources.

Other ongoing activities. Sending out milestone Birthday cards to members. Calling many members and friends every week (and visiting in person with some of them) to wish them a Shabbat Shalom and to keep track of their health and general situation. Making sure that every member who is sitting Shiva gets a meal or snack tray from the shul, and every family with a new baby gets a meal from the shul, if they want it.


Please let us know if you want us to reach out to you or someone you know. We are here to help. 📞




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Shabbat Shira Melaveh Malka

On Motzei Shabbat, January 27, the Rabbis and Chazzan of Shaarei Shomayim led a musical evening filled with inspirational stories, *ruach* / spirit, and unity. Rabbi Shore led us with the guitar, with the help of Graham Tugetman on the drums and high tenor vocals. Chazzan Zvi Katzman provided beautiful harmonies, while Rabbi Strauchler and Rabbi Diamond provided words of wisdom, some humour and Divrei Torah. Everyone in the audience joined in, singing and clapping along. The evening spoke to the timeless need of wholesome music, comradery, community and creativity. Thank you to Hyim Bessin and the Shaarei Shomayim staff for putting this event together, and providing us with delicious soup and warm drinks. We look forward to more musical nights ahead! 🎵






שערי שמים
SHAAREI SHOMAYIM


SHABBAT SHIRA

MOTZEI SHABBAT SHIRA
JANUARY 27, 2018 AT 8:00 PM

A Soulful Evening of Song & Inspiration
With Rabbis Strauchler, Shore, Diamond
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Soup, hot drinks and desserts will be served.
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A Story of Freedom

It is a privilege and responsibility to listen to survivors and their stories. At Netivot, our students did this as part of their *Names, Not Numbers*® year-long film project journey. One of the sessions I sat in on was the interview with Mr. and Mrs. Kleinberg (grandparents of one of our teachers, great grandparents of some of our students) who shared a powerful story of pain, love and redemption. But within that story Mrs. Kleinberg made a profound observation that has stuck in my mind. She said that when she was liberated in April 1945, she understood in that moment that she was no longer a slave to the Nazis, but she wasn't sure what it meant to be free, and didn't know what to do with her 'freedom'.

In a parallel fashion, there's a word that noticeably missing from the story of the Jews leaving Egypt – חירות, freedom. It is surprising that in all the discussion of Bnai Israel becoming free from Paroh and *Mitzrayim*, what is emphasized is their leaving Egypt, rather than the freedom they've now retained. On the other hand what is present in this story is a מילה מנחה or *leitwort* (a repeated word) from the *shoresh* עבד – slave or servant.

Noticing both what is present and absent, one is faced with the awareness that what Bnai Israel discovered upon being released from slavery was, much like Mrs. Kleinberg, that the lack of slavery is not synonymous with the discovery

of freedom. *Mitzrayim* is, pronounced slightly differently, *meitzarim* – from the narrows. The Gerer Rebbe points out that the leaving of Egypt is leaving that place of limitation and constriction. That is the hallmark of slavery, but it does not denote where the person leaving will end up. Freedom is not simply the lack of constraint, even as it begins there, but of being able to actualize and become something from a place of limitation and constraint. The absence of one does not lead directly to the presence of the other.

Importantly, the freedom of Torah is not simply a lack of constraint, but the possibility of being part of something greater. This is what the Torah refers to as service, or עבודה. Not the lower form of slavery, or lower service, but the higher service of something greater than one's self – of leading a life that serves a greater purpose and direction – of עבודת השם, being in service of God's vision for us. This higher purpose does not come simply from leaving Egypt and slavery, from removing ones constraints, but also freedom from the physical or psychological restrictions once imposed upon us. They emerge only some time later when we get to Har Sinai to accept the Torah and became עבדי השם.

Wishing everyone *Chag Kasher v'Sameach* from Netivot HaTorah! 🕍



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Class after Hashkamah, Yaron Perez
Allyah from Ethiopia:
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Derashah, Main Shul, R' Jonathan Ziring
Sanctifying G-d's Name:
Rabbi Amital and the Rabin Assassination

Derashah, Downstairs Minyan, R' Mordechai Torczyner
Religious Unity At Any Price?
The IDF of Rabbi Shlomo Goren

6:15 PM Panel Discussion
Moderated by Rabbi Cham Strauchler
Disengagement, Twelve Years Later

Seudah Shlishit, Adam Friedmann
Eritrean Migrants:
"Infiltrators" or "The Stranger"?



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CHAMETZ TIMES FOR EREV PESACH						
Thursday March 29 - Search for Chometz after 8:11 pm						
Friday March 30 - Last time to eat Chometz is 11:15 am						
Friday March 30 - Chometz must be burned and nullified by 12:18 pm						
At the first seder, afikoman must be eaten by 1:21 am						
At the second seder, afikoman must be eaten by 1:20 am						
2 Nisan 8:30 am Shacharit	3 Nisan 6:55 & 7:45 am Shacharit	4 Nisan 7:00 & 7:45 am Shacharit	5 Nisan 7:00 & 7:45 am Shacharit	6 Nisan 6:55 & 7:45 am Shacharit	7 Nisan 7:00 & 7:45 am Shacharit	8 Nisan Shabbat HaGadol 9:00 am Shacharit Parsha 11:15 am Rabbi's Drasha Part I 6:00 pm Rabbi's Drasha Part II 7:05 pm Mincha 8:14 pm Shabbat Ends
Sun - Thurs Mincha is 7:15 pm						
9 Nisan 8:30 am Shacharit	10 Nisan 6:55 & 7:45 am Shacharit	11 Nisan 7:00 & 7:45 am Shacharit	12 Nisan 7:00 & 7:45 am Shacharit	13 Nisan 6:55 & 7:45 am Shacharit	14 Nisan Erev Pesach Fast of the Firstborn 5:58 am Fast Begins 7:00 am Shacharit & Silyum See box for <i>chametz times</i> 7:23 pm חם (6:25*) 7:30 pm Mincha 8:19 pm earliest start for seder Fast concludes with Kiddush	15 Nisan 1 Pesach 8:45 am Shacharit Tefillat Tal 7:20 pm Mincha 8:23 pm חם* 8:23 pm earliest start 2nd seder Count Omer 1 after Maariv
Sun - Thurs Mincha is 7:25 pm						

*Earliest time for this activity.

שַׁעֲרֵי שְׁמַיִם SHAAREI SHOMAYIM

APRIL 2018

Nisan/Iyar 5778

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 Nisan II Pesach 8:45 am Shacharit	17 Nisan Chol HaMoed 6:45 & 7:50 am Shacharit	18 Nisan Chol HaMoed 6:45 & 7:50 am Shacharit	19 Nisan Chol HaMoed 6:45 & 7:50 am Shacharit	20 Nisan Chol HaMoed/Erev Chag 6:45 & 7:50 am Shacharit	21 Nisan VII Pesach 8:45 am Shacharit	22 Nisan VIII Pesach 8:30 am Shacharit 10:45 am Yizkor (approx.) Shir HaShirim 7:20 pm Mincha 8:31 pm Shabbat/Chag End Count Omer 2 after Maariv
7:35 pm Mincha 8:24 pm Yom Tov Ends Count Omer 2 after Maariv	Mon - Wed Mincha is 7:35 pm Count Omer 3 after Maariv	Count Omer 4 after Maariv	Count Omer 5 after Maariv	Eiruv Tavshilin 7:00 pm Mincha 7:30 pm ם (6:29*) Count Omer 6 after Maariv	7:00 pm Mincha 7:31 pm ם (6:30*) Count Omer 7 after Maariv	Count Omer 8 after Maariv
23 Nisan 8:30 am Shacharit	24 Nisan 6:55 & 7:45 am Shacharit	25 Nisan 7:00 & 7:45 am Shacharit	26 Nisan 7:00 & 7:45 am Shacharit	27 Nisan Yom HaShoah 6:55 & 7:45 am Shacharit	28 Nisan 7:00 & 7:45 am Shacharit	29 Nisan Shabbat Mevorchim 9:00 am Shacharit Parsha 7:30 pm Mincha 8:40 pm Shabbat Ends Count Omer 15 after Maariv
30 Nisan I Rosh Chodesh 8:30 am Shacharit	1 Iyar II Rosh Chodesh 6:45 & 7:45 am Shacharit	2 Iyar 7:00 & 7:45 am Shacharit	3 Iyar Yom HaZikaron 7:00 & 7:45 am Shacharit	4 Iyar Yom HaAtzmaut 6:55 & 7:45 am Shacharit	5 Iyar 7:00 & 7:45 am Shacharit	6 Iyar 9:00 am Shacharit Parsha 7:35 pm Mincha 8:50 pm Shabbat Ends Count Omer 22 after Maariv
Sun - Thurs Mincha is 7:50 pm Count Omer 16 after Maariv	Count Omer 17 after Maariv	Count Omer 18 after Maariv	Count Omer 19 after Maariv	Count Omer 20 after Maariv	Count Omer 21 after Maariv	Count Omer 22 after Maariv
7 Iyar 8:30 am Shacharit	8 Iyar 6:55 & 7:45 am Shacharit	9 Iyar 7:00 & 7:45 am Shacharit	10 Iyar 7:00 & 7:45 am Shacharit	11 Iyar 6:55 & 7:45 am Shacharit	12 Iyar 7:00 & 7:45 am Shacharit	13 Iyar 9:00 am Shacharit Parsha 7:45 pm Mincha 8:58 pm Shabbat Ends Count Omer 29 after Maariv
Sun - Thurs Mincha is 7:55 pm Count Omer 23 after Maariv	Count Omer 24 after Maariv	Count Omer 25 after Maariv	Count Omer 26 after Maariv	Count Omer 27 after Maariv	Count Omer 28 after Maariv	Count Omer 29 after Maariv
14 Iyar Pesach Sheni 8:30 am Shacharit	15 Iyar 6:55 & 7:45 am Shacharit	16 Iyar 7:00 & 7:45 am Shacharit	17 Iyar 7:00 & 7:45 am Shacharit	18 Iyar 7:00 & 7:45 am Shacharit	19 Iyar 7:00 & 7:45 am Shacharit	20 Iyar 7:00 & 7:45 am Shacharit
Sun - Mon Mincha is 8:00 pm Count Omer 30 after Maariv	Count Omer 31 after Maariv	Count Omer 32 after Maariv	Count Omer 33 after Maariv	Count Omer 34 after Maariv	Count Omer 35 after Maariv	Count Omer 36 after Maariv

*Earliest time for this activity.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		16 Iyar 7:00 & 7:45 am Shacharit	17 Iyar 7:00 & 7:45 am Shacharit	18 Iyar Lag B'Omer 6:55 & 7:45 am Shacharit	19 Iyar 7:00 & 7:45 am Shacharit	20 Iyar 9:00 am Shacharit Parsha 7:55 pm Mincha 9:08 pm Shabbat Ends
		Tues. - Thurs. Mincha is 8:00 pm				
		Count Omer 32 after Maariv	Count Omer 33 after Maariv	Count Omer 34 after Maariv	Count Omer 35 after Maariv	Count Omer 36 after Maariv
21 Iyar 8:30 am Shacharit	6 22 Iyar 6:55 & 7:45 am Shacharit	7 23 Iyar 7:00 & 7:45 am Shacharit	8 24 Iyar 7:00 & 7:45 am Shacharit	9 25 Iyar 6:55 & 7:45 am Shacharit	10 26 Iyar 7:00 & 7:45 am Shacharit	11 27 Iyar Shabbat Mevorchim 9:00 am Shacharit Parsha ברה-בחוקות 8:00 pm Mincha 9:17 pm Shabbat Ends
		Count Omer 39 after Maariv	Count Omer 40 after Maariv	Count Omer 41 after Maariv	Count Omer 42 after Maariv	Count Omer 43 after Maariv
28 Iyar Yom Yerushalayim 8:30 am Shacharit	13 29 Iyar 6:55 & 7:45 am Shacharit	14 29 Iyar 6:55 & 7:45 am Shacharit	15 1 Sivan Rosh Chodesh 6:45 & 7:45 am Shacharit	16 3 Sivan 7:00 & 7:45 am Shacharit	17 4 Sivan 7:00 & 7:45 am Shacharit	18 5 Sivan 9:00 am Shacharit Parша במדבר Erev Shavuot 8:20 pm Mincha & Shiur 9:26 pm Maariv 9:26 pm Shabbat Ends
		Count Omer 45 after Maariv	Count Omer 46 after Maariv	Count Omer 47 after Maariv	Count Omer 48 after Maariv	Count Omer 49 after Maariv
6 Sivan I Shavuot 8:45 am Shacharit	20 7 Sivan II Shavuot (Stat Holiday) 8:45 am Shacharit Megillat Ruth 10:45 am Yizkor (approx)	21 7 Sivan 8:30 pm Mincha 9:28 pm Chag Ends	22 8 Sivan 7:00 & 7:45 am Shacharit	23 9 Sivan 7:00 & 7:45 am Shacharit	24 10 Sivan 6:55 & 7:45 am Shacharit	25 12 Sivan 9:00 am Shacharit Parsha תשא
		Tues. - Thurs. Mincha is 8:30 pm				
8:30 pm Mincha 9:27 pm חג*	27 14 Sivan 8:30 am Shacharit	28 14 Sivan 6:55 & 7:45 am Shacharit	29 15 Sivan 7:00 & 7:45 am Shacharit	30 16 Sivan 7:00 & 7:45 am Shacharit	31 17 Sivan 6:55 & 7:45 am Shacharit	8:15 pm Mincha 9:34 pm Shabbat Ends
		Sun. - Thurs. Mincha is 8:35 pm				

*Earliest time for this activity.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					18 Sivan 7:00 & 7:45 am Shacharit	19 Sivan 9:00 am Shacharit Parsha בהעלותך
20 Sivan 8:30 am Shacharit	3 21 Sivan 6:55 & 7:45 am Shacharit	4 22 Sivan 7:00 & 7:45 am Shacharit	5 23 Sivan 7:00 & 7:45 am Shacharit	6 24 Sivan 6:55 & 7:45 am Shacharit	7 25 Sivan 7:15 pm Mincha 8:34 pm םם (7:19 pm)*	8 26 Sivan 9:00 am Shacharit Parsha שלח
Sun. - Thurs. Mincha is 8:40 pm						9 27 Sivan 8:20 pm Mincha 9:41 pm Shabbat Ends
27 Sivan 8:30 am Shacharit	10 28 Sivan 6:55 & 7:45 am Shacharit	11 29 Sivan 7:00 & 7:45 am Shacharit	12 30 Sivan 7:00 & 7:45 am Shacharit	13 1 Tamuz II Rosh Chodesh 6:45 & 7:45 am Shacharit	14 2 Tamuz 7:00 & 7:45 am Shacharit	15 3 Tamuz 9:00 am Shacharit Parsha קרח
Sun. - Thurs. Mincha is 8:45 pm						16 4 Tamuz 8:30 pm Mincha 9:50 pm Shabbat Ends
4 Tamuz 8:30 am Shacharit	17 5 Tamuz 6:55 & 7:45 am Shacharit	18 6 Tamuz 7:00 & 7:45 am Shacharit	19 7 Tamuz 7:00 & 7:45 am Shacharit	20 8 Tamuz 6:55 & 7:45 am Shacharit	21 9 Tamuz 7:15 pm Mincha 8:42 pm םם (7:26 pm)*	22 10 Tamuz 9:00 am Shacharit Parsha חקת
Sun. - Thurs. Mincha is 8:45 pm						23 11 Tamuz 8:30 pm Mincha 9:52 pm Shabbat Ends
11 Tamuz 8:30 am Shacharit	24 12 Tamuz 6:55 & 7:45 am Shacharit	25 13 Tamuz 7:00 & 7:45 am Shacharit	26 14 Tamuz 7:00 & 7:45 am Shacharit	27 15 Tamuz 6:55 & 7:45 am Shacharit	28 16 Tamuz 7:15 pm Mincha 8:44 pm םם (7:28 pm)*	29 17 Tamuz 9:00 am Shacharit Parsha בלק
Sun. - Thurs. Mincha is 8:50 pm						30 18 Tamuz 8:30 pm Mincha 9:52 pm Shabbat Ends

*Earliest time for this activity.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Tamuz Fast of 17 Tammuz 4:16 am Fast Begins 8:30 am Shachrit/Slichot 8:30 pm Mincha 9:25 pm Maariv 9:41 pm Fast Ends	19 Tamuz Canada Day (observed) 8:30 am Shacharit Mon. - Thurs. Mincha is 8:45 pm	20 Tamuz 7:00 & 7:45 am Shacharit	21 Tamuz 7:00 & 7:45 am Shacharit	22 Tamuz 6:55 & 7:45 am Shacharit	23 Tamuz 7:00 & 7:45 am Shacharit	24 Tamuz Shabbat Mevorchim 9:00 am Shacharit Parsha פינחס
25 Tamuz 8:30 am Shacharit Sun. - Thurs. Mincha is 8:45 pm	26 Tamuz 6:55 & 7:45 am Shacharit	27 Tamuz 7:00 & 7:45 am Shacharit	28 Tamuz 7:00 & 7:45 am Shacharit	29 Tamuz 6:55 & 7:45 am Shacharit	30 Tamuz Rosh Chodesh 6:45 & 7:45 am Shacharit	1 Av 9:00 am Shacharit Parsha מסות-מסעי
3 Av 8:30 am Shacharit Sun. - Thurs. Mincha is 8:40 pm	4 Av 6:55 & 7:45 am Shacharit	5 Av 7:00 & 7:45 am Shacharit	6 Av 7:00 & 7:45 am Shacharit	7 Av 6:55 & 7:45 am Shacharit	8 Av 7:00 & 7:45 am Shacharit	9 Av 8:25 pm Mincha 9:45 pm Shabbat Ends
10 Av Tisha B'Av 8:30 am Shacharit & Kinyan 2:30 pm Mincha 8:20 pm Mincha 9:20 pm Maariv 9:35 pm Fast Ends Sun. - Thurs. Mincha is 8:40 pm	11 Av 6:55 & 7:45 am Shacharit	12 Av 7:00 & 7:45 am Shacharit	13 Av 7:00 & 7:45 am Shacharit	14 Av 6:55 & 7:45 am Shacharit	15 Av 7:00 & 7:45 am Shacharit	16 Av Shabbat Nachamu 9:00 am Shacharit Parsha אזנחן
17 Av 8:30 am Shacharit Sun. - Tues. Mincha is 8:25 pm	18 Av 6:55 & 7:45 am Shacharit	19 Av 7:00 & 7:45 am Shacharit	20 Av 7:00 & 7:45 am Shacharit	21 Av 6:55 & 7:45 am Shacharit	22 Av 7:00 & 7:45 am Shacharit	23 Av 8:15 pm Mincha 9:31 pm Shabbat Ends

AUGUST 2018

Av/Elul 5778

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			20 Av 7:00 & 7:45 am Shacharit	21 Av 6:55 & 7:45 am Shacharit	22 Av 7:00 & 7:45 am Shacharit	23 Av Shabbat Mevorchim 9:00 am Shacharit Parsha
24 Av 8:30 am Shacharit	5 25 Av Civic Holiday 8:30 am Shacharit	6 26 Av 7:00 & 7:45 am Shacharit	7 27 Av 7:00 & 7:45 am Shacharit	8 28 Av 7:00 & 7:45 am Shacharit	9 29 Av 7:00 & 7:45 am Shacharit	10 30 Av Shabbat Rosh Chodesh 9:00 am Shacharit Parsha
Sun - Thurs. Mincha is 8:15 pm						11 Shabbat Rosh Chodesh 9:00 am Shacharit Parsha
1 Elul II Rosh Chodesh 8:30 am Shacharit	12 2 Elul 6:55 & 7:45 am Shacharit	13 3 Elul 7:00 & 7:45 am Shacharit	14 4 Elul 7:00 & 7:45 am Shacharit	15 5 Elul 7:00 & 7:45 am Shacharit	16 6 Elul 7:00 & 7:45 am Shacharit	17 7 Elul 9:00 am Shacharit Parsha
Sun - Thurs. Mincha is 8:05 pm						18 שופטים
8 Elul 8:30 am Shacharit	19 9 Elul 6:55 & 7:45 am Shacharit	20 10 Elul 7:00 & 7:45 am Shacharit	21 11 Elul 7:00 & 7:45 am Shacharit	22 12 Elul 7:00 & 7:45 am Shacharit	23 13 Elul 7:00 & 7:45 am Shacharit	24 14 Elul 9:00 am Shacharit Parsha
Sun - Thurs. Mincha is 7:55 pm						25 כי תצא
15 Elul 8:30 am Shacharit	26 16 Elul 6:55 & 7:45 am Shacharit	27 17 Elul 7:00 & 7:45 am Shacharit	28 18 Elul 7:00 & 7:45 am Shacharit	29 19 Elul 7:00 & 7:45 am Shacharit	30 20 Elul 7:00 & 7:45 am Shacharit	31 7:00 pm Mincha 7:35 pm Mincha 8:46 pm Shabbat Ends
Sun - Thurs. Mincha is 7:40 pm						

*Earliest time for this activity.





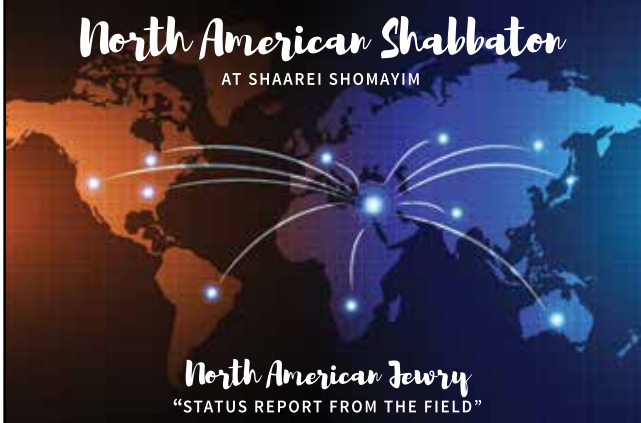




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Parent & Tot Sunday Morning Series Presents:
MUSICAL PUPPET SHOW
 Sunday, February 11, 10:15-11:45 am





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WITH THE SHINSHINIM!

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about Israeli leaders

TUESDAY, JANUARY 30
7:30-9:00 PM



TEENS GRADES 6-8
ARE INVITED TO:

*Israeli
breakfast*

SUNDAY, FEBRUARY 11

8:30 Tiffin followed by breakfast
with the shingshim

שַׁעְרֵי שֹׁמַיִם
SHAAREI SHOMAYIM




Our Pesach Experience

Shinshinim: Hillel Ben-Tal and Naama Geffen



HILLEL BEN-TAL

Pre-Pesach... the craziness, the cleaning, your mom yelling... But in between there is something fun that you want to be part of. In my Kibbutz, Massout Itzhak, before the Chag, anyone who wants can participate in a communal matzot making. Each person has a role that he or she needs to do perfectly: rolling the dough, making holes in it, and putting it into the oven. 18 minutes of madness. It's funny to suddenly see all the lazy people doing something so fast!

So each one of us is there for fun, but we all have a goal- to do it as fast as you can! It's the only thing before Pesach that people actually love to do.

I wish you all that even during those very intense few weeks of preparations, you will find a moment to connect and reflect. לשנה הבאה בירושלים הבנויה.

NAAMA GEFFEN

Do you know the kind of quiz that asks you what three things would you take with you to an isolated island? Keep reading to find The ISRAJEWISH version to this quiz.

In my family there is a funny tradition: on Layl HaSeder, in the middle of reading the Haggadah, my parents used to stand up suddenly to tell all of my siblings and I that the Egyptians

are chasing us, and that we all must escape now! They told each one of us to run and take a small bag and to put inside only the few things that we really need because we don't have time. I remember as a child the panic – what should I take? A doll? A blanket? Food? Where are we going?

Then we all went outside through the sandpit at the neighbourhood playground. My parents said we went in the middle of Yam Suf and the Egyptians are not after us anymore. Then we came back in and continued our Seder!

I will always remember that feeling of leaving in a rush. Of deciding what is important enough to take with me on this unknown journey. Being able to choose what is important to you and worth taking, wherever you go, is an important skill. Even coming to Canada for a year meant choosing what to take with me. Whether clothes or books, things that make me feel at home, or abstract things like expectations or fears. What is necessary, and what I can leave behind.

I think that Pesach gives us an opportunity to think about our *Yetziat Mitzrayim*. Not necessarily about the things that we want to leave and “exit” from, but the things that are worth keeping in our life. Thanks to this Pesach tradition that my parents started, I can now know better what to take with me and be grateful for.



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NEW MEMBERS WELCOME

Rabbi Chaim and Avital Strauchler hosted a beautiful Melaveh Malka in their home. It was nice to meet and greet, enjoy delicious food and celebrate our growing community.







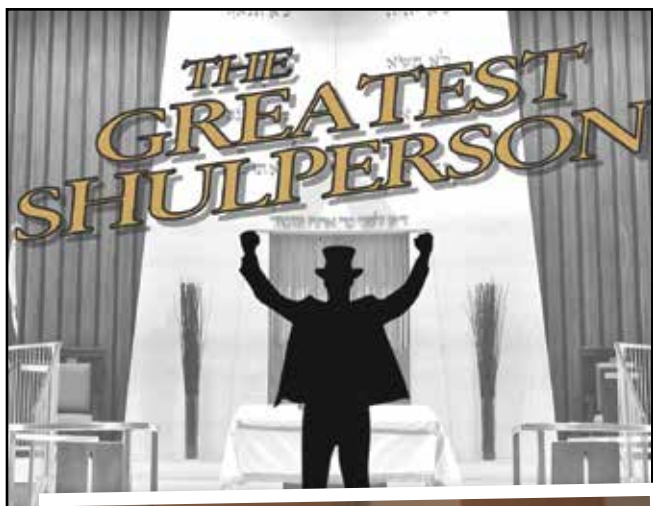
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Roladin style

YIZKOR MEMORIAL BOOK

Dear Friends,

We are now in the planning stages for our 2018 / 5778 Yizkor Memorial Book. For more than 25 years, Shaarei Shomayim's Yizkor Book has been an important part of our community's remembrance of loved ones and observance of the Yizkor prayer. Published every Shavuot, the book contains the prayers recited during memorial and remembrance services, and the names of the departed in whose memories we recite Yizkor. This year, the Yizkor Book will be available for use by the congregation at the following services:

2 nd Day Shavuot	May 21, 2018
Yom Kippur	September 19, 2018
Shemini Atzeret	October 1, 2018
8 th Day of Pesach	April 27, 2019

On the next page is our Yizkor Book Inclusion Form. If you would like a loved one to be remembered in the Yizkor book, please complete the information and return it to our office. The form is available online: shomayim.org/yizkor.

Should you have any questions, please do not hesitate to contact Miriam in the office (phone 416-789-3213 or email miriam@shomayim.org). You will also notice various sponsorship opportunities which will, of course, be recognized in the Yizkor Book.

We invite the entire congregation to be part of this important annual project. Your support is vital to the continuation of this very worthy endeavor.

Thank you for your participation.





YIZKOR MEMORIAL BOOK INCLUSION FORM

YOUR INFORMATION (please print)

Name _____ Email _____

Address _____ Postal Code _____

Telephone Number (h) _____ (w) _____ (c) _____

SPONSORSHIP OPPORTUNITIES

☐ Page \$360. (24 names)
 ☐ ½ page \$180. (12 names)
 ☐ Individual name \$18. each

YOUR ENTRY

☐ This is a new entry.

☐ Please keep my inclusion the same as it was last year.
 ☐ Please add the following names to my inclusion from last year.

Please **PRINT** clearly.

Remembered by: _____

In Memory of: _____

In Memory of: _____

Please attach a separate sheet if necessary.

PAYMENT

Total amount of Sponsorships and Donations: \$ _____ ☐ A cheque is enclosed.

Please charge my ☐ Visa or ☐ MasterCard

Number _____ Expiry Date _____ CSV _____

SUBMISSION

☐ By fax at 416-789-1728

☐ By email to miriam@shomayim.org

☐ By regular mail at the address noted below

☐ Visit Miriam in the office to drop off your request

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BIRTHS

ARYEH and CHANA SAMUEL on the birth of a baby girl, IZZY. Mazal Tov to the proud and delighted grandparents, Richard and Cathy Posluns and Jack and Marla Samuel, as well as the great-grandparents, Howard and Nancy Kleinberg, and David and Dorothy Samuel. Mazal Tov also to the aunts, uncles and extended family.

ANDREW NEUMAN and MARLEE NEWMAN and Edward and Anne Fryman on the birth of a grandson, Asher Baruch Gedaliah, born to David Fryman and Rachel Newman-Fryman, in New York. Proud sister is Alyza.

ADIR and ELIANNE KOSCHITZKY on the birth of a baby girl, AMALIA GRACE (AMALIA GOLDA). Excited big sister is SELAH. Proud grandparents are David and Wendy Friend and David and Sarena Koschitzky. Thrilled great-grandparents are SAUL and MIRA KOSCHITZKY and Henry and Julie Koschitzky.

ZVI and NAOMI GLUSTEIN on the birth of a baby boy, LIOR BEN ZION. Excited are siblings ILAN and SARI. Proud grandparents are ARIEH GLUSTEIN, Alan and Resa Litwack and Moti and Joy Yunger. Thrilled great-grandparents are Cyril and Noreen Lax, Yehuda Masher and Zoli Yunger. Excited Aunts and Uncles are JEFFREY and DANIELLA SILVER, SHLOMIE and DALIA YUNGER, Gadi and Atara Yunger, Ami and Samara Yunger, and MICHAEL and EDEN LITWACK.

GEORGE and ELLEN FANTUS on the birth of a granddaughter, Olivia Evelyn Chana Fantus, daughter of Daniel and Lindsay Fantus. Excited sibling is Sasha Rose. Thrilled grandparents are Dr. Murray Katz and Iris Gourdji.

ELFRIEDA VALE on the birth of a great-granddaughter, Adina Yehudit, daughter of Sholom and Elisheva Posner. Mazal Tov to the grandparents, Rabbi Richard Asher and Devorah Vale. Excited siblings are Atara and Yosef.

IES and RUTH VAN MESSEL on the birth of their great-grandson, Yitzchak Shaul, born to Dovid and Elky Ferguson. Proud grandparents are Samuel and Nechama van Messel.

MINDY GREEN on the birth of a great-grandson, Yaakov Moshe, born to Yossi and Shira Green of Baltimore. Excited siblings are Yocheved and Yoni.

RICKY and DIANNA ZAUDERER and Levy and Stela Gal on the birth of a grandson, Oshri Yosef, born to Ariel and Bossmat Zauderer. Blessed great-grandparents are ANDOR and ILONA ROBERTS. Thrilled aunts and uncle are Tanya and Leora Zauderer, Pazeet Gal, Linda Roberts and JEFFREY and GAYLE ROBERTS. Happy cousins are Anya, MICHAEL, RACHEL, DANIEL and JOSHUA ROBERTS.

YONI and BAILEY ROTH on the birth of a baby boy, ISAIAH JUDE. Excited big brother is LEO. Proud grandparents are MARC and JOY KOPLOWITZ and Steve and Leah Roth. Thrilled great-grandmother is Sylvia Slomovits. Mazal Tov to the aunts and uncles, ADIR and DARA DISHY, Jake Koplowitz, ELIE and JUDY ROTH, Menachem and Itia Roth, and Yaakov and Arielle Roth.

JOSHUA and MEREDITH LANDY on the birth of a daughter, VIOLET MAE (AYELET MA'AYAN). Excited big brother is JOEY. Proud grandparents are JANICE LANDY and Robert and Jane Herman. Thrilled great-grandparents are Bob and Penny November. Elated uncles, aunts and cousins are ZVI HALPERN-SHAVIM and MICHELLE LANDY-SHAVIM (CECILY, DAVID and MIRELLE), and Ted Herman and Melissa Herman.

PAUL HERBERT on the birth of a grandson, Shlomo Feivel, son of Dr. David Herbert and Dr. Orly Linovski. Excited big brother is Yitzchak Dov.

YISSY and REBECCA LAUTERPACHT on the birth of a baby boy, NOAM MORDECHAI. Excited siblings are TEHILA, AKIVA, ASHER, ATARA and Yael. Proud grandparents are Jack and Ruth Lauterpacht and Jacob and Beatrice Herzog.

BARBARA STARK on the birth of a great-grandson, Benny Fredrick, born to Michael and Alyssa Grossman. Proud grandparents are Elsa Stringer and Stanley Grossman.

PAULA GOLDHAR on the birth of a great-grandson, Yitzchak Nachum, born to Benjamin and Lindsay Winograd. Proud first-time grandparents are Les and Marilyn Steinberg.

BAR / BAT MITZVAH

FRED and TAMMY PARKER on the Bar Mitzvah of their son, KOBAY, in Israel. Excited siblings are RACHEL and NATAN. Proud grandparents are Helen Parker and Leonard and Sandy Sitcoff.

LORRAINE HANSER on the Bat Mitzvah of her granddaughter, Sarah Malka, daughter of Jon and Kim Abrams. Excited family members are Dale and Falyn and Cole, Jesse and Shani, Lee and Tali, Ryan and Ahron Abrams.

RABBI ELLIOTT and ROCHELLE DIAMOND on the Bat Mitzvah of their granddaughter, Miri, daughter of Rabbi Avi and Sonia Diamond. Excited siblings are Kayla, Yaakov, Zalman and Rikki. Proud grandparents are Hershy and Elaine Weinberg. Thrilled great-grandmother is Adele Meister.

JEFFREY and LAURA FIALKOV on the Bat Mitzvah of their daughter, SIGALLE EYNAT. Excited brother is ARI. Proud grandmothers are BRONIA FIALKOV and Ann Warren.

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Mazal Tov to all the participants of the Shaarei Shomayim Bat and Bar Mitzvah Programs on the closing celebrations: SARA ABRAMS, KYRA ARONSON, CEE CEE BERGMAN, AVIVA EIZICOVICS, SIGALLE FIALKOV, ARIELLA KORMAN, MIA MONSON, ORLY RABINOVICH, RACHEL ROBERTS, ELIANNA SAMSON, ATARA STRAUCHLER; ASHER ALLEN, GAVI BALSAM, ADAM BELMAN, JEREMY CROITORU, JACOB DAVID, JACOB GOLOMBEK, AKIVA LAUTERPACHT, CALEB MANSELL, ISAAC SAMSON, ADIR STRAUCHLER.

ENGAGEMENTS

MITCHELL and LEAH LERNER on the engagement of their daughter, DANIELE, to MIKEY SHULMAN, son of Dr. Yale and Vivian Shulman. Excited siblings are Elisha, Abie and Talia, Jonah and Deena, Reni and Ben. Thrilled grandparents are Helen and Harry Gross.

JUDY LAXER and JEFFREY LIPSITZ on the engagement of their son, YONATAN, to LAUREN GANS, daughter of Tamar Sivkin and Edwin Gans of Ottawa. Excited siblings are AVI, MICHAL and ORLY LIPSITZ, Jennifer Gans and Michael Keshen, and Daniel Gans.

NATHAN and ELAINE DISENHOUSE on the engagement of their daughter, TARA, to EDWARD McCLOSKEY, son of Gillian McCloskey, Ron McCloskey and Faryl Hausman. Excited siblings are Bobby, Justin, Devin and Madison. Proud grandparents are Karen and Larry Hausman.

MARRIAGES

ARNOLD and PAULA DUBROW on the recent marriage of their grandson, Yair, son of Shmarya and Lainie Richler of Efrat, Israel, to Lainey, daughter of Edward and Nina Paul of Cincinnati, Ohio.

BERL and REBECCA NADLER on the marriage of their daughter, ARIELLA, to HODY NEMES, son of Alan Nemes and Fawn Chapel of St. Louis. Mazal Tov to siblings Batya and Matt, Hillel and Tova, and Tova and Seth, and nieces and nephews Yosef, Shoshana, Rose and Charlie.

LINDA LEVENSTEIN on the marriage in Israel of her granddaughter, Tsahala Levenstein, daughter of Michael and Leora Levenstein, to Elnatan Perez, son of Yaakov and Sylvie Perez. Proud grandparents are Chuck and Connie Solomon, and Mrs. Perez. Excited siblings are Yair and Merav Hershkovitz, Elnatan, Atara, Aviel and Yonadav Levenstein, Shlomi and Bat-El, Hodya and Etel Perez.

RANDALL and LINDA CRAIG on the marriage of their daughter, JACQUELINE, to BRANDON LIEBMAN, son of Jeffrey and Rhonda Liebman. Excited siblings are SHALE and SABRINA CRAIG and Amanda Liebman. Delighted grandparents are John and Evvie Craig, Lil Wener and Jean Liebman.

ANNIVERSARIES AND BIRTHDAYS

LOUIS VANDERSLUIS on his 60th birthday.

RALPH ETIGSON on his 102nd birthday.

JERRY GENESOVE on his 87th birthday.

CONDOLENCES TO

Bracha Goldman, Ruth Goldman, Judith Goldman, Lionel and Annette Goldman, Esther and Jeremy Shapiro, BARRY and DEBBY GOLDMAN and families, on the loss of their husband, brother, brother-in-law, and father, Macky Goldman^{z"l}.

The family of MARCIA PEARLMAN^{z"l}.

Ruth Hyman, SHAYNE and LES TRAIN, Belarie Hyman-Zatzman and Marty Zatzman, Avi Hyman and Heidi Shuster, Esther Brown and families, on the loss of their husband, father, father-in-law, brother-in-law and grandfather, Gurion Joseph Hyman^{z"l}.

Michael Firestone, Brenda and Steven Wagman, Andrew and Jessica Firestone, Michelle and Guillermo Cruz, LONNI and SAM ZEIFMAN, Michael and Shelly Ellenzweig and families, on the loss of their wife, mother, mother-in-law, sister, sister-in-law and grandmother, Judy Firestone^{z"l}.

EUGENE and EDITH FEIGER and Brian Feiger on the loss of their daughter and sister, CHERIE SUSAN FEIGER^{z"l}.

JOSEPH SHIEWITZ, David Shiewitz and Danielle Zivav, Aaron Shiewitz, Cheryl Shiewitz and families, on the loss of their wife, mother, mother-in-law and grandmother, ESTHER SHIEWITZ^{z"l}.

The family of THELMA CHERNIK^{z"l}.

The family of ELEONORA KATZ^{z"l}.

Ben and Marilyn Lechtman, Ilana and Brian Mendelsohn, ELI and TAMAR LECHTMAN and families, on the loss of their mother, mother-in-law, grandmother and great-grandmother, Toni Lechtman^{z"l}.

FRANK FENYVES, Yvette and Stephen Gutfreund and families, on the loss of their wife, mother, mother-in-law, grandmother and great-grandmother, VERA FENYVES^{z"l}.

Bluma Feintuch and family on the loss of their mother, mother-in-law and grandmother, BRANDLA ZALOWICZ^{z"l}.

Joshua, Talia, Jonathan, Aubrey and Esther Lunz, RAYMOND and FELICITY STONE, Bryan and Margot Fain, Richard Lunz, STANLEY DICK and families, on the loss of their mother, daughter, sister and sister-in-law, Barbara Dick^{z"l}.

ISABEL FARBER, Karen and Mark Lipman and families, on the loss of their husband, father, father-in-law and grandfather, MORRIS FARBER^{z"l}.

BARBARA FRUMKIN, Harvey and Beverley Frumkin, Lorna Smith, Janet and Jeff Gould, Cliff Frumkin and Sandra McQuade, David and Liliane Glass, Randi Glass and families, on the loss of their husband, brother, brother-in-law, father, father-in-law and grandfather, BEN FRUMKIN^{z"l}.

MARLA ORBACH and family, on the loss of their mother-in-law, grandmother, and great-grandmother, Miriam Orbach^{z"l}.

Sharon Cass-Toole and Meyer Toole, Hyla Cass, Judy Cass and Earl Saltzman, Elaine Cass and Robert Zweben and families, on the loss of their mother, mother-in-law, grandmother, and great-grandmother, MIRIAM CASS^{z"l}.

Leslie and Annette Rosenthal, Murray and Margo Rosenthal, Lilian Rosenthal and families, on the loss of their mother, mother-in-law and grandmother, MIRIAM ROSENTHAL^{z"l}.

Beatrice, Mordechai and Rebecca, Azriel and Faygie, Avraham and Chanie, Yehuda and Bella, Rochie and Favel and families, on the loss of their husband, father, father-in-law, grandfather and great-grandfather, RABBI HENRY HOSCHANDER^{z"l}.

GAIL MIDANIK, Alisa Joseph, David Midanik, Hedy and Morris Cohen, Abraham and Judith Eisen and families, on the loss of their mother, mother-in-law, sister, sister-in-law, grandmother, and great-grandmother, FAYE MIDANIK^{z"l}.



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April 14 - IsraelFEST

May 12 - CheesecakeFEST

June 16 - Graduation "Naches"FEST

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OFFICE HOURS

Monday - Thursday8:30am - 5:00pm
 Friday8:30am - 2:00pm
 Shabbat, Sunday.....Closed

WHO'S WHO

Rabbi.....Chaim Strauchler
 Assistant Rabbi.....Jesse Shore
 Shamash / Baal KorehRalph Levine
 Cantor.....Zvi Katzman
 Rabbi, Downstairs Minyan.....Elliott Diamond
 PresidentBrian Cantor
 Executive Director.....Nicole Toledano
 Youth Director.....Jacob Posluns
 Bulletin Contributor.....Lawrence Savlov

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ENDOWMENTS

Endowment funds can be set up to suit your individual requirements. For further information, please contact the shul office.

DATES TO REMEMBER

MAR 23	Shabbat HaGadol Pre-Pesach Dinner
MAR 24	Shabbat HaGadol
MAR 30	Erev Pesach
MAR 31 - APR 1	Pesach I and II
APR 2 - 5	Chol HaMoed Pesach
APR 6 - 7	Pesach VII and VIII
APR 12	Yom HaShoah
APR 18	Yom HaZikaron
APR 19	Yom HaAtzmaut
APR 21	YU Spring Shabbaton
APR 28	Shabbat Itanu Julia Hanigsberg, CEO, Holland Bloorview
MAY 3	Lag B'Omer
MAY 6 - 13	Peace of Mind Program
MAY 11	Peace of Mind Friday Night Dinner
MAY 13	Yom Yerushalayim
MAY 19	Erev Shavuot
MAY 19 - 20	Shavuot Things: Tikkun Layl Shavuot featuring Scholar-in-Residence Raizi Chechik
MAY 20 - 21	Shavuot I and II
JUN 2	March of the Living Shabbat
JUN 4	Medical Ethics <i>Cognitive Bias and Medical Decision-Making</i>
JUN 16	Graduation and Youth Leadership Shabbat
JUL 1	Fast of 17 Tammuz
JUL 4 - AUG 8	Summer History Series with Gerald Ziedenberg
JUL 21	Shabbat Chazon
JUL 22	Tisha B'Av
JUL 27	Tu B'Av
JUL 28	Shabbat Nachamu
SEPT 1	Layl Slichot
SEPT 3	Annual Welcome BBQ
SEPT 8	Scholar-in-Residence Rabbi Ari Lamm
SEPT 9	Erev Rosh HaShanah
SEPT 10 - 11	Rosh HaShanah I and II
SEPT 12	Tzom Gedaliah
SEPT 15	Shabbat Shuva
SEPT 19	Yom Kippur