



CONGREGATION  
SCHARA TZEDECK

# Women's Shabbat

## Program

Enjoy a relaxing Shabbat afternoon  
with friends!



Date	Time	Host	Speaker
Aug. 3	6:30 P.M.	Tracy Ames	Tracy Ames
Aug. 10	No Class	Tisha B'Av	
Aug. 17	6:30 P.M.	Blossom Karmel-Fox	Blossom Karmel-Fox
Aug. 24	6:30 P.M.	Gail Mattuck	Gail Mattuck

Please join us for Seudah Shlishit.  
Everyone is welcome!



# Congregation Schara Tzedek Shabbat Bulletin

Rabbi: Rabbi Andrew Rosenblatt

Associate Rabbi: Rabbi Ari Federgrun

Torah Reader: Reverend Joseph Marciano

### Finding Gratitude

Rabbi Ari Federgrun

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” Melody Beattie (author and journalist)

“Ve’achaltah vesavatah uverachtah es Hashem Elokeichah al haaretz hatovah asher natan lach.”

And you will eat and be satiated, and you shall bless Hashem, your G-d, for the good land He has given you (Devarim 8:10). This verse is the source for the biblical obligation to recite three blessings following the meal. There are four blessings in total, and the source for the fourth rabbinic blessing is very peculiar.

A few days ago, we celebrated the holiday of Tu B'av. In addition to Yom Kippur, the day of atonement, Tu B'av (the 15th day in the month of Av) is referred to in the Talmud as one of the two happiest days of the year. The Talmud teaches that one of the causes for celebration was that after the unsuccessful revolt of bar-Kochba, the city of Betar fell, hundreds of thousands were killed, and the Romans did not allow the Jews to bury their dead. After several years, Rabban Gamliel and other leading Rabbis of Yavne prayed until permission was granted for burial. Miraculously, though years had passed, the dead bodies were still fresh and whole. At that time, the rabbis of Yavne instituted the fourth beracha of hatov v'hamaitiv. "Hatov" extolling the goodness of Hashem that the bodies did not decay, and "hameitiv" - Who confers

August 24, 2019

Av 23, 5779

Parshat Eikev

Torah Reading pg. 980

Childminding 9:00 – 2<sup>nd</sup> floor

Kids Club 10:30 - 2<sup>nd</sup> Floor with Yael, Tsiporah and Rabbi Estrin

Rabbi's class 7:05 P.M.

Shabbat 20:20 (20 minutes after Kiddush)

Mincha 7:45 P.M.  
Havdalah 9:03 P.M.

Mincha/Maariv  
Monday-Thursday  
7:55 P.M.

good - referring to the fact that ultimately, they were buried. At first glance, this story seems strange. In the bigger picture, this was a terrible tragedy: hundreds of thousands of Jews that were killed in Betar. Why focus on the small miracle of bodies not rotting and not the bigger calamity that took place? How can this be viewed as one of the happiest days of the year?

The celebrated day of Tu B'av arrives six days following Tisha B'av, the communal day of mourning for the Jewish people. The sin of the spies, the reason for the future tragedies that would befall the Jewish people, was rooted in a lack of gratitude. Hashem freed the Jewish people from slavery, performed miracle after miracle, and wanted to give them the gift of the land of Israel, and the Jewish people ignored that gift. They ignored all that Hashem had done for them and lacked the gratitude to appreciate the greatness of the gift given to them. Six days later, on Tu B'av, our Rabbis declared that we must correct that mistake. They instituted into our grace after meals a blessing of thanks for the good that Hashem has given us. It is a blessing of thanks, not just for the big things in life and not just for the food we just ate, but also for all of the "minor" acts of kindness. This brachah teaches us to appreciate every single act of kindness, even if in the bigger picture Hashem may seem hidden. May we learn from this blessing and continue to look for the Hand of Hashem in our own lives and find the big and small acts of kindness that He has done for us.



Congregation Schara Tzedek

Meaningful, Interactive & Inspirational

# High Holidays at Schara Tzedek

**DO YOU HAVE YOUR TICKETS YET?**

<b>Rosh Hashanah</b>	<b>Yom Kippur</b>
<b>September 29 - October 1</b>	<b>October 8 - October 9</b>

**Tickets & Seats on Sale Now!**

**Deadline September 15th, 2019**

To inquire about seat purchase and tickets call the Shul office  
3476 Oak Street, Vancouver / Office: 604-736-7607

---

**FAMILIES THAT GIVE**

## ROSH HASHANAH IN A BOX

SEPTEMBER 29TH, 2019

Each family will receive:

- Grape Juice
- Round Challah
- Matzo Ball Soup
- Pomegranate Greens Salad (Mixed Greens, Fresh Mango & Pomegranate Seeds, Candied Almonds, Pomegranate Vinaigrette)
- Roasted Honey & Herb Chicken
- Orange Maple Salmon
- Herb Roasted Baby Potatoes
- Basmati Rice with Raisin, Prunes & Caramelized Shaved Carrots
- Honeycake

Sponsoring a meal \$25 per person  
Sponsoring a family of 4 \$100

Supporting JEWISH FAMILY SERVICES

Special thanks to our co-sponsor Maple Grill

To sponsor a Rosh Hashana in a Box [www.scharatzedeck.com](http://www.scharatzedeck.com)  
For more information on this initiative call Rachael at 604-736-7607 or email [rachael@scharatzedeck.com](mailto:rachael@scharatzedeck.com)

## Schara Tzedek Announcements

### Condolences

To Alisa Lipson and family on the loss of her sister, Flossy Fischel z'l.

### Mazl Tov

To Jay Karon on his aufruf this Shabbat and upcoming marriage to Naomi Weltman. The wedding will take place in Toronto on September 15th.

To Stan Karon & Marla Gordon, siblings Josh, Rikki, Leora and Ari Karon on the upcoming marriage of their son and brother Jay to Naomi Weltman of Toronto.

### Todah Rabah

Stan Karon & Marla Gordon for sponsoring the Shabbat Kiddush in honour of their son Jay's engagement to Naomi Weltman of Toronto.

David Goldman and Penny Sprackman for sponsoring premium scotch in memory of their mother's yahrzeit, Shirley Goldman z'l.

To Florence Morris for sponsoring Sunday breakfast in loving memory of her husband, Harold Morris z'l, on the 5th yahrzeit since his passing.

To Irwin Vinegar for sponsoring premium scotch last week in honour of Jay Karon's engagement.

### Unveiling

The unveiling of Sol Pavony z'l, husband of Sharyn Pavony, will take place on Sunday, August 25, 2019 at 2:00 P.M. at the Schara Tzedek Cemetery - 2345 Marine Drive, New Westminster.

### Weekly Schedule

**Thursday**  
Parsha Class with Rabbi Estrin – 7:30 P.M.



Congregation Schara Tzedek

# SHABBAT WITH

NGO MONITOR & CIJA

SEPT. 13, 2019 | CONG. SCHARA TZEDECK 3476 OAK ST.

ANTISEMITISM IN WORLD INSTITUTIONS: FROM THE UN TO UNIVERSITY CAMPUSES, AND EVERYTHING IN-BETWEEN

SPEAKERS:  
NICO SLOBINSKY  
PACIFIC REGION DIRECTOR, CIJA  
BECCA WERTMAN  
CANADA LIAISON, NGO MONITOR

\$30/ADULT  
\$15/CHILD AGE 6-12  
UNDER 6 FREE  
REGISTER AT  
[SCHARATZEDECK.COM](http://SCHARATZEDECK.COM) OR CALL  
604-736-7607

CIJA STRIVES TO IMPROVE THE QUALITY OF JEWISH LIFE IN CANADA BY ADVANCING THE PUBLIC POLICY INTERESTS OF CANADA'S ORGANIZED JEWISH COMMUNITY. NGO MONITOR, A JERUSALEM-BASED RESEARCH INSTITUTE, PROVIDES INFORMATION AND ANALYSIS, PROMOTES ACCOUNTABILITY, AND SUPPORTS DISCUSSION ON THE REPORTS AND ACTIVITIES OF NGOS CLAIMING TO ADVANCE HUMAN RIGHTS AND HUMANITARIAN AGENDAS.

Congregation Schara Tzedek

## KIDS CHALLAH BAKE

GET READY FOR ROSH HASHANA WITH ROUND CHALLAH BAKING, STORIES, CRAFTS AND MORE!

SUNDAY, SEPTEMBER 15TH  
10 AM - 12 PM  
SCHARA TZEDECK - 3476 OAK ST.  
\$10 PER CHILD  
FOR AGES 3-10. PARENTS WELCOME

FOR MORE INFORMATION AND TO REGISTER:  
[SCHARATZEDECK.COM](http://SCHARATZEDECK.COM)

COMMITTEE:  
STEPHANIE PLOTKIN,  
JESSICA MENDELSON,  
HALEY CROOKS