

Ma Nishma

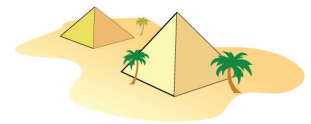
מה נשמע

BETH
TIKVAH
SYNAGOGUE



6 SHEVAT, 5782 / JANUARY 8, 2022

PARASHAT BO



SHABBAT TORAH READINGS	SHABBAT SCHEDULE	WEEKDAY SERVICE TIMES
Torah Exodus 10:1 - 13:16 Etz Hayim pg. 374 Haftarah Jeremiah 46:13 - 28 Etz Hayim pg. 395	Candlelighting (Jan 7) 4:39 pm Kabbalat Shabbat (Zoom) 3:30 pm Shaharit (RSVP Required) 9:00 am Havdalah 5:40 pm Havdalah Service (Zoom) 6:15 pm <i>Vaccinated members and guests are welcome to join us in-person for Shabbat morning services. Registration required.</i>	Sunday-Thursday 8:30 am/7:00 pm Friday 8:30 am/3:30 pm <i>Please note: The services listed above are on Zoom</i>

Beth Tikvah
on
You
Tube

Explore our YouTube channel:

- Sermons
- Music
- Classes
- Programs and more!

www.youtube.com/c/BethTikvahSynagogueToronto
(or visit YouTube and search for Beth Tikvah Toronto)

This week's Services Schedule on Zoom

Due to the increase in covid cases, we are moving most of our services online to Zoom.

Weekday Morning Services:
8:30 AM Sundays-Mondays

Weekday Evening Services:
7:00 PM: Sundays-Thursdays

Kabbalat Shabbat Services:
3:30 PM Fridays

Havdalah Services:
6:15 PM Saturday

Refer to our semi-weekly e-mails for the Zoom links.

Sabbath Musings

WITH RABBI LOUIS SACHS



Parshat Bo: The Ability to Change

Our parsha begins with a Divine promise that God will "harden" Pharaoh's heart. It is a curious phrase, one that the rabbis discuss in depth, because its meaning is somewhat unclear. The obvious implication seems to be that God is removing Pharaoh's ability to choose to release the Israelites; God is taking away his free will. This is troubling to the rabbis, because of the moral and ethical implications it brings, for if Pharaoh is unable to release the Israelites, his punishment hardly seems fair.

While many have offered answers to this question, Nahum Sarna offers us an answer with an important lesson for our day. Sarna notes that the language of the Torah begins with Pharaoh hardening his own heart, and it later switches to God as the cause. He teaches that God made human beings in such a way that our traits can become engrained so deeply that they eventually become nearly impossible to change. After living for so long, not caring about others and inflicting such misery, Pharaoh essentially forgets how to relate to another person, how to feel empathy.

The lesson for us today is that it is easy to put off the work we need to do until tomorrow. But, when it comes to the work we must do on ourselves, we must be wary because each day, it becomes more and more difficult to change those traits and habits in ourselves that we would prefer to be rid of. The longer we wait, the harder it becomes to be who we wish we were. Don't wait.

-RLS

VIRTUAL TORAH Study

We invite you to join Morley Goldberg, on Friday, January 7th at 1 PM on Zoom for a virtual Torah Study on Parashat Bo.

Please refer to the semi-weekly email for the link or contact daniel@bethtikvahtoronto.org.

PROGRAMMING AT BT

FOR YOUR BODY & MIND

Walk with Beth Tikvah!

Come out, schmooze and get some exercise with Beth Tikvah members on our next walk, happening:

**Thursday, January 13th,
at 1:30 PM along the roadways in
York Cemetery (160 Beecroft Rd).**



While it may look like we have an obsession with cemeteries, that is not the case. However they do seem to provide us with cleared and non-icy roads with no cars that allow us to walk safely for about an hour and socialise in the manner of the warm and friendly Beth Tikvah gatherings that we remember so well - yet all in the open air with some exercise thrown in.

The location is on Beecroft behind Mel Lastman Square and the Meridian Arts Centre. Meet at the first visitor parking area just west of the Beecroft entrance, before the Funeral Centre sign. Parking is free.

Call Rochelle Thompson 416-457-8865 for further information or to check if the walk is on should there be snowy or slippery weather. *Next walk: January 24th.*

Restore your Mind & Body

Restorative Yoga and Meditation Therapy



with Orli Ziv

Restorative Yoga and Meditation Therapy with Orli Ziv

Refresh your mind and your body!

Orli Ziv starts a new 6-week session
Thursday, January 6 at 10:00 am.

NOTE: These sessions will now be on Zoom.
Register on the Beth Tikvah website

UPCOMING CLASSES

BETH
TIKVAH
SYNAGOGUE



BETH DAVID

LEARNING WITH BRACHA FEDER

Finding My True Self in a Biblical Story
Exploring Dr. Elliott Rabin's *The Biblical Hero:*
Portraits in Nobility & Fallibility

Join Bracha for a year-long course exploring...

JANUARY 12
Moses: Heroic or Unheroic?

JANUARY 19
Samson and Esther: Alien to our Biblical Ethos?

JANUARY 26
Two Kings: David and God



Bracha Feder has shared her passion for learning and teaching with teens, adults and teachers for years. She holds an M.A. in Jewish Thought and Education from the Hebrew University. She was Instructor of Ethics in Jewish Living for the Florence Melton Adult Mini School of the Hebrew University in Toronto for 12 years.

Currently, she offers Synagogue Adult Education courses and on topics such as Jewish Thought, Tanakh, Tefillah, Shabbat and Holy Days.

ALL
CLASSES
ON
zoom



Register on the Beth Tikvah Website



Israel Through the Looking Glass with Noa Voss

Session #3: Thursday, 13 January, 2022

Join us online for a session about innovative Israeli start-ups and what it takes to be successful. Learn about a unique Covid experience that turned an army intelligence unit into medical engineers. And discover how psychological thinking patterns are used in leading hi-tech startups in Israel.

Register on the Beth Tikvah Website

BETH
TIKVAH
SYNAGOGUE

Classi Lectures and Beth Tikvah present

Tour: Hare with the Amber Eyes with Rena Tobey

JANUARY 27, 2022 @ 2:00 PM (Online)



Register on the Beth Tikvah Website



Wednesday, 26 January, 2022

MENTAL WELLNESS SERIES

Judaism as a Mindfulness Practice
with Rabbi Jordan Bendat-Appell

PROGRAMMING AT BT

PROGRAMS FOR TEENS

B'NOT/B'NAI MITZVAH PROGRAM 2022

This program is for families who will be celebrating a bat/bar mitzvah in 2022, and anyone who had a bar or bat mitzvah in 2021

Register Today!

Free for members,
\$50 for non-members

DATES:

Sun., January 16th@ 1:30 PM
Wed., February 9th @ 7:00 PM
Sat., February 26th...@ 5:30 PM
Sun., March 27th@ 1:00 PM
Tues., April 5th.....@ 7:00 PM
Sun. May 29th@ 1:30 PM

IN PARTNERSHIP WITH



January 16, 2022 @ 1:30 PM - 3:00 PM:
Let's Kick The Year Off With A Mitzvah!

Register on the Beth Tikvah Website



BETH TIKVAH TEEN FELLOWSHIP PROGRAM

Teens will meet once a month with Rabbi Sachs and a special guest expert to discuss topics selected BY teens and FOR teens.

Dates:

Sundays @ 4:00-5:30 pm
January 9, April 10,
February 13, May 8,
March 13, June 12



REGISTER ON THE BETH TIKVAH WEBSITE



UPCOMING PROGRAMS

BETH TIKVAH SYNAGOGUE



Anti-Semitism & Anti-Zionism in Canadian Politics

Rabbi Sachs and Noah Zatzman will dive into Noah's own experience working in Canadian politics. In particular the relationship between Anti-Zionism and Anti-Semitism, and the recent rise of both in liberal political circles.



Noah Zatzman is an experienced public affairs and PR professional, and political strategist. Most recently, Noah served as a top aide to Federal Green Party Leader Annamie Paul.

Zatzman is deeply involved in the international climate movement, and is a well-known advocate, lay leader, and activist in Canada's Jewish and queer communities. He is currently the Co-Chair of UJA Federation's new LGBTQ+ Division.



Wednesday, January 19, 2022
7:45 pm
(on Zoom)

BETH TIKVAH SYNAGOGUE



Beth Tikvah Synagogue in partnership with LIBERATION75 welcomes:

Elisha Wiesel in Conversation with Rabbi Jarrod Grover

Elisha Wiesel is the only child of Holocaust survivor, author and Nobel Peace Prize recipient Elie Wiesel.

He previously worked for Goldman Sachs for 25 years, serving as its chief information officer for three years, until December 2019.

When his father passed, Elisha realized how many others missed his voice--and so, when opportunities for impact arise, Elisha shares his father's message and continues his legacy by standing up for persecuted communities.



TUESDAY
FEBRUARY 1, 2022
7:30 pm

ON ZOOM

Yahrzeits

The following members are observing Yahrzeits this week:

Friday, January 7

Maxine Beale, Hilary Edwards, Joanne Greenspoon,
Sheldon Lerman, Ben Nemani, Paul Nightingale, Gloria Pinkus,
Trudy Sassoon, Harold Segalowitz

Saturday, January 8

Clive Cohen, Carol Hacker, Fred Rosen, Jet Sachar,
Stephanie Smith, Shirley Weinstein

Sunday, January 9

Beverly Breslow, Lois Demone, Abraham Friesner,
Brian Habert, Gary Kirsh, Esther Lefler, Edward Levy,
Albert Lewkowicz, Harold Lewkowicz, Eleanor Markovitz
Marvin Obar, Barbara Roberts, Cherry Rubin, Beverley Winnick

Monday, January 10

Simon Kreindler, Norman Rothberg, Stanley Sinai

Tuesday, January 11

Eric Cohen, Georgia Dennis, Shirley Hager, Barbara Hendelman,
Larry Persyko, Cecil Schwartz, Leon Schwartz, Janet Sherman,
Diane Sobel, Howard Stevens

Wednesday, January 12

Sylvia Cooper, Lennie Exton, Fela Miller, Faye Minuk

Thursday, January 13

Janis Aberman, Lorraine Dicker, Stuart Dicker, Aileen Frydrych,
Cecil Rochweg, Marvin Swirsky, Jeff Weissberger

Friday, January 14

Helen Daniels, Reene Katz, Rose Lavine, Larry Torkin

Beth Tikvah Endowment Funds

We have Endowment Funds for the 2022 year that may be available for you to help offset the cost of Jewish experience programs. To apply, please request an application form by emailing the BT office at: adminoffice@bethtikvahtoronto.org or by calling us at 416-221-3433.

B'sha'ah Tovah:

The Youth and Young Family Team, and the Reinblatt Family are getting a new addition!

Joey will become a big brother in June 2022!



Beth Tikvah Synagogue
3080 Bayview Avenue
Toronto, ON M2N 5L3
Tel- 416-221-3433
Fax- 416-221-1602
www.bethtikvahtoronto.org



Senior Rabbi: Jarrod Grover
Associate Rabbi: Louis J. Sachs
Hazzan: Tibor Kovari
Ritual Director: Irv Kirshenblat
President: Douglas Millstone

TO HONOUR THE SANCTITY OF THE SYNAGOGUE
We ask that everyone coming up to the bimah cover their head and shoulders and be dressed respectfully. We do not permit smoking, photography, writing, use of beepers, cell phones or other wireless equipment in the synagogue throughout Shabbat and Yom Tov. At any time in the service when the congregation is standing in prayer, please refrain from moving about. Applause is not appropriate at any time during the service.

THIS WEEK AT BETH TIKVAH



Sun.	Jan 9	• Teen Fellowship Program 2022 (Zoom)	4:00 PM
Wed.	Jan 12	• Learning with Bracha Feder (Zoom)	1:00 PM
Thurs.	Jan 13	• Restorative Yoga & Meditation with Orli Ziv (Zoom)	10:00 AM
Thurs.	Jan 13	• Israel Through the Looking Glass with Noa Voss (Zoom)	11:00 AM
Sun.	Jan 16	• B'not/B'nai Mitzvah Program, first session (Zoom)	1:30 PM

A portion of funds raised at Bingo World Richmond Hill helps to support programs at Beth Tikvah Synagogue.



@TikvahBeth



@btonbayview



@bethtikvah_toronto



"Beth Tikvah Synagogue"