

Ma Nishma

מה נשמע

BETH
TIKVAH
SYNAGOGUE



OCTOBER 5, 2022 / 10 תשרי, 5783

YOM KIPPUR EDITION



YOM KIPPUR



SUNDAY, OCTOBER 2, 2022

Kever Avot – Pardes Shalom 10:30am
Kever Avot - Bathurst Lawn 2:30pm

TUESDAY, OCTOBER 4, 2022

Minḥa for Erev Yom Kippur 6:00pm
Kol Nidre 6:30pm
Candle Lighting: 6:36pm

WEDNESDAY, OCTOBER 5, 2022

Yom Kippur Morning Services 9:00am
Mindfulness with Jason Weir (Kulanu Room)..... 9:30am
Yom Kippur Study Session (Sanctuary) 3:30pm
Yom Kippur Minḥa Services..... 4:45pm
Yom Kippur Neilah Service..... 6:00pm
Shofar and Havdalah..... 7:34pm



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Youth & Young Families

YOUTH & YOUNG FAMILIES HIGH HOLIDAY SERVICES

Join us for Yom Kippur Family Services, downstairs in the Assembly Hall. We will be offering two interactive and engaging services each day. Both services are identical and allow you to attend the one that best suits your schedule. Open to families with children under bat/ bar mitzvah age.

WEDNESDAY, OCTOBER 5, 2022

Young Family Service Seating 1 9:30am - 11:00am
Young Family Service Seating 2 11:30am - 1:00pm



Yom Kippur as the Festival of Freedom

by Rabbi Jarrod Grover

If someone was to wish you a happy holiday of freedom, *zman heruteinu*, on Yom Kippur, you would probably think that they've got the calendar a bit confused. We generally associate freedom with Pesah, and that's true, but it's only partly true. Pesah was indeed the time of liberation for the Jewish people, but there is much to be said for Yom Kippur representing freedom for the individual.

We can see this clearly if we examine the special Yom Kippur which took place once every fifty years - the Yom Kippur of the Yovel (jubilee year). On this day, slaves would be freed to go home and fields would revert to their original owners. It would happen just as soon as the shofar was sounded at the conclusion of the holiday.

Today's Yom Kippur starts with a proclamation of freedom: Kol Nidre. Kol Nidre is a legal formula for the annulment of vows. In the Torah there is no bondage stronger than a vow. And so before this holiday begins, we declare in a chorus that all of our vows are null and void. So that we can stand before God unshackled, totally free. Even fasting, controlling our appetites, teaches us that we don't have to be slaves to our own desires.

Freedom is really the essence of *teshuva*. If we haven't repented of our sins, we remain chained to them. Said the holy Rav Kook: "Repentance strives for an original and true freedom, which is a divine freedom devoid of any vestige of servitude whatsoever" (Orot Ha-teshuva 5:5).



High Holiday Appeal 5783

Our High Holiday Appeal is at \$300,000 and counting!
As Yom Kippur approaches, please fulfill the act of *tzedakah* at
[raisedays.com/bethtikvah](https://www.raisedays.com/bethtikvah)
or by calling the Synagogue Office at 416-221-3433.
And remember: every \$1 contributed will be matched!

SIMHAT TORAH HONOUREES



This year, Beth Tikvah Synagogue is honouring:
Alan Birnbaum
Talya Feldberg
Adele Weinstein and
Steve Weinstein

This year we are again offering members, relatives and friends the opportunity to make a donation in honour of our special Simhat Torah honourees and/or in honour of receiving a Torah honour themselves. Donations will be directed to enhancing ritual activities and programming for all ages at Beth Tikvah.

Please visit the Beth Tikvah website to donate:
www.bethtikvahtoronto.org

Deadline for donation: Friday, October 7 at 12pm.

BETH TIKVAH SYNAGOGUE

YOM KIPPUR STUDY SESSION

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He Will Take Us Back Out of Love: Hassidic Masters on Yom Kippur



WITH
**RABBI ALISA
ZILBERSHTEIN**

Join us in the sanctuary for a special Yom Kippur Study Session. Rabbi Zilbershtein will be using Hassidic texts to explore the meaning of Yom Kippur.

YOM KIPPUR
Wed. October 5th
at 3:30 PM
In Person
& LiveStreamed

MINDFULNESS WITH JASON WEIR

Explore the themes of Yom Kippur through mindfulness with Jason Weir. Sessions will be held on Yom Kippur at 9:30 AM in the Kulanu Room. Follow-up sessions will occur on Shabbat at the beginning of Musaf on November 19 and December 10.



Restore Your Mind & Body

Restorative Yoga and Meditation Therapy
with Orli Ziv

Register now for the new session
starting October 13 at 10:00AM



Next walk: October 13 at 1:30PM

Support Amy's Mitzvah Project

My name is Amy Weissberger. As some of you might know, I really love baking. It just so happens that my Bat Mitzvah Torah portion is about Joseph's interpretation of Pharaoh's dreams. I connected the seven years of feast followed by seven years of famine in Egypt to the idea of food insecurity for those in Canada and Israel.



For my Bat Mitzvah Project, I decided to combine my love of baking with a way to make a difference to those who hunger. I made a cookbook featuring some of my favourite recipes from my mom, great aunt, and my late Bubbie Gilda.

I will be selling copies of my cookbook for \$18 - I can email you a digital copy or print a copy for you (printed copies will be \$20). So 100% of the money raised from the sales of the cookbook will be donated to Food Banks Canada and Leket Israel.

Contact me at amynataliew@gmail.com for more information.

Thanks for your support and Shana Tova! I can't wait to share my special book with you.

Amy

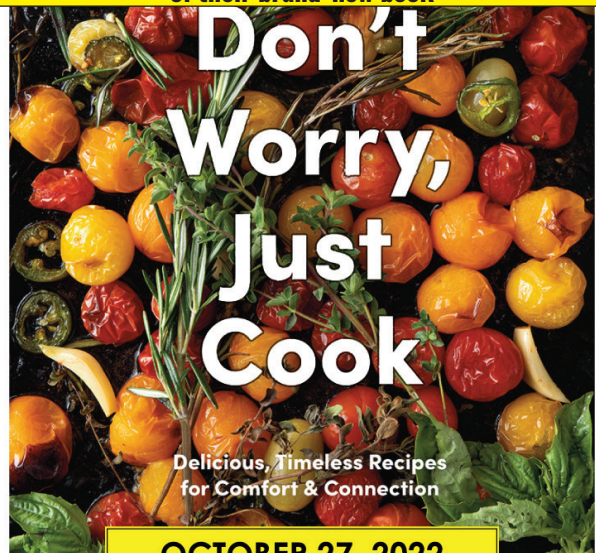


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Join Canadian culinary legend
BONNIE STERN & CO-AUTHOR ANNA RUPERT
for a discussion
of their brand-new book



Delicious, Timeless Recipes
for Comfort & Connection

OCTOBER 27, 2022
7:30 PM-9:30 PM

COMING UP AT BETH TIKVAH



**BETH
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**LUNCH
and
LEARN**

Fall Session

Oct 25: RACHEL RICHMAN
Women of the Cairo Geniza

Nov 1: DORIS BERGEN
A Priest in a Nazi Collar:
German Military Chaplains
and the Holocaust

Nov 8: WILLIAM GROSS
Mysterious Images: Visual Kabbalah

Nov 15: JASON GUBERMAN-PFEFFER
Passport to Jewish History:
An Interactive Tour of the
Diarna Geo-Museum

Nov 22: MONICA BOHM-DUCHEN
Insiders/Outsiders: Jewish Artists
in Britain from the 19th Century
to the Present Day

Nov 29: JOHN M. TAYLOR
Mystery and Myth of the
Los Lunas Decalogue Stone

A new virtual lunch & learn series of 6 sessions begins October 25th

Eat your lunch in a private virtual room with friends, and then re-join the full group at 12:30 PM for an hour lecture!

Advance RSVP required.

PRICE:
6 Pack: \$36
3 Pack: \$18

ON DEMAND: \$30
Watch each lecture at your own leisure!

By reservation only:
www.bethtikvahtoronto.org
or renee@bethtikvahtoronto.org

This series has been generously sponsored by Helen Stollar



**8-Week
Bereavement
Support Group**


For young adults between
ages 25 – 40

Are you struggling with the recent loss of a family member or dear friend?


The journey of grief uniquely affects our physical, emotional, cognitive, and spiritual well-being. It becomes more manageable and meaningful when shared with others who understand its challenge.

This program provides group support in a safe and nurturing environment. Group members may share feelings of loss, learn about the grieving process, develop strategies for coping, and begin to integrate this change into their lives in order to move forward.


*Sufficient registration is required for each group.




8 Wednesdays:
Oct 19, 26, Nov 2, 9,
16, 23, 30, Dec 7



6:30pm – 8:00pm



Via ZOOM



To register call Charlotte:
416-635-2860 ext 271



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Lulav & Etrog Pick Up:

For all those who have ordered a set, please come to pick up your Lulav Etrogs on Thursday, October 6 afternoon or Friday, October 7 morning.

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
Assistant Rabbi: Alisa Zilbershtein
Hazzan: Tibor Kovari
Ritual Director: Irv Kirshenblat
Executive Director: Rivka Campbell
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.

Beth Tikvah Office Holiday Hours

Tues.	Oct. 4	• Erev Yom Kippur	Closing at 12:00 PM
Wed.	Oct 5	• Yom Kippur	Closed
Fri.	Oct 7	• Erev Shabbat	Closing at 12:00 PM
Mon.	Oct 10	• Sukkot Day 1	Closed
Tues.	Oct 11	• Sukkot Day 2	Closed
Fri.	Oct 14	• Erev Shabbat	Closing at 12:00 PM
Mon.	Oct 17	• Shemini Atzeret	Closed
Tues.	Oct 18	• Simḥat Torah	Closed
Fri.	Oct 21	• Erev Shabbat	Closing at 12:00 PM

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"Beth Tikvah Synagogue"