

# Ma Nishma

מה נשמע

BETH  
TIKVAH  
SYNAGOGUE



DECEMBER 23, 2023 / 5784 טבת 11  
PARASHAT VAYIGGASH

*Shabbat Shalom!*

## SHABBAT TORAH READINGS

### Torah:

Genesis 44:18 - 47:27 בראשית  
Etz Hayim pg. 274

### Haftarah:

Ezekiel 37:15 - 37:28 יחזקאל  
Etz Hayim pg. 291

## SHABBAT SCHEDULE

Kabbalat Shabbat/Ma'ariv 6:00 pm  
Candlelighting (December 22) 4:26 pm  
Shaharit 9:00 am  
Mincha/Ma'ariv 4:15 pm  
Havdalah 5:26 pm

*All services are In Person and LiveStreamed*

## WEEKDAY SERVICE TIMES

### Morning Services @ Beth Tikvah:

Sunday 8:30 am  
Monday & Tuesday 8:30 am  
Wednesday to Friday 7:30 am

### Evening Services @ Beth Tikvah:

Sunday to Thursday 7:00 pm  
*All services are In Person and LiveStreamed*

### Mazel Tov to:

Maya & David Burkes on their 50th  
Wedding Anniversary.

Susan & Jeffery Armel on the Bnei Mitzvah  
of their children **Samantha and Daniel  
Armel**. And to the grandparents **Rona  
Armel and Adele & Marvin Randall**.  
(Shabbat Mincha)

Beth Tikvah's Rabbis' Assistant, **Yardena  
Davis & Kobi Rosen** on the birth of a baby  
boy, **Moshe Yehuda**. Big sisters are **Amira,  
Goldie & Chana Baila**.

## World's Greatest Cantors

Save the Date: Tuesday, April 9, 2024  
Meridian Arts Centre, Weston Recital Hall, 5040 Yonge Street



Cantor Ari Schwartz  
New York City



Cantor Shai Abramson  
Israel



Cantor Naomi Handels  
The Hague

Register today for this incredible  
performance!  
[www.worldsgreatestcantors.com](http://www.worldsgreatestcantors.com)

### Kiddush is co-sponsored by:

Maya & David Burkes in honour of their  
50th Wedding Anniversary.

### Seudah is sponsored by:

Susan & Jeff Armel in honour of the B'nai  
Mitzvah of **Samantha & Daniel**.

Daily Morning Services  
are back at Beth Tikvah!

Join the community!



## You Can Change by Rabbi Alisa Zilbershtein

In Parshat Vayiggash, we are presented with a powerful story that underscores a fundamental truth: people have the capacity to change, regardless of their stage in life.

Initially, in the story of Joseph's sale to the traders, Judah played a key role. He suggested selling Joseph to the Ishmaelites. This decision set in motion the events that would later unfold in Egypt. In our Torah portion, Judah undergoes a significant transformation. When faced with the potential loss of Benjamin, he steps up in a way he did not for Joseph. He offers himself as a substitute for Benjamin, pleading with the Egyptian ruler (Joseph in disguise) to let Benjamin return to their father, Jacob, to spare him the grief of losing another beloved son.

Maimonides, in his Mishneh Torah, outlines the process of Teshuvah in a systematic way. He writes, "What is repentance? The sinner shall cease sinning, and remove sin from his

thoughts, and wholeheartedly conclude not to revert back to it". True Teshuvah is tested when a person finds themselves in the same situation where they previously sinned, and they have the opportunity to commit the sin again but choose not to. In Judah's case, this is precisely what happens. He was once again in a situation where he could have abandoned a brother, yet he chose a different path, demonstrating his moral growth and genuine repentance.

Judah's transformation in Parshat Vayiggash is not just about personal change; it reflects deeper values of leadership and responsibility that are crucial to Jewish identity. By standing up for Benjamin, he shows a willingness to protect and care for others, even at a great personal cost. This act of self-sacrifice and commitment to family and community is why Judah merits becoming a namesake for the Jewish people.



## COMING UP AT BETH TIKVAH

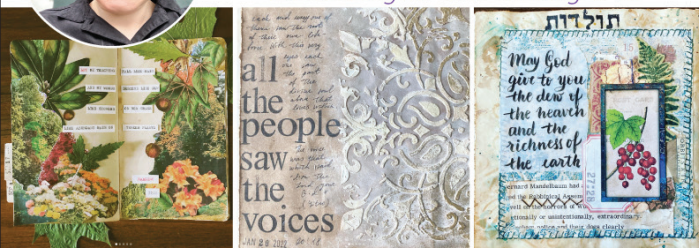
# SHABBAT KIDS CLUB

Kids Club will be on break until January 13th, 2024

## TORAH CRAFTING FOR TU BISHVAT

with Rabbi Alisa Zilbershtein

*Connecting to Torah through Art*



Participants will create a collage inspired by the holiday of Tu B'Shvat

**JANUARY 25, 2024**  
**2:00 - 4:00 PM at Beth Tikvah**

## RESTORATIVE YOGA & MEDITATION THERAPY WITH ORLI ZIV



**THURSDAYS @ 10AM**  
**JAN. 11 - FEB 29**  
**(EIGHT CLASSES)**

**NEW SESSION: REGISTER TODAY!**

## INTER-SHUL TEEN EVENTS: SAVE THE DATES

Saturday February 10: Havdalah on Ice @ Paramount Ice  
Saturday March 2: Movie Night @ Beth Emeth  
Tuesday March 19: Stand With Israel @ Adath Israel  
Tuesday April 16: Israeli Cooking & Dinner @ Beth David



## Leonard Bernstein: An Interpretation with Chaim Feder

**SERIES COST:**  
Members: \$36  
Non-Members: \$50



This series portrays & interprets the epic career of Leonard Bernstein

**Weekly on Zoom**  
**11:00AM Tuesdays**

January 16	Becoming Bernstein
January 23	Bernstein: American & Jew
January 30	Bernstein: Fully Formed
February 6	Bernstein: Interprets Mahler

## ENCORE PRESENTATION

## INTRODUCTORY GRIEF, LOSS & BEREAVEMENT WORKSHOP

**Wednesday, January 17th, 7:30 pm - 9:00 pm on Zoom**

**SINCE OCTOBER 7th ALL JEWS ARE IN A STATE OF GRIEF**  
**So you won't want to miss Gail Sandler's encore presentation.**  
**Because we have a personal and a Jewish grief history, this session is for everyone!**



**FACILITATOR:**  
Gail Sandler, *Certified Bereavement Educator*

### OBJECTIVES:

- Explore the signs & symptoms of grief
- Gain a better understanding of the grief process
- Take a closer look at Jewish Collective grief and our generational trauma
- Discuss coping strategies and how we move forward



In addition to being a Beth Tikvah member, Gail is a Certified Bereavement Educator who has given presentations and workshops at various conferences and meetings. She has also practiced and taught Therapeutic Touch workshops in the Holistic Health Program at Seneca College, at hospices, hospitals, nursing homes and taught complementary therapies in the York Region Palliative Care volunteer training program.



## COMING UP AT BETH TIKVAH

IN HONOUR OF SHABBAT SHIRA  
MUSICA BETH TIKVAH PRESENTS

BETH  
TIKVAH  
SYNAGOGUE

# LIVE JAZZ

with  
**JORDANA TALSKY**  
and friends

SUNDAY, JANUARY 21, 2024 - 2:30 P.M.

— Tickets —

General Admission: \$18 / \$25 at the door

Reserved Section: \$36

Children & Students: FREE

Register online or call: 416-221-3433

Beth Tikvah Synagogue, 3080 Bayview Ave. Toronto,  
ON, M2N 5L3, Tel: 416-221-3433 - [www.bethtikvahtoronto.org](http://www.bethtikvahtoronto.org)

Starting January 8th

BETH  
TIKVAH  
SYNAGOGUE

## MAH JONGG LESSONS

A Fun Game of Situational Awareness & Social Intelligence

Open to Beginners & Intermediate Players

BETH DAVID

PJ Library  
Invites you to...

BETH  
TIKVAH  
SYNAGOGUE

ש"ש  
UJA's ShinShinim

## FAMILY HAVDALAH & BOARD GAMES NIGHT

AT BETH TIKVAH SYNAGOGUE

AND TU BISHVAT  
ACTIVITIES WITH THE SHINSHINIM

JOIN US: JANUARY 20TH @ 7PM



## HAVDALAH ON ICE

FEBRUARY 10th, 2024

Come for 6:45pm  
to lace up your skates!

PARAMOUNT ICE  
1107 Finch Avenue West

\*no skate rentals

### FAMILY HAVDALAH AND SKATE:

7:00 - 9:00 pm

followed by "Family Feud"  
with the Shinshinim

### TEEN HAVDALAH AND SKATE:

7:00 - 9:00 pm

Havdalah & Shinshinim Activity  
followed by Teen Skate

### ENJOY HOT CHOCOLATE & THE CANDY BAR

Bring a Kosher Non-perishable Food Item  
for Chasdei Kadouri (Jewish Food Bank)

Space is limited, register today

## GETTING MARRIED & STAYING MARRIED

WITH ALEEZA BEN SHALOM

WEDNESDAY, APRIL 3RD, 2024 @ 7:30PM  
at Beth Tikvah Synagogue

From Netflix's "Jewish Matchmaking",  
join acclaimed matchmaker  
Aleeza Ben Shalom for a deep dive  
into Jewish perspectives on love,  
relationships, and the art of finding the  
perfect partner.

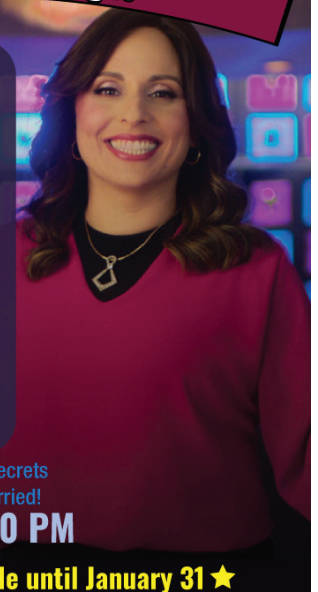
- Dive into behind-the-scenes secrets  
and Aleeza's personal matchmaking  
tales.

- Witness live matchmaking on stage,  
filled with captivating surprises.

Reserve your spot and discover Aleeza's secrets  
to not just getting married, but staying married!

VIP Meet & Greet at 6:30 PM

★ Early-bird tickets available until January 31 ★



# Yahrzeits

This week, we commemorate the yahrzeits of the following people

## Friday, December 22

Al Citren z"l, father of Marcia Phillips  
Hyman Goodman z"l, father of Lorraine Dicker  
Anne Marcus z"l, mother of Arnold Marcus  
Joe Miller z"l, brother of Albert Miller  
Harry Mingail z"l, father of Mervyn Mingail  
Rose Rabovsky z"l, mother of Stanley Rabovsky

## Saturday, December 23

Grete Golombek z"l, mother of John Colomby  
Ben Merson z"l, father of Doreen Levine (Merson)

## Sunday, December 24

Harry Chippin z"l, father of Arthur Chippin  
Ernst Fettner z"l, brother of Liesa Collier  
Louise Ghaltchi z"l, mother of Helen Rouhi  
Tanny Globe z"l, father of Trudy Broude  
Ernie Goodman z"l, husband of Hilda Goodman  
Harry Kay z"l, father of Melvyn Kay  
Nathan Lipkus z"l, father of Lorne Lipkus  
Morris Sylver z"l, father of Allan Sylver

## Monday, December 25

Abe Bowman z"l, father of Michael Bowman  
Israel Fruitman z"l, father of Harvey Fruitman  
Abraham Grill z"l, father of Norman Grill  
Frank Hoffenberg z"l, father of Joyce Harris  
Peter Levine z"l, brother of Hannah Bellack  
Michael Nurgitz z"l, brother of Daniel Nurgitz  
Max Sieber z"l, husband of Helen Sieber

## Tuesday, December 26

Harold Bellack z"l, husband of Hannah Bellack  
Isidore Cleman z"l, father of Goldie Ungar  
Rubin Goldberg z"l, father of Bryna Harris  
Sahler Greenberg z"l, father of Charles Greenberg  
Harry Kroch z"l, father of Murray Kroach  
Gordon Quitt z"l, husband of Molly Quitt  
Jack Schnoor z"l, husband of Marcia Schnoor  
Leslie Teeger z"l, of Mark Teeger

## Wednesday, December 27

Hilda Heifetz z"l, mother of James Heifetz  
Irving Kotler z"l, father of Elaine Batcher  
Channa Lefler z"l, mother of Stanley Lefler  
Louis Levine z"l, father of Gloria Pinkus  
Murray Morgenthau z"l, father of Holly Vengroff  
Ruth Rimler z"l, mother of Rona Arato  
Steven Sieber z"l, son of Helen Sieber  
Alice Sternberg z"l, mother of Susan Herberman  
Eliezer Troub z"l, father of Ruth Grossman

## Thursday, December 28

Henry Green z"l, brother of Jerry Green  
Sigmund Kamnitzer z"l, father of Stephen Kamnitzer  
Ruby Paul z"l, father of Mona Cytrynbaum  
Bert Potashner z"l, husband of Shirley Potashner,  
and father of Wayne Potashner  
Mary Silverstein z"l, mother of Isaac Silverstein

## Friday, December 29

Moise Ades z"l, father of Mireille Nahman  
Celia Frimet z"l, mother of Robert Frimet  
Fred Gotlieb z"l, father of Stephen Gotlieb & Frances Stephan  
Bernice Edith Linder z"l, sister of Beryl Kofman  
Nathan Rochweg z"l, father of Martin Rochweg  
Morris Stein z"l, father of Steven Stein  
Jocelyn Zuck z"l, brother of Victor Zuck

## COMING UP AT BETH TIKVAH

Tues.	Jan. 2	• BT Women: Making Sandwiches for Ve'ahavta	10:30 AM
Thur.	Jan. 4	• Photography with Rick Bornstein (at BT)	10:00 AM
Mon.	Jan. 8	• Mah Jongg Lessons (Registration required) (at BT)	10:00 AM
Mon.	Jan. 8	• Mitzvah Knitters (at BT)	1:00 PM
Wed.	Jan. 10	• Mah Jongg Lessons (Registration required) (at BT)	10:00 AM
Thur.	Jan. 11	• Photography with Rick Bornstein (at BT)	10:00 AM
Thur.	Jan. 11	• Yoga & Meditation with Orli Ziv (at BT)	10:00 AM
Sat.	Jan. 13	• YYF: Shabbat Kids Club (at BT)	10:00 AM
Mon.	Jan. 15	• Mah Jongg Lessons (Registration required) (at BT)	10:00 AM
Mon.	Jan. 15	• BT Women: Making Sandwiches for Ve'ahavta	10:30 AM
Tues.	Jan. 16	• Chaim Feder on Leonard Bernstein (on Zoom)	11:00 AM
Tues.	Jan. 16	• Bnai Mitzvah Program	6:00 PM
Wed.	Jan. 17	• Mah Jongg Lessons (Registration required) (at BT)	10:00 AM
Wed.	Jan. 17	• Grief, Loss & Bereavement: Gail Sandler (Zoom)	7:30 PM

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



## Corner Office



The Beth Tikvah Office will  
be closed from December 22  
at noon to January 1. We will  
reopen on January 2, 2024.



Senior Rabbi: Jarrod Grover  
Hazzan: Tibor Kovari  
Executive Director: Rivka Campbell

Assistant Rabbi: Alisa Zilbershtein  
Ritual Director: Irv Kirshenblat  
President: Barbara Albert