

Ma Nishma

מה נשמע

BETH
TIKVAH
SYNAGOGUE



28 TEVET, 5782 / JANUARY 1, 2022

PARASHAT VA'ERA

SHABBAT MEVAREKHIM HAHOODESH



SHABBAT TORAH READINGS

Torah

Exodus 6:2 - 9:35
Etz Hayim pg. 351

Haftarah

Ezekiel 28:25 - 29:21
Etz Hayim pg. 370

SHABBAT SCHEDULE

Candlelighting (Dec 31) 4:22 pm
Kabbalat Shabbat (Zoom) 3:30 pm
Shaharit (RSVP Required) 9:00 am
Havdalah 5:33 pm
Havdalah Service (Zoom) 6:15 pm
Vaccinated members and guests are welcome to join us in-person for Shabbat morning services. Registration required.

WEEKDAY SERVICE TIMES

Sunday-Thursday 8:30 am/7:00 pm
Friday 8:30 am/3:30 pm

Please note:

The services listed above are on Zoom

**Rosh Chodesh Shevat
is on Monday**

**BETH TIKVAH
TEEN FELLOWSHIP
PROGRAM**
**B'NOT/B'NAI MITZVAH
PROGRAM 2022**
**Youth & Young
Families**
GET INSPIRED IN THE NEW YEAR:
This is the perfect time to sign up for these exciting programs

Sabbath Musings

WITH RABBI LOUIS SACHS



Va'era: Now Is The Time To Be Free

There is a question often asked about the Exodus story, why did God choose that moment in time to free the Israelites from slavery? Why not earlier or later?

The Hasidic Polish leader, Rabbi Simcha Bunim, offers an answer playing on the similar sounds of the Hebrew words "burdens," (slivot) and "patience," (savlanut). Rabbi Bunim teaches that God was afraid the Israelites were becoming too patient with the burdens of Egypt. If they were to remain slaves any longer, they would be so used to life in captivity that they could not adjust to a life of freedom.

As we approach the new year, this lesson can serve as a reminder that it is really easy to get trapped in a routine. Humans have a remarkable capacity to accept what is, as what has to be.

Use this Shabbat as a chance to reflect on the past year. Are you the person you want to be? Are your relationships as meaningful as you'd like? Is your connection to God and the Jewish people as strong as you wish it were?

If the answer to any of these questions is no, then now is the time to change. Before you become too patient with your own captivity, the new year is a chance to grow; it is time to be free.

-RLS

***Kabbalat Shabbat: Friday @ 3:30 PM**

Join Hazzan Kovari and Rabbi Sachs for a virtual Kabbalat Shabbat from your home. We'll sing, learn, and welcome Shabbat as a community on Zoom. See the Friday morning e-mail for the Zoom link.

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.



We invite you to join Morley Goldberg, on Friday, December 31st at 1 PM on Zoom for a virtual Torah Study on Parashat Va'era.

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

PROGRAMMING AT BT

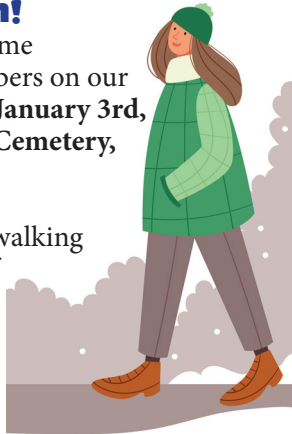
FOR YOUR BODY & MIND

Walk with Beth Tikvah!

Come out, schmooze and get some exercise with Beth Tikvah members on our next walk, happening **Monday, January 3rd, at 1:30 PM at Mount Pleasant Cemetery, Yonge Street Entrance.**

The cemetery is a very popular walking location. It is on the east side of Yonge Street, south of Merton and north of St. Clair.

The entrance is at the very southern end of the property and there is ample parking inside the gate along the road that runs parallel to Yonge Street.



We will meet just inside the Yonge Street gate.

For further information or if the weather is unpredictable, please call Rochelle Thompson at 416 457-8865 to confirm that the walk is taking place. Our walk after that is Thursday, January 13

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

ALL
CLASSES
ON
zoom

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

JANUARY 5
Our Need for Heroes: Biblical vs Classical Models

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.



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



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

פידה נא



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, December 31

Toby Brotman, Vivian Greenberg, Norman Kelman, Alice Roth, Simon Talsky

Saturday, January 1

Yehuda Danzig, Jackie Friedman, Norman Grill, Marsha Klerer, Riva Levick, Diane Miller, Isaac Silverstein

Sunday, January 2

Yosi Behar, Norman Cohen, Helen Daniels, Murray Kroach, Arlette Schulman, Isaac Silverstein, Helene Talsky, Nancy Wise

Monday, January 3

Lillian Benson, Bracha Feder, Ina Lofsky, Lloyd Pollock, Robert Weinerman

Tuesday, January 4

Rona Arato, Perry Chasson, Ian Epstein, Gwen Orriell, Marsha Swirsky, Dorothy Wagner, Marc Zarenda

Wednesday, January 5

Yehuda Danzig, Menasche Schechter, Denise Shenker, Marilyn Starkman, David Zarek, Harry Zarek, Veronica Zarek

Thursday, January 6

Neil Baimel, Myrna Levy, Minda Tward

Friday, January 7

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

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.

Living Donor Needed for Kidney Transplant

Sander has been on dialysis for nearly four years and his family is asking the Jewish community for assistance to help him find a donor.

Please visit Sander's website to see how you can help: <https://kidney4sander.com>



Beth Tikvah Synagogue
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Senior Rabbi: Jarrod Grover
Associate Rabbi: Louis J. Sachs
Hazzan: Tibor Kovari
Ritual Director: Irv Kirshenblat
Executive Director: Doris Alter
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



Fri	Dec 31	• Torah Study with Morley Goldberg (Zoom)	1:00 PM
Mon	Jan 3	• Synagogue Office Closed	Closed
Mon	Jan 3	• Walk with Beth Tikvah (meet at Mount Pleasant Cemetery)	1:30 PM
Wed	Jan 5	• Learn with Bracha Feder (Zoom)	1:00 PM
Thurs	Jan 6	• Restorative Yoga and Meditation Therapy with Orli Ziv (Zoom)	10:00 AM
Sun	Jan 9	• Teen Fellowship Program 2022 (Zoom)	4:00 PM

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



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"Beth Tikvah Synagogue"