

SEPHARDIC KEHILA CENTRE

ABIR YAAKOB CONGREGATION



President
Meyer Keslassy
Vice President
Jean-Claude Abtan

שבת שלום
Shabbat Shalom

ברוכים הבאים
Welcome to our Synagogue

Rabbi Emeritus
Haham Amram Assayag
Rabbi
Rabbi David Kadoch
Shaliach Tzibur
Marc Kadoch
Parnas
Avi Azuelos

פרשת ואתחנן
Parashat Vaethanan
Shabbat August 1st, 2020, יא' אב תש"פ / 11 Av 5780
Perasha Page 958, Haftarah 1196 in Artscroll

Shabbat Prayer Times

מנחה Minha	6:50 p.m.
שיר השירים Shir Hashirim	7:05 p.m.
הדלקת נרות Candle Lighting	7:40 p.m.
שחרית מנין החיד"א (ותיקין) Shacharit Ha'Hida Vatikim	5:10 a.m.
שחרית (Main Synagogue/Barechu:9:35) Shacharit	9:00 a.m.
תהלים Tehilim	7:50 p.m.
מנחה Minha	8:20 p.m.
שבת שבע טוב Shabbat Ends	9:30 p.m.

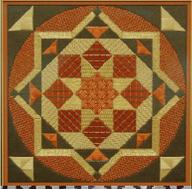
Weekday Services at Medrash Torah Vehayim

<i>שחרית Shacharit Sunday</i>	
ותיקין Vatikim	5:30 a.m.
מקדימים Makdimim	8:00 a.m.
קבועים Kebuim	9:00 a.m.
<i>שחרית Shacharit Weekdays</i>	
ותיקין Vatikim	5:30 a.m.
מקדימים Makdimim	6:45 a.m.
קבועים Kebuim	8:15 a.m.
מנחה Minha	6:55 p.m.
ערבית Arbit	7:10 p.m.

Shabat Zemanim- Netz- נץ- 6:07 am, Keriat Shema- שקיעה 9:45 am, Shekia- שקיעה 8:40 pm

Nahalot

- Simy Bensalmon ז"ל 11 Av / Shabbat August 1st
 Margalit HaCohen ז"ל 12 Av / Sunday August 2nd
 Mimon Benchimol ז"ל 13 Av / Monday August 3rd
 Haim Bensimon ז"ל, Samuel Benzacar ז"ל, Moshe Benchetrit ז"ל 14 Av / Tuesday August 4th
 David Dadoun ז"ל 15 Av / Wednesday August 5th
 Efraim Medina ז"ל 17 Av / Friday August 7th
- Nahalot for the following week**
- Jemia Nassimova ז"ל 18 Av / Shabbat August 8th
 Pinhas Soudry ז"ל, Mary Kvitko Bensimon ז"ל 19 Av / Sunday August 9th
 Rahel Ruah ז"ל 20 Av / Monday August 10th
 Rica Cohen ז"ל 21 Av / Tuesday August 11th
 Alice Feldman ז"ל 22 Av / Wednesday August 12th
 Leah Chai ז"ל 23 Av / Thursday August 13th
 Mojluf Bendelac ז"ל, Rachel Perez ז"ל 24 Av / Friday August 14th



Synagogue News

Thank You From The Benchabo Family

The Benchabo family would like to thank Rabbi Kadoch and the Kahal for their prayers and to thank Esther Benchimol who initiated the Hallah Bake for their sisters' refuah as well as all of the ladies who participated in it. May Hashem Bless you all and grant our wish to see our sister healthy again. Amen.

Tefila Update

Beginning Sunday, all Shaharit minyanim will revert back to reciting Hazara following the silent Amida.

Halacha requires ten men (9 plus Hazan) to answer Amen during Hazara in order to avoid Beracha LeVatala.

Therefore, to avoid the possibility of transgressing this serious prohibition, if there are not 10 people together ready to begin the Silent Amida at the time the Hazan reaches *גאול ישראל*, the Kahal should say only one Amida together (without Hazara). The Hazan in each respective minyan will determine to recite Hazara or not by making a quick count prior to starting the Amida.

At this time, Minha Sundays to Thursdays and Musaf Shabbat will remain without Hazarat Amida.

Coronavirus Update - MASKS ARE MANDATORY

As of Friday, July 17, 2020, York Region Public Health rules state that face masks are now mandatory at all time in all indoor public spaces, including synagogues, (until November 30, 2020). We ask everyone to respect and follow this rule and masks will be available at the front if you forget one. In order to keep with recommendation of social distancing we would also appreciate it if members can minimize their movement during services in the synagogue.

Please refer to the rules taped to the front door for full information.

Synagogue Cleanliness and Sanctity

Over the last few weeks, we have noticed that many people have left water bottles, coffee cups, masks and other refuse in the synagogue after prayer services. This has been a particular problem in the main sanctuary after Shabbat Services. In order to preserve the sanctity of the synagogue and to help maintain the cleanliness of the synagogue, we ask that you dispose of any waste items at the end of services when you leave. Bulletins are not to be disposed as they need to go to geniza and can be left on the front table as you leave.

Torah Bites By Rabbi Kadoch

Parashat Vaethanan - פרשת ואתחנן

Vaethanan - Shema Yisrael: Four elements

בשבתך בביתך ובלכתך בדרך ובשכבך ובקומך

"When you dwell in your house; when you walk on the road, when you lie down and when you rise."

This famous statement in the Shema Yisrael refers to Bene Yisrael's obligation to love Hashem and His Commandments in all aspects of life. The Vilna Gaon has a beautiful explanation on this verse.

He states that man finds himself in four possible states throughout the day: dwelling (sitting), walking, sleeping and rising. These are all hinted in this verse: *בשבתך בביתך* (dwelling) *ובלכתך בדרך* (walking) *ובשכבך* (sleeping) *ובקומך* (rising).

Corresponding to this are four parts to the day. Morning corresponds to rising. Afternoon corresponds to walking. The first part of the night is for sleeping and the second part of the night is for sitting (and learning).

Taking these parts of the day into consideration, we now have the four prayers that were instituted. Avraham instituted Shaharit when he woke up. Yitzhak instituted Minha when he was walking in the field. Yaakov instituted Arvit before he went to sleep and David, the author of personal prayer and Bakashot would dwell early in the morning praising God.

Finally, there are four "worlds" corresponding to these four stages of a man's day. This world corresponds to walking as we walk to complete the various missions we have on this world. When we die, we enter the grave which understandably corresponds to lying down. The time of Tehiyat HaMetim (resurrection) relates to rising and the next world (Olam Haba) is referred to dwelling as those who merit the next world dwell in a world filled with spirituality and bask in Hashem's glory.