

SEPHARDIC KEHILA CENTRE

ABIR YAAKOB CONGREGATION



President
Jean-Claude Abtan
Vice President
Eric Benchetrit

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 July 24th 2021, טו' אב תשפ"א / 15 Av 5781
Perasha Page 958, Haftarah 1196 in Artscroll

Shabbat Prayer Times

מנחה Minha	7:00 p.m.
הדלקת נרות / Candle Lighting / Kabbalat Shabbat / Mizmor Shir LeYom HaShabbat	7:45 p.m.
שחרית מנין החיד"א (ותיקין) / Shacharit Ha'Hida Vatikim	5:00 a.m.
תהלים Tehilim	7:40 p.m.
מנחה Minha	8:10 p.m.
שבת שוב טוב Shabbat Ends	9:41 p.m.

Weekday Services at

Medrash Torah Vehayim

שחרית Shacharit Sunday

ותיקין Vatikim	5:20 a.m.
מקדימים Makdimim	8:00 a.m.
קבועים Kebuim	9:00 a.m.

שחרית Shacharit Weekdays

ותיקין Vatikim	5:20 a.m.
מקדימים Makdimim	6:30 a.m.
קבועים Kebuim	8:00 a.m.
מנחה Minha	7:00 p.m.
ערבית Arbit	18 minutes after Sunset

Shabat Zemanim- Netz- נץ- 5:59 am, Keriat Shema- שמע - 9:41 am, Shekia- שקיעה - 8:49 pm

Mazal Tov

Mr. & Mrs. Nissim and Mia Abecassis on the Bar Mitzvah of their son, Gabriel
Proud Grandparents: Mrs. Alice Abecassis and Mr. & Mrs. Jack and Louise Parnes

Mr. & Mrs. Ezer and Chaya Diena on the birth of a Baby Boy

Proud Grandparents: Mr. & Mrs. Robert and Vivian Benmergui and Dr. & Mrs. Ze'ev and Haviva Diena

Happy Anniversary

Ayal & Carmite Cohen

Birthdays this week

Zeev Sher, Nachumi Abraham, Adam Halioua, Sarah Chaya Ohana, Shalomi Abraham, Jacques Esseis, Yona Gabriel Keslassy, Amram Assayag, Daniel Shlomo Ohana, Benjamin Sadeh, James Toby, Adina Elmaleh

Nahalot

David Dadoun ז"ל 15 Av /Shabbat July 24th
Efraim Medina ז"ל 17 Av /Monday July 26th
Jemia Nassimova ז"ל 18 Av /Tuesday July 27th
Pinhas Soudry ז"ל, Mary Kvitko Bensimon ז"ל 19 Av /Wednesday July 28th
Rahel Ruah ז"ל 20 Av /Thursday July 29th
Rica Cohen ז"ל 21 Av /Friday July 30th

Nahalot for the following week

Alice Feldman ז"ל 22 Av / Shabbat July 31st
Leah Chai ז"ל 23 Av / Sunday August 1st
Mojluf Bendelac ז"ל, Samuel Oziel ז"ל, Rachel Perez ז"ל 24 Av /Monday
August 2nd
Zamila Mouyal ז"ל 26 Av / Wednesday August 4th
Mindel Adina Gal-Kurtz ז"ל, Simon Elgrichi ז"ל, Yael Brigitte Nahmias ז"ל
27 Av / Thursday August 5th
Mercedes Benmergui ז"ל, Freidel Stefania Gal ז"ל 28 Av / Friday Aug 6th

Synagogue News

Kiddush Is Back!

Kiddushim have long been an opportunity for everyone to socialize and see each other. We are thrilled to be able to welcome everyone back. We will need everyone to be mindful of social distancing and of COVID restrictions.

Anyone who wishes to sponsor Kiddush to celebrate an occasion, should contact Sulty in the office at 905-669-7654 x200 or via e-Mail at sulty@kehilacentre.com. **Kiddush, this week, is sponsored by Mr. & Mrs. Nissim Abecassis in honour of their son Gabriel's Bar Mitzvah.**

Seuda Shelishit

We are holding Seuda Shelishit again, between Minha and Arvit on Shabbat, with some adjustments due to COVID restrictions. Anyone who wishes to sponsor Seuda Shelishit in memory of a loved one, should contact Sulty in the office at 905-669-7654 x200 or via e-Mail at sulty@kehilacentre.com.

Seuda Shelishit, this week, is sponsored by Mila Nassimova in memory of her sister, Jenia Nassimova z"l

Re-Opening Ontario - Step 3

Ontario is now in Step 3 of the re-opening plan. This means that there are no longer any capacity limits for religious services as long as physical distancing is respected. The board is working on the resumption of synagogue activities and will be announcing details shortly. For those of you planning a simha, the banquet hall is once again available for events. We will have a maximum capacity of 145 people for any events. If you have any questions, please call the office.

Weekly Shiurim

Monday - Study of the Amida (men and women) @ 8 pm
Tuesday - Halacha (university-aged boys) @ 8 pm
Thursday - Parashat HaShavua (men and women all ages) @ 8 pm
Sunday - Gemara Masechet Sotah @ 7:15am

Weekly Shiur by Zachary Benatar

Join us weekly for inspirational words of wisdom on Judaism by Zachary Benatar. Only half an hour weekly. Gain a deeper understanding of the world through Hashem's eyes. We look forward to having men and women tune in. **Every Monday at 2:45 p.m.**

<https://us04web.zoom.us/j/75974587379?pwd=bDVheFIZRnhuckVI=TE1NYnBxa2R6QT09>. Meeting ID is 759 7458 7379
Passcode 12345

A recognition worth noting

Not long ago, six-year old Chaim Schepansky, grandson to our members and friends Joe and Esther Azoulay was recognized by FDNY and Hatzalah NYC for saving the life of a three year old toddler who was drowning.

We extend a hearty "hazak u baruch" to Chaim for his good deed. "Saving a life is like saving the world" (Talmud).

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) ובקומך (rising) ובשכבך (sleeping) ובלכתך בדרך (walking).

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 Shacharit 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.