

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 מצורע *Shabbat Hagadol-Parashat Metzora*

8 Nissan 5782 / ח' ניסן תשפ"ב, Shabbat April 9th 2022

Perasha Page 620 Haftarah 1220 in Artsroll

Shabbat Prayer Times

מנחה Mincha (Main Synagogue)	6:20 p.m.
הדלקת נרות Candle Lighting/Mizmor Shir	7:10 p.m.
שחרית מנין החיד"א (ותיקין) Shaharit Ha'Hida Vatikin	5:45 a.m.
שחרית Shaharit (Main Synagogue)	9:00 a.m.
Shabbat HaGadol Derasha	6:00 p.m.
תהלים Tehilim	6:40 p.m.
מנחה Mincha	7:10 p.m.
שבע טוב Shabbat Ends	8:39 p.m.



Shabat Zemanim- Netz- נץ- 6:45 am, Keriat Shema- שקיעה- 7:54 pm, Shekia- 10:02 am, שקיעה- 7:54 pm

Weekday Services

שחרית <i>Shaharit Sunday</i>		שחרית <i>Shaharit Weekdays</i>	
ותיקין Vatikin	6:00 a.m.	ותיקין Vatikin	6:00 a.m.
מקדימים Makdimim	8:00 a.m.	מקדימים Makdimim	6:30 a.m.
קבועים Kebuim	9:00 a.m.	קבועים Kebuim	8:00 a.m.
		מנחה Mincha	6:20 p.m.
		ערבית Arbit	immediately following Mincha

Mazal Tov

Mr. & Mrs. Isaac and Leandra Beniluz on the birth of a baby girl
Proud Grandparents: Mr. & Mrs. Joseph and Mercedes Beniluz and Mr. & Mrs. Robert and Erica Miller
Proud Great-Grandmother: Mrs. Gracia Keslassy

Mr. & Mrs. David and Tal Dovas on the Bar Mitzva of their son, Itai

Birthdays this week

Victor Arrobas, Lana Shemesh, Lielle Benarroch, Jonah Abecassis, Shelly Revivo, Leora Elmaleh, Estrella Bensimon, Esther Elfassy

Pesah Times (important notice)

On the back page of the bulletin you will find this year's Pesah times. Please note one important change from previous years. With Pesah beginning late in the calendar, we understand that families are somewhat challenged in conducting their seder and keeping everyone alert awake. Therefore, we will begin Mincha/Arbit early on Friday night (7:00pm) to allow ample time to come home, get seated and comfortable, and start Kiddush exactly at nightfall (8:21pm). This comes at the expense of saying Shema at synagogue before nightfall and means that one needs to repeat Shema any time after 8:21pm (nightfall). **Regardless of when you arrive home Friday night, one cannot recite Kiddush prior to 8:21pm.** Because of Sefirat Ha'Omer, this change will not be implemented on Saturday night. Feel free to approach me if you have any questions. - Rabbi Kadoch

Nahalot

Miriam Toby ל"י, **8 Nissan** / Shabbat April 9th
David Gershon ל"י, Hanna Cohen ל"י **9 Nissan** / Sunday April 10th
Shalom Abraham ל"י, Maryse Benisti ל"י **10 Nissan** / Monday April 11th
Mimoun Wanunu ל"י, Haim Amiel ל"י **11 Nissan** / Tuesday April 12th
Robida Assayag ל"י **12 Nissan** / Wednesday April 13th
Lucy Bensimon ל"י **13 Nissan** / Thursday April 14th
Maguy Pinto ל"י, Rahamim Sultan ל"י **14 Nissan** / Friday April 15th

Nahalot for the following week

Preciada Beniluz ל"י, **15 Nissan** / Shabbat April 16th
Fortune Cohen ל"י, Arie Lieber ל"י, Chaim Tzvi Michael ל"י **16 Nissan** /
Sunday April 17th
Jose Sevi ל"י, Messa'uda Lalou ל"י **18 Nissan** / Tuesday April 19th
Simy Benmergui ל"י, **19 Nissan** / Wednesday April 20th
Nahum Dallal ל"י **21 Nissan** / Friday April 22nd

Synagogue News

Shabbat HaGadol Derasha

For centuries the Rabbis would deliver a Shabbat HaGadol address to their respective communities and synagogues discussing the laws of Pesah and inspirational ideas.

The entire Kahal is encouraged to attend this year's derasha by Rabbi Kadoch at 6:00pm in the main synagogue. Men and women of all ages are welcome.

Topic: The Biblical Mitzva of Retelling

Please note that Dr. Adam Ohayon will be delivering the Shabbat morning derasha this week.

Taanit Bechorot

This year's fast will take place on Erev Pesah, Friday April 15th. One is exempt from fasting if he partakes in a siyum celebration. We are happy to provide two opportunities to partake in a siyum:

Shaharit Netz 5:55 am (medrash) and 8:00 am (main synagogue)

Please note that these will be the only two minyanim on Erev Pesah

Early Shabbat Summer Schedule

A reminder that we are now on the summer schedule for Erev Shabbat. Minha will begin at 6:00pm followed by Shir HaShirim.

Early Risers, Early Gainers

Join Rabbi Kadoch at 830 am Shabbat mornings prior to Shaharit in the main synagogue for an informative shiur on Hilchot Shabbat. Start your day with an infusion of Torah.

Open to everyone - (coffee and tea available)

Shabbat Kiddush

There is no Congregational Shabbat Kiddush this week because of the Shabbat HaGadol Shabbaton.

Seuda Shelishit

Over the past few months, the Divre Torah during Seuda Shelishit have tackled interesting and thought-provoking topics. Please join us between Minha and Arbit for this week's instalment.

Seuda Shelishit this week is sponsored by the Sephardic Kehila Centre

Hagada Holiness - Season One

Rabbi Kadoch is launching yet another series in part of his Finding Holiness podcast called "Hagada Holiness" which consists of short insights on the Hagada by the Ephod Bad commentary.

The 1st season of the Hagadah Holiness Series has been sponsored by Mr. Leon Sibony in memory of his parents Mr. and Mrs. Rahamim and Estrella Sibony z"l and for the Refua Shelema of Mr. Isaac Benatar.

To receive notifications of each episode published please speak to Rabbi Kadoch.

Pesah Question Whatsapp Group

The ever-so popular Pesah Question Whatsapp Forum is back and ready for another year. Ask Rabbi Kadoch all your Pesah questions to help you prepare for Pesah. To join please contact Rabbi Kadoch

Tefilot and Piyutim

The young boys of the community, led by Adam Ohayon, continue learning the songs and melodies that make our services unique.

To have your child participate, bring him 30 minutes before Minha on Shabbat afternoon.

Chol Hamoed Pesah Makeup Class

We invite all high school girls to a fun and exciting chol hamoed Pesah Makeup class. The class will be held in the lower level social hall (restaurant) on Wednesday, April 20th @ 7:30 PM. There is no charge for attending and refreshments will be provided.

For more information, or to register, please contact Miriam Dishy @ 647-271-2711 or send an e-Mail to social@kehilacentre.com.

Pesah Seder eBook Availability

Once again this year, we will be releasing a Pesah Seder eBook produced under the leadership and guidance of Mr. Isaac Oziel. Printed copies of this Kehila Haggadah are available for purchase through the office by contacting Sulty at 905-669-7654 x200 or at sulty@kehilacentre.com or by reaching out directly to Isaac Oziel at Isaac@dponline.ca.

This audio eBook can be played on a computer, a tablet or mobile phone. The Seder eBook is an instructional manual which includes the Kiddush, the Seder Berachot, the Hagadah, Divre Torah, Hallel, Shir Hashirim, the Laws of the Seder, and Piyutim embedded as well. To see an example of the eBook that was created last year, please go to <https://online.flipbuilder.com/qydb/nbse/#p=P0>

Shabbat Kids' Program

We encourage parents to bring their children to the centre and feel comfortable that they are in a safe and healthy environment with program of activities to entertain and educate children of the community while their parents pray.

The kid's program is located in the Lower Level Social Hall (Restaurant) and will run from 10:00 am until 12:00 pm (noon) on Shabbat.

Finding Holiness Podcast

An online directory of all of Rabbi Kadoch's Torah Classes

Listen on Spotify, Apple Podcasts, Google Podcasts.

Help support the upkeep and hosting of the podcast by sponsoring a shiur in honour or in memory of a loved one.

Join the Finding Holiness Whatsapp group to receive links to uploaded classes. For more information please speak to Rabbi Kadoch

2022 Board of Governor Elections

As per our constitution, elections for Board of Governors are scheduled for June 2022. We need volunteers to form a Nomination Committee that will be responsible for overseeing the election process and review candidates who wish to present themselves for election to the Board of Governors. We ask for any interested member to contact our President, Jean-Claude Abtan via e-Mail at president@kehilacentre.com no later than April 17th to express their interest in participating in this important function.

Weekly Shiurim

Monday - Study of the Amida (men and women) @ 8 pm ONLINE

Wednesday-Torah Learning-Limud Torah BACK TO BASICS @8pm

Thursday - Weekly Parasha (men and women all ages) @ 8 pm

Zachary Benatar

Monthly on Mondays @ 2:45pm: Parasha (men and women)

Metzora - Pesah

Rabbi David Kadoch

There's a lot we don't know or understand about the ke'ara plate in the middle of the table on the night of Pesah. It contains many deep messages and allusions and one must know that a lot of the symbolisms are beyond our comprehension. It can be compared to man who used his horse to push a millstone to grind wheat kernels. As this was going on for hours, the horse looked up at the owner and asked the owner: "My master, when you ride me throughout town, I understand my purpose, for I start in one place and I end up somewhere else. But now, I feel like I'm just walking around in circles and I wonder what exactly is my function. The owner told the horse. "Correct, you don't really see any advantage to what you're doing, but in reality, every motion of yours is contributing to the milling and grinding of the wheat. So while discovering the meaning of the seder plate seems over our head, through its set up and small things we do at the seder, we guarantee our spiritual elevation in ways we don't know but are working behind the scenes.

One example of this is found on the right side of the seder plate; the shank bone (zeroa). This bone is to commemorate the miracle that God took us out of Egypt bizroa netuya, with an outstretched arm. The commentators allude this shank bone to the episode of baby Moshe in the basket floating in the Nile. When Bitya, the daughter of Paroh saw the basket, the verse states "vatishlah et amatah" – "and she stretched her arm." The Talmud in Sota 12b expounds the verse by saying that her hand stretched out 60 amot (30 m) to reach the cradle of Moshe. There are even those that say it stretched 500 amot (250m). This seems difficult. What logic is there to stretch out your hand in such a situation? What sane person would attempt to reach something in the water so far away? All she is doing is asking to be mocked and ridiculed for such an attempt. The Kedushat Levi zt"l and R' Yisrael Salanter zt"l explain that Bitya needed her conscience to be clear knowing that she did everything she could to save Moshe Rabenu. She needed to know that if the Heavenly Court was to ask her "What did you do in your power to save that child," that she would have an answer. Therefore, she stretched her hand as far as she could, regardless of what others would say, critique or judge of her. HaKadosh Baruch Hu wants to show every Jew in each generation, that the way to come close to Him, is to do his/her part, and therefore he made Bitya's hand stretch far and long to make that point.

There's an important lesson that we can learn from this, especially while conducting the seder on the night of Pesah. The Jewish people were steeped in the lowest level of impurity. How can it be that they were able to reach such great heights and receive the shechina in such a short time? It must be, says R' Yisrael Salanter zt"l, that it was their tremendous dose of ratzon, will, that caused this flip in spirituality. To reach it, you have to want it. Therefore, on the night of Pesah we tell every Jew: Know that your spirituality is dependant on how much you will it and desire it. If you just show Hashem one ounce of eagerness and passion, there is no doubt he will guide you to a new path of meaning and fulfillment. Just look at Bitya for proof.

Understand, then, that the shank placed on the seder plate is not just a symbol to represent God's outstretched arm in saving the Jewish people, but also the outstretched arms of each and every Jew reaching towards the Almighty; signifying their desire to change, to be better and to merit reaching higher places in their spiritual life.

Hag Kasher VeSameah! Rabbi David Kadoch

Shabbat HaGadol: The Power of Mesirut Nefesh

Rabbi Eli J. Mansour

The Shabbat before Pesach is famously called "Shabbat Ha'gadol" – "the Great Shabbat."

The most common explanation for this name is that offered by the Tur (Rabbenu Yaakob Ben Asher, Germany-Spain, 1269-1343), who writes that this Shabbat commemorates a miracle which occurred on the last Shabbat before the Exodus from Egypt. As the Torah tells in Parashat Bo, G-d commanded Beneh Yisrael to select a sheep for the Korban Pesach (paschal sacrifice) on the 10th of Nissan – four days before it was to be slaughtered, the afternoon of the 14th of Nissan. That year, the 10th of Nissan fell on Shabbat. The Egyptians regarded sheep as a sacred article, and so when they saw Beneh Yisrael preparing sheep, they naturally approached them and asked what this was about. Beneh Yisrael proudly and unabashedly proclaimed that they were preparing sheep to be sacrificed to the one, true G-d. This was, quite obviously, an affront to the Egyptians' faith, and they were incensed. Miraculously, however, they felt helpless, and did nothing to harm Beneh Yisrael. This is the great miracle that we commemorate on Shabbat Ha'gadol.

The elaborate further on the significance of these events which transpired on the Shabbat before the Exodus.

Many years earlier, G-d had informed Abraham Abinu of His decree that Abraham's descendants would be enslaved and oppressed for 430 years. As we know, however,

G-d brought Beneh Yisrael out of Egypt after they had been there for just 210 years. Moreover, according to tradition, the period of harsh labor lasted just 86 years – from the time of the birth of Miriam, Moshe's sister, until the Exodus. This means that Beneh Yisrael endured just one-fifth of the decreed period of oppression (86 is one-fifth of 430). G-d saw that if Beneh Yisrael had remained in Egypt any longer, they would have been fully assimilated into Egyptian society, and would not have been able to be redeemed. Over the course of their stay in Egypt, Beneh Yisrael adopted the Egyptians' pagan beliefs and practices, to the point where had they remained any longer, they would never have spiritually recovered from their depths of paganism and immorality. G-d therefore mercifully brought them out of Egypt much earlier than they were to have been redeemed. This is one of the reasons for the Misva of Arba Kosot – the four cups of wine we drink at the Seder. The word "Kos" ("cup") in Gematria equals 86, and thus the four cups of wine represent the four-fifths of the 430 years which were deducted from the amount of years that the bondage was to have endured. We drink these four cups to celebrate the 344 years of suffering which our ancestors were spared.

The question, however, arises, as to how the decree could be changed. If Beneh Yisrael were to endure 430 years of harsh labor, how could G-d have freed them after only 86 years?

The answer, the commentaries explain, is found in the events of Shabbat Ha'gadol.

We need to appreciate the great self-sacrifice that Beneh Yisrael displayed at that time. Despite still living under Egyptian rule, and having been submerged in Egyptian beliefs and culture for so long, they mustered the faith, courage and resolve to publicly renounce Egyptian paganism, and openly prepare to sacrifice a sheep to G-d. During the four days before the sacrifice – from the 10th of Nissan, when they first selected the sheep, until the 14th, the day the sacrifice was offered – they displayed extraordinary faith. At any point during that period, an angry Egyptian could have come along and killed them. But they were not deterred. They placed their faith in G-d, and faithfully obeyed His command despite the threat entailed, throughout this four-day period. This remarkable Mesirut Nefesh (self-sacrifice) exhibited during those four days compensated, as it were, for the four-fifths of the period of bondage which Beneh Yisrael were spared. Each day "covered" 86 years of slavery, and this is how they were freed after just 86 years of harsh labor. This shows us the precious value of Mesirut Nefesh, of making difficult sacrifices for the sake of fulfilling G-d's will.

There is nothing more beloved to the Almighty than a Jew sacrificing something dear to him for the service of Hashem. Anytime Torah law requires us to give up something of value, whether it's money or some enjoyable activity, we must remember just how precious Mesirut Nefesh is, and how the rewards we accrue through our selfless devotion to G-d far outweigh whatever it is that we sacrificing.

Pesah Schedule (1st Hag)

Friday April 15th
Erev Pesah

- 11:03 Finish eating Hametz by
- 12:10 Eliminate Hametz by
- 7:00 Minha
- 7:43 Candle Lighting before
- 7:15 Arbit*
- 8:21 Kiddush **must be after**
- 1:18 Midnight/Finish Afikoman by

*Keriat Shema must be repeated after nightfall (8:21pm)

Saturday April 16th

- 5:45 Shaharit Vatikin
- 9:00 Shaharit Main Synagogue
- 7:45 Minha
(Seuda Shelishit should be done at home)
- 8:10 Arbit
- 8:48 Candle Lighting **after**
- 8:48 Nightfall/Kiddush/Havdala **after**
- 1:17 Midnight/Finish Afikoman by

Sunday April 17th

- 5:45 Shaharit Vatikin
- 9:00 Shaharit Main Synagogue
- 7:45 Minha
Shiur
- 8:35 Arbit
- 8:50 Hag Ends

Hol HaMoed (18-21)

- 5:55 Shaharit Medrash
- 6:45 Shaharit L/L Synagogue
- 8:00 Shaharit Main Synagogue
- 6:25 Minha
- 6:40 Arbit
- 8:27 Sefirat Ha'Omer after



Pesah Schedule (2nd Hag)

Thursday April 21st

- 6:25 Minha
- 7:00 Candle Lighting
- 8:28 Sefirat Ha'Omer/Keriat Shema after

Friday April 22nd

- 5:35 Shaharit Vatikin
- 9:00 Shaharit Main Synagogue
- 6:20 Minha
- 6:40 Arbit
- 7:00 Candle Lighting
- 8:29 Sefirat Ha'Omer/Keriat Shema after

Saturday April 23rd

- 5:35 Shaharit Vatikin
- 9:00 Shaharit Main Synagogue
- 7:50 Minha
(Seuda Shelishit should be done at home)
- Shiur
- 8:45 Arbit
- 8:58 Nightfall/Hag Ends



Hag Kasher Vesameah, Tizku Leshanim Rabot, Neimot Vetobot

