

SEPHARDIC KEHILA CENTRE

ABIR YAAKOB CONGREGATION

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Rabbi David Kadoch
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שבת שלום ברוכים הבאים
Shabbat Shalom Welcome to our Synagogue

פרשת בהר-בהקותאי Shabbat Behar-Behukotai
Shabbat May 13th 2023, כ"ב אייר תשפ"ג / 22 Iyar 5783
Perasha Page 696 Haftarah 1179 יהוה עזי in Artscroll

Shabbat Prayer Times

מנחה Mincha (Main Synagogue)	6:45 p.m.
הדלקת נרות Candle Lighting - Early Shabbat	7:30 p.m.
הדלקת נרות Candle Lighting - Standard	8:14 p.m.
שחרית מנין החיד"א (וטיקין) Shaharit Ha'Hida Vatikini	4:55 a.m.
Shiur Hilchot Shabbat	8:30 a.m.
שחרית Shaharit (Main Synagogue)	9:00 a.m.
Shiur Mesilat Yesharim	6:40 p.m.
תהלים Tehilim	7:25 p.m.
מנחה Mincha	7:55 p.m.
שבת טוב Shabbat Ends	9:25 p.m.



Shabat Zemanim- Netz- נץ- 5:54 am, Keriat Shema- קריאת שמע 9:34 am, Shekia- שקיעה 8:34 pm

Weekday Services

שחרית Shacharit Sunday	שחרית Shacharit Weekdays
וטיקין Vatikini 5:15 a.m.	וטיקין Vatikini 5:15 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 6:55 p.m.
	ערבית Arbit Arbit immediately following Mincha

Mazal Tov

Biba Atara Benquesus and Josh Rais on their recent engagement
Proud Parents: Mr. & Mrs. Reuben and Naomi Benquesus, Mr. & Mrs. Yechiel and Yael Rais
Proud Grandparents: Mr. & Mrs. Jacques and Biba Benquesus, Mr. & Mrs. Jeno and Judith Gal,
 Mr. & Mrs. Arnold and Sally Rais, Mr. & Mrs. Sruly and Debbie Karoly
Proud Great Grandmothers: Mrs. Mira Kipper, Mrs. Ida Karoly, Mrs. Bella Lehrer
Jeremy Benchaya and Shirel Benisty on their recent engagement
Proud Parents: Mr. & Mrs. Gilles Benchaya and Myriam Carole Medina Benchaya, Mr. & Mrs. Aryeh Benisti and
 Armada Meyara
Proud Grandparents: Mr. Yaacov Medina, Mrs. Addie Abitbol
Ella Benquesus for winning 2nd place in the national Chidon Tanakh/Bible Contest in Canada

Happy Anniversary

♦ Gad & Joanna Elmaleh

Happy Birthday

Esther Elmaleh, Judith Benarroch, Jacob Adam Rothenberg, Kaleb Israel Benquesus, Lisa Steele,
 Liliane Hartmann, Estelle Hartmann, Sam Toby, Henri Ohayon, Yosef Eliyahu Aboudi, Orya Prieu,
 Allen Azoulay, Emma Azulay, Jonathan Moyal

Nahalot

Maryvonne Esther Bittan ז"ל 22 Iyar / Shabbat May 13th
Hortencia Farache Levy ז"ל 24 Iyar / Monday May 15th
Simha Lugassy ז"ל 25 Iyar / Tuesday May 16th
Elie Reboh ז"ל, Salomon Nassimov ז"ל 27 Iyar / Thursday May 18th
Shoshana Rose Dallal ז"ל 28 Iyar / Friday May 19th

Nahalot for the following week

Samuel Benchluch ז"ל, Jais Benchetrit Levy ז"ל, Abraham Halioua ז"ל
29 Iyar / Shabbat May 20th
Menahem Azulay ז"ל, Baruj Soudry ז"ל 2 Sivan / Monday May 22nd
Shimon Amar ז"ל 3 Sivan / Tuesday May 23rd
Makhlof Benaksas ז"ל, Yitzchak Irving Gencher ז"ל 4 Sivan /
Wednesday May 24th
Esther Ponte ז"ל, Simy Edery ז"ל, Sofia Faierman ז"ל 5 Sivan / Thursday
May 25th

Synagogue News

Mishmara Notice - Mrs. Phiby Zrihen z"l

The eleven months for Mrs. Phiby Zrihen z"l will be marked on Sunday May 14th at 9:30 AM at the Bathurst Lawn Cemetery May her neshama rest eternally in Gan Eden and may we only hear Besorot Tovot. Amen.

Pirke Avot

This week's Perek Hamishi will be recited by Arie Avraham Oziel. Hazak U'Baruch!

Shabbat Kiddush

Kiddushim bring everyone together on multiple levels and we are thrilled to welcome everyone to SKC for a congregational Shabbat Kiddush. Anyone interested in sponsoring all or part of a kiddush or even helping us enhance the weekly kiddush is asked to call the office at 905-669-7654 x200 or send an e-mail to social@kehilacentre.com.

This week's congregational Kiddush is co-sponsored by Mr. Isaac Oziel in honor of Arie Avraham Oziel reciting perek Hamishi

Everyone is Welcome

Seuda Shelishit

Over the past few months, the Divre Torah during Seuda Shelishit have tackled interesting and thought-provoking topics. Joins us after Mincha on Shabbat to hear this week's insight. This week's Seuda Shelishit is sponsored by

- ♦ Mr. & Mrs. Yves and Jacqueline Zrihen, in memory of his mother, Mrs. Phiby Zrihen z"l
- ♦ Ms. Bella Kardashova & Ms. Mila Nassimova, in memory of their father, Mr. Salomon Nassimov z"l

Everyone is Welcome

Mesilat Yesharim - Back for another summer!

Men and women are invited for another summer to hear words of inspiration and Torah values from the book Mesilat Yesharim. Join Rabbi Kadoch every Shabbat, 45 minutes before Tehilim, to absorb the profound words of this masterpiece.

This week at 6:40 pm in the main synagogue.

Early Risers, Early Gainers

Rabbi Kadoch's Shabbat morning Shiur prior to Shaharit continues this Shabbat at 8:30am.

Tefilot and Piyutim

Come join the young boys of the community, led by Adam Ohayon, and learn the songs and melodies that make our services unique. Tefilot and Piyutim runs at the same time as Tehilim on Shabbat. To have your child participate, bring him 30 minutes before Mincha on Shabbat afternoon.

Shabbat Kids Program

We encourage parents to bring their children to the program knowing they are well taken care of by our experienced staff.

We have a fresh new program and exciting activities to entertain the children. Kehila Kidz program is located in the Lower Level Social Hall (Restaurant) and will run from 10:00 am until 12:00 pm (noon) on Shabbat.

Please remember that your children are your responsibility while at SKC and that if they are not participating in the children's program, that they should be sitting with you. We appreciate your understanding and cooperation.

Hilula Of R'bi Shimon Bar Yohai

It is with gratitude to Hashem that we thank everyone who attended Monday Night's Hilula of R'bi Shimon Bar Yohai. The atmosphere at the Hilula was electric with 260 people of all ages in attendance. Gladstones Catering provided a delightful and tasteful meal, the music was lively and festive and the people in attendance were generous and joyful. Thank you to the many of you who supported us in the purchase of raffle tickets and generously participated in the evenings donations and auction of candles, wines and cakes. Your support will help with future community events, programs and goals throughout the year.

Weekly Shiurim

Parashat HaShavua - Thursdays @8pm HYBRID*

Hilchot Shabbat - Shabbat at 8:30am Main Synagogue

Gemara Sanhedrin - Sundays at 7:15am Downstairs synagogue

Zachary Benatar

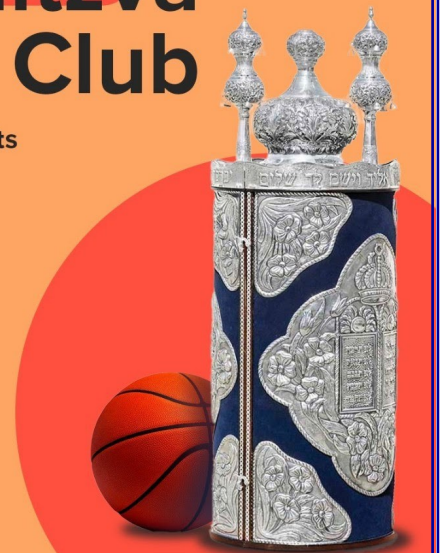
Weekly on Mondays @ 2:45pm: Parasha (men and women)

Bar Mitzva Club

Learning and sports
with Rabbi Pinto
Tuesday nights
6:10 - 7:45 pm

Sephardic Kehila Centre
Lower level midrash

Sponsorships Available



Behar Behukotai 5783 - Six years as a means for seven

Rabbi David Kadoch

Parashat Behar begins with the mitzva of Shemita. "When you will come to the land that I give you, the land shall rest and it shall be a Shabbat for Hashem." The Torah is stating that the Shemita year is the seventh year after six years of planting. This makes the translation of the opening verse very confusing. The Torah should have written, "When you come to the land, you shall plant for six years and on the seventh year it shall be a Shabbat." However, the Torah mentions off the bat, that once entering the land it will be a Shabbat for the land. In reality, it took fourteen years to conquer the land and divide it, then there was six years of planting and only after that was Shemita. So what is the pasuk teaching us by mentioning that that Shemita will take place right when we enter the land?

The Torah wishes to impart the following lesson. What is the purpose of planting for six years? That every Jew is constantly aware that all six years of work is to reach the seventh year of Shabbat - the year of holiness and spirituality. Hashem gave us the Land of Israel in order that we enter the realm of kedusha; that the Shabbat is found within the confines of our work. Man can easily think that the purpose of life is to just plant for six years and then I have this separate mitzvah to keep Shemita. Not so. Shemita is the goal and the six years is the means to get to that goal. When we begin to educate a Jewish child, we must begin, similarly, with this concept. We start with the concept of Shabbat; the notion of holiness and spirituality and then we transition to the physical work of planting for six years. Of course a person must sustain himself through proper hishtadlut either by getting a job or working in the field, but that is only after he has understood the purpose of life which is one that is devotion to Hashem. Accept upon yourself the Shabbat and then go out and work to make a living. Rather than working six days a week and then looking at Shabbat as a separate day of rest, look at the work we do as a means to appreciate the Shabbat even more; making shabbat the central component of our lives.

There was once a big Hasid named Rabbi Haim Moshe Alparovitch. He worked for a construction company in building and paving roads, using hard labor. In terms of his gentle nature, he was more suited to theoretical work, where you have to use your head. The company managers wanted to promote him, not to work in the hot sun which took a physical toll on him, but to work in the office. Rabbi Haim Moshe firmly refused the tempting offer, because he reasoned as follows: "When I work in physical construction, then only my hands and body are busy working, as it is written, גִּיעַ כְּפִיךָ כִּי תֹאכַל "If you eat the toil of your hands." This way I can keep my head busy with the Torah when I'm working with my hands. But if I work in an office job, it might "get to your head", my head will also be busy with physical work, and I will not be able to keep it busy with studying. And so I therefore prefer working outside, so that I can keep my head occupied with the Torah even while working.

In a deeper sense, there is a hint here in the parasha to the generality of human life on Earth. It is known that life in this world consists of six thousand years of doing, and the seventh thousand which is "a Shabbat". The Torah alludes here: "For you will come to the land" - when a soul descends to the lower land, to this world, to the six thousand years of work, it must know that the purpose is, וּשְׁבַתָּהּ הָאָרֶץ שִׁבְתָּ לָהּ "And the land rested and is a Shabbat to Hashem." A Jew must be aware that the purpose of his life on earth is to prepare the world for its divine destiny, that the world will become a 'dwelling place for Hashem to be blessed', something that will be fulfilled in its entirety in the seventh millennium, the period of the 'Shabbat' - "a day that is all Sabbath and rest for eternity."

Parashat Behar- Experiencing the Sweetness and Delight of Torah

Rabbi Eli J. Mansour

The Torah in Parashat Behar(25:37) introduces the prohibition against lending on interest: "Et Kaspecha Lo Titen Lo Be'neshech."

The Or Ha'haim (Rav Haim Ben-Attar, 1696-1743) adds a deeper level of interpretation, explaining that the word "Kesef" (money) is associated with the verb "K.S.F.," which means "crave" or "desire." Money is called "Kesef" because it is something which people naturally crave. In this verse, the Or Ha'haim writes, the Torah warns us not to allow ourselves to be "bitten" by our cravings, our desires for physical enjoyment and delights. If we indulge in physical pleasure without restraint, even if they are all technically permissible, then we will be "bitten" in the sense that the "venom" of sin will be injected into our souls.

The verse continues, "U'b'marbit Lo Titen Ochlecha" - that we may not lend people food on interest. The Or Ha'haim explains the word "Marbit" as meaning "excess," referring to overindulgence, such that the Torah here commands us not to involve ourselves excessively in "Ochlecha" - even permissible food.

In developing this concept, the Or Ha'haim formulates a fundamental principle about

spiritual life. He writes that when a person overindulges, and instead of merely satisfying his natural hunger, he eats excessively, he thereby "darkens the light of the soul, because when this one rises, this one falls - when the sensual appetite increases, the spiritual appetite decreases." The Or Ha'haim establishes that a person's physical and spiritual cravings are inversely proportional to one another.

The more we focus our attention on experiencing physical enjoyment, the less drawn we will be to spiritual enjoyment. If we lust after physical pleasure, we will lose our desire for spiritual fulfillment.

This principle developed here by the Or Ha'haim sheds light on his more famous comments later, in Parashat Ki-Tabo (26:11), in reference to the verse, "Ve'samahta Be'chol Ha'tob Asher Natan Lecha Hashem Elokecha" - "You shall rejoice over all the good which Hashem your G-d has given you." The word "Tob" (goodness) in this verse, the Or Ha'haim writes, may be understood as a reference to Torah learning, such that the Torah here speaks of the unique joy of studying Torah.

The Or Ha'haim explains that if people sensed the sweetness of Torah, they would "go crazy" ("Mishtag'im") over Torah learning, and no other enjoyment in the world would amount to anything in their

eyes, as nothing would compare to the joy and pleasure of Torah learning.

We generally find Torah study difficult and burdensome because we are unable to experience the unparalleled sweetness of Torah. The reason why we do not enjoy the sweetness of Torah is explained in the Or Ha'haim's remarks here in Parashat Behar. Our preoccupation with physical enjoyment and material delights compromises our desire for spiritual enjoyment. By placing too much importance on physical delights, we undermine our ability to experience spiritual delight.

As we prepare for the holiday of Shabuot, which celebrates Matan Torah, let us resolve to prioritize our involvement in Torah, and to moderate our involvement in physical enjoyment. While we of course all have physical and material needs that must be met, we must ensure not to overindulge, that our mundane pursuits do not become obsessive. If we exercise moderation in our enjoyment of physical and material delights, we will be better able to experience the unparalleled joy and sweetness of Torah, and will be drawn to engage in Torah study at every free moment.



Sephardic
Kehila
Centre

MESILAT YESHARIM

With Rabbi David Kadoch

SHABBAT AFTERNOONS

The book that every
Jew must learn!

Beginning Saturday April 29th
45 minutes before Tehilim – Main Synagogue

SKC Sisterhood

BOOK CLUB

Join us for weekly discussions
on the learnings from
Life Is a Test
by Rebbetzin Esther Jungreis

Saturdays May 13, 2023 - July 1, 2023 (5:00pm)

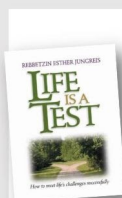
(Note: No classes will be held on May 27th and June 10th)

Sephardic Kehila Centre

(Ohr Haemet School Office, Boardroom)

Book purchases are available through your local
bookstore or Amazon. There is no requirement to
read in advance. Chapters will be summarized at the
beginning of each class.

Light refreshments will be served.
Followed by Rabbi Kadoch's Shiur
(6:20pm for anyone that would like to stay).



For over forty years, Rebbetzin Esther Jungreis
has been a globetrotting spokeswoman for
Judaism. Whether counseling a searching soul
or addressing a packed house in Madison
Square Garden, her message is elegantly
universal, while simultaneously addressing the
specific needs of contemporary Jews. In *LIFE
IS A TEST*, the Rebbetzin's uncompromising
convictions, her insights on faith, her soul-
stirring wisdom, and her palpable love
of all people saturate every word.

Weekly discussions will also
reflect Rav Tzadok HaKohen's
teachings.



Womans Wellness Program

Music Movement & Meditation

Get ready to feel energized and inspired as Esther Willinger, a life coach
and breath-work instructor, guides us through a transformative
experience. We'll explore the connection between our mind, body and
soul through music, body and breath-work. Take some time for yourself
and join us for a rejuvenating evening.



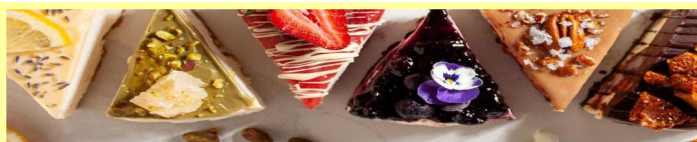
Sunday May 7th 8:00-9:30 pm
Sunday May 28th SKC SOCIAL HALL
Monday June 5th Members: \$5
Monday June 19th Non-Members: \$10

This program is designed to be enjoyed by women of all ages. We look
forward to see you there.

Note: Dress comfortably to move your body. Bring water, and a Yoga Mat if you have one (but not necessary to
participate). Eye masks are also an added enhancer if you wish.



Register at



Cheesecake Challenge 2023

Hosted by the SKC Sisterhood in honour of Rosh Chodesh Sivan (and just in time for Shavuot!)

Join us for an evening of cheesecake tasting and vote for
SKC's Best Cheesecake 2023!

Everyone is welcome! Bring the whole family!

1st Prize: \$150 and bragging rights!

Runner up prizes

Monday, May 22, 2023 @ 8:00pm

Lower Level Social Hall

Cost: \$10 per person

Register at

www.kehilacentre.com/event/cheesecake

