

# SEPHARDIC KEHILA CENTRE

## ABIR YAAKOB CONGREGATION

President  
Jimmy Keslassy  
Vice President  
Isaac Cohen

שבת שלום      ברוכים הבאים  
Shabbat Shalom      Welcome to our Synagogue



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

Shabbat Va'Ethanan פרשת ואתחנן  
Shabbat July 29th 2023, יא' אב תשפ"ג / 11 Av 5783  
Perasha Page 958 Haftarah 1196 נחמו 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	8:27 p.m.
שחרית מניין החיד"א (ותיקין) Shaharit Ha'Hida Vatikim	5:05 a.m.
Shiur Hilchot Shabbat	8:30 a.m.
שחרית Shaharit (Main Synagogue)	9:00 a.m.
Shiur Mesilat Yesharim	6:50 p.m.
תהלים Tehilim	7:35 p.m.
מנחה Mincha	8:05 p.m.
שבת שבע טוב Shabbat Ends	9:35 p.m.



Shabat Zemanim- Netz- נץ- 6:04 am, Keriat Shema- קריאת שמע- 9:43 am, Shekia- שקיעה- 8:44 pm

### Weekday Services

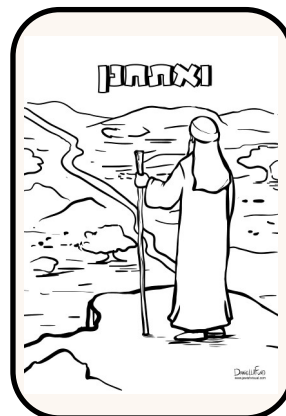
שחרית Shaharit Sunday	שחרית Shaharit Weekdays
ותיקין Vatikim 5:25 a.m.	ותיקין Vatikim 5:25 a.m.
מקדימים Makdimim 8:00 a.m.	מקדימים Makdimim 6:30 a.m.
קבועים Kebuim 9:00 a.m.	קבועים Kebuim 8:00 a.m.
	מנחה Mincha 7:00 p.m.
	ערבית Arbit Arbit immediately following Mincha

### Happy Anniversary

- Michel & Esther Ohana • Armando & Enny Cohen • Joe & Shulamit Elmaleh
- Isaac & Giny Abitbol

### Happy Birthday

Adina Elmaleh, Elazar Ahula, Daniel Shlomo Ohana, Benjamin Sadeh, Yair Ahula, Adam Ohayon, Esther Cohen, Natanel Yosef Ossowski, Amram Ponte, Sean Dana, Ruth Stein, Amy Bensimon, Ami Benarroch



## Nahalot

Simy Bensalmon ז"ל, Rahel Luk ז"ל 11 Av / Shabbat July 29th  
Margalit HaCohen ז"ל 12 Av / Sunday July 30th  
Mimon Benchimol ז"ל 13 Av / Monday July 31st  
Haim Bensimon ז"ל, Moshe Benchetrit ז"ל, Samuel Benzacar ז"ל  
14 Av / Tuesday August 1st  
Efraim Medina ז"ל 17 Av / Friday August 4th

## Nahalot for the following week

Jenia Nassimova ז"ל 18 Av / Shabbat August 5th  
Pinhas Soudry ז"ל, Mary Kvitko Bensimon ז"ל 19 Av / Sunday August 6th  
Rahel Ruah ז"ל 20 Av / Monday August 7th  
Rica Cohen ז"ל 21 Av / Tuesday August 8th  
Leah Chai ז"ל 23 Av / Thursday August 10th  
Mojluf Bendelac ז"ל, Samuel Oziel ז"ל, Rachel Perez ז"ל 24 Av /  
Friday August 11th

## Synagogue News

### Condolences

We extend our condolences to our dear friends and members, Mr. & Mrs. Raphy and Joelle Amar on the passing of her mother, Mrs. Rachel Edery ז"ל, in Montreal. May her neshama rest eternally in Gan Eden and may we only hear Besorot Tovot. Amen.

### 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](mailto:social@kehilacentre.com).

**This week's Shabbat Kiddush is sponsored by  
The Sephardic Kehila Centre**

*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. Jack and Suzanne Benchimol, in memory of his father, Mimon Benchimol ז"ל
- ◆ Mr. & Mrs. Maurice and Elise Benzacar, in memory of his father, Samuel Benzacar ז"ל
- ◆ Mr. & Mrs. Meyer and Suzy Benchetrit, in memory of his father, Moshe Benchetrit ז"ל
- ◆ Mr. & Mrs. Jacob and Lucie Benchetrit, in memory of his father, Moshe Benchetrit ז"ל and in memory of her father, Haim Bensimon ז"ל
- ◆ Mr. & Mrs. David and Estrella Bensimon and Family in memory of his father, Haim Bensimon ז"ל

*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 6:50 pm in the main synagogue.**

### Synagogue Office Closed for Holidays

The synagogue office will be closed for holidays and for the August long weekend from July 31st, 2023 to August 7th, 2023. The office will reopen on Tuesday, August 8th. For any issues or questions, please send an e-Mail to [social@kehilacentre.com](mailto:social@kehilacentre.com), leave a message at 905-669-7654 x200 or speak to a member of the board.

### Synagogue Cleanliness

Over the last few months, we have witnessed a number of people attending Tefila on Shabbat who bring water bottles, coffee cups and glasses of water into the main sanctuary. Not only have we seen examples of people spilling liquids on siddurim and on the carpet of the sanctuary; but our staff is constantly pulling bottles and cups out of book holders where they can cause damage. While it is best to leave all liquids outside the main sanctuary (and prayer areas), we ask people to be respectful of the environment and to clean up after themselves and their children, if they do bring liquids into the sanctuary.

### Early Risers, Early Gainers

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

### Shabbat Kids Program - On Hiatus For Summer

The Shabbat program for children will be on hiatus during the summer and we look forward to welcoming everyone back in the new year when everyone comes back from their summer activities.

### SKC Calendar 2023-2024

We are pleased to introduce to you the SKC Community Calendar. The SKC will be producing this attractive multi-color publication, and mailing it to the entire membership and community free of charge.

The Calendar will include detailed information about upcoming Holidays, upcoming special events, Shabbat and Holiday candle lighting times, Nahalot and Birthdays. The practical design also provides ample room for the recording of personal information and appointments.

**Send an email to [calendar@kehilacentre.com](mailto:calendar@kehilacentre.com) with your interest and to receive a price list**

### Weekly Shiurim

Midrash by Night - Tuesday and Thursdays following Arvit  
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)

## Va'Ethanan 5783 - Prayer Denial is Rare

*Rabbi David Kadoch*

In the beginning of this week's parasha Moshe recounts that he spent days praying for Hashem to allow him to enter Israel. Until the point where Hashem said "Enough. No longer speak to me about this issue." The Gemara asks "Why did Hashem make many of our matriarchs and female leaders barren? Because he desires the tefilot of the tzadikim." If so, why did Hashem tell Moshe to stop praying to enter the land? Doesn't he desire the prayers of the righteous? Hacham Ovadia Yosef answers this with a parable.

There was once a poor man who was in a neighborhood of misers but since he was hungry he went to one of the residents and asked for an onion. After he gave him an onion willingly, the poor man asked him - "Is it possible to eat an onion without bread?" So the miser gave him bread. The poor man then said - "What am I supposed to do with bread and onion? Want me to choke? How can I eat and not drink?" So the miser gave him to drink as well. This way the poor person could eat and drink normally.

Hashem knew what could have happened had Moshe continued to pray. At first he would have asked for a little and in the end he would have received everything. So Hashem said to stop because had he not, he would have been forced to allow him to enter the land of Israel. The book Levush yosef adds the following problem. What's the big deal if Moshe goes into Israel? Is it that bad that the greatest leader in our history receives his lifelong dream? The answer is that Moshe was promised that everything he built could not be destroyed. The Mishkan that he built was put into safekeeping. Had he enter Israel, he would have built the Bet HaMikdash and when time came to judge the nation of their sins, Hashem wouldnt be able to take out his anger on the Temple, and would be forced to destroy the nation. So therefore, Moshe couldn't enter the land for the sake of the Jewish people. This is the meaning of - בי למענכם - that Hashem prevented me from entering for your sake.

In the boundless mercy of Hashem, we find solace in the knowledge that He does not deny any sincere prayer from His children.

Throughout history, countless hearts have turned to Him in supplication, and He hears every plea with utmost compassion.

However, as we reflect on the life of Moshe, we learn that even the most devout and righteous may face exceptions. While Hashem did not fulfill Moshe's fervent desire to enter Eretz Yisrael, it serves as a reminder that His divine plan may surpass our comprehension, and there are times when our prayers lead to spiritual growth and insight, even if the outcomes are not as we initially hoped. Nonetheless, we find comfort in knowing that every heartfelt prayer is cherished and answered in a way that aligns with His divine wisdom and infinite love.

### Parashat Va'et'hanan- Our Spiritual Genes

*by Rabbi Eli Mansour*

We read in Parashat Va'et'hanan the first of the three paragraphs that comprise the Shema text which we recite each morning and evening. This first paragraph contains the command, "Ve'ahabta Et Hashem Elokecha Be'chol Lebabecha U'b'chol Nafshecha U'b'chol Me'odecha"- "You shall love Hashem your G-d with all your heart, with all your soul, and with all your means" (6:5).

Rashi explains the precise meaning of this command, to love Hashem with all our "heart," "soul," and "means." Loving Hashem "with all our heart" requires us to devote ourselves to Him with both "sides" of our heart - with our Yeser Tob (good inclination) and our Yeser Ha'ra (evil inclination). We serve Hashem with our Yeser Tob, of course, by acting upon our desire for goodness, and performing the Mivot. We serve Hashem with our Yeser Ha'ra by subduing our negative tendencies, overpowering our sinful inclinations in faithful obedience to G-d.

The command to love Hashem "with all your soul," Rashi explains, means that, if necessary, we are to be prepared to surrender our lives for Hashem. Under certain circumstances, we are required to sacrifice our lives rather than abandon our faith, as, unfortunately, many Jews have been forced to do throughout the ages.

Finally, Rashi explains the command to love Hashem "Be'chol Me'odecha" to mean that

we must be willing to part with our money for Hashem's sake. We must avoid violating His laws even at great financial expense.

The Ba'al Ha'turim (Rabbenu Yaakov Ben Asher, Germany-Spain, 1269-1340) comments that these three commands correspond to the three Abot (patriarchs). The command to love Hashem with all our heart, he explains, is associated with Abraham Abinu, about whom it is said, "U'masata Et Lebabo Ne'eman Lefanecha" - Hashem "found His heart faithful" (Nehemya 9:8). Abraham was the paragon of unconditional and unwavering faith in Hashem, a man whose heart was pure and unquestioning in its devotion to G-d. He sets the example we must follow in fulfilling the command to serve Hashem "Be'chol Lebabecha."

Yishak Abinu, of course, was prepared to surrender his life to Hashem at the Akeda, when G-d commanded Abraham to sacrifice his son upon an altar, rescinding the command only at the final moment, just as Abraham lifted the knife. Thus, Yishak is the exemplar of "U'b'chol Nafshecha," the willingness to sacrifice one's life for Hashem.

Finally, Yaakov Abinu pledged to G-d as he fled from his brother that he would donate one-tenth of all his earnings (Bereshit 28:22). In fact, Yaakov ended up giving to his brother all the money he earned during his years outside Eretz Yisrael, in exchange for Me'arat Ha'machpela, the burial site of the patriarchs. Yaakov exemplifies the willingness to part with one's money for the

sake of Hashem, and so he is associated with the command, "U'b'chol Me'odecha." The Ba'al Ha'turim adds that the word "Ve'ahabta" ("You shall love"), with which this verse begins, has the same letters as the word "Ha'abot" - "the patriarchs."

Why is this important? What significance is there is to this connection between the command of "Ve'ahabta" and the three patriarchs?

Very often, religious life can appear very difficult, and even intimidating. The numerous restrictions and obligations can make us feel discouraged, and many people feel they simply lack the inner strength, the resolve, the discipline or the skills to observe the Torah. The requirement to subdue our Yeser Ha'ra, and to make the considerable sacrifices entailed in serving Hashem, can be daunting. The Torah therefore alludes in this verse to the example set for us by our Abot, to remind us of our origins and roots. We have outstanding "spiritual genes." As the descendants of Abraham, Yishak and Yaakov, we have inherited their faith and their strength. They set for us the precedent of overcoming difficult challenges in the service of Hashem, of steadfast devotion to Him even in times of hardship. We must not feel discouraged or intimidated by the Torah's obligations, but should instead feel confident in the "genes" we have received, in the power that we have as the heirs of our righteous forebears, which enables us to fully commit ourselves to the divine will.





# MIDRASH BY NIGHT

Tuesdays & Thursdays  
Following Arvit throughout the  
summer

*Torah learning opportunities for everyone  
Learn with a havruta partner or at your own pace*

Various shiurim by R' David Kadoch,  
R' Shemuel Pinto, R' Yitzhak Hakak and others  
Speak to Rabbi Kadoch to find the right class for you

7026 Bathurst Street - Downstairs Synagogue  
(Coffee and tea available)



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

ת"וב

Sephardic Kehila Centre

# BOWLING NIGHT

Ages  
20-40

July 30th 8 - 11pm

\$25 Per Person | 60 Spots Available

Food Included



<https://tinyurl.com/nhvwe88>

**PLAYTIME**  
BOWL & ENTERTAINMENT

# Bar Mitzva Club

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

Sephardic Kehila Centre  
Lower level midrash

Sponsorships Available

