



# Shabbat Bulletin

שבת פרשת בלק  
יז תמוז ה'תשע"ט  
Shabbat Parshat Balak  
July 19 - 20, 2019

Rabbi  
Yechezkel Freundlich

Chazzan Sheini  
Rev. Amiel Bender

President  
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## SHABBAT SHALOM • שבת שלום

Ta'anit Shiva Asar B'Tammuz is on Sunday, July 21 - fast begins at 3:40am, ends at 9:11pm.

### Friday, July 19

- 6:45pm Mincha and Kabbalat Shabbat - Main Sanctuary with *Special Guest Ariele King, Jerusalem City Councillor*
- 7:00pm Mincha and Kabbalat Shabbat - Minyane Sépharade
- 8:19pm Candle Lighting

### Shabbat, July 20 / 17 Tammuz 5779

- 8:00am Shacharit - Hashkama Minyan
- 8:30am Shacharit - Minyane Sépharade
- 8:40am Chumash Shiur with Rabbi Freundlich
- 9:00am Shacharit - Main Sanctuary
- 9:13am Sof Zman K'riyat Shma
- 10:00am "Kef Club" Shabbat Programs
- 7:00pm Daf Yomi
- 7:25pm Special 17th of Tammuz Gemara Shiur with Rabbi Freundlich *The Current Misalignment of the Parsha in Israel and the Diaspora and Its Relevance to the "Three Weeks"*
- 8:10pm Mincha and Seudah Shleesheet
- 9:30pm Havdala

### Sponsorship Opportunities

If you would like to honour a milestone in someone's life, highlight a family simcha or lifecycle event, commemorate a beloved relative who has passed away, or make any other dedication, please consider sponsoring our Shabbat Bulletin, a Kiddush or Seudah Shleesheet, or any of Rabbi Freundlich's shiurim, sermons and lectures. For details and to reserve your sponsorship, please email [brian@tbdj.org](mailto:brian@tbdj.org).

### Journey 5780

If you are interested in contributing to our next edition of Journey, being published prior to the High Holidays, please email [editor@tbdj.org](mailto:editor@tbdj.org). There are many (fun) ways to contribute!

### Community News

- Mazal Tov to **Eva & Alan Katznelson** on the marriage of their granddaughter Esti Schiffer to Eli Goldberg on Wednesday, July 17. Sharing in their simcha are Esti's parents Rivi & Moti Schiffer of Woodmere, NY, Eli's parent's Esti Grossberger-Goldberg and Shlomie Goldberg of Monsey, NY and many delighted siblings, aunts, uncles and cousins in both families.
- Mazal Tov to the Daf Yomi Group on completing Mesechet Arachin this Shabbat. Everyone is invited to join them Sunday morning as they begin Mesechet Temurah.
- Condolences to **Julie Zwirek Nattel, Stan & Celia Nattel and Irene Nattel** and their families on the loss of beloved husband, father and father-in-law William Nattel z"l who passed away on Monday, July 15. Shiva continues until the morning of Tuesday, July 23. Stanley sits shiva until noon at his home at 5609 Alpine Avenue, Cote Saint-Luc, H4V 2X6; starting with Shacharit at 8:00am on Sunday, and at 7:00am on Monday and Tuesday. He then joins Julie and Irene in sitting shiva in the afternoons and evenings in Suite 903 at 5950 Cavendish Blvd. in Cote St. Luc; Friday 2pm-4pm; Sunday 2pm-4pm and 7pm-9pm with Mincha/Maariv at 8:10pm; Monday 2pm-4pm and 7pm-9pm with Mincha/Maariv at 8:20pm.

### Sponsorships and Thank You

- Seudah Shleesheet is sponsored by **Marcelle & Isaac Alt** in memory of Isaac's beloved father Moshe Alt (Moshe ben Yitzchak v'Reizl z"l - Tammuz 19).

## A Mishna A Day

Join Rabbi Freundlich's new WhatsApp group and learn one mishna each day. Short recordings are sent out daily.

Great for the drive to or from work!

Email [rabbi@tbdj.org](mailto:rabbi@tbdj.org) to join!



### HELP SUPPORT THOSE IN NEED BY BUYING SHABBAT CANDLES!

TBDJ IS PARTNERING WITH "TOMCHEI SHABBOS" TO SELL SHABBAT CANDLES SO THAT WE CAN HELP PROVIDE FOOD FOR NEEDY JEWISH FAMILIES.

\$10 FOR 1 BOX OF 72 CANDLES, \$15 FOR 2 BOXES, \$60 FOR A CASE OF 8 BOXES.

PLEASE CALL ISABELLE AT 514-992-4604

TO PLACE YOUR ORDER AND TO ARRANGE FOR PICK-UP OR DELIVERY NOW!

# Daily Schedule: July 21 - 26

SUNDAY	MONDAY	TUESDAY
Daf Yomi 7:15am	DafYomi 6:15 & 8:00am	DafYomi 6:15 & 8:00am
Shacharit 8:00am	Shacharit 6:50am	Shacharit 7:00am
Mincha/Maariv 8:10pm	Mincha/Maariv 8:20pm	Mincha/Maariv 8:20pm
WEDNESDAY	THURSDAY	FRIDAY
DafYomi 6:15 & 8:00am	DafYomi 6:15 & 8:00am	DafYomi 6:15 & 8:00am
Shacharit 7:00am	Shacharit 6:50am	Shacharit 7:00am
Mincha/Maariv 8:20pm	Mincha/Maariv 8:20pm	Mincha - Main 6:45pm
		Mincha - Sépharade 7:00pm
		Candle Lighting 8:12pm

## Weekly Classes and Programs

- **Daf Yomi in the Library**  
Sundays at 7:15am / Monday to Friday at 6:15am and 8:00am
- **Rabbi Freundlich's "Lunch and Learn" Class on Wednesdays**  
Please note that there will be no class on Wednesday, July 24.
- **Brunch and Bridge**  
Mondays 11:30am – 3:30pm / \$14 cash at the door.  
Email [l.schmaltzbridge@gmail.com](mailto:l.schmaltzbridge@gmail.com) to reserve or cancel.



The 6th Annual  
**TBDJ SCOTCH TASTING**  
JOIN US AT 7:30PM ON THURSDAY  
5<sup>TH</sup> OF SEPTEMBER 2019  
TICKETS: \$90 VIP PACKAGE: \$218  
VISIT [TBDJORG/SCOTCH2019](http://TBDJORG/SCOTCH2019) TO REGISTER



FOR ADDITIONAL INFORMATION PLEASE CONTACT  
[SCOTCH@TBDJ.ORG](mailto:SCOTCH@TBDJ.ORG) OR 514-369-0939

## Hebrew Classes with Mora Cheryl Bender - Summer 5779 Session

In the TBDJ Library on Tuesdays:  
August 6, 13, 20, 27 and September 3, 10  
\$60 for Six Classes - Two Levels Available.....  
Go to [tbdj.org/Hebrew5779summer](http://tbdj.org/Hebrew5779summer) for Level One - Beginners' Class.  
Go to [tbdj.org/lvrit5779summer](http://tbdj.org/lvrit5779summer) for Level Two - Intermediate Class.



## Introducing TBDJ Chesed Group's New FRIENDLY NEIGHBOUR LIST

To provide improved services to our community, TBDJ's Chesed Group is proud to launch a new weekly email service: *The Friendly Neighbour List*.



### Bikur Cholim

Community members in need of a refuah shleima. Will include details for visitation. Please ask how else you can assist.



### Shiva

Community members sitting shiva after the loss of a family member. Will include details on shiva hours and minyanim.



### Visitation

Community members who would welcome a visit or phone call. Please ask how else you may be able to assist them.

Would you like to receive this weekly email and participate in our collective efforts? Email [chesed@tbdj.org](mailto:chesed@tbdj.org) and ask to be added to the list.



*Please help us maintain the list*

If you have a family member who is ill, or hear of a TBDJ member who is not well, please send details to either [chesed@tbdj.org](mailto:chesed@tbdj.org) or to Rabbi Freundlich. We will always verify the family's desire to have this information shared prior to doing so. Please do the same with any information on how we can help one another in other ways.

*Sponsorship*

This email service will be available for sponsorship on a monthly basis. A dedication message will accompany each email sent. If you are interested in sponsoring an upcoming month, please contact [director@tbdj.org](mailto:director@tbdj.org).

## Aspects of Mourning During the "Three Weeks"

1. No weddings are held. However, engagement ceremonies are permitted.
2. We do not listen to music.
3. We avoid all public celebrations -- especially those which involve dancing and musical accompaniment.
4. We avoid exciting and entertaining trips and activities. (Kaf HaChaim - OC 551:41)
5. No haircuts or shaving. Fingernails may be clipped up until the week in which Tisha B'Av falls. If one will suffer a financial loss by not shaving, it is permitted to do so until the nine days begin.
6. We do not say the blessing She-hecheyanu on new food or clothes, except on Shabbat.