



CONGREGATION TIFERETH BETH DAVID JERUSALEM

Shabbat Bulletin

בס"ד

א ניסן התשפ"ב
שבת פרשת תזריע

ראש חודש / פרשת החודש

Shabbat Parshat Tazria

Rosh Chodesh / Parshat Hachodesh

April 1 - 2, 2022 / 5782

Chazan Sheini
Rev. Amiel Bender

Rabbi
Yechezkel Freundlich

President
Josh Orzech

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SHABBAT SHALOM • שבת שלום

Rosh Chodesh Nisan is on Shabbat, April 2. Molad is on Friday, April 1 at 4:36pm.

Shabbat Parshat Tazria
Rosh Chodesh / Parshat Hachodesh
Haftara: Yechezkel 45:16 - 46:18

Face masks must be worn properly - covering nose and mouth - in all areas in and around the TBDJ building.

Friday, April 1

4:30pm Daf Yomi on Zoom
5:50pm Early Mincha and Kabbalat Shabbat - Main Sanctuary
6:03pm Plag Hamincha
6:15pm Minha et Kabbalat Chabbat - Minyane Sépharade - Chapel
7:04pm Candle Lighting
7:05pm Mincha and Kabbalat Shabbat - Main Sanctuary
7:22pm Sh'kiah

Shabbat, April 2 / 1 Nisan

Rosh Chodesh Nisan

8:00am Shacharit - Lower Hall
8:40am Chumash Shiur with Rabbi Freundlich
9:00am Shacharit - Main Sanctuary
9:00am Shacharit - Minyane Sépharade - Chapel
9:46am Sof Zman Kriyat Sh'ma
10:00am Kef Club Shabbat Programs for Kids - Lower Level Classrooms
6:04pm Plag Hamincha
6:35pm Minha, Seoudah Shleesheet et Arvit - Minyane Sépharade
6:55pm Mincha, Seoudah Shleesheet and Maariv - Main Sanctuary
7:24pm Sh'kiah
8:09pm Havdala
9:00pm Daf Yomi on Zoom
9:00pm Musical Havdala on Facebook with Rev. Amiel & Cheryl Bender

SCHEDULE FOR NEXT WEEK

Mincha/Maariv: 7:10pm Sunday to Thursday

Shacharit

Sunday: 8:00am and 9:00am

Monday and Thursday: 6:50am

Tuesday, Wednesday and Friday: 7:00am

On Friday, April 8

Candle Lighting is at 7:13pm
and **Mincha** is at 7:15pm (Seph. is at 6:15pm)

COMMUNITY NEWS

Mazal Tov to **Julia & Steve Simon** and their families on the birth of their daughter Sophie Suzanne (Suzanne Chaya) on Sunday, March 27. Sharing in their simcha are big brother Nathan, grandparents Claude & Jacques Corcos and Deborah & David Simon and many delighted aunts, uncles and cousins.

Mazal Tov to **Malca & Louis Drazin** and their families on the occasion of their granddaughter Roni Bryna Holzer becoming a Bat Mitzvah on Sunday, March 27 in Teaneck, New Jersey. Proud parents are Shulamit & Avram Holzer. Sharing in their simcha are Roni's siblings Elior, Gilad and Lielle Tova and many delighted aunts, uncles and cousins. Lovingly remembered at this time are Roni's paternal grandparents Marcia & Phil Holzer z"l. Roni Bryna is named after her beloved great grandmother Bertha Bryna Sand z"l.

Mazal Tov to **Reverend Amiel Bender** on his birthday! Ad 120!

Condolences to the family of **TBDJ Member Leon Serruya z"l** who passed away on Monday, March 28. Funeral took place on Wednesday, March 30. Shiva continues at TBDJ until Monday, April 4; 10:00am-1:00pm on Friday, Sunday and Monday; 4:00pm-7:00pm on Sunday and Monday.

THANK YOU TO THE FOLLOWING SPONSORS

Rabbi Freundlich's Chumash Shiur on Shabbat is sponsored by **Marcelle & Isaac Alt** in memory of Marcelle's beloved mother Gimol Bengio Cohen z"l (Gimol bat Aharon v'Messodi - 28 Nisan) and in memory of Isaac's beloved mother Helen Buchbinder Alt z"l (Chaya bat Yitzchak - 5 Nisan).

The *Parenting our Way Through Pesach* program with Rabbi and Rifki Freundlich on Wednesday, April 6 is co-sponsored by **Sarah & Ari Schwartz** and **Shira & Corey Miller** "with gratitude to Rabbi & Rifki for their incredible leadership."

UPCOMING SHIURIM AND PROGRAMS

Sunday, April 3, 9:45am..... *Kollel Yom Rishon* - Upper Social Hall
Monday, April 4, 10:00am..... *Tehilim Shiur* with Rifki Freundlich on Zoom
Monday, April 4, 8:00pm..... *Getting Your Kitchen Ready for Pesach* - on Zoom
Tuesday, April 5 at 12:00pm..... *Lunchtime Halacha Shiur* with Rabbi Freundlich on Zoom
Wed., April 6 at 12:15pm..... *Parsha Shiur* with Rabbi Freundlich on Zoom
Wed., April 6 at 8:00pm..... *Parenting our Way Through Pesach* - on Zoom
Thursday, April 7 at 12:30pm..... *Parsha Shiur for Women* with Rifki Freundlich on Zoom
Friday, April 8, at 7:15pm..... *Shabbat Hagadol Dinner with Rav Gobert* - pre-registration required - see flyer on page 4
Shabbat, April 9 at 12:00pm..... *Shabbat Hagadol Lunch* with Rav Gobert - pre-registration required - see flyer on page 4
Shabbat, April 9 at 6:00pm..... *Life is Complicated* Shabbat Hagadol Drasha with Rabbi Freundlich - Main Sanctuary
Monday, April 11 at 8:00pm..... *Seder Laws and Getting Your Table Ready* - with Rabbi Freundlich - Zoom Social Hall
Tuesday, April 12 at 8:00pm..... *Getting You Ready for the Seder* - with Rabbi Freundlich - Zoom Social Hall

Nisan:

A Month of Remembrance, A Month of Redemption

I have always considered myself very fortunate with my career choices: The synagogue world and the world of Jewish music are two worlds which complement each other and working in these areas gives me great satisfaction. My occupation as Chazan Sheini / Ba'al Tefila offers privileged assignments in a job that is dedicated to Hashem, to you - our TBDJ members - and to the community at large.

A somber task which I have learned to cherish and appreciate over the years - and regard as a holy assignment - is the kindling of the memorial plaque lights in the Daily Chapel. This is done monthly immediately before the onset of the new Hebrew month, and the lights next to the plaques of people who passed away in that month are turned on for the duration of the month.

You may say that the preservation of the name, the memory, of a loved one on a memorial board in the synagogue is regarded by Jewish tradition as a sacred act. A Yahrzeit plaque allows for the permanent remembrance of a loved one, ensuring that his or her name will be recalled in perpetuity in their congregation or institution. Gazing at the plaque allows us to be inspired by the good in a loved one's life and to live more fully in our own days. Just as we light a memorial candle each year on the anniversary of the death of a loved one, the memorial plaque serves as an eternal reminder of our dear departed ones and the love and respect remembering them evokes.

Ron Grossman wrote the following, quoting a congregant in a 2014 Chicago Tribune article: *The concept of Yizkor (Hebrew for "remember,") is so deeply embedded in the Jewish mentality, that it can provoke a gnawing thought: Who will remember my parents after I die?* He notes the solace that Yahrzeit plaques can offer to those so troubled. He also reflects on the connection between the living and the deceased: *When Yizkor is said, all the synagogue's Yahrzeit lamps are lit. All that light seems to say that - memory is a communal thing, that it will provide continuity after we ourselves are gone.* A synagogue member explained that the plaques serve as historical artefacts of sorts: I'd look at the names and think: "There is so much history in this synagogue, to me, those plaques are holy objects."

I can only agree. Memorial plaques offer us a look into history. The plaques have the English and Hebrew names of the departed as well as the dates of their passing on the Hebrew and Gregorian calendar. When applicable, I bring my Bar Mitzvah boys to the Daily Chapel to see the memorial plaques of their families. Very often they can trace family names that have been passed down through the generations. Whenever there is a simcha in the shul, I have members of the family come into the Daily Chapel and turn on the memorial lights of their families. I find that it is a symbolic way to have those who have passed on connected to the simcha, and it brings up family memories and thoughts and reflections. The plaques serve as a tangible connection to the deceased, since in many instances it is not possible to go to the actual place of interment. Our TBDJ Holocaust Memorial section has plaques which describe painful chronicles of that terrible period in Jewish history. Some of the plaques have names of Holocaust martyrs who whose dates of death are not known. Other plaques are dreadfully descriptive in the way that those Kedoshim lost their lives.

Why do we have memorial plaques in our synagogues? It would seem that the source for memorializing our beloved deceased within the walls of our synagogues comes from the following verse in the book of Isaiah:

ונתתי להם בביתי ובחומתי יד ושם טוב מבנים ומבנות שם עולם אתן לו
אשר לא יכרת

I will give them in My house and in My walls a place and a name, better than sons and daughters; an everlasting name I will give him, which will not be discontinued
(Isaiah 56:5)

Metzudat David (1687-1769) explains this verse with the following words:

עד עולם יזכר לטובה אשר לא יכרת זכרון שמו

Forever the person will be remembered for good, and the memory of his name will not be cut short.

Indeed, this is the verse which provided the name of the Holocaust memorial museum "Yad Vashem" located in Jerusalem. Naming the Holocaust memorial "Yad Vashem" conveys the premise of establishing a national depository for the names of Jewish victims who have no one to carry their name after their death. The above verse teaches that the name - the identity of the deceased - is remembered, and it conveys the message of the eternity of the Jewish soul - that the deceased person's memory and soul are sanctified by Hashem. Placing the plaques of our beloved departed in our shrine of holiness, the synagogue, also suggests Hashem's continuous connection to those who have passed on.

This Shabbos marks the beginning of the Hebrew calendar month of Nisan. Our Rabbis have taught that Nisan is the month of redemption: בניסן נגאלו אבותינו ממצרים, ובניסן עתידין להיגאל - *In Nisan our forefathers were redeemed from Egypt, and in Nisan we will be redeemed.* Among the memorial lights kindled for the month of Nisan, the harbinger for our future redemption, there are the lights of the plaques of those who were murdered during the terrible Holocaust of European Jewry, lights that I turned on for the observance of יום השואה - Holocaust Remembrance Day - which falls annually on the 27th day of Nisan.

Redemption and remembrance. I believe that there is a connection between the two and maybe it isn't a coincidence that Yom Hashoah falls in the month of the future redemption of our people. As Jews, we ride on the rollercoaster of history. There are many ups and downs. The twelfth article of faith written by The Rambam (1138-1204) is with us daily, as we pray for the redemption: *I believe with complete faith in the coming of the Messiah, and even though he may delay, nevertheless I anticipate every day that He will come.* These very words were on the lips of our beloved Holocaust martyrs - words of faith, words of hope, words of inspiration.

Redemption and remembrance. The people who are memorialized in our very lives give us the strength and inspiration to march on towards the ultimate redemption, albeit with the many challenges that we face. A quote attributed to the 18th-century mystical Rabbi Israel, The Baal Shem Tov (1698-1760), supports this thought. *Forgetfulness leads to exile, while remembrance is the secret of redemption.* We - albeit sometimes painfully - remember our beloved family members, our Holocaust martyrs, our victims of terror throughout the ages and we gain strength from our memories of the way they lived their lives. The strength of their memories propels us and fuels the way to the ultimate redemption of our people.

Shabbat Shalom,

Rev. Amiel

**Please print out this form after Shabbat -
complete, sign and submit to Rev. Bender before Tuesday, April 12.**



Congregation Tifereth Beth David Jerusalem

TIFERETH JERUSALEM • BETH DAVID • BETH YITZCHOK • KEHAL YESHURIN

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מכירת חמץ - פסח ה'תשפ"ב **Sale of Chametz - Pesach 5782**

Chazan Sheini Amiel Bender is available for Mechirat Chametz every weekday after Shacharit and Mincha / Maariv services up until **Monday, April 11**. Feel free to write amiel@tbdj.org if you require further information, or if you would like to arrange a time to meet and submit your form in person. Please note that any chametz sales involving properties in Yisrael and Europe must be made by noon on Friday, April 8.

SPECIAL AGREEMENT: DELEGATION OF POWER OF ATTORNEY FOR SALE OF CHAMETZ

I, the undersigned, fully empower and appoint Chazan Sheini Amiel Bender to act in my stead, and on my behalf, to sell and dispose all chametz (leavened foods as well as leavening agents) possessed by me (knowingly or unknowingly) as defined by the Torah and Rabbinic Law (e.g. chametz, doubt of chametz, and all kinds of chametz mixtures and derivatives) and to lease all places wherein the chametz owned by me may be found, especially in the premises located at:

HOME ADDRESS:

BUSINESS ADDRESS:

Chazan Sheini Amiel Bender has the full right to sell, dispose and lease by transactions, as he deems fit and proper, and for such time which he believes necessary in accordance with all details set forth in the Contract of Chazan Sheini Bender used at the time of the sale of chametz. This Special Agreement is to be understood as being a part of the Contract. The above given powers are in the conformity with all Torah Laws and Rabbinical regulations and also in accordance with the laws of the Province of Quebec and of Canada. And to this I hereby affix my signature

on this _____ day of _____, 2022.

SIGNATURE:

NAME (PLEASE PRINT):

CHABBAT HAGADOL À MONTREAL

PARACHAT METSORA

8 & 9 AVRIL 2022



Avec
RAV SHIMON GOBERT

MINYAN SÉFARADE DE TBDJ

Repas (Vendredi soir et Chabbat midi) accompagnés de conférences

VENDREDI 8 AVRIL 2022

Minha & kabalat chabbat : 18h15

Repas & conférence : 19h15

Adultes \$45 | Enfants (<13ans) \$20

SAMEDI 9 AVRIL 2022

Sha'hrit chabbat : 9h00

Buffet & conférence : 12h00

Adultes \$35 | Enfants (<13ans) \$20



Réservations obligatoire avant le Mercredi 6 Avril 2022 | Contactez Gaby au 514-576-1934

**To register for Shabbat Dinner on April 8,
go to tbdj.org/gobert82repas.**

**To register for Shabbat Lunch on April 9,
go to tbdj.org/gobert82buffet.**



PESACH PROGRAMS

COMING UP AT TBDJ

MONDAY APRIL 4 @ 8 PM

GETTING YOUR KITCHEN READY FOR PESACH

WITH RABBI FREUNDLICH

- What does and doesn't need to be kashered?
- Which products require special KFP certification?
- How many rolls of tin foil do I really need to buy?

MONDAY APRIL 11 @ 8 PM

GETTING YOUR TABLE READY & OTHER LAWS OF THE SEDER

WITH RABBI FREUNDLICH

- How much matzah and wine do I really need to eat and drink?
- Seder on a Friday night

WEDNESDAY APRIL 6 @ 8 PM

PARENTING OUR WAY THROUGH PESACH

WITH RABBI & RIFKI FREUNDLICH

- Wait, the kids are off from school for a whole week?
- Making the Seder kid friendly
- Siblings without Rivalry

SHABBOS APRIL 9 @ 6 PM

SHABBOS HAGADOL DRASHA

WITH RABBI FREUNDLICH

"Life is Complicated:
How the Seder night reflects and
prepares us for the realities of life"

TUESDAY APRIL 12 @ 8 PM

GETTING YOU READY FOR THE SEDER

WITH RABBI FREUNDLICH

- Part I: Some Assembly Required – Two ready made games that will change your Seder
- Part II: 3 Ideas you must share at your Seder Table



In support of CMHA Mental Health Week, join us for a special virtual event

4TH ANNUAL JEWISH COMMUNITY MENTAL
HEALTH AWARENESS SHABBAT

MENTAL HEALTH SYMPOSIUM

Depression through the Lifespan

Thursday May 5, 2022 | 7:30-9:00PM EST

Join the livestream at:
mentalhealth.tbdj.org

Featuring a panel of local speakers

- **Dr. Rachel Goodman, Moderator**
Co-Chair, Mental Health Shabbat 2022
- **Rabbi Yechezkel Freundlich**
Rabbi, Congregation Tifereth Beth David Jerusalem
- **Barbara Victor**
Chief Clinical Officer, Ometz
- **Diana Verrall**
Individual with Lived Experience of Depression, AMI-Quebec

Keynote Speaker:

Dr. Howard Margolese

Dr. Margolese is an Associate Professor in the Department of Psychiatry of McGill University. He is currently the program director of the McGill Clinical Pharmacology and Toxicology residency program.

He is director of the PEPP first episode psychosis and Schizophrenia programs at the McGill University Health Centre and director of the Clinical Psychopharmacology and Therapeutics Unit. He has given numerous lectures and presentations both nationally and internationally and has over 75 publications. He is a current board member and founding member of the Canadian Consortium for Early Intervention in Psychosis. In his clinical work Dr. Margolese specializes in first episode psychosis, treatment resistant schizophrenia, and psychopharmacology consultations that frequently focus on the treatment of depression.



EVENT
PARTNERS



A full list of participating synagogues & organizations will be displayed on our website.

In conjunction with the Orthodox Union's Mental Health Awareness Month

For more information, please contact: tbdjmentalhealth@gmail.com

In support of CMHA Mental Health Week, join us for a special virtual event

4TH ANNUAL JEWISH COMMUNITY MENTAL
HEALTH AWARENESS SHABBAT

MENTAL HEALTH MORNING

Sunday May 8, 2022

Join the livestream at: mentalhealth.tbdj.org



10:00AM - 11:00AM^{EST} | Hillel Fuld

How technology can bring mental health to the forefront

Hillel Fuld, named Israel's top marketer and the man transforming start-up nation to scale up nation by Forbes, is a tech journalist, technology expert, and marketing advisor.

In addition to his professional roles, he is a father of 5, originally from NY and now residing in Beit Shemesh, Israel.

Approximately four years ago, Hillel's older brother, Ari Fuld was murdered in a terrorist attack, an event that deeply affected Hillel and his mental health.

Hillel decided to use his vast platform and audience to shed light on the world of mental health and technology in hopes of helping to destigmatize it and increase awareness about this important topic.



11:00AM - 12:00PM^{EST} | Dr. Norman Blumenthal

Is it all bad: The upside of depression

Dr. Norman Blumenthal is a licensed clinical psychologist who serves as the Zachter Family Director of Trauma and Crisis Intervention for OHEL and Adjunct Professor at the Rabbi Isaac Elchanan Theological Seminary and Ferkauf Graduate School of Psychology both of Yeshiva University. In private practice in Cedarhurst, New York, Dr. Blumenthal is also the Founder and Chairman of the Board of Education for CAHAL and a past Vice President of NEFESH.

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