



CONGREGATION TIFERETH BETH DAVID JERUSALEM

# Shabbat Bulletin

בס"ד  
ח ניון התשפ"ב  
שבת פרשת מצורע  
שבת הגדול

Shabbat Parshat Metzora  
Shabbat Hagadol  
April 8 - 9, 2022 / 5782

Chazan Sheini  
Rev. Amiel Bender

Rabbi  
Yechezkel Freundlich

President  
Josh Orzech

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## SHABBAT SHALOM • שבת שלום

**Ta'anit Bechorot / Erev Pesach is on Friday, April 15. Pesach begins on Shabbat, April 16.**

### Shabbat Parshat Metzora Shabbat Hagadol

Haftara: Malachi 3:4 - 3:24  
Repeat verse 23 at the end.

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

#### Friday, April 8

- 4:30pm Daf Yomi on Zoom
- 5:50pm Early Mincha and Kabbalat Shabbat -  
Main Sanctuary
- 6:09pm Plag Hamincha
- 6:15pm Minha et Kabbalat Chabbat -  
Minyane Sépharade - Chapel
- 7:00pm Mincha and Kabbalat Shabbat -  
Main Sanctuary
- 7:13pm Candle Lighting
- 7:32pm Sh'kiah

#### Shabbat, April 9 / 8 Nisan

- 8:00am Shacharit - Hashkama - Upper Hall
- 8:40am Chumash Shiur  
with Rabbi Freundlich
- 9:00am Shacharit - Main Sanctuary
- 9:00am Shacharit - Minyane Sépharade
- 9:39am Sof Zman Kriyat Sh'ma
- 10:00am Kef Club Shabbat Programs for  
Kids - Lower Level Classrooms
- 4:30pm Snif Bnei Akiva walking groups  
leave for BIBA - return by 6:30pm
- 6:00pm Shabbat Hagadol Drasha -  
Main Sanctuary**
- 6:30pm Minha, Seoudah Shleesheet et  
Arvit - Minyane Sépharade
- 7:05pm Mincha, Seoudah Shleesheet  
and Maariv - Main Sanctuary
- 7:33pm Sh'kiah
- 8:18pm Havdala / Arvit in Minyane Sefarade
- 9:00pm Daf Yomi on Zoom
- 9:00pm Musical Havdala - on hiatus

#### SCHEDULE FOR NEXT WEEK

**Mincha/Maariv:** 7:20pm Sunday to Thursday

##### Shacharit

Sunday: 8:00am and 9:00am  
Monday and Thursday: 6:50am  
Tuesday and Wednesday: 7:00am  
Friday (Erev Pesach): 7:00am and 8:00am

##### On Friday, April 15

**Candle Lighting** is at 7:22pm  
and **Mincha** is at 7:25pm

### SHABBAT HAGADOL DRASHA BY RABBI FREUNDLICH 6:00PM IN THE MAIN SANCTUARY

*Life is Complicated:  
How the Seder Night Reflects and Prepares Us  
For the Realities of Life*

#### COMMUNITY NEWS

Mazal Tov to **Phyllis & Michael David** and their family on the birth of their first grandchild - a boy - on Sunday, April 3. Proud parents are Yael & Jason David. Sharing in their simcha are the baby's maternal grandparents Elisabeth & Enrique Bassat, his great grandmother Sarah Kranc and many delighted aunts, uncles and cousins.

#### THANK YOU TO THE FOLLOWING SPONSORS

Kiddush is sponsored by **Annie & Gerry Cartman** in memory of Gerry's beloved mother Marcia Cartman z"l (Etta Masha bat Reb Leib v'Rochl - 7 Nisan).

This Shabbat Bulletin is sponsored by **Dorothy, Steve and Sean Howard** in memory of beloved father, father-in-law and grandfather Mier Zalzman z"l (Yitzchak Meir ben Shmuel v'Gitel - 13 Nisan).

Rifki Freundlich's *Tehilim Shiur* on Monday, April 4 was sponsored by **Sari Newman** and her family in memory of her beloved grandmother Annie Stern z"l (Chana Leah bat Yosef - 29 Adar).

*Getting Your Seder Table Ready for Pesach* with Rabbi Freundlich on Monday, April 11 is sponsored by **Keila & Billy Finkelstein** and family to mark the conclusion of shloshim for Keila's beloved mother Clara Plam Prutschi z"l (Chaya bat Nachum v'Udel - 2 Adar Bet) and in memory of Keila's beloved father Jaime Prutschi z"l (Chaim ben Menachem Mendl v'Keila - 10 Nisan).

*The TBDJ Building is currently being cleaned for Pesach.  
Please do not bring any food or drinks into the building - including snacks for  
young children - until after Pesach concludes on Shabbat, April 23.*

#### UPCOMING SHIURIM AND PROGRAMS

- Sunday, April 10, 9:45am ..... *Kollel Yom Rishon* - Upper Social Hall
- Monday, April 11, 10:00am ..... *Tehilim Shiur* with Rifki Freundlich on Zoom
- Monday, April 11 at 8:00pm ..... *Seder Laws and Getting Your Table Ready* - with  
Rabbi Freundlich - Zoom Social Hall
- Tuesday, April 12 at 12:00pm ..... *Lunchtime Halacha Shiur* with Rabbi Freundlich  
on Zoom
- Tuesday, April 12 at 8:00pm ..... *Getting You Ready for the Seder* - with Rabbi  
Freundlich - Zoom Social Hall
- Wed., April 13 at 12:15pm ..... *Parsha Shiur* with Rabbi Freundlich on Zoom
- Thursdays at 12:30pm ..... *Parsha Shiur for Women* - on hiatus
- Motsa'ei Shabbat ..... *Musical Havdala* - on hiatus until after Lag Ba'Omer

## Outside the Camp

It took two years and approximately seventeen days since the first COVID-19 lockdown in Quebec. It may have been inevitable - but I finally contracted the virus. To quote words from the Torah that I will hopefully read publicly in the synagogue this coming Shabbos, I have been *מחוץ למחנה* - *outside the camp* - for the past week. Ironically, this happened to me, a Ba'al Koreh - a Torah reader, in the middle of the reading of the two juxtaposed Torah portions of Tazria-Metzora which deal with a person needing quarantine and isolation. It seems that these two Torah portions are appropriately placed in time, as the sixth wave of this miserable, global, viral affliction escalates.

As a means of curing sickness, isolation is not new to Judaism. In the Torah portions of Tazria-Metzora we read that if someone believed they had contracted *tzaraat*, there was a process of testing, quarantine, isolation, and healing. First, the afflicted would see the Kohen to be examined. If the Kohen suspected that the symptoms were there, he would quarantine the afflicted person at home. After seven days, there was a recheck to see if the results were negative. If the afflicted "tested" positive, he was sent outside the camp for a period of isolation, until cured. Does this sound familiar?

But what kind of disease is *tzaraat*? Is it like Covid? Highly contagious with the potential to cause life-threatening illness and death? Not exactly. The rabbis interpret *tzaraat* as being a physical manifestation of a spiritual illness - the illness of speaking evil of others. Why quarantine a person for speaking evil? The Talmud (Arachin 16b) explains that when people speak slanderously of others, they end up separating people - spouses, friends, and colleagues - from one another. Therefore, separating such slanderers from society is making the punishment fit the crime. Just as they separated others, so too they must be separated through social distancing.

We learn that a person who suffers from *Tsaraat* is called a *מצורע* - *metzora*. The Midrash cites a powerful verse from the Book of Proverbs which speaks about the power of speech: *Death and life are in the hands of the tongue and they that love it shall eat it's fruit.* (Proverbs 18:21)

We learned from this verse that one who uses their tongue in a positive way and speaks words of Torah will be rewarded while one who brings evil through his tongue with slander and gossip will bring upon himself sorrow and the punishment of *tzara'at* and become a *metzora* - *מצורע*. The Midrash sees this word as a contraction of two words: *מוציא-רע* - A person who is afflicted because he has spoken ill of others.

A portion of the sacrifice that the cured *metzora* brings is a sacrifice of two birds. Hashem commanded to bring the birds because the nature of birds is to sing and chirp with their mouths and this atones for the evil which the *metzora's* mouth spoke.

We have painfully learned that Covid is contagious. In a Shabbos AJC blog, L. S. Frank describes slander, gossip and *lashon hara* as one of the most contagious diseases. Our sages suggest that it has the power to kill three parties: the speaker, the listener, and the subject of the gossip. But when you harm an individual's reputation, that 'innocuous comment' can also spread to their material possessions, their jobs, homes, and other tangibles. A wounded reputation leads to serious financial loss, affecting them and their families, and it is difficult and, at times, impossible to undo the damage done.

This is illustrated in the following famous story:

There was a nice gentleman in town who lived to tell stories. One day this gentleman found out something really weird (but true) about another businessman in town. Of course he felt compelled to share what he knew with his colleagues, who told it to their friends, who told it to people they knew, who told it to their wives, who spoke with their friends and their neighbours. It went around town and the unhappy businessman who was the main character in the story heard it. He ran to the rabbi of the town, and wailed and complained that he was ruined! Nobody would like to deal with him after this. His good name and his reputation were gone with the wind.

Now this rabbi knew his customers, so to speak, and he decided to summon the man who loved to tell stories. If he was not the one who started them, he might at least know who did. When the nice man heard from the rabbi how devastated his colleague was, he felt truly sorry. He honestly had not considered it such a big deal to tell this story, because it was true; the rabbi could check it out if he wanted. The rabbi sighed and said: "True, not true, that really makes no difference! You just cannot tell stories about people. This is all *lashon hara*, slander, and it's like murder—you kill a person's reputation." He said a lot more, and the man who started the rumour now felt really bad and sorry. "What can I do to make it undone?" he sobbed. "I will do anything you say!" The rabbi looked at him. "Do you have any feather pillows in your house?" The man answered: "Rabbi, I am not poor; I have a whole bunch of them. But what do you want me to do, sell them?" The rabbi replied: "No, just bring me one."

The man was mystified, but he returned a bit later to the rabbi's study with a nice fluffy pillow under his arm. The rabbi opened the window and handed him a knife. "Cut it open!" "But Rabbi, here in your study? It will make a mess!" "Do as I say!" The man cut the pillow. A cloud of feathers came out. They landed on the chairs and on the bookcase, on the clock, on the cat which jumped after them. They floated over the table and into the teacups, on the rabbi and on the man with the knife, and a lot of them flew out of the window in a big swirling, whirling trail.

The rabbi waited ten minutes. Then he ordered the man: "Now bring me back all the feathers, and stuff them back in your pillow. All of them, mind you. Not one may be missing!" The man stared at the rabbi in disbelief. "That is impossible, Rabbi. The ones here in the room I might get, most of them, but the ones that flew out of the window are gone. Rabbi, I can't do that, you know it!" "Yes," said the rabbi and nodded gravely, "that is how it is: once a rumor, a gossip story, a 'secret,' leaves your mouth, you do not know where it ends up. It flies on the wings of the wind, and you can never get it back!"

He ordered the man to deeply apologize to the person about whom he had spread the rumor; that is difficult and painful, but it was the least he could do. He ordered him to apologize to the people to whom he had told the story, making them accomplices in the nasty *lashon hara* game, and he ordered him to diligently study the laws concerning *lashon hara* every day for a year, and then come back to him.

As we continue to struggle with the pandemic, we recognize that one element of our parsha hits closer to home in its contemporary connection than ever before: just as someone can bring down the health of the community by spreading a lethal virus, so too can one who spreads evil gossip cause severe damage to the health of our community.

Shabbat Shalom,

*Rev. Amiel*

**Please print out this form after Shabbat -  
complete, sign and submit to Rev. Bender before Tuesday, April 12.  
Please do not leave any packages of chametz on his doorstep at his  
home.**



## **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](mailto: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:

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BUSINESS ADDRESS:

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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.

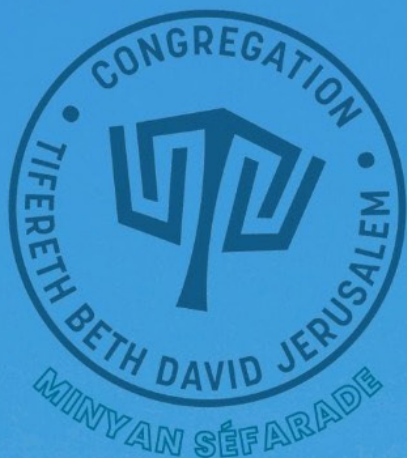
SIGNATURE:

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NAME (PLEASE PRINT):

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# SHABBAT HAGADOL PARACHAT METSORA

AVEC LE  
**RAV SHIMON GOBERT**

**VENDREDI 8 AVRIL /7 NISSAN 5782**

-18H15: MINHA & KABALAT SHABATH

-19H15: REPAS DE SHABATH

-20H30: 1ÈRE CONFÉRENCE:  
**"TU NE SERAS JAMAIS PERDANT"**

**SAMEDI 9 AVRIL /8 NISSAN 5782**

-9H: CHAHRIT

-12H: BUFFET

-13H: 2ÈME CONFÉRENCE:  
**"ACQUÉRIR LA SÉRÉNITÉ"**

-18H30: MINHA SUIVIE DE SÉOUDA CHLICHIT  
ET D'UNE 3ÈME CONFÉRENCE:  
**"LE DÉTAIL QUI FAIT TOUTE LA DIFFÉRENCE"**

SÉOUDA OFFERTE PAR LA FAMILLE BOHBOT  
LEILOUY NISHMAT DAVID SHALOM BAR RAHEL Z'L  
& YAAKOV BAR RAHEL Z'L

**20H19: ARVIT ET MOTSAÉ SHABATH**

CE SHABATHON EST DÉDIÉ POUR LA REFOUA SHELEMA DE  
ZAHRA GEORGETTE BAT ISAA

ET LEILOUY NISHMATH:  
YEHOUDA BEN SHLOMO Z'L  
DAVID SHALOM BAR RAHEL Z'L & YAAKOV BAR RAHEL Z'L  
AVNER BEN JULIE Z'L  
MESSAOUDA BAT EUGÉNIE Z'L  
MYRIAM BAT FORTUNÉ Z'L  
RAHEL BAT RIVKA Z'L  
YARDENA BAT LILIANNE Z'L  
MOSHÉ BEN ESTHER Z'L







COME TO

# SNIF

April 9 2022

GRADES  
**K-6**

## Shabbat Parashat Metzora

Special Pesach Snif this Shabbat!

At BIBA from 5:00 - 6:00 pm

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**WALKING GROUPS from TBDJ leaves at 4:30 pm  
and gets back at 6:30 pm**

**Shabbat Shalom!!**



-Not Kosher for Passover -

# FOOD DRIVE



**This year instead of throwing out all your food, come drop off any SEALED, NON PERISHABLE, NON EXPIRED food items at TBDJ, Tuesday April 5th through Wednesday April 13th**

**Drop off during prayer service times.**

**Morning or evening.**

**Morning: 6:50 to 7:30 am**

**Evening 7:10pm - 7:45pm**

**TBDJ- 6519 Baily Road, Cote Saint-Luc H4V 1A1**

**For more information please contact Yair- [yairmeyers@gmail.com](mailto:yairmeyers@gmail.com)**





# 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

4<sup>TH</sup> 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](https://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](mailto:tbdjmentalhealth@gmail.com)



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

4<sup>TH</sup> ANNUAL JEWISH COMMUNITY MENTAL  
HEALTH AWARENESS SHABBAT

# MENTAL HEALTH MORNING

Sunday May 8, 2022

Join the livestream at: [mentalhealth.tbdj.org](https://mentalhealth.tbdj.org)



10:00AM - 11:00AM<sup>EST</sup> | 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<sup>EST</sup> | 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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For more information, please contact: [tbdjmentalhealth@gmail.com](mailto:tbdjmentalhealth@gmail.com)