



CONGREGATION TIFERETH BETH DAVID JERUSALEM

# Pesach Bulletin

בס"ד

חג הפסח  
ט"ו - כ"ב ניסן ה'תשפ"ב

Pesach  
April 16 - 23, 2022

Rabbi  
Yechezkel Freundlich

Chazan Sheini  
Reverend Amiel Bender

President  
Josh Orzech

עֲבָדִים הָיִינוּ לְפָרֹעַה בְּמִצְרַיִם, וַיִּצְאָנוּהָ אֱלֹהֵינוּ בְּיָד זְרוֹקָה וּבְזֶרַע זְמוּיָה  
Pesach 5782

*See page two for TBDJ's detailed Pesach Schedule.*

## Community News

- Condolences to TBDJ Member **Ida Abugov** and her family on the loss of her beloved husband **Benjamin (Benny) Abugov z"l** who passed away on Monday, April 11. Funeral scheduled for Friday, April 15 at 10:30am at Paperman & Sons. Due to Pesach, shiva ends on Friday afternoon.
- Condolences to the family of TBDJ Member **Elca Pencer Taras z"l** who passed away on Monday, April 11 in Toronto. Funeral took place on Wednesday, April 13. Shiva has been observed.
- Condolences to the family of TBDJ Member **Golde Schondorf Lefkovits z"l** who passed away on Wednesday, April 13. Sister of the late **Mayer Schondorf z"l** and sister-in-law of **Rena Leinkram Schondorf**. Funeral and burial on Friday, April 15 in Israel. Shiva in Israel.
- Condolences to **Howard & Elaine Vineberg** and to **Laurie & Mark Buch** and their families on the loss of beloved mother, mother-in-law and grandmother Anita Rubinsky Vineberg z"l who passed away on Wednesday, April 13. Graveside funeral scheduled for Friday, April 15 at 12:00pm, Baron de Hirsch Cemetery on de la Savane. Due to Pesach, there will be no shiva.

## Thank you to the following sponsors:

- The Siyum B'chorim Breakfast on Friday, April 15 is sponsored by the **Schachters - Hershie, Allan, Mark, Jack and Steven** - and their families in honour of the annual tradition of Nathan Schachter z"l and David Schachter z"l.
- The Mashke for Pesach is sponsored by **Elaine & Leon Monaker** in memory of their beloved parents Reva & Israel Richler z"l and Mary & Dr. Jacob Monaker z"l.
- This Pesach Bulletin is sponsored by **Josie & Arthur Roskies** in memory of their beloved parents Rabbi Harris & Bessie Swift z"l and Esther & Joshua Roskies z"l.

Join Dror, Tamar and the  
Kef Club Madrichim for

**KEF CLUB** @TBDJ

Special Pesach programming

April 16th-17th 10:30am	April 22nd-23rd 10:30am
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## TBDJ SCHEDULE FOR PESACH 5782

### Thursday, April 14 - יג ניסן ה'תשפ"ב

6:00pm	Daf Yomi on Zoom
7:20pm	Mincha and Ma'ariv - Main Sanctuary
7:39pm	Sh'kiah
8:25pm	Search for chametz may begin.

### Friday, April 15 - יד ניסן ה'תשפ"ב / ערב פסח

7:00am & 8:00am	Shacharit and Siyum B'chorim Breakfast - Siyumim will also be available through our Zoom Social Hall
9:30 - 11:30am	Burning of Chametz at TBDJ <i>You may burn your chametz by placing it in the barrel in the parking lot on the right side of the building. Please do not place plastic bags in the barrel, and please do not block the laneway to the parking lot with your car.</i>
10:21am	Latest time to eat chametz
11:35am	Latest time to burn, sell, nullify chametz
4:00pm	Daf Yomi on Zoom
7:15pm	Minha et Arvit - Minyane Sépharade
7:22pm	Candle Lighting
7:25pm	Mincha and Kabbalat Chag - Main Sanctuary
7:41pm	Sh'kiah
	<i>First Seder - earliest time to ideally make Kiddush at the Seder is 8:23pm.</i>
12:53am	Chatzot - ideal time to have eaten afikoman

### Shabbat, April 16 - טו ניסן ה'תשפ"ב / א' דפסח

8:00am	Shacharit - Hashkama Minyan
9:00am	Shacharit - Main Sanctuary
9:30am	Hodou - Minyane Sépharade
9:31am	Sof Zman Kriyat Shma
10:30am	"Kef Club" Pesach Programs
	<i>No Seudah Shleesheet in shul. Seudah Shleesheet should ideally be eaten at home before 5:00pm.</i>
6:45pm	Shiur with Rabbi Freundlich
7:15pm	Minha, Shiur, Arvit - Minyane Sépharade
7:20pm	Mincha, Shiur with R' Yehuda Turetsky and Ma'ariv
7:42pm	Sh'kiah
8:28pm	Candles to be lit after this time
	<i>Second Seder - earliest time to make Kiddush at the Seder is 8:28pm.</i>
	<i>Begin counting of Omer.</i>

### Sunday, April 17 - טז ניסן / ב' דפסח / יום א' לעומר

8:00am	Shacharit - Hashkama Minyan
9:00am	Shacharit - Main Sanctuary
9:30am	Hodou - Minyane Sépharade
10:30am	"Kef Club" Pesach Programs
7:00pm	Pre-Mincha Shiur with returning yeshiva students
7:30pm	Mincha followed by shiur with R' Josh Gutenberg
7:30pm	Minha et Arvit - Minyane Sépharade
8:20pm	Ma'ariv / Havdala at 8:30pm
9:15pm	Daf Yomi on Zoom

*Begin saying "v'ten bracha" in the weekday Amidah.*

### חול המועד פסח ה'תשפ"ב

### Monday, April 18 - Wednesday, April 20

### יז ניסן - יט ניסן / ימים ב' - ד' לעומר

6:40 & 8:00am	Shacharit
7:30pm	Mincha and Maariv

*All shiurim by Rabbi & Rifki Freundlich are on hiatus this week.*

### Thurs., April 21 - כ ניסן / חול המועד / יום ה' לעומר

6:40 & 8:00am	Shacharit
	<i>Prepare an Eruv Tavshilin before chag begins.</i>
6:10pm	Early Mincha - Main Sanctuary
6:22pm	Plag Hamincha - light candles after this time
7:20pm	Minha et Arvit - Minyane Sépharade
7:30pm	Candle Lighting
7:35pm	Late Mincha and Kabbalat Chag - Main Sanctuary

### Friday, April 22 - כא ניסן / ז' דפסח / יום ו' לעומר

8:00am	Shacharit - Hashkama Minyan
9:00am	Shacharit - Main Sanctuary & Minyane Sépharade
9:26am	Sof Zman K'riyat Sh'ma
10:30am	"Kef Club" Pesach Programs For kids in Nursery to Grade 6
5:45pm	Pre-Mincha Shiur - Main Sanctuary
6:10pm	Mincha and Kabbalat Shabbat - Main Sanctuary
	<i>Please note that we will be taking in Shabbat early. Candles should be lit no earlier than 6:23pm and no later than 7:31pm.</i>
7:30pm	Minha, Shiur, Arvit - Minyane Sépharade
7:31pm	Candles to be lit no later than this time.

### Shabbat, April 23 - כב ניסן / יום ז' לעומר

### אחרון של פסח / יזכור

8:00am	Shacharit - Hashkama
8:45am	<b>Shacharit - Main Sanctuary - note earlier time.</b>
9:00am	Hodou - Minyane Sépharade
9:25am	Sof Zman K'riyat Shma
9:35am	K'riyat Shir HaShirim
10:30am	"Kef Club" Pesach Programs For kids in Nursery to Grade 6
10:30am	<b>Rabbi's Sermon and Yizkor Service</b>
6:45pm	Pre-Mincha Shiur
7:25pm	Mincha and Seudah Shleesheet
7:30pm	Minha et Arvit - Minyane Sépharade
7:51pm	Sh'kiah
8:39pm	Havdala
	<i>You may eat your chametz after 9:40pm - one hour after the conclusion of Pesach.</i>

Chag Pesach Sameach

חג שמח



### *As if We Personally Left Egypt Too*

בְּכָל דּוֹר וָדוֹר חַיִּיב אָדָם לִרְאוֹת אֶת עֲצֻמוֹ בְּאֵלוֹ הוּא יֵצֵא מִמִּצְרַיִם,  
שְׁנָאֲמַר  
וְהִגַּדְתָּ לְבִנְךָ בַּיּוֹם הַהוּא לֵאמֹר  
בְּעִבוֹר זֶה עָשָׂה ה' לִי בְּצֵאתִי מִמִּצְרַיִם

In each and every generation a person is obliged to regard himself as if he had come out of Egypt.

For it is written:

And you shall tell your son that day

*"It is on account of what G-d did for me when I came out of Egypt".*

(Shmot 13:8 and Pesach Haggadah)

Year after year we are taught to put ourselves in our ancestors' shoes - or sandals - to try to experience and appreciate the Exodus from Egypt as if we ourselves had left Egypt. It is important to point out that much of the text in the Haggadah is written in plural. The language of the Torah and the Haggadah supports the idea of our involvement in the Exodus from Egypt so many years ago. *We were slaves to Pharaoh in Egypt...* not only they. *And the L-rd our G-d brought us out of there with a strong hand and an arm outstretched...* not only them. *It is on account of what Hashem did for me when I came out of Egypt* – not only for them.

We learn from this that we are intrinsically connected with the Exodus of our forefathers in an experience which is repeated in every generation for the past three thousand years. In addition to these words, we identify with the Exodus through Seder activity which is designed to help us envision our participation in the story: we dip parsley into saltwater to remember the tears we shed in Egypt and we munch on spicy bitter horseradish attempting to replicate a little of the misery we experienced as slaves. We are to try to understand what our ancestors experienced, the agony of slavery, the joy of Hashem's geula - redemption and more.

*We are obliged to regard ourselves as if we left Egypt.* We say these words, but how do we relate to them, and why does the Haggadah oblige us to be so involved in the story?

The Brisker Rav, Yitzchok Zev Halevi Soloveitchik (1886-1959) is quoted as saying that this is the most difficult mitzvah to fulfill at our Seder.

Abarbanel (1437-1508) explains that the Exodus from Egypt established many foundations of our faith. We have witnessed that Hashem runs the world, and that Hashem performs miracles and delivers rewards and punishments. Therefore, reliving the experience of the Exodus from Egypt helps us maintain our faith in Hashem and helps us revisit these foundations of our faith.

The Netsiv, Rabbi Naftali Tzvi Yehuda Berlin (1816-1893) personalizes this idea and writes *that every Jew should feel that all the miracles of the Exodus from Egypt were performed for each and every one of us on a personal basis.* The Netsiv writes that every Jew should actually feel that he is worthy enough to have merited the miracles of the Exodus. The Netsiv refers to the Mishnah in the tractate of Sanhedrin which states that every person should say to himself: בשבילי נברא העולם - the world was created for my benefit. He writes that if a Jew feels that the Exodus from Egypt happened for his benefit, then he will put in the effort necessary to be deserving of such a great gift, a gift which contributes to individual importance, spiritual elevation and more, living his life as someone of importance, who merited Hashem's salvation.

However, this is often easier said than done. We sit at a beautifully set and decorated Seder table with the festivity of the holiday embracing us. We are well dressed. We chant the timeless words of the Haggadah and recount not only the story of the Exodus from Egypt, but our early Jewish history. We sing and we enjoy the company of family and friends. We recline and sit as kings. We eat well.

Imagine the meal that our ancestors shared with their families on the 15th of Nisan 3,334 years ago: a roasted Pesach offering that wasn't served on the finest plates or garnished with elaborate trimmings. It would seem that our ancestors' pre-Exodus Pesach meal wasn't anything to write home about, certainly not on the level of the food enjoyed at the Seders that we celebrate today in our homes. How do we take ourselves out of all our finery and consider ourselves as if we left Egypt?

*continued....*



While the accepted interpretation of the words is: *in each and every generation a person is obliged to regard himself as if he had come out of Egypt*, the interpretation of these words in modern Hebrew suggests another way of looking at it. The Hebrew word in the phrase: לראות - *to see* - brings up the question: *What are you seeing?* You are seeing yourself today, regally sitting at your Seder table like a king, and you have a sense of דע מאין באת - *you are looking at and remembering where you came from*. You see yourself in a *blast from the past* on that night so many years ago, in a foreign land where your ancestors were slaves and persecuted. You see yourself quickly eating your portion of your family's roasted pascal lamb, all the while getting ready to leave Egypt at Hashem's appointed time.

You take that walk down memory lane which leads you to the foundation block of time when our people became a nation, and you are full of gratitude. You understand that even with the ups and downs on the rollercoaster of Jewish history over the years, you are fortunate. You see yourself living in Montreal with religious freedom in a wonderful city with all the Jewish amenities of life! You look at all of this and you realize the good that you have in your life today. While your ancestors did not have all of this in Egypt, their Exodus from Egypt marked the beginning of the history of the Jewish people, a continuous process of evolution which over the years brought you to your Seder table as a free person. You are part of that process, and you realize and appreciate this process, celebrating it at your Seder table.

All of a sudden your Seder becomes personal. You are sitting around the table with your loved ones and other cherished guests and the words that you have been reciting for the past two hours have led you and your Seder experience to this point. No, you weren't a part of the physical exodus from Egypt. But the eternal words of the Haggadah are obligating you to live this experience. You are in essence identifying not only with your ancestors who left Egypt, but with your own identity as well. The above paragraph is carefully worded to include us with our ancestors, as descendants who would not

be here today and who would not be part of the glorious nation of Hashem without the miracle of יציאת מצרים, the Exodus from Egypt.

As with so many events in our Jewish past, we remember and connect to events that happened to us, the Jewish people, as if we lived them ourselves. A colleague of mine once told me a story of a young woman who had participated in the annual *March of the Living* visit to the sites of European concentration camps. As part of the experience, each young student had been paired with another young person who did not survive the war. While standing at the tracks in one of the concentration camps, all those assembled heard a long list of names – names of those murdered during those terrible years. At one point, the young woman heard her own name. This dramatic moment will be forever etched in her memory as she realized that the girl with her name did not survive. It was as if the clock had turned back and the visitor was herself reliving this horrifying chapter in Jewish history.

We are obliged to regard ourselves as if we left Egypt... Remembering the Holocaust has been a part of our lives, though many of us were not born at that time. When I speak with survivors about those terrible days I sometimes feel as if a part of me left Europe with them.

Following our daily morning prayers there are six remembrances that the Torah commands must be remembered always. One of them is the Exodus from Egypt. The remembrance is -

למען תזכר את יום צאתך ממצרים כל ימי חיך  
(דברים טז:ג)

***That you remember the day of your departure from the land of Egypt all the days of your life.***

We aren't only regarding and seeing ourselves as leaving Egypt in the time of the Exodus, we are seeing ourselves today as we connect our todays to our past.

Cheryl and my family join me in wishing all of you a Shabbat Shalom and Chag Sameach!

*Rev. Amiel*

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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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