



CONGREGATION TIFERETH BETH DAVID JERUSALEM

# Acharon Shel Pesach

כ"ב ניסן התשפ"ב  
שביעי של פסח / אחרון של פסח  
Seventh Day of Pesach  
Last Day of Pesach  
April 21 - 23, 2022 / 5782

Chazan Sheini  
Rev. Amiel Bender

Rabbi  
Yechezkel Freundlich

President  
Josh Orzech

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## חג שמח ושבט שלום Yom HaShoah is on Thursday, April 28.

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

### Thursday, April 21

**Prepare an Eruv Tavshilin before chag begins.**

- 4:00pm Daf Yomi on Zoom
- 4:30pm Yizkor Service on Zoom
- 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
- 7:48pm Sh'kiah

### Friday, April 22 / 21 Nisan / Omer Day 6

#### Seventh Day of Pesach

- 8:00am Shacharit - Hashkama Minyan
- 9:00am Shacharit - Main Sanctuary and Minyane Sépharade
- 9:26am Sof Zman Kriyat Sh'ma
- 10:30am Kef Club Pesach Programs for Kids
- 5:45pm Pre-Mincha Shiur - Main Sanctuary
- 6:10pm Mincha & Kabbalat Shabbat - Main Sanctuary - 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.**
- 6:23pm Plag Hamincha - Earliest Candle Lighting
- 7:30pm Minha, Shiur et Arvit - Minyane Sépharade
- 7:31pm Latest Candle Lighting
- 7:50pm Sh'kiah

### Shabbat, April 23 / 22 Nisan / Omer Day 7

#### Last Day of Pesach / Yizkor

- 8:00am Shacharit - Hashkama Minyan
- 8:45am Shacharit - Main Sanctuary
- 9:00am Hodou - Minyane Sépharade
- 9:25am Sof Zman Kriyat Sh'ma
- 9:35am K'riyat Shir Hashirim
- 10:30am Kef Club Pesach Programs Kids
- 10:30am Rabbi's Sermon followed by Yizkor - Main Sanctuary**
- 6:24pm Plag Hamincha
- 6:45pm Pre-Mincha Shiur - Main Sanctuary
- 7:25pm Mincha and Seudah Shleesheet - Main Sanctuary
- 7:30pm Minha et Arvit - Minyane Sépharade
- 7:51pm Shkiah
- 8:39pm Havdala
- 9:40pm After this time, chametz sold before Pesach may be eaten.

### COMMUNITY NEWS

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

### THANK YOU TO THE FOLLOWING SPONSORS

This Shabbat Bulletin is sponsored by **Phyllis & Michael David** in honour of the birth of their grandson Liam Harry David, and in memory of Michael's beloved parents Olga & Imre David z"l (Rechl bat Sheva - 24 Nisan and Avraham Yehuda Leib HaLevi - 15 Iyar).

### UPCOMING SHIURIM AND PROGRAMS

- Wed., April 27 at 12:15pm ..... *Parsha Shiur* with Rabbi Freundlich on Zoom
- Wed., April 27 at 7:00pm ..... *Yom Hashoah Virtual Community Commemoration* - on YouTube and Facebook - see flyer on page 4
- Thursday, April 28 at 12:30pm ..... *Parsha Shiur for Women* with Rifki Freundlich - TBDJ Library and on Zoom
- Sunday, May 1, 9:45am ..... *Kollel Yom Rishon* - Upper Social Hall
- Monday, May 2 at 10:00am ..... *Tehilim Shiur* with Rifki Freundlich - on Zoom
- Tuesday, May 3 at 12:00pm ..... *Lunchtime Halacha Shiur* with Rabbi Freundlich on Zoom
- Thursday, May 5 at 7:30pm ..... *Virtual Mental Health Symposium - Depression Through the Lifespan* - featuring Keynote Speaker Dr. Howard Margolese - see flyer on page 5
- Sunday, May 8 at 10:00am ..... *Virtual Mental Health Symposium - Using Technology to Bring Mental Health to the Forefront* - featuring Hillel Fuld - see flyer on page 6
- Sunday, May 8 at 11:00am ..... *Virtual Mental Health Symposium - The Upside of Depression* - featuring Dr. Norman Blumenthal - see flyer on page 6

### SCHEDULE FOR NEXT WEEK

**Mincha/Maariv:** 7:35pm Sunday to Thursday

#### Shacharit

Sunday: 8:00am and 9:00am / Monday and Thursday: 6:50am and 8:00am  
Tuesday, Wednesday and Friday: 7:00am and 8:00am

**On Friday, April 29: Candle Lighting** is at 7:40pm and **Mincha** is at 7:00pm

**For our full schedule, go to [tbdj.org/calendar](http://tbdj.org/calendar).**

## Tzei Ulmad - Go Out and Learn

Our family's Seders are, among other things, a gathering to educate our children. However, it is also an opportunity for the adults to be educated as well. The Haggadah tells us that Rabbi Eliezer, Rabbi Yehoshua, Rabbi Elazar, Rabbi Akiva and Rabbi Tarfon sat and learned and spoke about **יצאת מצרים** – the Exodus from Egypt - until they were told that it was time for the morning prayers. The story of the Exodus enraptures us and it captivates us. The many commentaries on the Haggadah throughout the centuries take us to amazing levels of learning and understanding.

I imagine that everyone has their own favourite part of the Haggadah: a song, a phrase, a paragraph. For myself, there are two words that I have delved into commentary to understand - two words that have meaning not only in the Haggadah, but in our lives as well: **צא ולמד** - *go out and learn*. There is much to learn in our lives. We “go out and learn” in many ways. We go out physically to learn things and we take ourselves out of our thinking and understanding to enhance our knowledge mentally as well. The Haggadah advises us to go out and learn, to understand the following:

**צא ולמד מה בקש לכן הארמי לעשות ליעקב אבינו**

***Go out and learn about what Lavan the Aramite wished to do to our patriarch Yaakov.***

Go out? Where and why? Abarbanel (1437-1508) writes:

**צא מענין מצרים אשר אתה בה ולמד מסיפורי יעקב אבינו מה היתה מחשבתו לעשות ליעקב אבינו**

Abarbanel teaches: Go out. Take a break from the story of Egypt that you are involved in and learn from the story of Yaakov and Lavan... what Lavan, Yaakov's father in-law, thought to do to Yaakov Avinu. Take yourself out of this one episode of Jewish hatred and look at the big picture. There is more to the story. The story of the exodus from Egypt is about Hashem redeeming us from slavery, it is about taking us out of Egypt, a country where Jews were not wanted, where they were hated and oppressed. Lavan set a precedent in our Jewish history as the first person who wanted to harm our people. Lavan wanted to uproot our entire religion, to destroy our faith. Had Lavan succeeded in luring Yaakov Avinu away from serving Hashem, Yaakov's offspring, the twelve tribes, would not have become the foundation of our people. There wouldn't be a Seder night, much less a story to talk about and teach to future generations. Our servitude in Egypt and our redemption is the focus of our Seder evening, but it also serves as another chapter in the ongoing story of the wicked trying to pull the Jew away from Hashem. Abarbanel is teaching us to put this Exodus story into a proper historical perspective.

Why doesn't the text read: **בא ולמד** – *come and learn*? It is not enough to sit in our comfortable surroundings discussing, reading about and watching media reports about antisemitism and Jew-hatred around the world. The more challenging way to learn and understand the essence of antisemitism is by going out and seeing and experiencing the reality of the outside world with our own eyes. I learned this lesson as a young grade nine student in New York City. On a sunny afternoon, I was walking back to Ramaz High School with four friends from the 92nd street “Y” where we had our weekly gym class. About two blocks from the school, we were jumped by five non-Jewish high school students. We were forced into defending ourselves from our attackers in broad daylight on Lexington Avenue, a busy New York Street. To our dismay, people walked by and nobody bothered to break up the fighting. After what seemed like a very long time to us, an acquaintance of one of the attackers grabbed one of his friends by the shirt collar and pulled him off one of my friends, screaming: “I told you to leave the Jews alone!”

I learned about the reality of Jewish hatred and intolerance that afternoon. I learned that we can't always rely on the goodness of the world around us out there. I learned that as Jews we must stand together and support each other. I learned from wanting to stand up to the teen who was attacking me, that my faith in Hashem and my understanding of who I am as a member of the Jewish people will in the end allow me to survive antisemitism. I learned that where I came from, a glorified history of an illustrious nation beginning with Avraham Avinu, is a source of continuous pride which spans the generations.

We learn about going out into the world from Moshe Rabbeinu - the greatest prophet and leader our nation ever had. The verse in Shmot 2:11 records the following words:

**בַּיָּמִים הָהֵם וַיִּגְדַּל מֹשֶׁה וַיֵּצֵא אֶל אֶחָיו וַיֵּרָא בְּסִבְלָתָם וַיֵּרָא אִישׁ מִצְרִי מִכָּה אִישׁ עֲבָרִי מֵאֲחָיו**

***It happened in those days that Moshe grew up and went out to his brethren and observed their burdens, and he saw an Egyptian man striking a Hebrew man of his brethren.***

Growing up in Pharaoh's lavish palace with all its splendour - along with all the pervasive anti-Israelite hatred of Egyptian royalty, it would seem likely that Moshe was aware of the plight of his brethren. However, it took his going out of the palace to actively connect and identify with the persecution of his brethren. Moshe killed the attacking Egyptian and ultimately fled Egypt when he heard that his actions were known, and that Pharaoh wanted him killed.

We begin the storytelling portion of the Seder with *Ma Nishtana* - A series of four questions traditionally sung by children: *Why is this night different from all other nights?* We answer and tell the children throughout the evening: **צא ולמד** - go out and learn... about everything that concerns the holiday and our people. And in truth, all we need to learn is somehow connected to the answers to these four questions. But maybe a quiet fifth question should also be asked at the Seder... the existential question asked by Jews over so many centuries: *Why did Lavan try to uproot our faith and religion? Why did it happen again in Egypt? Why does it happen over and over again throughout history? Will we ever learn why there are so many out there who hate us? Will it ever stop happening?*

In the Shlomo Carlebach Haggadah there is a short story about a young boy named Moishele who chants the *Ma Nishtana* from inside the Warsaw Ghetto in 1943, a short time before its destruction. The following is the Michael Streicher version of the song *The Last Seder*, written by Shlomo Carlebach:

*The last Seder in the Warsaw Ghetto... There was one Moishele, The last Moishele in the Warsaw Ghetto, asking his father Ma Nishtana. מָה נִשְׁתַּנָּה הַלַּיְלָה הַזֶּה מִכָּל הַלַּיְלוֹת? Why is this night so long and more terrible than any of the nights before? While Moishele is asking all the questions, heaven and earth stood still. The angels were afraid to make noise,*

*And his father... his father wants to answer עֲבָדִים הָיִינוּ.*

*Moishele says*

*Tateh ziseh, I have one more question of my own and this is my question: I want to know, Tateh ziseh, would I still be alive next year*

*To ask you the Ma Nishtana?*

*Would there any Jewish child be left to ask the Ma Nishtana?*

*Will there any Jewish father be left to answer עֲבָדִים הָיִינוּ?*

*And the father answered:*

*I don't know, I don't know if I'll be alive,*

*I don't know, I don't know if you'll be alive.*

*But I know that there will always be one Moishele*

*Somewhere, somewhere, asking the Ma Nishtana.*

*I don't know if we'll be alive, but I know one thing...*

*כי בשם קדשך נשבעת לו, שלא יכבה נרו לעולם ועד*

*You swore to him that his lamp will not be extinguished forever and ever...*

**צא ולמד** - Go out and learn... There is much to learn... There is much to understand...

**צא ולמד** - Go out and learn... Learn for yourself... Teach others...

Shabbat Shalom and Chag Sameach,

*Rev. Amiel*

**Join Dror, Tamar and the  
Kef Club Madrichim for**



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

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