



CONGREGATION TIFERETH BETH DAVID JERUSALEM

Shabbat Bulletin

כט ניסן התשפ"ב

שבת פרשת אחרי מות

Shabbat Parshat Acharei Mot

April 29 - 30, 2022 / 5782

Please print this bulletin before Shabbat.

Chazan Sheini
Rev. Amiel Bender

Rabbi
Yechezkel Freundlich

President
Josh Orzech

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SHABBAT SHALOM • שבת שלום

Rosh Chodesh Iyar is Sunday, May 1 and Monday, May 2. Molad is on Sunday, May 1 at 5:20am and 1 chelek.

Yom Hazikaron is on Wednesday, May 4. Yom Ha'atzmaut is on Thursday, May 5.

Shabbat Parshat Acharei Mot

Haftara for Machar Chodesh:
Shmuel Alef 20:18 - 20:42

Friday, April 29

- 4:30pm Daf Yomi on Zoom
- 6:15pm Early Mincha and Kabbalat Shabbat - Main Sanctuary
- 6:30pm Plag Hamincha
- 6:30pm Minha et Kabbalat Chabbat - Minyane Sépharade - Chapel
- 7:00pm Mincha and Kabbalat Shabbat - Main Sanctuary
- 7:40pm Candle Lighting

Shabbat, April 30 / 29 Nisan

- 8:00am Shacharit - Hashkama Minyan
 - 8:40am Chumash Shiur with Rabbi Freundlich
 - 9:00am Shacharit - Main Sanctuary
 - 9:00am Shacharit - Minyane Sépharade - Chapel
 - 9:18am Sof Zman Kriyat Sh'ma
 - 10:00am Kef Club Shabbat Programs for Kids - Lower Level Classrooms
 - 5:00pm Snif Bnei Akiva Walking Group leaves for BIBA - *special Yom Ha'atzmaut Program - returns to TBDJ by 7:00pm*
 - 6:31pm Plag Hamincha
 - 7:15pm Minha et Seoudah Shleesheet - Minyane Sépharade
 - 7:30pm Mincha, Seoudah Shleesheet and Maariv - Main Sanctuary
 - 8:49pm Havdala
 - 9:30pm Daf Yomi on Zoom
- Please note that, due to S'firat Ha'Omer, Rev. Bender's Havdala Program is currently on hiatus. It will resume on Shabbat, May 28th.**

SCHEDULE FOR NEXT WEEK

Mincha/Maariv: 7:45pm Sunday to Thursday

Shacharit

Sunday: 8:00am and 9:00am

Monday (Rosh Chodesh): 6:45am and 8:00am

Tuesday, Wednesday and Friday: 7:00am and 8:00am

Thursday: 6:50am and 8:00am

On Friday, May 6

Candle Lighting is at 7:49pm
and **Mincha** is at 7:00pm (Seph. is at 6:30pm)

COMMUNITY NEWS

Mazal Tov to **Noa & Steven Kohl** and their family on the birth of a son on Monday, April 25. Sharing in their simcha are the baby's siblings Ari, Eli, Ani and Ezi, his grandparents Liliane & Allan Kohl, Maria De La Riva Pinal, Miguel Angel Cachon Escamilla and Marva Alarcon Peretz, and many delighted aunts, uncles and cousins. Shalom Zachar on Friday, April 29 at 9:00pm at 5623 Redwood in Cote Saint-Luc.

Mazal Tov to **Adele & Ruby Friedman** and their family on the birth of grandson Brody Cameron (Chaim Baruch) Friedman on Thursday, April 21. Proud parents are Sari & Josh Friedman. Sharing in their simcha are Brody's sister Daniella, his maternal grandparents Ellen & Murray Shapiro, great grandmother Andoretta Greenstone and many delighted aunts, uncles and cousins. Brody is named after his beloved great grandfather Bernard Friedman z"l (Chaim Baruch ben Avraham v'Pesia).

Mazal Tov to **Marla & Peter Veres, Carolyn & Arnold Steinman** and **Huguette Veres** on the birth of a grandson and great grandson on Thursday, April 28 in Tel Aviv, Israel. Proud parents are Tamar & Assaf Halperin of Ra'anana. Sharing in their simcha are big brother Eyal, paternal grandparents Aviva & Eitan Halperin and many delighted aunts, uncles and cousins.

Mazal Tov to **Michaella & Cyril Weintraub** and their family on the birth of granddaughter Leora Malkah Weintraub - their first grandchild - on Thursday, April 21. Proud parents are Stephanie & Ilan Weintraub. Sharing in their simcha are Leora's maternal grandparents Rhonda & Maxime Moryoussef, her great grandparents Arlene & Syd Adler, and many delighted aunts, uncles and cousins.

THANK YOU TO THE FOLLOWING SPONSORS

Rabbi Freundlich's Shabbat Sermon is sponsored by **Adele & Ruby Friedman** in honour of the birth of their grandson Brody Cameron Friedman.

This Shabbat Bulletin is sponsored by **Betty Laxer** and her family in memory of beloved husband, father, father-in-law and grandfather Carl Laxer z"l (Yekutiell Chaim ben Avraham v'Chana Tova - 30 Nisan).

SPECIAL FAREWELL TO SUZANNE & LIONEL RABINOVITCH MONDAY, MAY 2, 7:15PM UPPER SOCIAL HALL

Please join us as our community gathers to say farewell to Suzanne & Lionel Rabinovitch who are moving to be with their family in NY. Mincha at 7:45pm. Special address and presentation with Rabbi Freundlich will take place between Mincha and Maariv.

Everyone invited - from age 1 to 100!



Sunday, May 1, 9:45am	<i>Kollel Yom Rishon</i> - Upper Social Hall
Sunday, May 1, 5:00pm	<i>Kef Club Yom Ha'atzmaut Carnival for Kids</i> - see flyer on page 5
Monday, May 2, 10:00am	<i>Tehilim Shiur</i> with Rifki Freundlich on Zoom
Tuesday, May 3 at 12:00pm	<i>Lunchtime Halacha Shiur</i> with Rabbi Freundlich on Zoom
Wed., May 4 at 12:15pm	<i>Parsha Shiur</i> with Rabbi Freundlich on Zoom
Thursday, May 5 at 12:30pm	<i>Parsha Shiur for Women</i> with Rifki Freundlich on Zoom
Thursday, May 5 at 7:30pm	Mental Health Symposium: <i>Depression Through the Lifespan</i> - featuring Keynote Speaker Dr. Howard Margolese - see flyer on page 6
Sunday, May 8 at 10:00am	Mental Health Morning: <i>Using Technology to Bring Mental Health to the Forefront</i> with Hillel Fuld - see flyer on page 7
Sunday, May 8 at 11:00am	Mental Health Morning: <i>Is It All Bad? The Upside of Depression</i> with Dr. Norman Blumenthal - see flyer on page 7

Memories.....Painful Sounds of Silence

אחרי מות-קדושים; It seems to be divinely ordained that these Torah portions are read at this time of the year on the same Shabbat, or during a Jewish leap year (as is this year), on consecutive Shabbatot.

Juxtaposing the opening words of these two portions delivers a message that is appropriate for our annual somber week of remembrance which commences and is observed by the Jewish world a mere four days following the festival of Passover. We observe Yom Hashoah, the day of remembrance for the martyrs of the Holocaust on the twenty-seventh day of Nisan and seven days later, on the fourth day of Iyar, we observe Yom Hazikaron, the day of remembrance for the martyrs of Israel's wars and the victims of countless terror attacks over the ages.

The words אחרי מות-קדושים - which suggest a world of meaning in their Hebrew origin - are translated into English as: *After the death of the holy...* Is it a coincidence that we read these connecting words at a time of the year when we annually turn our thoughts and memories to focus on our holy martyrs? In remembering our brothers and sisters who gave their lives על קידוש השם, sanctifying Hashem's holy name, we experience an intense *after moment*, an eternal *after moment* which is with us not only at this time of the year, but in essence, all the days of our lives. We stand together in mourning as *Am Yisrael Chai*, a nation that continues to live and - Baruch Hashem – thrive, every day of our lives after the sacrifices of our precious brothers and sisters. As we remember the millions of holy neshamas, the holy souls who gave their lives to sanctify Hashem's holy name, we find ourselves in a world that sadly has not learned to curb hate and genocide.

While therapists expound on the idea of *time healing our wounds*, I find that with every day that passes we are more aware of how these people are missing in our lives. On a personal note, as I progress through my life with its countless blessings, I reflect on the tragedy of those who have not lived their lives to completion and have sadly paid the ultimate price so that people like myself may live on. It is an unsettling and painful thought.

And so this time of the year on our Jewish calendar is reserved for memories, painful memories. It is a time to seek inspiration from those who in death taught us the lessons of the value of Jewish life and the eternity of our heritage. We take these lessons that we learn from our holy martyrs, and we pass them on to the next generation.

אחרי מות-קדושים - *After the death of the holy...* In Israel there is a siren sounded throughout the country on both memorial days. The country comes to a silent halt as people stop, exit and stand by their cars on busy thoroughfares, rise from work desks and literally stop all that they are doing in order to observe precious minutes of silent remembrance.

The opening verse in our Torah reading of Acharei Mot this Shabbat tells us of the observance of an *after moment*, following the death Aharon's sons Nadav and Avihu which

we read about last month in Parashat Sh'mini. Aharon's reaction to the death of his sons - וידם אהרן - *Aharon was silent* is explained by our sages: Following his sons' deaths Aharon was weeping loudly, but upon hearing his brother Moshe's consolation, he stopped (Ramban) - finding comfort in knowing that his sons, in their death, sanctified Hashem's holy name (Sforno).

Silence following a loss may be understood in many ways. Many understand and respect the value of silence as a time when there is really nothing to say. British psychotherapist Annie Broadbent wrote about the therapeutic value of silence in a 2017 blog titled - *How silence supports us in times of grief*:

As a therapist I have found silence to be sometimes the most effective technique to facilitate my clients' processing - it is in that space that the client will take themselves one step closer to their truth. Sitting in silence is an experience of searching. If we allow ourselves to be there, we allow ourselves to wander, to explore that unknown space which is so often filled with what we need.

In explaining Aharon's silence in his reaction to the passing of his sons, Naftali Levental wrote that *sometimes silence is the best reaction*. He suggests that *language and speech suggest the capacity of understanding and that music is beyond language as it expresses soulful moods that cannot be expressed in words*. Silence and quiet are on an even higher level. Following his initial reaction Aharon dealt with his pain through silence.

Levental further writes that the capacity of keeping silent when experiencing certain moments in our lifetimes, and in our history in general, is an important source of strength. Where words fall short of expression, silence proves to be louder than words.

אחרי מות-קדושים - *after the death of the holy...* We remember our martyrs. The magnitude of the tragedies of our people weighs upon us in a difficult way and our silence is a safety net which allows us to deal with our pain and realize our inability to comprehend our pain. The silence is quiet yet thunderous. We can hear this silence. The sounds of this silence will be with us for eternity.

Silence... quiet... I had the privilege to work musically with the Grade Six students of JPPS this past Thursday evening as they presented a Holocaust memorial program. Their beautiful, respectfully and quietly sung voices were set in accordance with the solemn presentation which echoed 1.5 million children's voices that were silenced during the terrible Holocaust years.

The painful sounds of silence...

Shabbat Shalom,

Rev. Amiel

Bnei Akiva Montreal Presents



Grades K-6

SNIF COLOR WAR!!

Blue vs. White!
Shabbat Parashat Achrei Mot

April 30th
5:30-6:30pm

At BIBA

Fun activities!

Walking group will leave TBDJ at 5pm
and will return at 7pm



BNEI AKIVA MONTREAL PRESENTS

YOM HA'ATZMAUT CARNIVAL!

Sunday, May 1st, 5-6 @TBDJ

GRADES K-6

JOIN US FOR LOTS OF ISRAEL-THEMED FUN!

GAMES!

FALAFEL!

PRIZES!

**COTTON
CANDY!**

COME IN YOUR BEST BLUE AND WHITE!

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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Celebrate Yom Ha'Atzmaut with tasty treats from Zera Café

This week the Zera Café menu includes tasty Israeli options –
Falafel burgers or vegan shawarma anyone?
Enjoy green tahini on the side and brownies with halava for dessert.

Zera Café is a non-profit social enterprise ready-to-eat meal service
with a mission to employ neurodiverse young adults of all abilities.

The Zera Café kitchen is MK Certified.

Order by Tuesday May 3 for delivery on Wednesday May 4.
[ZeraCafe.ca](https://zeracafe.ca)




zera café
TRAITEUR | CATERING
Délicieux. Innovant. Inclusif.
Delicious. Innovative. Inclusive.