



CONGREGATION TIFERETH BETH DAVID JERUSALEM

Shabbat Bulletin

ו אייר התשפ"ב

שבת פרשת קדושים

Shabbat Parshat Kedoshim

May 6 - 7, 2022 / 5782

Please print this bulletin before Shabbat.

Chazan Sheini
Rev. Amiel Bender

Rabbi
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SHABBAT SHALOM • שבת שלום

Fourth Annual Jewish Community Mental Health Awareness Shabbat

Shabbat Parshat Kedoshim

Haftara: Amos 9:7 - 9:15

Friday, May 6

- 4:30pm Daf Yomi on Zoom
- 6:20pm Early Mincha and Kabbalat Shabbat - Main Sanctuary
- 6:30pm Minha et Kabbalat Chabbat - Minyane Sépharade - Chapel
- 6:37pm Plag Hamincha
- 7:00pm Mincha and Kabbalat Shabbat - Main Sanctuary
- 7:49pm Candle Lighting
- 8:07pm Sh'kiah

Shabbat, May 7 / 6 Iyar

- 8:00am Shacharit - Hashkama Minyan
- 8:40am Chumash Shiur with Rabbi Freundlich
- 9:00am Shacharit - Main Sanctuary
- 9:00am Shaharit - Minyane Sépharade - Chapel
- 9:13am Sof Zman Kriyat Sh'ma
- 10:00am Kef Club Shabbat Programs for Kids - Lower Level Classrooms
- No Snif Bnei Akiva at BIBA this Shabbat.
- 6:37pm Plag Hamincha
- 7:00pm Pirkei Avot Shiur with Rabbi Freundlich - Main Sanctuary
- 7:25pm Minha et Seoudah Shleesheet - Minyane Sépharade
- 7:40pm Mincha, Seudah Shleesheet and Maariv - Main Sanctuary
- 8:09pm Sh'kiah
- 8:59pm Havdala
- 9:45pm 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: 7:55pm 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, May 13

Candle Lighting is at 7:57pm

and **Mincha** is at 7:00pm (M. Sépharade is at 6:30pm)

COMMUNITY NEWS

Mazal Tov to **Barbara & David Zukor** and their family on the birth of grandson James Charlie (Yitzchak Chaim haKohen) Cooper on Tuesday, April 26 in New York. Proud parents are Daniela & Zach Cooper. Sharing in their simcha are James' big sister Sienna, his great grandmother Edith Zukor, his paternal grandparents Debbie & Mark Cooper, and many delighted aunts, uncles and cousins. James is named after David's beloved father Leslie Zukor z"l (Yitzchak Chaim ben Yosef).

Mazal Tov to **Marcia & David Steinlauf** and their family on the engagement of their son **Zack Steinlauf** to Davina Josepovici. Sharing in their simcha are Davina's parents Ronit & Denny Josepovici and many delighted siblings, aunts, uncles and cousins in both families. Lovingly remembered at this time are, zichronam livracha, Zack's grandparents Eva & Fred Steinlauf and Zelda & Marvin Naimer.

Kol Hakavod to **Liela Silbiger** who placed first in the Chidon HaTanach International Diaspora Competition which took place in Yerushalayim on Thursday, May 5 - Yom Ha'atzmaut. Proud parents are **Jacqui & Michael Silbiger**.

Condolences to **Marcy & Aaron Dudkiewicz** and their family on the loss of Marcy's beloved mother TBDJ Member **Mali Rubin z"l** who passed away on Wednesday, May 4. Funeral scheduled for Friday, May 6 at 11:00am.

THANK YOU TO THE FOLLOWING SPONSORS

Rabbi Freundlich's Shabbat Sermon is sponsored by **Reesa & Ephriam Kandelshein** in memory of Reesa's beloved mother Sheila Lurie Busgang z"l (Shulamit bat Moshe v'Rachel - 11 Iyar).

Rabbi Freundlich's Chumash Shiur this morning is sponsored by **Sally Vineberg** and by **Adele & Jeff Altmann** in memory of beloved husband, father, and father-in-law Mortimer Marcus Vineberg z"l (Mordechai ben Avraham Shmuel - 6 Iyar).

This Shabbat Bulletin is sponsored by **Rosaleen & David Hutman** and Larry & Tiffany Rinzler and their families in memory of their beloved mother, mother-in-law and grandmother Sara Rinzler z"l (Chaya Sara bat Leizer Volf v'Doba - 6 Iyar). Sara was the wife of the late David Rinzler z"l.

Rabbi Freundlich's *Parsha of the Week* shiur on Wednesday, May 4 was sponsored by Miriam Stern and family in memory of her beloved mother Kreindel Gelbendorf z"l (Kreindel Atara bat Shlomo HaKohen - 3 Iyar).

UPCOMING SHIURIM AND PROGRAMS

- Sun., May 8, 9:45am..... Kollel Yom Rishon
- Sun., May 8, 10:00am..... Mental Health Awareness Lecture - *Using Technology to Bring Mental Health to the Forefront* with Hillel Fuld - see flyer on page 3
- Sun., May 8, 11:00am..... Mental Health Awareness Lecture - *The Upside of Depression: Is It All Bad?* with Dr. Norman Blumenthal - see flyer on page 3
- Mon., May 9, 10:00am..... *Tehilim Shiur* with Rifki Freundlich on Zoom
- Tues., May 10, 12:00pm..... *Lunchtime Halacha Shiur* with Rabbi Freundlich - on Zoom
- Wed., May 11, 12:15pm..... *Wednesday Parsha Shiur* with Rabbi Freundlich - on Zoom
- Thursday, May 12, 12:30pm..... *Parsha Shiur for Women* with Rifki Freundlich - TBDJ Library and on Zoom

At a Shabbos afternoon Bar Mitzvah in shul years ago, the Rabbi was delivering his Bar Mitzvah message between Mincha and Maariv, and the crowd was not the regular shul-going crowd. The Rabbi chose to speak about coming to daven in shul, about being part of and strengthening the minyan. He opened his message to the Bar Mitzvah boy with a question: *Why come to shul?* Then he immediately offered an answer to his question: *Because you can!* You can come to shul, and you can make shul-going a part of your life and a priority in your life.

Everyone can go to shul, but not everyone does. The truth is that, for many, prayer times do not necessarily happen at convenient times in our day. It is hard to leave the house early in the morning when you have children getting ready for school. It is challenging to leave work to come to early Mincha-Maariv services in the winter which “conflict” with conventional working hours. It certainly is difficult to attend Mincha-Maariv services in the summer which begin long after the workday ends, following supper time. These evening minyanim in the summer can also certainly compromise precious time spent with your family.

The opening words of the *Shulchan Aruch*, the standard code of Jewish law teach us: *One should strengthen himself like a lion to get up in the morning to serve his Creator.* A Jew should not be lazy, but rather have an excited, upbeat attitude about the upcoming morning prayers, and toward life in general. In general, we should serve our Creator with an upbeat attitude all day. These are inspiring words. Gather all your strength in the morning! Get up and greet your Creator! What better place to do so than at the synagogue surrounded by friends and congregants who together along with you aspire to raise themselves in holiness as we praise our creator? If you can’t make it in the morning, come in the afternoon, in the evening.

Yet people tend to not come to shul. Why? Do we take our shul for granted, that it will always be there even if we do not go regularly? Do we sometimes think that there are others that keep the place going and that maybe we don’t need to be as active as they are in attending the minyanim? Are there people out there who don’t go to shul because they are intimidated by what they believe is their lack of knowledge and familiarity with the procedure of the prayer service? Are there those who feel that their Hebrew reading is not up to par? From my experience, the answer to all of the above is: yes... yes... yes... and yes.

Years ago, we needed a tenth for a Mincha-Maariv minyan in shul. I spent quite a while on the phone and just couldn’t get lucky number ten. My regulars were not available, and others politely declined the invitation. I then called a gentleman who had davened with us for the past eleven months while saying Kaddish for a parent. I asked him to come in to help us. He replied: *Sorry Amiel, I am eating supper with my family - something that I have not been able to do for eleven months!*

The answer didn’t work for me and I gently chided him: *Why don’t you take a moment to think how many people in shul gave up their suppers with their families this past year to ensure that people like you could come in to say Kaddish for their loved ones?* It worked: *Amiel, you’re the only one who can talk to me like that... I will be there in a minute!*

The second verse of this week’s Torah portion Parashat Kedoshim advises us to be holy:

You shall be holy, for holy am I, Hashem, your G-d.

(Vayikra 19:2)

Makes sense. Hashem is our G-d and Hashem is holy. We are Hashem’s chosen nation and, therefore, we must be holy. Is it conceivable that Hashem would have it any other way? An unholy nation? Indeed, at the scene of the giving of our holy Torah, Hashem informed Moshe Rabeinu that holiness is part of Bnei Yisrael’s new identity:

***ואתם תהיו לי ממלכת כהנים וגוי קדוש אלה הדברים אשר תדבר אל בני ישראל
‘And you shall be to Me a kingdom of princes and a holy nation.’
These are the words that you shall speak to the children of Israel.***

(Shmot 19:6)

The question we may now ask is: What is holiness?

Rabbi Elie Munk writes that holiness is a divinely-ordained ideal: *The ideal of holiness is not based on the norms of common-sense rational behavior. Instead, it is a unique concept that was specifically assigned to the people of Israel as an end in itself. Bnei Yisrael are to be a holy nation because that is the will of Hashem.* The Rabbi continues: *The division between holy and non-holy was created by Hashem - המבדיל בין קודש לחול. “He who distinguishes between holy and ordinary”. It is He who created the separation between light and darkness, between Israel and the other nations, between the seventh day and the six days of work. The distinction is permanent and unchangeable.*

The ArtScroll commentary brings the Ramban’s idea that *holiness is not limited to the observance of any specific category of the commandments. Rather, it is an admonition that one’s approach to life must be governed by moderation, particularly in the area of what is permitted. The Ramban writes that a person may become a “degenerate with the permission of the Torah” - נבל ברשות התורה. Such a person may observe the technical requirements of the commandments while surrendering to self-indulgence, gluttony and licentiousness. Hashem requires more than obedience to the letter of the law. Our sages teach us to “sanctify yourself with what is permitted to you” (Tractate Yevamot 20a). We should not only refrain from what is expressly forbidden. We must also refrain from partaking excessively of what is permitted.*

I like Rabbi Munk’s approach to holiness. As Jews, we were born into holiness. Our job is to maintain the status of being a holy person, a holy nation. How? Common logic suggests that holiness is a state of spiritual elevation. Hashem’s words at the time of the giving of the Torah assure us that the destiny of the Jewish people is to be holy. Was it easier to be holy at the time of the giving of the Torah? Probably... When our ancestors were together in the desert all the Jewish people in the world were in one place and holiness was the flavour of our existence. In today’s diverse world there are greater challenges where we constantly find ourselves looking for the delicate balance between the holy and the mundane in our lives.

Holiness may certainly be achieved but in today’s world we sometimes need a boost to reach the desired level of holiness. An easy way to boost ourselves is attendance at shul services. The reason is - and it is good to keep this in mind - because you can go to shul. You can, while sadly, others cannot. We can muse about the present tragic reality of war-torn Ukraine where many of our brothers and sisters cannot go to shul because of the dangers involved. For a little over two years people around the world were locked out of shul due to Covid-19 safety measures. Even now as the virus is abating and many shul-goers have come back, many are still not with us.

Coming to shul on a regular basis can help us fulfil the directive of the second verse of this week’s Torah portion which advises us to be holy. Coming to a place of holiness helps to elevate ourselves to the desired spiritual state of holiness. The shul is a place of holiness and davening in a minyan elevates the individual to levels of holiness that are unattainable without a minyan. Even the sound of others praying inspires us and influences our own prayer devotion.

We need you at our minyanim. I encourage everyone, all of you readers out there, to designate one day, or even one minyan a week, to join us. Elevate your state of holiness. Davening together in shul is incredibly uplifting and it can create intense moments of connecting with Hashem in special ways that are different from davening at home. Experiencing prayer in the proper setting, without distractions, evokes a strong sense of peacefulness and serenity. Davening in shul is a social experience as well, where we share friendship and camaraderie as well as prayer. Many people who are not regulars at our minyanim will realize - once they start attending - that they did not know what they were missing!

Join us in shul....because you can...

Shabbat Shalom,

Rev. Amiel

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.

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



From the Ukrainian Border to Israel: An evening with United Hatzalah

Israel's leading volunteer Emergency Medical Services (EMS) Network
committed to saving lives 24/7/ 365

WEDNESDAY, MAY 25
AT 8:00 PM

TBDJ Social Hall & Zoom Link available



FREE EVENT / REGISTER TODAY
<https://jlive.app/events/2259>

Guest Speaker
GAVRIEL FRIEDSON

Director of International
Emergency Management and
Global Ambassador

Gavriel Friedson has been saving lives since the age of fifteen. Over the course of nineteen years on the job, Friedson has distinguished himself through more than 10,000 emergency calls, ranging from acute medical crises to multiple casualties and catastrophic events. He has been the first medic on the scene at a number of terrorist attacks during his years as a first responder. This year, Gavriel assisted with medical rescue flights helping evacuate Ukrainian refugees to Israel.

EVENT PARTNERS





SAVE *the* DATE

as we say thank you & l'hitraot to

The Freundlich Family

Join us for a special Shabbat in honour of our beloved
Rabbi and Yoetzel Halacha, Yechezkel & Rifki,
and their beautiful family!

June 17 & 18, 2022

Shabbat Parashat Beha'alotcha

More details to follow

