



CONGREGATION TIFERETH BETH DAVID JERUSALEM

Shabbat Bulletin

ו שבת התשפ"ג

שבת פרשת בא

Shabbat Parshat Bo

January 27 - 28, 2023 / 5783

Please print this bulletin before Shabbat.

Rabbi
Zolly Claman

Chazan Sheini
Rev. Amiel Bender

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SHABBAT SHALOM • שבת שלום

Shabbat Parshat Bo

Haftara: Yirmiyahu 46:13 - 46:28

Friday, January 27

- 4:25pm Minha et Kabbalat Chabat -
Minyane Sépharade -
Lower Level Chapel
- 4:35pm Candle Lighting
- 4:40pm Mincha, Kabbalat Shabbat
and Maariv - Main Sanctuary
- 4:54pm Sh'kiah

Shabbat, January 28 / 6 Shvat

- 8:00am Shacharit - Hashkama Minyan
- 8:40am Parsha Shiur with Rabbi Claman
- 9:00am Shacharit - Main Sanctuary and
Minyane Sépharade
- 9:44am Sof Zman Kriyat Sh'ma
- 10:00am Kef Club Shabbat Programs
for Kids - Lower Level
- 4:20pm Minha, Seoudah Shleesheet
et Arvit - Minyane Sépharade
- 4:30pm Mincha, Seoudah Shleesheet
and Maariv - Main Sanctuary
- 4:55pm Sh'kiah
- 5:42pm Havdala
- 6:00pm Daf Yomi

COMMUNITY NEWS

Mazal Tov to **Gabrielle & Isaac Bendayan** and to **Evelyn & Moïse Bendayan** and their families on the birth of a daughter and granddaughter on Wednesday, January 25. Sharing in their simcha are the baby's siblings Moshe and Mila, her maternal grandparents Ruth & Robert Benjoar, her great grandmother Febi Abitbol and many delighted aunts, uncles and cousins.

Mazal Tov to **Reesa & Ephriam Kandelshain** and Joellen & David Kirshtein and their families on the birth of a granddaughter on Saturday, January 21 in Teaneck, New Jersey. Proud first-time parents are Haley & Aaron Kirshtein. Sharing in their simcha are great grandparents Joyce & Sol Kirshtein and Vernon Whitman and many delighted aunts, uncles and cousins. Lovingly remembered at this time are, zichronam livracha, great-grandparents Sheila & Hy Busgang, Muriel & Morris Kandelshain and Dolores Whitman.

Refu'a Shleima to **Michael Goodwin** - מאיר זלמן בן רחל

THANK YOU TO THE FOLLOWING SPONSORS

Kiddush in the Minyane Sépharade is sponsored by **Gabrielle & Isaac Bendayan** in honour of the birth and baby naming of their new daughter.

Breakfast on Tuesday, January 24 was sponsored by **Debbie & Howard Feldman** in memory of Howard's beloved father Nicholas (Mendy) Feldman-Zinner z"l (Menachem ben Shmuel Eliezer - 2 Shvat).

This Shabbat Bulletin is sponsored by **Reesa & Ephriam Kandelshain** in honour of the birth of their new granddaughter on Saturday, January 21.

Breakfast on Tuesday, January 31 is sponsored by the **Lieberman Family** in honour of TBDJ's clergy.

Rabbi Claman's *Lunch and Learn* Program on Wednesday, January 25 was sponsored by **Sari Newman** and family in memory of beloved father, grandfather and great grandfather Lou Stern z"l (Elazar Gedalia ben Yechiel - 1 Shvat).

Seudah Shleesheet is sponsored by Amalia & Morris Zeitouni in memory of Morris' beloved father Aholiav Zeitouni z"l (Aholiav ben Simantov v'Mazaltov z"l - 11 Shvat).

SHABBAT PARSHAT BESHALACH FEBRUARY 4

ARI SACHER

SHABBAT MORNING:

"The Best Offense is a Good Defense"

MOTZEI SHABBAT:

"The Miracle of the Iron Dome"



NEXT WEEK'S SCHEDULE

Mincha/Maariv: 4:40pm

Shacharit

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

Friday, February 3

Mincha - Minyane Sépharade: 16h35
Mincha - Main Sanctuary: 4:50pm
Candle Lighting is at 4:46pm

For our full schedule, go to tbdj.org/calendar.





**SNIF BNEI AKIVA
PARASHAT BO
JANUARY 28**

Walking group
leaves TBDJ for
Hebrew Academy
at 4:00pm.

No walking group
back - pick up by
parents at Hebrew
Academy (5100
Kellert) after
Shabbat.

Kef Club

Bo

**January 28th
6 Shvat**

Grades 1-6:



10:00 - Games
10:30 - Tefilla
10:50- Parsha questions
(register here to get the questions)
11:00 - Escape from Egypt!
11:15 - Kef club kiddush.



Nursery:

10:00 - free play
10:45 - songs and tefilla
with madrichot
11:00 - Story time
11:15- Kef club kiddush

**Earn your
Shabbos Shekels
and get prizes!**





F 2
E 0
B 2
4 3

PARSHAT
BESHALACH

TBDJ
WELCOMES

Ari Sacher

Rocket Scientist,
Land and Naval Warfare Division
Rafael Advanced Defense Systems



SHABBAT MORNING, FEBRUARY 4:
"The Best Offense is a Good Defense"

MOTZEI SHABBAT, 7:30PM:
"The Miracle of the Iron Dome"

Ari Sacher is a Rocket Scientist, and has worked in the design and development of missiles for over thirty years. He has briefed hundreds of US lawmakers on Israeli Missile Defense and Israeli-US Defense collaboration, including three briefings on Capitol Hill at the invitation of the House Majority Leader and the Israeli Ambassador to the U.S.



COLLECTE DE SANG

BLOOD DRIVE



HÉMA-QUÉBEC

2nd Annual TBDJ Blood Drive Give from the Heart

En collaboration avec
In collaboration with



Lundi 6 février - 13h30 à 19h30

Monday, February 6 - 1:30 p.m. to 7:30 p.m.

SUR RENDEZ-VOUS | BY APPOINTMENT

**CONGRÉGATION TIFERETH
BETH DAVID JÉRUSALEM**
6519, chemin Baily, Côte Saint-Luc



Prenez rendez-vous dès aujourd'hui !

→ hema-quebec.qc.ca

→ 1 800 343-7264

Visit our website or call us to book an appointment.





HOSTS



A Night at the Museum

TBDJ INVITES YOU TO AN EVENING OF ART & MASQUERADE.
EXPLORE NEW ARTISTS, EAT AND DRINK IN GOOD COMPANY,
AND WELCOME THE ARRIVAL OF PURIM

MARCH 2, 2023 | 7 PM
SALON RICHMOND

\$180 PER PERSON
\$150 EARLY BIRD UNTIL FEB 15

COCKTAIL DÎNATOIRE, OPEN BAR, LIVE MUSIC, ART EXHIBIT &
VALET PARKING INCLUDED

www.tbdj.org/artgala

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

5TH ANNUAL JEWISH COMMUNITY MENTAL
HEALTH AWARENESS SHABBAT

MENTAL HEALTH SYMPOSIUM

*Reconnecting With What Matters: How Investing In Our
Relationships Helps Us Thrive*

Thursday May 4, 2023 | 7:30-9:00PM EST

Congregation Tifereth Beth David Jerusalem
6519 Baily Road, Côte Saint-Luc, QC H4V 1A1

Livestream at: mentalhealth.tbdj.org

Featuring a panel of local speakers

- **Dr. Rachel Goodman, Moderator**
Co-Chair, Mental Health Shabbat 2023
- **Rabbi Zolly Claman**
Rabbi, Congregation Tifereth Beth David Jerusalem
- **Lanya Samuelson McClintock, MSW**
Manager - L'Annexe,
The Ometz Centre for Young Adults
- **Family Caregiver**
AMI-Quebec

Keynote Speaker:

Dr. Miriam Kirmayer

Dr. Miriam Kirmayer is a clinical psychologist and leading friendship expert who has studied the science of connection for over a decade. Her work focuses on helping people to navigate life transitions, cultivate resilience and self-compassion, and build healthier relationships and more connected lives. Dr. Kirmayer sits on the Mental Health Advisory Committee for Wondermind, a mental fitness company co-founded by Selena Gomez, and partners with businesses and organizations to encourage mental wellness, meaningful relationships, and community.



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

5TH ANNUAL JEWISH COMMUNITY MENTAL
HEALTH AWARENESS SHABBAT

TEEN MENTAL HEALTH WORKSHOP

Keynote Speaker:

Dr. Miriam Kirmayer



Dr. Miriam Kirmayer is a clinical psychologist and leading friendship expert who has studied the science of connection for over a decade. Her work focuses on helping people to navigate life transitions, cultivate resilience and self-compassion, and build healthier relationships and more connected lives. Dr. Kirmayer sits on the Mental Health Advisory Committee for Wondermind, a mental fitness company co-founded by Selena Gomez, and partners with businesses and organizations to encourage mental wellness, meaningful relationships, and community.

**Stay Connected: The
Power of Authentic
Friendships**

FRI | MAY | 5
10AM EST

Join the livestream at:
mentalhealth.tbdj.org

* This event is designed for High School students

EVENT PARTNERS:



A full list of participating schools 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

Tefillin and Cardiovascular Health

In Parashat Bo, the Mitzvah of Tefillin is mentioned twice: in the context of the Paschal Sacrifice and in the offering of first-borns to Hashem. In both cases the discussion closes by saying that we should keep as a *sign on our arms and heads* that Hashem took us out of Egypt with a mighty hand. The question arises: What is the connection between the Mitzvah of Tefillin and *יצאת מצרים* - the Exodus from Egypt?

Ramban (1194-1270) explains that remembering the Exodus when placing tefillin on our arms and heads reminds us daily what Hashem did for us during the miraculous Exodus from Egypt. Remembering this daily inspires us to always have Torah and mitzvot within us.

We learn from the commentary of Harav Kook (1865-1935) that superficially, the redemption from Egypt was a one-time historical event, forging a potent remembrance in the collective consciousness of the Jewish people and all of humanity. The Exodus is, however, a continuous, ongoing act. The divine miracles and signs that took place in Egypt was the debut of the continual revelation of the hand of Hashem, openly and publicly, on the stage of world history. The Exodus was an outburst of divine light, potent and vibrant, in all realms of the universe, and its impact continues to resonate throughout the ages.

Before wrapping tefillin on the arm, we contemplate that this mitzvah commemorates Hashem's *זרוע נטויה*, His outstretched arm, with which our ancestors were extracted from Egypt. What does this metaphor mean? The word arm (*זרוע*) comes from the root *זרע*, meaning - seed. The divine redemption of Israel in Egypt was a holy seed, planted at that point in time. That wondrous event initiated the dissemination of its message, unhindered and uninterrupted, over the generations. As we bind the tefillin to our arms, we are reminded of Hashem's outstretched arm, the inner godliness that continually develops and perfects the world, until it elevates its treasures of life to the pinnacle of divine fulfillment.

Rav Kook taught that the Torah uses a second metaphor to describe the Exodus: the *יד חזקה*, Hashem's strong arm. This phrase indicates a second, deeper connection between the mitzvah of tefillin and the Exodus. The liberation from Egyptian bondage served to combat the debasement of life, which threatened to drown humanity in the depths of crassness and vulgarity. It would indeed take a "strong arm" to overcome the pull of our base nature and to allow the light of our inner holiness to shine from within. The holy act of fastening the tefillin to the arm and head helps us transform the coarse and profane aspects of life into strength and vitality, revealing an inner life beautiful in its holiness.

The divine power of Hashem's "strong arm" was needed to triumph over humanity's coarseness, which was then at its peak in the contaminated culture of Egypt, required. We similarly need to make a strong effort so that the Torah will remain in our minds and hearts all the time. Tefillin are called a sign and a reminder, for they evoke the wondrous signs and powerful miracles of our release from Egyptian slavery. We must engrave the legacy of those miracles in all aspects of our lives: our actions, emotions, and thoughts. Therefore, we bind these memories to our hand, heart, and mind, and transform our coarse nature to a holy one. Then the Torah will naturally be in our mouths and in the thoughts and reflections of our hearts. Through this powerful mitzvah, engaging both the arm (our actions) and the eye (our outlook and thoughts), we continue the divine process that Hashem initiated in Egypt with a strong arm. The Mitzvah of Tefillin connects the physicality of the Exodus with the spirituality of our daily connection to Hashem, essentially strengthening the eternal spiritual health of our people.

Even today, Jews are discovering new benefits to this daily ritual of placing the tefillin on our head and on our left arm close to our hearts. In this past week's *Jerusalem Post* there was a front-page article titled: *Want to improve your heart health? Wear tefillin*. Wearing tefillin relates to cardiac health? Seriously? Sure enough, the University of Cincinnati recently released results of research on the benefits to cardiovascular health in people who wear tefillin. The study suggests that this is the results of ischemic, or reduced, blood flow preconditioning that produces protection from the damage caused by heart attacks.

Professor Jack Rubinstein writes about the medical benefit of wearing tefillin on our arm: *It is placed on the non-dominant arm around the bicep and forearm in a fairly tight manner. It is never worn in a fashion as to occlude the blood flow. This is traditionally worn for about 30 minutes continuously during prayers, which involves sitting and standing, resulting in occasional retightening of the strap around the arm. Tefillin use induces preconditioning-associated changes in heart rate variability.*

This research introduces a medical idea related to the sometimes-reported discomfort of the binding of our tefillin on our arm: The discomfort may serve as a form of preconditioning, and offers a substantial degree of protection against the damage that occurs when someone suffers a sudden loss of blood flow - acute ischemia - or after the blood supply is restored to a tissue or organ after an ischemic event. This is known as reperfusion, which is the restoration of blood flow to an organ or tissue after having been blocked. Rubenstein says that such injuries occur during a heart attack when a section of the heart is deprived of oxygen, and is then damaged further when the blood flow is reestablished.

The researchers measured baseline information on all participants for ten minutes in the morning and then another round of data was obtained during and after thirty minutes of wearing their tefillin. The thirty participants, all healthy individuals between the ages of 18 to 40, had their heart rate measured before, during and after the wearing of tefillin. Rubinstein writes: *What we found is that wearing tefillin caused changes to the heart rate associated with the lowering of the metabolism, as measured via heart-rate variability. Heart-rate variability is how much variability there is between one heartbeat and the next.*

Rubinstein then explains the importance of heart-rate variability: *We can measure all kinds of different things from heart-rate variability, including probably the most important, which is parasympathetic tone. Does it relax you, and does it cause your metabolism to come down? The sympathetic and parasympathetic nervous systems have opposite rules. While the sympathetic nervous system carries signals that puts the body's systems on alert, the parasympathetic carries signals that relax those systems. The two systems work together to keep the body in balance.* Rubenstein explains that the study shows that there is a measurable effect during and after wearing tefillin. *It means that if we can have people wearing tefillin or a similar device, and they can get themselves to be preconditioned every day, we expect that those people should be protected or should have a decreased amount of damage if they should get a heart attack during the time they are protected. This is a low intensity way of protecting people from heart attacks.*

Is it a coincidence that this article appeared in an Israeli newspaper but one week before the Mitzvah of Tefillin is introduced in our weekly total reading?

The verse towards the end of Parashat Bo reads:

***And it shall be to you as a sign upon your hand
and as a remembrance between your eyes,
in order that the law of Hashem shall be in your mouth,
for with a mighty hand Hashem took you out of Egypt***
(Shmot 13:9)

The tefillin are not only a sign for us while we are davening. They remain a sign following davening as well. There are days when the tefillin strap marks are visible on my arm for an hour or more following morning services, well after the tefillin were taken off. These marks on my arm extend the mitzvah of tefillin and serve as a reminder - as we begin our day - of what this wonderful mitzvah is all about. And now those marks can also remind me that this important Jewish ritual may be helping improve the health of my heart - both physically and spiritually.

Rev. Amiel



Winter in Kef club! (January-February)

Parashat Va'era
January 21st

10 Plague
Pick-A-Box



Parashat Bo
January 28th



Escape From Egypt!

Parashat Beshalach
February 4th



Tu Bishvat Bingo

Parashat Yitro
February 11th



10 commandment
Game!

*Kef Club rooms will be open from 10 am



SNIF

BNEI AKIVA

Parashat Bo



AT HEBREW ACADEMY
5700 KELLERT
(PLEASE ENTER THROUGH FRONT DOOR)



SHABBAT
JANUARY 28



4:30PM

WALKING GROUP LEAVING TBJ AT 4PM
NO WALKING GROUP BACK!
(PICK UP BY PARENTS AFTER SHABBAT)



ד"ר



BNEI AKIVA MONTREAL
IN PARTNERSHIP WITH
BETH ISRAEL BETH AARON
INVITE YOU TO JOIN OUR



Tu Bishvat

Family Seder

SUNDAY FEBRUARY 5TH

5-6:30PM @ BIBA

GRADES K-6 & PARENTS INVITED!

LEARNING ● GAMES ● CRAFTS

SNACKS AND LOTS MORE!



Bnei Akiva Montreal

Grade 5-6

Mini-Shabbaton

on Shabbat Shira!

Where?

ADATH,
223 Harrow

What?

Friday night Tfillah,
dinner,
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When?

February 3rd
Parashat
Beshalach



COST
\$50

Register here by
Wednesday February 1st
<https://mizrachi.ca/bnei-akiva-shabbaton/>

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