

Shabbat Bulletin

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SHABBAT SHALOM • שבת שלום

Rosh Chodesh Nisan is on Thursday, March 23 / Molad is on Wednesday, March 22 at 1:24am and 12 chalakim

Shabbat Parshat Va'yak'heil-Pekudei Parshat Hachodesh

Haftara: Yechezkel 45:16 - 46:18

Friday, March 17

- 6:35pm Minha et Kabbalat Chabat -
Minyane Sépharade -
Lower Level Chapel
- 6:44pm Candle Lighting
- 6:45pm Mincha, Kabbalat Shabbat
and Maariv - Main Sanctuary
- 7:03pm Sh'kiah

Shabbat, March 18 / 25 Adar

- 8:00am Shacharit - Hashkama Minyan
- 8:40am Parsha Shiur with Rabbi Claman
- 9:00am Shacharit - Main Sanctuary and
Minyane Sépharade
- 9:30am Youth Minyan - Youth Lounge

New this Shabbat!

**Kids in Grades 4, 5 and 6 are invited to
join the Youth Minyan! Come at 9:30am
for davening or at 11:15am for singing
followed by Kiddush!**

- 10:00am Kef Club Shabbat Programs
for Kids - Lower Level
- 10:03am Sof Zman K'riyat Shma
- 6:25pm Minha, Seoudah Shleesheet
et Arvit - Minyane Sépharade
- 6:35pm Mincha, Seoudah Shleesheet
and Maariv - Main Sanctuary
- 7:04pm Sh'kiah
- 7:48pm Havdala

COMMUNITY NEWS

Mazal Tov to **Elizabeth & Meir Israel** and their family on the birth of a grandson on Monday, March 13 in Englewood, NJ. Proud parents are Rachel & Ivri Amar. Sharing in their simcha are the baby's big brother Jojo, his paternal grandparents Shirley & Yossi Amar, his great-grandparents Maryse Feingold and Rachel & Vidal Israel, his great great-grandmother Rosa Israel and many delighted aunts, uncles and cousins.

Mazal Tov to **Ilana & Henry Levy** and their family on the birth of a daughter on Wednesday, March 8. Sharing in their simcha are grandparents Liliane & Elie Levy and Liliane & Hanania Abenhaim and many delighted siblings, aunts, uncles and cousins.

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

Refu'a Shleima to משה ראובן בן עטל

THANK YOU TO THE FOLLOWING SPONSORS

Kiddush for the Youth Minyan on Shabbat is sponsored by **Aviva & Ami Drazin** in honour of the fourth anniversary of their son Reuven's Bar Mitzvah, Parshat Pekudei.

Seudah Shleesheet for the Minyane Sépharade is sponsored by **Judith & David Elmechaly** in memory of David's beloved father Meyer Elmechaly z"l (Meir ben Simcha - 25 Adar Alef).

Seudah Shleesheet for the Main Sanctuary is sponsored by **Tova & Scott Garber** in memory of Scott's beloved grandfather Aaron Garber z"l (Aharon ben Binyamin - 29 Adar).

Kiddush for the Minyane Sépharade is sponsored by **Ilana & Henry Levy** in honour of the birth and naming of their new daughter.

Kiddush for the Main Sanctuary is sponsored by **Jane & James Rogozinsky** in honour of their daughter Mia Rose who was born on August 6, 2021.

This Shabbat Bulletin is sponsored by **Susan Orenstein & Bennett Little** in memory of Susan's beloved father Louis Orenstein z"l (Haim Mihal Leib ben Avraham Pesach - 26 Adar Alef).

Rabbi Claman's *Lunch and Learn* Program on Wednesday, March 22 is sponsored by **Sari Newman** and her family in memory of her beloved grandmother Annie Stern z"l (Chana Leah bat Yosef - 29 Adar).

NEXT WEEK'S SCHEDULE

Mincha/Maariv: 6:50pm

Shacharit

Sunday: 8:00am / Monday: 6:50am
Tuesday, Wednesday and Friday: 7:00am
Thursday (Rosh Chodesh): 6:45am

Friday, March 24

Candle Lighting is at 6:54pm
Mincha - Minyane Sépharade: 18h45
Mincha - Main Sanctuary: 6:55pm

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





Kef Club

Vayakhel - Pekudei

March 18th
25 Adar

Grades 1-6:



10:00 - Games
10:40 - Tefilla
10:50- Parsha questions
(register here to get the questions)
11:00 - Edible Snowman!
11:15- Kef club kiddush.



Nursery:

10:00 - free play
10:45- songs and tefilla
with madrichot
11:00 - Edible Snowman!
11:15- Kef club kiddush

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





-Not Kosher for Passover -

FOOD DRIVE



This year instead of throwing out all your food, come drop off any **SEALED, NON PERISHABLE, NON EXPIRED** food items at TBDJ or HA

Location: TBDJ or HA

Date: Wednesday March 8th through Wednesday March 29th

Times: 8:30am to 5pm

For more information please contact:
montrealpaysitforward@gmail.com



Shabbat Shalom
שבת קודש
התשפ"ג 5783



Come and join your friends at TBDJ for a
Pre-Pesach Shabbat Dinner
on Shabbat Hagadol
Friday, March 31 at 6:45pm



Mincha and Kabbalat Shabbat at 5:45pm
followed by dinner at 6:45pm

\$60 per adult and teen over 12 years old
\$30 per child 3 to 12 years old inclusive
no charge for toddlers under 3 years old

Pre-registration required!
Go to **tbdj.org/gadoldinner**
to register online now!

Deadline to register is by 9:00am on Monday, March 27.

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

OPEN TO ALL HIGH
SCHOOL BOYS & GIRLS



Youth MINYAN

SHABBAT | 9:30- 11:30AM | YOUTH LOUNGE

TICKETS & MONTHLY RAFFLES FOR GRADES 4,5,6
KIDDUSH!

MORE DETAILS FROM GABBAIM REUVEN DRAZIN, ZAC LEVY OR
RABBI DANIEL SALTER 514-431-6859

Foreseeing the Consequences of One's Actions

One evening in the car last week I was listening to a financial analyst who was enthusiastically enlightening his radio audience about savings. He informed us that in the USA a modest forty-year weekly deposit starting from the age of 25 would total \$1.1 million when redeemed at the age of 65. I was thinking to myself... What a great plan for the next time I have my run at life!

These are indeed reflective moments where it dawns on us that there are things we should, could and would have done differently. The concept of thinking ahead and planning in advance gains significance as our years pass us by and we progress through the story of our lives. We think ahead in educational terms towards our choice careers, we think ahead in terms of financial planning, and we think ahead in where we see ourselves ten, twenty, thirty years henceforth.

We read in this week's Torah portion about a review of the Mishkan campaign and the Mishkan's construction. There is an amazing midrash in connection with acacia wood mentioned in the verse below from Parashat Terumah which lends itself to the mindset of planning for the future:

וַיַּעַשׂ אֶת הַקְּרָשִׁים לַמִּשְׁכָּן עֲצֵי שִׁטִּים עֹמְדִים

He made the planks for the Mishkan of acacia wood, standing erect
(Shmot 36:20)

Among the items that were to be included in the building of the Mishkan was acacia wood - עֲצֵי שִׁטִּים. As there was no acacia wood in the Sinai Desert, where did this wood come from? Rashi in Parashat Terumah cites the *Tanchuma* which teaches that 210 years before the Exodus, on his journey to Egypt to be reunited with his beloved son Yosef, Yaakov Avinu brought acacia trees to be planted in Egypt. Yakov realized that one day the Jews would be liberated from slavery and would need a sanctuary in their sojourn. And so, Yakov planted the trees and prepared wood with the intent that Bnei Yisrael upon their exodus from Egypt would take the acacia wood with them.

Rabbi Mordechai Kamenetzky comments: *Yaakov had not seen his son for twenty-two years, yet while going to see Yosef, he brought the material needed for a structure, that was to be built years in the future! What prompted Yaakov to think that way? Was there nothing else to bring to Egypt? Why wasn't he worried with the needs of the present? After all, seventy souls - Yaakov's family leaving Canaan - were entering a new land and culture. I am sure there were more pertinent things to bring than wood.*

Rabbi Kamenetsky relates a wonderful story from Rabbi Paysach Krohn:

The Ponovez Yeshiva in Bnei Brak Israel, is one of the most distinguished Yeshivot in the world. Years ago, at the beginning of a semester, a young boy from Switzerland who applied there was denied entry. The Head of the Yeshiva told him to come back in a few years as his level of study was not advanced enough for the Yeshiva, and he also was a bit too young. The boy said he understood, but he wanted to speak to the Rebbetzen, the widow of the founder and late Rosh Yeshiva of Ponovez, Rabbi Yosef Shlomo Kahaneman, of blessed memory. The Yeshiva administration was a bit surprised: Rav Kahaneman had passed away a number of years prior, and the young man did not claim to know the Rebbetzen. More important, she had no role in the admission process. Nevertheless, the young man was shown to the Rebbetzen's apartment. After a few moments, the boy emerged, and the Rebbetzen asked to speak with the Rosh Yeshiva. It took less than a few minutes for the Rosh Yeshiva to emerge and motion the young student waiting outside of the Rebbetzen's apartment. "Welcome to Ponovez Yeshiva," the Rosh Yeshiva heartily declared. "We have decided to accept you wholeheartedly." The boy smiled while many of the students and others who gathered outside the apartment were baffled. "What could have influenced the decision?" they wondered.

The young man solved the mystery for the students who had gathered near the Rebbetzen's apartment. "When I was seven years old, one summer my mother and I vacationed at a Swiss mountain

resort." Coincidentally, the Ponovez Rav z'l was in Switzerland for the summer and checked in to the only kosher hotel in the area - the one we were at! The problem was, the only available room was on the upper floor, and it was hard for the Rav to walk up and down. My mother heard about the problem and immediately offered to switch our room on the first floor, with his. After thanking her profusely, the Rav called my mother and me into his new room. "I want to thank you, Mrs. Schwartz," he said. "I understand that when on vacation it is hard to move rooms, but more so I also want to express appreciation to your son. I'd like to buy him a toy in a gift shop. What would he like?"

"I told the Rav that I did not want a toy, I did not want any prize. I did not even want a few coins. All I wanted is to become a student one day in the Ponovez Yeshiva. The Rav smiled and said that he would accept me whenever I felt I was ready. Immediately, the Rav took out a pen and paper and wrote the note that I handed to the Rebbetzen today. Frankly, I never even read it. All I know is that the vision of my youth was fulfilled today."

Rabbi Kamenetsky connects this story to Yaakov Avinu's foresight. Upon his descent to Egypt, Yaakov Avinu knew that the redemption would be a long way off. He also understood that one day there would be a Mishkan, a Tabernacle built for his descendants. Without the Mishkan, the exodus from Egypt would be meaningless. Yaakov realized that a home for spirituality would be the key to Israel's survival. He was careful about preserving the past and looking ahead to the future. Rabbi Kamenetsky recalls that in Parashat Vayishlach after crossing a river, we read that Yaakov was worried about little things he left behind and he returned to retrieve them. He worried about the small things that were dear to his children. There, he worried about the memories of the past. Here, Yaakov worries about what he needs to build the future.

The concept of foresight, looking ahead and planning is found in the writings of our sages:

אמר להם צאו וראו איזו היא דרך טובה שידבק בה האדם... רבי שמעון אומר:
הרואה את הנולד

He - Rabbi Yochanan Ben Zakkai - said to them: Go out and discern which is the proper way to which a man should cling...

Rabbi Shimon says: One who considers the outcome of a deed...
Pirkei Avot (2:13)

The Chasam Sofer (1762-1839) teaches on this Mishnah, that the word נולד – which applies to future consequences, is a word that may be understood in the context of both past and future tense. Should the Mishnah not have instead used the word שיוולד which in the context of this Mishnah would denote the correct word for consequences in the future tense?

The Chasam Sofer explains the importance of this dual-tense word and explains that the concept of looking ahead is based on the past. Our sages teach us that the only way to look ahead is to contemplate on what was in the past. The wise person who has the foresight of future consequences is one who has experienced the thinking processes leading up to the consequences of the past. The Chasam Sofer's commentary lends itself to an understanding of the Talmud's words found in Tamid (32:a):

איזהו חכם? הרואה את הנולד

Who is wise? One who foresees the consequence of one's actions...

While it is obvious that wise and healthy thinking and planning is essential in producing positive consequences, we often rely on ours and others past experiences which give us the know-how to prepare for the future. As we seek to ensure beneficial consequences for ourselves and for those around us - our families, our communities, our schools and more – it is important to use the wisdom of our past as we look ahead to our future.

Shabbat Shalom,

Rev. Amiel



March at Kef club!

(Adar-Nissan)

<p>Parashat Tetzaveh March 4th</p>  <p>Purim Bingo!</p>	<p>Parashat Ki Tisa March 11th</p>  <p>Wheel of 4-n's!</p>
<p>Parashat Vayakhel - Pekudei March 18th</p>  <p>Edible Snowman</p>	<p>Parashat Vayikra March 25th</p>  <p>Spring Activity!</p>

* Kef Club rooms will be open from 10am

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GRADE 9 STUDENTS TO TAKE PART IN



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Receive practical leadership experience through mentorship and project management through a Jewish and Zionist lens!

MARCH
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SESSION #2-

"Giving Back to the Community"
8-9pm @ TBDJ

GUEST SPEAKER FROM TBDJ COMMUNITY

*Participation in the program is free of charge and earns you a discount
for Bnei Akiva Shabbatons
as well as giving you tools for a successful Hadracha experience!