



CONGREGATION TIFERETH BETH DAVID JERUSALEM

Shabbat Bulletin

ג' ניסן התשפ"ג
שבת פרשת ויקראShabbat Parshat Va'yikra
March 24 - 25, 2023 / 5783

Please print this bulletin before Shabbat.

Rabbi
Zolly ClamanChazan Sheini
Rev. Amiel BenderPresident
Josh OrzechExecutive Director
Stephanie Nagus

6519 Baily Road, Côte Saint-Luc, Québec H4V 1A1 Canada • 514-489-3841 • www.TBDJ.org • stephanie@tbdj.org

SHABBAT SHALOM • שבת שלום

Eitan Zeev Greenfeld, Bar Mitzvah

Shabbat Parshat Va'yikra

Haftara: Yeshayahu 43:21 - 44:23

Friday, March 24

- 5:45pm Mincha & Kabbalat Shabbat -
Main Sanctuary - *please
note earlier start time*
- 6:45pm Minha et Kabbalat Chabat -
Minyane Sépharade -
Lower Level Chapel
- 6:54pm Candle Lighting
- 7:12pm Sh'kiah

Shabbat, March 25 / 3 Nisan

- 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
*Kids in Grades 4, 5 and 6 are also
invited to join the Youth Minyan.
Come at 9:30am for davening or
at 11:15am for singing followed by
Kiddush!*
- 9:55am Sof Zman K'riyat Shma
- 10:00am Kef Club Shabbat Programs
for Kids - Lower Level
- 5:45pm **Shiur - Spirituality of the Seder -
with Kollel Torah Mitzion**
- 6:35pm Minha, Seudah Shleesheet
et Arvit - Minyane Sépharade
- 6:45pm Mincha, Seudah Shleesheet
and Maariv - Main Sanctuary
- 7:13pm Sh'kiah
- 7:58pm Havdala

COMMUNITY NEWS

Mazal Tov to **Eitan Zeev Greenfeld** on becoming a Bar Mitzvah. Proud parents are **Sarah & Gilad Greenfeld**. Sharing in their simcha are Eitan's brothers **Tal, Uri, Omer** and **Ofir**, his grandparents **Susan & Alain Matarasso** and Tirza & Eli Greenfeld, his great-grandmothers **Betty Laxer** and Emy Matarasso and many delighted aunts, uncles and cousins.

Mazal Tov to **Sari & Shlomo Drazin, Ruth Drazin** and Rozanne Polansky on the engagement of their son and grandson Yoni Drazin to Naomi Azoulay. Sharing in their simcha are Naomi's parents Alex & Zohar Azoulay and many delighted siblings, aunts, uncles and cousins in both families.

Mazal Tov to **Renee & Martin Lieberman** and to **Susan Lieberman** and their families on the engagement of their daughter and granddaughter Nicole Lieberman to Adam Scharaga of Woodmere, NY. Sharing in their simcha are Adam's parents Shelley & Ira Scharaga and many delighted siblings, aunts, uncles and cousins in both families. Wedding will take place on August 27, 2023.

Condolences to the family of TBDJ Member **Helen Rothbart Vigderhous z"l** who passed away on Wednesday, March 22. Funeral is scheduled for 11:00am on Friday, March 24 at Paperman's. Shiva at her home from Friday, March 24 until Wednesday, March 29; following burial until 4:00pm on Friday; 2:00pm-4:00pm and 7:00pm-9:00pm Sunday through Wednesday; Maariv at 7:30pm. Helen was a former Executive Director of Tifereth Beth David Jerusalem.

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

Refu'a Shleima to משה ראובן בן עסל

THANK YOU TO THE FOLLOWING SPONSORS

This Shabbat Bulletin is sponsored by **Marcelle & Isaac Alt** in memory of Isaac's beloved mother Helen Buchbinder Alt z"l (Chaya bat Yitzchak - 5 Nisan) and in memory of Marcelle's beloved mother Gimol Bengio Cohen z"l (Gimol bat Aharon v'Messodi - 28 Nisan).

Seudah Shleesheet is sponsored by **Annie & Gerry Cartman** in memory of Gerry's beloved mother Marcia Cartman z"l (Etta Masha bat Aryeh Leib v'Rochl - 7 Nisan).

Kid's Kiddush for the Kef Club is sponsored by **Natalie & Jonathan Gal** in honour of their daughter Abby's eighth birthday.

Kiddush for the Main Sanctuary is sponsored by the **Greenfeld and Matarasso** families in honour of Eitan Greenfeld becoming a Bar Mitzvah.

Kiddush for the Youth Minyan is sponsored by **Jordana & Morrie Levy** in honour of their son **Zac** for his dedication to the Youth Minyan and in honour of his Bar Mitzvah Parsha - Va'yikra.

Kiddush for the Hashkama Minyan is sponsored by **Celia & Stan Nattel** and **Irene Nattel** and Louis Morissette to mark the completion of shloshim for Stan and Irene's late mother Julie Zwirek Nattel z"l (Aidel Mariam bat Yehoshua v'Naomi - 24 Shvat).

Rabbi Claman's Parsha Shiur on Shabbat morning is sponsored by **Fanny & Nathan Rosenshein** in memory of Nathan's beloved grandfather Istvan Yehuda Neizer z"l (Yehuda ben Leib - 1 Nisan) and in memory of Nathan's beloved uncle Berish Rosenshein z"l (Yissoschor Dov ben Nosson Notteh - 5 Nisan).

NEXT WEEK'S SCHEDULE

Mincha/Maariv: 7:00pm

Shacharit

Sunday: 8:00am / Monday and Thursday: 6:50am

Tuesday, Wednesday and Friday: 7:00am

Friday, March 31

Candle Lighting is at 7:03pm

Mincha - Main Sanctuary: 5:45pm / Minha - Minyane Sépharade: 18h55

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





SNIF BNEI AKIVA
Parshat Va'yikra
Shabbat, March 25

Walking group
leaves TBDJ for
Hebrew Academy at
4:30pm. Enter thru
front door. Walking
group back to TBDJ
in time for pick up at
6:30pm.

Kef Club

Vayikra

March 25th
3 Nissan

Grades 1-6:

10:00 - Games
10:45 - Tefilla
11:00- Parsha questions
(register here to get the questions)
11:10- The Chocolate Game!
11:30- Kef club kiddush
sponsored by Jon and Natalie Gal



Nursery:

10:00 - free play
11:00- songs and tefilla with
madrichot
11:20 - Story Time
11:30- Kef club kiddush in honour
of Abby Gal's birthday!

Earn your
Shabbos Shekels
and get prizes!





TORAH תורה
מציון MITZION
KTM MONTREAL



PRE-PESACH PREP

Spirituality of the Seder

A JOURNEY INTO THE HEART
OF THIS NIGHT THAT IS DIFFERENT FROM ALL OTHERS.

JOIN US

Shabbat afternoon | March 25th
5:45pm | TBDJ





FAMILY CHESED
GIVES A HAND TO



FUN FOR THE WHOLE FAMILY



VOLUNTEERS NEEDED

2PM - 4PM
SUNDAY
26
MARCH

AT MADA

6875, BOULEVARD DÉCARIE
MONTREAL, H3W 3E4

**Come help MADA prepare
holiday baskets for Passover!**

Spaces are limited
RSVP by Friday March 24th

SIGN UP @
[TINYURL.COM/MADA2023](https://tinyurl.com/MADA2023)



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 7:00pm



**Mincha and Kabbalat Shabbat in Main Sanctuary
and Minyane Sépharade at 5:45pm**
followed by dinner at 7:00pm

\$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 Tuesday, March 28.

בס"ד

Seder Prep!

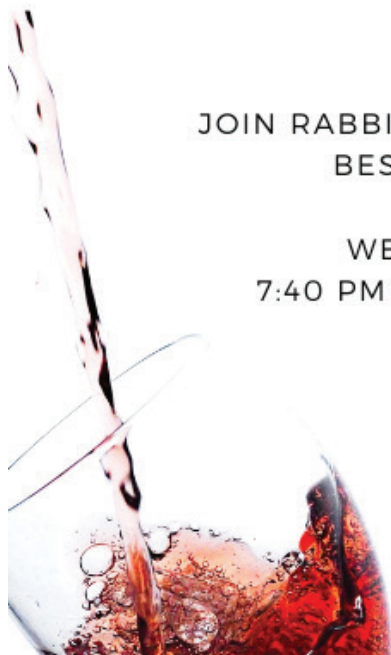
Featuring Rabbi Claman's favorite:

4 ideas
3 seder-hacks
to share, engage and uplift.



JOIN RABBI CLAMAN IN PREPARING FOR THE
BEST SEDER YOU EVER HAD!

WEDNESDAY MARCH 29TH,
7:40 PM (MINCHA/MAARIV AT 7:00 PM)





-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

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 and to RSVP /mark your calendars:
at: <https://www.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
- **Allan Ptack, M.S.W., M.Mgmt**
Social Worker, Psychotherapist,
COO Agence Ometz
- **Connie DiNardo**
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

**Livestream and to RSVP /mark your calendars:
at: <https://www.mentalhealth.tbdj.org/>**

* This event is designed for High School students



EVENT PARTNERS:



PRIZMAH
Center for Jewish Day Schools

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

Finding Hashem in Small Voices

It is well known that the last letter in the Hebrew word Vayikra - the aleph, that begins this week's parsha, is written in miniature. The small aleph is a matter of note and discussion amongst biblical commentators throughout the ages. It was always seen as a symbol of the intense modesty of Moshe. It also represented the fact that G-d's voice, so to speak, was only heard by Moshe within the confines of the Mishkan/Tabernacle and not outside of it...

G-d, so to speak, is to be seen and heard in the small things in life and not only in the large, great events. The L-rd tells the prophet Eliyahu that He is not to be found in the wind, the noise of a quake or in the brightness of a burning fire but rather in the still, small voice, in the sound of a whisper and not of a shout.

From *The Small Quiet Aleph* posted by Rabbi Berl Wein, March 2005

I was privileged to participate in an incredible community event this past week. Montreal's Jewish day schools celebrated the first Zimriah music festival since its cancellation with the onset of the pandemic three years ago. Children in Grades Four to Five from seven Jewish day schools in our city congregated at the Spanish and Portuguese Synagogue for a morning of musical activity which included singing and a musical workshop. With our slow but gradual return to normal life, the Zimriah was different this year in that the children in all the schools were given the same three songs to prepare to sing in unison. In previous years each school prepared its own unique musical performance. Please G-d we will be back to that format in 2024.

There was electricity in the air that morning at this year's Zimriah! Before the children arrived, I offered an idea to the MC of the event, that the famous Carlebach *Am Yisrael Chai* be used as a song at some point, possibly as a musical ice breaker, since everyone knows the song. The children's entrance into the shul sanctuary was exciting and colourful. The students of each school wore different colored T-shirts specially designed for the occasion and they walked in to the music of the three songs that were prepared for the occasion.

And then... the MC starting singing *Am Yisrael Chai*. The song had an infectious effect as the children enthusiastically joined in song - their young and sweet voices resonating from around the room as the flood gates opened for the music of our heritage. In the far corner, I saw the Hebrew Academy children in the pews with their arms around each others' shoulders as they swayed back and forth in song. A moment later Hebrew Academy's children were dancing in the aisles and like wildfire, children from other schools quickly followed suit.

One teacher said to me in Hebrew: איך נסדר עם הבלגן? - how will we handle this commotion? I answered that this was the best *balagan* that anyone could have hoped for! It is the spirit of Jewish music at its best and it is manifested at this moment within over 300 young children! The musical momentum was at a feverish pitch as if to symbolize that this - the first city-wide Jewish music event since the end of the pandemic, after three long years of not singing together - opened the floodgates of Jewish song and dance! I mentioned to one of the teachers that this joyous outburst of song and dance was pent up inside of all of us for three long years and, Baruch Hashem, it had the chance to be released and expressed.

I ran to dance with the Hebrew Academy boys. I then pulled my children from Akiva School and JPPS into the aisle for a dance. The kids were jumping up and down, they were singing and they were - as Shlomo Carlebach would say - *gevald*, so happy! For those moments I was in another world. It was a perfect world where children from different schools, heritages and observant beliefs joined together in the common denominator of Jewish music, celebrating the tunes of our faith. I then encouraged the children from the different schools to mix with each other in song and dance. I let myself get lost in the moment.

It reminded me of a moment many years ago. After observing our euphoric dancing at a wedding where the circle kept going around and around, an older woman asked me: *Amiel, I noticed that many of you danced with your eyes closed. What were you thinking about?* I answered her: *Rose, you don't think about anything. You are so swept up in the moment, that you go higher and higher and there is joy and spirituality with every step on a level that I just can't describe.*

With their sweet voices, the children at the Zimriah blended in a harmony that words will not do justice to. It was a magical moment that came to a crescendo with the musical exclamation of *עם ישראל חי* - reflecting the harmony of the future of the Jews of Montreal, and in general, the future of our people. Hashem was found in the pure voices of the children of the Jewish day schools of Montreal.

From his words at the beginning of this message, Rabbi Wein teaches that Hashem *is to be seen and heard in the small things in life*. I think to myself: *Maybe that is the secret of the small aleph in the Hebrew word Vayikra*. There is a small voice inside of each of us which calls out. The voice is so small that we don't always hear it, and more so, we don't always realize that the small voice is there. On that day this past week, I saw that small voice as the spark of Jewish music that is deep inside us. A spark that can and must be ignited. It is the spark of continuity. It is a spark of excitement. It is the spark, that connects physicality with spirituality, a spark supported by Jewish music, the music deep inside of us, the music of our souls.

It was a day of musical highs for me. Later in the day, in my office at shul, I found myself listening to a Shlomo Katz *Hallel* on Youtube, recorded on Yom Ha'atzmaut in 2022. He sang a beautiful nigun to the words of *בצאת ישראל ממצרים*. Sometimes you hear a song, a tune, and you can't get enough of it. This song played over continuously in my head overnight and into the next day. I texted Shlomo in Jerusalem for more information about the song. Who wrote it? What are the words? Within five minutes Shlomo got back to me, sending me a Youtube clip of the nigun which he sang at a concert last month. In his words, it is the story of...

...The Anapoli Nigun that came pouring down. Sometimes it takes a niggun a few years before sharing with the world. The "Anapoli Niggun" is just that. On a bitter cold and rainy evening in the winter of 2017, I was with a group of soul brothers, praying at the gravesites of the Maggid of Mezritch and Reb Zusha, in Anapoli, Ukraine. Being a Kohen, I was unable to join the fiery singing and praying which was taking place beneath the structure itself. Thankfully, I had a guitar with me, and asked Hashem for a gift. A few moments later, this niggun came down. We sang and danced with it - for what seemed like hours. For the past 6 years, Kehilat Shirat David in Efrat has been praying with this melody. While seeing the children's faces light up whenever this nigun is sung, it now feels right to share it with everyone else. Six years after it's composition, it was introduced at a live concert, in the heart of the world, the holy city Yerushalayim. Everything real can only be scheduled through G-d's clock.

In one of the most rewarding days since the end of the pandemic, Hashem's clock chimed musical magic moments into my world through Shlomo Katz - who waited six years to share his nigun with the world - and through the children of Montreal's Jewish Day Schools, who waited three long pandemic years to share their song with each other.

It was well worth the wait.

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



SNIF

BNEI AKIVA

Parashat Vayikra



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



SHABBAT
MARCH 25TH



5-6PM

WALKING GROUP LEAVING TBJ AT 4:30PM
AND RETURN AT 6:30

