



CONGREGATION TIFERETH BETH DAVID JERUSALEM

Pesach Bulletin

פסח התשפ"ג

Pesach 5783

April 6 - 13, 2023 / 5783

Please print this bulletin before Pesach begins.

Rabbi
Zolly Claman

Chazan Sheini
Rev. Amiel Bender

President
Josh Orzech

Executive Director
Stephanie Nagus

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

עֲבָדִים הָיִינוּ לְפָרֶעָה בְּמִצְרַיִם, וַיִּצְאָנוּ ה' אֱלֹהֵינוּ מִשָּׁם בְּיַד זְרוֹקָה וּבְזֶרַע נְטוּיָה

Tuesday, April 4 - יג ניסן ה'תשפ"ג

7:10pm Mincha and Ma'ariv
7:26pm Sh'kiah
8:11pm Search for chametz may begin

Wednesday, April 5 - יד ניסן ה'תשפ"ג / ערב פסח

7:00am Shacharit and Siyum B'chorim Breakfast
9:30 - 11:30am Burning of Chametz at TBDJ
You may burn your chametz by placing it in the barrel in the parking lot on the east side of the building. Please do not place plastic bags in the barrel, and please do not block the laneway to the parking lot with your car.
10:19am Latest time to eat chametz
11:37am Latest time to burn, sell, nullify chametz

Prepare an Eruv Tavshilin before Chag Begins

7:09pm Candle Lighting
7:10pm Mincha and Kabbalat Chag – Main Sanctuary
7:28pm Sh'kiah
First Seder Earliest time to make Kiddush at the Seder is 8:15pm
12:57am Ideal time to have eaten Afikoman

Thursday, April 6 - טו ניסן ה'תשפ"ג / א' דפסח

8:00am Shacharit – Hashkama Minyan
9:00am Shacharit – Main Sanctuary
9:42am Sof Zman Kriyat Shma
10:00am "Kef Club" Pesach Programs for Kids
6:30pm Shiur with Rabbi Claman - Eruv Tavshilin: The Mysterious Eruv That I Never Understood
7:10pm Mincha
7:29pm Sh'kiah
8:14pm Candles to be lit after this time
Second Seder Earliest time to make Kiddush at the Seder is 8:16pm
Begin counting of Omer

Friday, April 7 - טז ניסן / ב' דפסח / יום א' לעומר

8:00am Shacharit – Hashkama Minyan
9:00am Shacharit – Main Sanctuary
9:41am Sof Zman Kriyat Shma
10:00am "Kef Club" Pesach Programs for Kids
5:55pm Mincha and Kabbalat Shabbat - Main Sanctuary
Please note that we will be taking in Shabbat early. Candles should be lit no earlier than 6:09pm and no later than 7:18pm.
7:30pm Sh'kiah

Shabbat, April 8 - Youth Shabbat - שבת חול המועד פסח

יד ניסן / ג' דפסח / יום ב' לעומר
8:00am Shacharit – Hashkama Minyan
9:00am Shacharit – Main Sanctuary
9:40am Sof Zman Kriyat Shma
9:50am K'riyat Shir HaShirim
10:00am "Kef Club" Pesach Programs for Kids
6:20pm Pesach and Sefirat Ha'Omer: Some Thoughts From TBDJ Youth Who Are Home for Pesach
7:05pm Mincha and Seudah Shleesheet
8:17pm Havdala

חול המועד פסח ה'תשפ"ג / יח ניסן - יט ניסן / ימים ג' - ד' לעומר Sunday, April 9 and Monday, April 10

Shacharit: 6:40am and 8:00am / Mincha & Maariv: 7:20pm
Begin saying "v'ten bracha" in the weekday Amidah

Tuesday, April 11 - כ ניסן / ו' דפסח / חול המועד / יום ה' לעומר

6:40 & 8:00am Shacharit
7:17pm Candle Lighting
7:20pm Mincha and Kabbalat Chag - Main Sanctuary

Wednesday, April 12 - כא ניסן / ז' דפסח / יום ו' לעומר

8:00am Shacharit – Hashkama Minyan
9:00am Shacharit – Main Sanctuary
9:35am Sof Zman Kriyat Shma
10:00am "Kef Club" Pesach Programs for Kids
6:40pm Shiur with Rabbi Claman: What if the non-Jew to whom we sell chometz converts on Chol Hamoed?
7:20pm Mincha
8:23pm Candles to be lit after this time

Thursday, April 13 - כב ניסן / ח' דפסח / יום ז' לעומר - אחרון של פסח / יזכור

8:00am Shacharit – Hashkama Minyan
9:00am Shacharit – Main Sanctuary
9:34am Sof Zman Kriyat Shma
10:00am "Kef Club" Pesach Programs for Kids
10:30am Rabbi's Dvar Torah and Yizkor Service
7:20pm Mincha followed by Shiur and Ma'ariv
Shiur before Maariv with Rabbi Daniel Salter - Closing Ceremony: Enjoying the Last Moments of Pesach Together
8:24pm Havdala
You may use your chametz after 9:09pm - 45 minutes after the conclusion of Pesach.

The TBDJ Building is now Kosher for Pesach - please do not bring any food or drinks into the building until after Pesach concludes.

THANK YOU TO THE FOLLOWING SPONSORS

Kiddush for the Main Sanctuary on Shabbat, April 8 - Shabbat Chol Hamoed Pesach - is sponsored by **Maxine & Stephen Jacobson** in memory of Stephen's beloved father Dr. Morris Jacobson z"l (Moshe ben Zecharia - 10 Nisan) and in honour of the upcoming wedding of their granddaughter Meytal Chernoff, daughter of Edie & Allen Chernoff of Chicago, to Joey Portnoe, son of Becky & Robert Portnoe of Minneapolis.

The Siyum B'chorim Breakfast on Wednesday, April 5 - Erev Pesach - is sponsored by the **Schachters - Hershie, Allan, Mark, Jack and Steven** - and their families in honour of the annual tradition of Nathan Schachter z"l and David Schachter z"l.

The Mashke for Pesach is sponsored by **Elaine & Leon Monaker** in memory of Leon's beloved father Dr. Jacob Monaker z"l (Ya'acov ben Yehudah Leib - 18 Nisan).

A PESACH MESSAGE FROM REVEREND AMIEL BENDER

Leaving Egypt with Our Ancestors

בְּכָל דּוֹר וָדוֹר חַיִּיב אָדָם לִרְאוֹת אֶת עַצְמוֹ בְּאֵלוֹ הוּא יֵצֵא מִמִּצְרַיִם
In every generation,
one must view oneself as if he or she personally left Egypt.

In the Hagaddah we read that we must view ourselves as if we personally left Egypt. Rabbi David Chananya Pinto reflects that it is not easy to view ourselves as leaving Egypt. He writes that if a poor man was to imagine being very wealthy it would be difficult for him. Conversely it would hard for a rich person to envision what poverty is all about. The two situations are exact opposites. How can our rabbis ask us to imagine that we personally suffered the slavery of Egypt and were then redeemed? He answers that we have a wonderful tool at our disposal - our imagination. Through imagining a situation with all its details, we can see ourselves as living through it.

Conjuring up the images of our ancestors in bondage and their suffering will help us to imagine the slavery ourselves. Rabbi Pinto then writes that we should imagine Bnei Yisrael's redemption and picture the miracles that Hashem did for them, and the splitting of the sea. We will feel the anguish of the slavery and the joy of the redemption. He writes that the power of imagination can help us feel as if these events are taking place right now and that we are experiencing them as well. Rabbi Pinto cites Chazal: *Whoever increases his narrative of the Exodus is praiseworthy.* The more details we include about the miracles and wonders of Egypt, the clearer our ancestors' experience becomes to us and the more we will feel as if we came out of Egypt.

Easier said than done? Maybe. I remember that, years ago, in Grade 11, my school Ramaz introduced a unique way to make us, the students at the school, understand and appreciate the hardships of the Holocaust. On יום השואה we ate Holocaust-related lunch food supplied in small quantities by the cafeteria in accordance with the rations that the Jews of Europe were forced to eat: stale bread, tasteless soup, a piece of semi cooked potato etc. It put us into the mood of the day and connected us to the experiences of those who went through that difficult period in our history.

There is however an oddness here. On Pesach this year, when we are sitting at a table that is adorned with a beautiful tablecloth, fine dinner plates and cutlery, expensive wines and grape juice, abundant food and more, can we really experience the Exodus from Egypt properly when we are blessed to be able to enjoy the finery of our Seder evening in contrast to the modest settings where the first Pesach meal took place? Is it overly facetious to suggest that it would be more appropriate to, like our ancestors' did a few short hours before their exodus from Egypt, quickly eat our Matza and a piece of meat and maybe for good measure, run around the block with a sack of Matza on our shoulder to commemorate that we left Egypt quickly?

In 2017, Rabbi Gideon Goldwater wrote an article titled *When Eating Becomes a Song of Praise*. In this article, he provides an insight about

the interval where eating becomes an elevated part of our Seder experience in the middle of the joyous recitation of Hallel which is usually enjoyed through song:

This is the part we have all been waiting for. But why stop, literally in the middle of saying Hallel, to have a feast? Surely the spiritual journey we are on, is about distancing ourselves from the shackles of base desires such as gourmet dishes and luxurious hors d'oeuvres?

It is specifically on an evening such as this, that we must be reminded of the place of physical pleasure in the life of a Jew. Judaism recognises the centrality of elevating every facet of life, including even seemingly base acts such as eating.

It is specifically on this night, when we relive the journey from slavery to prophecy that our ancestors embarked upon, that we remind ourselves of our own ability to elevate the mundane to supernal heights. Each meal that we eat can be a lowly act of carnivorous devouring. But it can also be an act focused on attaining the energy needed to do tremendous good in the world over the coming hours or day. Each great-tasting food can fill us with selfish gratification, or it can help us to appreciate the beauty of creation, and the hard work and effort that others may have put into it. In the middle of singing our praises to G-d we stop, because it is at this point that we are now able to eat in the desired frame of mind.

Rabbi Goldwater relates a story about Rebbetzin Shoshana Gifter and how she and her husband, the famed Telz Rosh Yeshivah Mordechai Gifter of Cleveland, considered throwing out their dining room table which was getting rather shabby after years of constant use. In the end they decided not to. *We have shared so many family meals, meaningful discussions, and uplifting songs around this table, how can we even think of getting rid of it?* To them, the physical table that had helped make so much good happen, was itself synonymous with the inspiration that was shared around it.

The rabbi concludes that: *If there is one supper of the year to appreciate the beauty that Hashem has enabled us to experience in our lives, then Seder Night is it. Through having this kind of consciousness about the world and our actions in it, we can transform our mundane tables, into a Seder Table full of meaning and purpose.*

This is in essence what the Seder is all about. It is what Jewish conscience is all about. We live in the present with respect to the past. The Seder illustrates this in a very real way. We were slaves and now we are free. We celebrate and elevate our freedom with respect to where we came from - slavery in Egypt. This is why we sit and eat in style on Seder night.

לשנה הבאה בירושלים - חג נשך ושמן

Rev. Amiel



Pesach Tournament at Kef club!!

1st day of Pesach
April 6th



Race to the Afikoman

2nd day of Pesach
April 7th



Wheel of four sons

Shabbat Chol Hamoed
April 8th

**Pesach
Jeopardy**



Shvi'i Shel Pesach
April 12th

**Pesach
Bingo!**



Shvi'i Shel Pesach
April 13th



Minute to win it!

Parashat Shmini
April 15th



Tournament finals!

**Kef Club rooms will be open from 10:30am*



Musée Holocauste Montréal
Montreal Holocaust Museum

COMMÉMORATION
COMMEMORATION



YOM HASHOAH VEHAGVURAH
יום השואה והגבורה

HISTOIRES DE RÉSISTANCE
STORIES OF RESISTANCE

17 AVRIL | APRIL | 19H00

TIFERETH BETH DAVID JERUSALEM

6519 BAILY, CÔTE ST-LUC

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

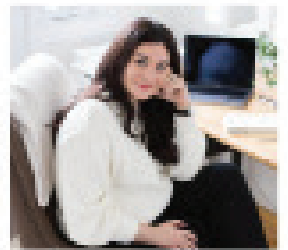
Livestream at: mentalhealth.tbdj.org

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
- **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

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