

Shabbat Bulletin

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SHABBAT SHALOM • שבת שלום

Rosh Chodesh Iyar is on Friday, April 21 and Shabbat, April 22

Yom Hazikaron is on Tuesday, April 25 / Yom Ha'atsmaut is on Wednesday, April 26

Shabbat Parshat Tazria-Metzora
Second Day of Rosh Chodesh IyarHaftara: Yeshayahu 66:1 - 66:24
Repeat Verse 23 at the end

Friday, April 21

- 6:05pm Mincha and Kabbalat Shabbat - Main Sanctuary
- 6:22pm Plag Hamincha
- 6:30pm Mincha et Kabbalat Chabat - Minyane Sépharade - Chapel
- 7:00pm Later Mincha and Kabbalat Shabbat - Main Sanctuary
- 7:30pm Candle Lighting
- 7:48pm Sh'kiah

Shabbat, April 22 / 1 Iyar

- 8:00am Shacharit - Hashkama Minyan
- 8:40am Parsha Shiur with Rabbi Claman
- 9:00am Shacharit - Main Sanctuary and Minyane Sépharade
- 9:26am Sof Zman K'riyat Shma
- 9:30am Youth Minyan - Youth Chapel
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.
- 10:00am Kef Club Shabbat Programs for Kids - Lower Level
- 6:50pm **Shiur with Rabbi Claman: Initiating Chodesh Iyar**
- 7:05pm Mincha, Seoudah Shleesheet et Shiour - Minyane Sépharade
- 7:20pm Mincha, Seoudah Shleesheet and Maariv - Main Sanctuary
- 7:50pm Sh'kiah
- 8:37pm Havdala

THANK YOU TO THE FOLLOWING SPONSORS

Kiddush for the Main Sanctuary is sponsored by **Esther & Morris Feinberg** in honour of the engagement of their daughter Naomi to Daniel Hirsch, son of Lauren & Adam Hirsch of Teaneck, New Jersey.

Kiddush for the Minyane Sépharade is sponsored by **Gabrielle & Isaac Bendayan** "in honour of Rosh Chodesh Iyar - may it be filled with good health, mazal and blessings for everyone in the community!"

Seudah Shleesheet for the Main Sanctuary is sponsored by **Eva & Abe Ludvig** in memory of Abe's beloved mother Pearl Basch Ludvig z"l (Perl bat Avraham Tsvi - 4 Iyar).

Seudah Shleesheet for the Minyane Sépharade is sponsored by **Karine & Laurent Tordjman** in memory of Laurent's beloved father Moshé Tordjman z"l (Moshé ben Esthère v'Yoseph - 6 Iyar).

This Shabbat Bulletin is sponsored by **Betty Laxer** and her family in memory of beloved husband, father, father-in-law and grandfather Carl Laxer (Yekutiél Chaim ben Avraham v'Chana Tova - 30 Nisan).

Rabbi Claman's Parsha Shiur on Shabbat Morning is sponsored by **Susan & Kenny Corber** to mark the 20th yarzeit for Susan's beloved sister Teena Fridhandler z"l (Toba bat Chaim Aharon - 1 Iyar).



For more information, including details about bus transportation, go to <https://israelcelebration.ca>.

NEXT WEEK'S SCHEDULE

Mincha / Maariv: 7:35pm

Shacharit

Sunday: 8:00am

Monday and Thursday: 6:50am

Tuesday, Wednesday and Friday: 7:00am

Friday, April 28

Mincha - Main Sanctuary: 6:15pm & 7:00pm

Plag Hamincha: 6:29pm

Mincha - Minyane Sépharade: 18h30

Candle Lighting is at 7:39pm

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



SNIF BNEI AKIVA
Parshat
Tazria - Metzora
Shabbat, April 22

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

Tazria-Metzora

April 22nd
1 Iyar

Grades 1-6:

10:00 - Games
10:40 - Tefilla
10:50- Parsha questions
(register here to get the
questions)
11:00- Israel Trail Quest!
11:30- Kef Club Kiddush



Nursery:

10:00 - free play
10:50- songs and tefilla with
madrichot
11:10 - Story Time
11:30- Kef Club Kiddush

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



KOLLEL TORAH MITZION
AND BNEI AKIVA
MONTREAL PRESENT



אם תרצו
אין זו אגדה
If you will it, it is no dream



IN HONOUR OF 75 YEARS OF INDEPENDENCE

YOM HAZIKARON & YOM HA'ATZMAUT
ceremony & celebration

TUESDAY, APRIL 25 • 7:00 PM

HEBREW ACADEMY GYMNASIUM, 5700 KELLERT

FOLLOWED BY TEFILLA CHAGIT IN THE KOLLEL

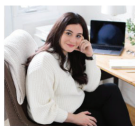
Special programming will be offered in the cafeteria to children during the first half of the ceremony

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:



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

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

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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

5TH ANNUAL JEWISH COMMUNITY MENTAL HEALTH AWARENESS SHABBAT

MENTAL HEALTH SHABBAT

Shabbat Parshat Emor May 6, 2023

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

First Session:

Shabbat Morning Following Services in the Main Sanctuary

Stuart Katz

Director Nafshenu Alenu

The Power Of Community: It Takes More Than Just a Village



Stuart Katz
Director Nafshenu Alenu

Second Session:

Pre-Mincha Lectures at 6:15pm in the Main Sanctuary

Rabbi Benyamin Bresinger

Director Chabad LifeLine

"Perspective from the front lines:

The Struggle of Addiction in the Jewish Community"

Stuart Katz

Director Nafshenu Alenu

"Our Family's Survival with Suicidality: One of Many"



Rabbi Benyamin Bresinger
Director Chabad LifeLine

For a full Bio please see the
Mental Health website:
<https://www.mentalhealth.tbdj.org/>

Mincha at 7:40pm



In conjunction with the Orthodox Union's Mental Health Awareness Month

For more information, please contact: tbdjmentalhealth@gmail.com



tbdj.org/amazingrace2023

OLD PORT MONTREAL

AMAZING RACE

TEAM SCAVENGER CHALLENGE
hosted by Teambuilding Montreal

Sunday May 7th, 2023, 6pm

Meet at TBDJ for light appetizers

Shuttle leaves @ 7pm sharp

\$36 per person

Create or get added to team of 6

Adults only

Registration closes May 1st



T B D J P R E S E N T S

WHAT?

What EVER HAPPENED TO?

TAKING A **NOSTALGIC LOOK** AT
PARTS OF JUDAISM THAT ARE
NO LONGER WHAT THEY USED TO BE
AND **UNDERSTANDING WHY**

ALL CLASSES AT TBDJ - 8:00PM
WITH RABBI CLAMAN

**ON
AIR**



TUE. MAY 2

KARAITE JEWS: THE IMPACT THEIR BREAKAWAY HAD & WHERE ARE THEY NOW?

TUE. MAY 16

KSAV IVRI: WAS THE TORAH WE RECEIVED AT HAR SINAI WRITTEN IN THE SAME BLOCK LETTERS WE HAVE TODAY? IF NOT, WHY DID WE CHANGE?

TUE. MAY 30

THE BET-DIN OF YESTERYEAR: SAME OR DIFFERENT THAN THE BET-DIN OF TODAY? WITH RAV EDERY

TUE. JUNE 13

THE ARK: IF INDIANA JONES DIDN'T FIND IT - WHERE IS IT?

TUE. JUNE 27

TCHEILET: THE GOOD 'OL BLUE FRINGE THAT THE GUY NEXT TO YOU IN SHUL HAS ON HIS TALLIT - WHAT'S WITH THAT?

DEDICATED IN MEMORY OF LUCY, MAIA AND RINA DEE HY"D

SERIES AND SESSION SPONSORSHIP OPPORTUNITIES AVAILABLE

Probehs to Remember, Ethics to Remember

Last Shabbos, as I was reading my Bar Mitzvah Torah portion of Shmini at the Hashkama Minyan, I remembered that this day marked the 33rd anniversary of my *probeh* for the position of Chazan Sheini at Congregation Beth Ora in St. Laurent. Following the Torah reading, I shared some memories of that *probeh* with the members of the minyan. It is a story that I enjoy telling and I believe that Hashem - with His השגחה פרטית - was looking out for me and my young family at that time many years ago.

A *probeh* is a Yiddish word widely used during the process of clergy employment in the Jewish world. In English the word means a *tryout* or *audition*. The *Mi-Yodea* website offers the following in discussing the origin of the word: *It is possibly derived from a Hungarian word: próba - test, testing, trial, experiment.* The online *Jewish English Lexicon* offers the following definition: *A tryout or audition, specifically for a clergy position at a synagogue.* On a personal note, I find that the word is quite appropriate. It gives an uplifting, Yiddisheh feel to the idea of the importance of hiring the right person from among the applicants for a position of holiness serving our Creator and the congregants of a synagogue.

In 1990, Cheryl and I - along with our young son Naftali - had come back to North America from Israel with my intention to pursue studies for a doctorate in psychology. The best way to support us while I would be in school seemed to be working in some way at a synagogue. The *Yeshiva University Placement Committee* put me in touch with Rabbi Moshe Jablon of Congregation Beth Ora, the shul of my childhood in St. Laurent. It was a great phone call, but the doubts of coming back to a province that had become very French in my absence was a strong factor in putting that prospect on the back burner. Over the next two months I was in touch with synagogues across North America: Beth Jacob in Los Angeles, The Young Israel of Hollywood in Florida and various others in New Jersey and Cleveland and other places. I even contacted Beth Israel in Kingston, Ontario where I was born and where my father served as rabbi for many years.

After a disappointing two-month search, Cheryl and I drove through an early March snowstorm to an interview with Torah U'Mesorah in Monsey, New York. They didn't have much to offer me and the interviewer must have read the despondent look on my face as he encouragingly asked me to review the other job opportunities that I had recently entertained. I told him about the different synagogues and my reservations about the positions available. As an afterthought, I said to him: *Oh, and I spoke to a Rabbi Jablon at Congregation Beth Ora where I grew up in Montreal...* The interviewer excitedly cut me off: *Rabbi Jablon?! What did you tell him?* I explained that the increasing requirements for French in Quebec may prevent us from returning to Montreal. *Are you kidding?!!!* he almost screamed! Rabbi Jablon is one of the best rabbis in North America! *Call him back tomorrow and go to meet him in person!*

Cheryl and I agreed that we should give it a try. I called Rabbi Jablon and arranged a *probeh*, which was set for the Shabbos of March 24th, 1990. I was to read half of the double Torah reading portions of Vayakhel-Pekudei, one of the more challenging Torah readings of the year. I feverishly got to work on learning my leining. One of our old family friends told me that: *you know that there is always a wiseguy in the kehillah that likes to shout out the Ba'al Koreh's mistakes. Are you sure you want to do this?* Nevertheless, I went ahead with preparing the Torah reading.

A few weeks later I got a call from Beth Ora to tell me that there was a snag in the *probeh* arrangements and to ask if I was available to change the date to Shabbos, April 21st? I put down the phone, picked up a calendar, looked at it and smiled. I quickly advised Cheryl that our trip to Montreal would be changed to after Pesach. She asked me why I was smiling. After confirming the new date for my *probeh*, I shared the reason for my smile - The Torah reading on the Shabbos that we are going to Beth Ora is my Bar Mitzvah portion! This job is in the bag!

But the story isn't over yet. Following my Torah reading at the Hashkama Minyan last Shabbos, I went upstairs to the Main Sanctuary to daven Musaf. Because it was the Shabbos before Yom Hashoah, I incorporated tunes to Ani Ma'amin into my Musaf davening. As I was doing so, I recalled that this same Shabbos also marked the ninth

anniversary of my *probeh* at TBDJ and that I sang one of the tunes nine years ago in my davening as a prelude to Yom Hashoah. Two *probeh* anniversaries in one Shabbos... Highly *im-probeh-ble*!

The rest is history. I was fortunate to be worthy of the positions at Beth Ora and at TBDJ. Interestingly, the person who was instrumental in bringing me to Beth Ora in 1990 had relocated a few years later to Cote St. Luc and it was he who called me in early 2014 to advise that TBDJ was on a job search. He figured in my placement at both synagogues. Small world.

Tying the idea of the *probeh* with this week's Torah reading of TazriaMetzora is challenging, but here is an idea: The second of this week's two Torah portions, Parashat Metzora, deals with many aspects of *tzara'at*, a skin disease that can take many different forms. Rabbi Berel Wein writes that the rabbis of the Talmud treated this disease as mainly a spiritual one - though also manifested in actual physical symptoms. Our sages teach that *tzara'at* was the punishment for speaking הרע לשון, speaking badly or negatively about another person, gossiping etc. (Erchin 16a).

Speaking הרע לשון is extremely damaging. The old saying that *sticks and stones may break my bones, but words will never hurt me* is false. A physical pain heals in a few weeks or months. However, derogatory comments made in one mere minute can leave lasting effects and ruined reputations for years or even an entire lifetime. Moreso, the Talmud teaches that it is so imperative that one not speak הרע לשון that people should refrain from even mentioning the good traits of a person, for that may lead to הרע לשון - אבק לשון - traces of הרע, which can incite people to mentioning the bad traits of that person (Bava Batra 164b).

Why is *tzara'at* the appropriate punishment for הרע לשון? Simcha Shron writes that when someone says something derogatory about someone else, it is because that person believes that by lowering the other person's status, he will raise his own status. Belittling another person does not make one a better person. When someone is afflicted with *tzara'at* that person becomes a *metzora*. A *metzora* is looked down upon and avoided by others, is impure and must leave the camp to be in isolation. He becomes an outcast in society. This treatment of a *metzora* is exactly how a *metzora* treated the person about whom he spoke הרע לשון. When a *metzora* is put into the situation in which he is treated like his victim, we hope that he learns his lesson and refrains from speaking הרע לשון ever again.

When I began my tenure at Beth Ora, I was befriended by a wonderful man, the late Aron Gold - אהרן ליפא בן נתנאל ז"ל. Aron once explained to me that beyond the contractual requirements of my job, I was to give a helping hand and to be patient with the congregants of the shul. He stressed the importance of speaking kindly and appropriately to the members and establishing a friendly and comfortable bond with them. He warned me to be careful of hearing or speaking הרע לשון in shul and he taught me that relationships among congregants may be complex and that there is always more than meets the eye. I never forgot his advice, which has served me well over the years.

In an English sense of the word *probeh*, the applicants for any position in the job market are subject to *probes* and investigations about anything and everything. From my experience over the years, witnessing clergy members coming and going for *probehs*, I can say with certainty and with a dose of humour, that the applicants who pass the interview stage and are invited to come to the synagogues to exhibit their skills and wisdom, are those who are *probeh-bly* ahead of the pack and stand the highest *probeh-ble* chance to get the coveted clergy post! The challenging part of these *probeh* processes is how to avoid *lashon hara* when both sides are evaluating each other to see if there is a good match. As my friend Aron z"l explained, the answer lies in being careful, sensitive and respectful to everyone when evaluating them - as our Jewish heritage commands us to be.

Shabbat Shalom,

Rev. Amiel