

Shabbat Bulletin

Rabbi
Zolly Claman

Chazan Sheini
Rev. Amiel Bender

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SHABBAT SHALOM • שבת שלום

Shabbat Parshat Acharei Mot - Kedoshim Haftara: Amos 9:7 - 9:15

Friday, April 28

- 6:15pm Mincha and Kabbalat Shabbat - Main Sanctuary
- 6:29pm Plag Hamincha
- 6:30pm Minha et Kabbalat Chabat - Minyane Sépharade - Chapel
- 7:00pm Later Mincha and Kabbalat Shabbat - Main Sanctuary
- 7:39pm Candle Lighting
- 7:57pm Sh'kiah

Shabbat, April 29 / 8 Iyar

- 8:00am Shacharit - Hashkama Minyan
- 8:40am Parsha Shiur with Rabbi Claman
- 9:00am Shacharit - Main Sanctuary and Minyane Sépharade
- 9:19am 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
- 7:00pm Shiur with Rabbi Claman - Letters from the Rambam Library**
- 7:15pm Minha, Seoudah Shleesheet et Shiour - Minyane Sépharade
- 7:30pm Mincha, Seoudah Shleesheet and Maariv - Main Sanctuary
- 7:58pm Sh'kiah
- 8:47pm Havdala

COMMUNITY NEWS

Mazal Tov to **Annie & Gerry Cartman** and their family on the birth of granddaughter Sarah Danielle Cartman on Friday, April 21 in Yerushalayim. Proud parents are Elisheva & Gabriel Cartman. Sharing in their simcha are Sarah's big sisters Ayalet and Nava, her maternal grandparents Osnat & Dov Laks and many delighted aunts, uncles and cousins.

Mazal Tov to **Eva & Alan Katznelson** and their family on the birth of great granddaughter Malca Miriam Schiffer on Sunday, April 16 in Far Rockaway, NY. Proud parents are Ahuvah & Shimi Schiffer. Sharing in their simcha are Malca's big brother Gavriel, her grandparents Rivi & Moti Schiffer of Woodmere, NY and many delighted aunts, uncles and cousins.

Mazal Tov to **Esther & Melvyn Niederhoffer** and their family on the birth of a grandson on Friday, April 21. Proud first-time parents are Blair & Jonathan Niederhoffer. Sharing in their simcha are the baby's maternal grandparents Ivy & Bram Shegelski and many delighted aunts, uncles and cousins.

Condolences to the family of TBDJ Member **Aviva Jolson Rozenzweig z"l** who passed away on Sunday, April 23 in Boston, MA. Wife of the late Max Rozenzweig z"l. Funeral took place on Wednesday, April 26. Shiva continues at her home until Tuesday, May 2.

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

THANK YOU TO THE FOLLOWING SPONSORS

Kiddush for the Main Sanctuary is sponsored by the **Mendel Family** in memory of beloved wife, mother, mother-in-law and grandmother Anna Spiegel Mendel z"l (Chana bat Nachum v' Miriam - 17 Adar).

Kiddush for the Minyane Sépharade is sponsored by **Gabrielle & Isaac Bendayan** in honour of the TBDJ Community.

Seudah Shleesheet for the Minyane Sépharade is sponsored by **Clairette & Joseph Bensimon** in honour of their son **Gabriel** who will be chanting his Bar Mitzvah Haftara today.

Seudah Shleesheet for the Main Sanctuary is sponsored by Amalia & Morris Zeitouni to mark the conclusion of the recitation of daily Kaddish for Morris' beloved mother Alice Leah Cohen Zeitouni z"l (Leah bat Moshe v' Emilie - 6 Sivan).

This Shabbat Bulletin is sponsored by **Adele & Jeff Altmann** and their family in memory of Adele's beloved father Mortimer Marcus Vineberg z"l (Mordechai ben Avraham Shmuel - 6 Iyar) and in memory of Jeff's beloved father Gabor Altmann z"l (Yaacov Moshe ben Yitzhak Issac v' Esther - 18 Iyar).

Rabbi Claman's Parsha Shiur on Shabbat morning is sponsored by **Rosaleen & David Hutman** and Larry & Tiffany Rinzler and their families in memory of their beloved mother, mother-in-law and grandmother Sara Rotsztein Rinzler z"l (Chaya Sara bat Leizer Volf v' Doba - 6 Iyar).

Rabbi Claman's Sermon on Shabbat is sponsored by **Malca & Louis Drazin** and **Adrienne & Shlomo Drazin** and their families in memory of Malca's beloved father and Shlomo's beloved grandfather Mayer Sand z"l (Meir ben Bentzion - 14 Iyar - Pesach Sheini).

Rabbi Claman's Lecture on *Whatever Happened to the Karaite Jews?* on Tuesday, May 2 is sponsored by **Annie & Gerry Cartman** in memory of Annie's beloved father Lucien Scemama z"l (Eliyahou ben Moshe - 11 Iyar).

Rabbi Claman's *Lunch and Learn* Program on Wednesday, May 3 is sponsored by **Bonnie & Alex Spira** and family in memory of Bonnie's beloved parents Esther & Moe Rudner z"l (Esther bat Menashe - 12 Iyar and Moshe ben Yehuda Dov - 16 Nisan) and in memory of Alex's beloved mother Lilly Spira z"l (Yehudit bat David HaLevi - 25 Iyar).

NEXT WEEK'S SCHEDULE

Mincha/Maariv: 7:45pm

Shacharit

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

Tuesday, Wednesday and Friday: 7:00am

Friday, May 5

Candle Lighting is at 7:48pm

Mincha - Main Sanctuary: 6:20pm and 7:00pm

Minha - Minyane Sépharade: 18h30

Plag Hamincha: 6:36pm





ת"סב

Kef Club

Achrei-Mot Kedoshim
April 29th
8 Iyar

Grades 1-6:

10:00 - Games
10:30 - Tefilla
10:50- Parsha questions
(register here to get the questions)
11:00- Israeli Invention
Bingo!
11:15- Kef Club Kiddush



Nursery:

10:00 - free play
10:40- songs and tefilla with
madrichot
11:00 - Story Time
11:15- Kef Club Kiddush

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





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

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

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"



Rabbi Benyamin Bresinger
Director Chabad LifeLine

Stuart Katz

Director Nafshenu Alenu

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

For a full Bio please see the
Mental Health website:

<https://www.mentalhealth.tbdj.org/>

Mincha at 7:40pm



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 - WITH RABBI CLAMAN
7:00PM FOLLOWED BY MINCHA/MAARIV**

**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

A Difficult But Meaningful Transition

This Shabbos, we read the double Torah portion of אחרי מות - קדושים. These words translate in English as *after the death of the holy*. Contemporary sages have expounded on the homiletics of these words, recognizing that these juxtaposed portions are read in proximity to the observation of our annual memorial days: יום השואה - Holocaust Memorial Day and יום הזכרון - the annual memorial day for the fallen IDF soldiers and for those who have been murdered in terror attacks. In a very real way we live our lives *after the death of the holy* in the shadow of, and inspired by, those who prepared our world for us, transmitting our tradition and dying *Al Kiddush Hashem* - sanctifying Hashem's Holy Name - during the terrible Holocaust years and during the deadly battles which secured and protected our homeland Eretz Yisrael.

This past week we observed יום העצמאות and יום הזכרון - Israel Independence Day. There is a difficult transition from the mourning of יום הזכרון to the celebration of יום העצמאות, which commences immediately with the conclusion of יום הזכרון. This is unlike the practice of other countries. Canada, for example, observes Remembrance Day on November 11th and Canada Day on July 1st. The idea of going from mourning to celebration, from one moment to the next is difficult to comprehend, especially in a small country like Israel where everyone feels the pain of the loss of our precious brothers and sisters who gave their lives for the country. How do the families of those who fell make this transition?

I read a meaningful thought on the *Israel Forever* website which helps to understand the idea of the juxtaposition of our National Day of Mourning to our National Day of Celebration:

There is something magical about the transition between Yom Hazikaron and Yom Haatzmaut. The essence of Israel is not in big celebrations, parades or fireworks (fun as those are) but in that quiet, yet momentous transition between Yom Hazikaron to Yom Haatzmaut.

One day follows the other with mindfulness, the juxtaposition is purposeful and gut wrenchingly difficult. There is no real seam between the two days. There is no break where it becomes possible to stop grieving and begin celebrating because the grief does not end, the loss cannot be filled, and it is a price we are forced to pay over and over. And that is exactly the point - we celebrate the miracle of Israel with the knowledge that our independence is attained and held only through unspeakable sacrifice, honoring those who sacrificed so that we may live by being joyful and alive.

We learn from a historical account by Moshe Vistuch that for the first two years following the establishment of the state of Israel there was no Memorial Day for the fallen soldiers as we have today - and that the families officially remembered their beloved fallen soldiers on Yom Haatzmaut, a day that was then called יום המדינה - The Day of the State. The impossible combination of joy and sorrow

on the same day prompted families who were mourning to send a letter to Prime Minister David Ben-Gurion in which they expressed their reservations about mourning while others were celebrating on the same day. They asked for a general day of remembrance which would serve as a separation between mourning and celebrating.

In 1950 Ben-Gurion attempted to establish a memorial day through the efforts of his deputy Shaul Avigdor, who lost a son in the war of Independence. Avigdor's committee considered different dates for a memorial day but came to no conclusion. In 1951, a formal committee composed mostly of bereaved families requested the government's approval for הנצחת החיל - *soldier memorial* - with their recommendation that a national day of mourning be established for the fourth day of Iyar, the day before Yom Haatzmaut.

In retrospect, it is believed that the establishment of the fourth of Iyar as Yom Hazikaron was attributed to a gentleman named Avraham Yitzchak Merchavya, who lost his younger brother in an attack on Kibbutz Kfar Etzion on the fourth of Iyar. Merchavya felt that the martyrs who fell defending the people and the country deserved their due attention. In 1949, Merchavya voiced his opinion that it was impossible not to make the connection between the mourning and the celebrating of Israel's independence. He stated that it was owing to the blood of the martyrs that independence was merited, and their loss should be remembered with gratitude:

חסר בהצעת שמחה הזכרת אלה שבזכות דמם זכינו לעצמאות
גם להם אל לנו להיות כפויי-י טובה

Mourning and rejoicing is an integral part of our lives as Jews. We are fortunate to be able to mark, with dignity and purpose, the memory of our holy martyrs at the designated time each year, as we - albeit painfully - realize that Hashem is sanctified by those close to Him.

Shabbat Shalom,

Rev. Amiel





Weekly camaraderie,
lunch, and Parsha!

Lunch & Learn

with Rabbi Claman

WEDNESDAYS

Lunch at 11:30am

Class from 12:00-12:30pm

We're thrilled to bring back our popular
Lunch & Learn program each week.

\$10 per person for lunch
Everyone is welcome!

www.TBDJ.org



DO YOU KNOW WHAT MASECHET SOTAH IS ABOUT?

LET ME GUESS... SOTAH?

OH, IT'S MUCH MORE THAN THAT!
SOTAH IS ONE OF THE MOST EXCITING AND FASCINATING MASECHTOT!

REALLY? WHAT ELSE DOES IT COVER?

IT'S PRETTY SHORT - ONLY 48 DAF,
AND IT INCLUDES ALL THESE SUGYOT:

DAVID AND AVSHALOM
SHIRAT HAYAM **EGLA ARUFA**
THE MERAGLIM HOW TO GO TO WAR
THE PRIZE FOR LEARNING TORAH YETZIAT MITZRAYIM
BIRCHAT KOHANIM
SHIMSHON HAGIBOR
THE DEATH OF MOSHE RABBEINU

WE BEGIN MASECHET SOTAH ON FRIDAY!!!
THERE'S NO BETTER TIME TO JOIN TBDJ'S DAF YOMI...
GIVEN DAILY BY RABBI CLAMAN!

MASECHET SOTAH BEGINS ON FRIDAY, MARCH 31

WEEKDAYS AT 6:15AM, SUNDAYS AT 8:45AM
IN THE TBDJ LIBRARY

