

## Shabbat Bulletin

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

Fifth Annual Jewish Community Mental Health Awareness Shabbat - featuring Special Guests

Rabbi Benyamin Bresinger, Director of Chabad LifeLine and Stuart Katz, Director of Nafshenu Alenu

Lag Ba'Omer is on Tuesday, May 9

## Shabbat Parshat Emor

Haftara: Yechezkel 44:15 - 44:31

## Friday, May 5

- 6:20pm Mincha and Kabbalat Shabbat - Main Sanctuary
- 6:30pm Mincha et Kabbalat Chabat - Minyane Sépharade - Chapel
- 6:36pm Plag Hamincha
- 7:00pm Later Mincha and Kabbalat Shabbat - Main Sanctuary
- 7:48pm Candle Lighting
- 8:06pm Sh'kiah

## Shabbat, May 6 / 15 Iyar

- 8:00am Shacharit - Hashkama Minyan
- 8:40am Parsha Shiur with Rabbi Claman
- 9:00am Shacharit - Main Sanctuary and Minyane Sépharade
- 9:14am 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

## Mental Health Awareness Shabbat - Sessions in the Main Sanctuary

following morning services:  
*The Power of Community - It Takes More than Just a Village with Stuart Katz*

6:15pm:  
*Perspective from the Front Lines - The Struggle of Addiction in the Jewish Community with Rabbi Benyamin Bresinger and*

*Our Family's Survival with Suicidality with Stuart Katz*

- 7:25pm Mincha, Seoudah Shleesheet et Shiour - Minyane Sépharade
- 7:40pm Mincha, Seoudah Shleesheet and Maariv - Main Sanctuary
- 8:07pm Sh'kiah
- 8:58pm Havdala

## COMMUNITY NEWS

Mazal Tov to **Elizabeth & Ivan Katz** and their family on the birth of a granddaughter on Thursday, April 27. Proud parents are Stephanie & Daniel Lewinshtein. Sharing in their simcha are the baby's siblings Leah and Jonah, her paternal grandparents Rhona & Sam Lewinshtein of Ottawa and many delighted aunts, uncles and cousins.

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

Refu'a Shleima to **Edward Sacher** - יהודה בן צביה

## THANK YOU TO THE FOLLOWING SPONSORS

Kiddush for the Main Sanctuary is sponsored by Stephanie & Daniel Lewinshtein in honour of the birth and naming of their new daughter.

Kiddush for the Hashkama Minyan is sponsored by **Joelle & Martin Sacksner** in memory of Martin's beloved father David Jack Sacksner z"l (Ya'akov David ben Moshe Chaim - 17 Iyar).

Kiddush for the Minyane Sépharade is sponsored by **Tamara & Levi Yaacobov** in memory of Levi's beloved mother Tamara bat Hivsi z"l.

Seudah Shleesheet for the Main Sanctuary is co-sponsored by **Allan, Mark, Jack, and Steven Schachter** and their families in memory of their beloved mother Bluma Kleinberg Schachter z"l (Blima Dobrish bat Natan - 15 Iyar).

Seudah Shleesheet for the Main Sanctuary is co-sponsored by **Louise & Mark Eisenberg** in memory of Mark's beloved father Dr. David Eisenberg z"l (David ben Bentzion HaLevi v'Esther - 13 Iyar).

This Shabbat Bulletin is sponsored by **Phyllis & Michael David** and family in memory of Michael's beloved parents Olga & Imre David z"l (RechI bat Ze'ev v'Sheva - 24 Nisan and Avraham Yehuda Leib HaLevi ben Yechiel v'Gitl Reizl - 15 Iyar).

Rabbi Claman's Parsha Shiur on Shabbat Morning is sponsored by **Reesa & Ephriam Kandelshin** in memory of Reesa's beloved mother Sheila Lurie Busgang z"l (Shulamit bat Moshe v'Rachel - 11 Iyar).

Rabbi Claman's Lunch and Learn Program on Wednesday, May 10 is sponsored by **Baila Aspler** and family in memory of her beloved mother Chaya Salit z"l (Chaya bat Menachem Mendel v'Baila Hinda - 20 Iyar).

## תודה רבה!

TIFERETH BETH DAVID JERUSALEM  
EXTENDS HEARTFELT THANKS TO ALL THOSE  
WHO HAVE CONTRIBUTED TO THIS YEAR'S  
MENTAL HEALTH AWARENESS WEEK AND SHABBAT!

## NEXT WEEK'S SCHEDULE

Mincha/Maariv: 7:55pm

## Shacharit

Sunday: 8:00am / Monday and Thursday: 6:50am  
Tuesday, Wednesday and Friday: 7:00am

## Friday, May 12

Candle Lighting is at 7:56pm  
Mincha - Main Sanctuary: 6:25pm and 7:00pm  
Mincha - Minyane Sépharade: 18h30  
Plag Hamincha: 6:42pm

5<sup>TH</sup> 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





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**FRIDAY | MAY 26 | 12 PM**

1950's Dairy Lunch • 1st day of Shavuot • Following Services

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🎵 Ice Cream • Soda Floats • Delicious Food 🎵

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✧  
✧  
**Limited  
Seating  
Available**

**\$40 ages 16+ | \$25 ages 4-15 | 3 & under are free**

Registration is first come, first served.  
Assigned seating.

**REGISTER TODAY**

**[WWW.TBDJ.ORG/BRDINER5783](http://WWW.TBDJ.ORG/BRDINER5783)**



✧ Want to mark a special occasion? Sponsorships Available ✧



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**





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](http://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**  
**SHIMSHON HAGIBOR** BIRCHAT KOHANIM  
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





*BRIDGE AT BAILY*

IS BACK!

STARTS ON MONDAY, JUNE 5!!!!

EVERY MONDAY AT 12:30PM  
LIGHT BUFFET LUNCH BEGINS AT 11:30AM

\$20 ADMISSION FEE  
*INCLUDES LUNCH*

TO REGISTER, SEND AN EMAIL TO LINDA:  
**[l.schmaltzbridge@gmail.com](mailto:l.schmaltzbridge@gmail.com)**