

CONGREGATION TIFERETH BETH DAVID JERUSALEM

Shabbat Bulletin

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SHABBAT SHALOM • שבת שלום

Shabbat Parshat Va'et'chanan
Shabbat Nachamu

Haftara: Yeshayahu 40:1 - 40:26

Friday, July 28

- 6:30pm Minha et Kabbalat Chabat -
Minyane Sépharade - Chapel
- 6:40pm Mincha and Kabbalat Shabbat
- Main Sanctuary
- 6:55pm Plag Hamincha
- 8:09pm Candle Lighting

Shabbat, July 29 / 11 Av

- 8:00am Shacharit - Hashkama Minyan
- 8:40am Parsha Shiur with Rabbi Claman
- 9:00am Shacharit - Main Sanctuary
and Minyane Sépharade
- 9:18am Sof Zman K'riyat Shma
- 9:30am Kef Club Shabbat Programs
for Kids - Lower Level
- 6:00pm **Perek in the Park with
Rabbi Zolly Claman and
Rabbi Michael Whitman at
Applewood Park in Hampstead**
- 6:54pm Plag Hamincha
- 7:30pm Shiur with Rabbi Claman in the
Library - *Letters from the Rambam*
- 7:50pm Minha, Seoudah Shleesheet
et Shiour - Minyane Sépharade
- 8:00pm Mincha, Seoudah Shleesheet
and Maariv - Main Sanctuary
- 8:27pm Sh'kiah
- 9:19pm Havdala

COMMUNITY NEWS

Mazal Tov to **Carol & Zutty Sculnick** and their family on the occasion of their grandson Ouri Sculnick becoming a Bar Mitzvah on Monday, July 3. Proud parents are Nitzan Tzuella & Daniel Sculnick of Revelstoke, British Columbia. Sharing in their simcha are Ouri's brother Stahv, his maternal grandparents Shosh & Itzik Tzuella in Israel and many delighted aunts, uncles and cousins.

Mazal Tov to **Elaine & Isaac Silberman** and their family on the birth of grandson Caleb Max (Calev Mordechai) Silberman on Shabbat, July 15 in New York. Proud parents are Rena & Dudie Silberman. Sharing in their simcha are Caleb's siblings Gemma and Izzy, his maternal grandparents Laura & Stuart Miller of West Hartford, Connecticut, and many delighted aunts, uncles and cousins.

Mazal Tov to **Rabbi Baruch & Rosette Solnica** and their family on the birth of a great-granddaughter on Wednesday, July 19 in New York. Proud parents are Sara & Adir Shimon. Sharing in the their simcha are the baby's brother Azi, her grandparents Chani & Meir Gelman and Menashe Shimon and many delighted aunts, uncles and cousins.

Mazal Tov to **Mendy Dalfen** on his special birthday! Ad 120!

THANK YOU TO THE FOLLOWING SPONSORS

Kiddush for the Main Sanctuary is co-sponsored by **Mendy Dalfen** in honour of his special birthday.

Kiddush for the Main Sanctuary is co-sponsored by **Carol & Zutty Sculnick** in honour of their grandson Ouri becoming a Bar Mitzvah.

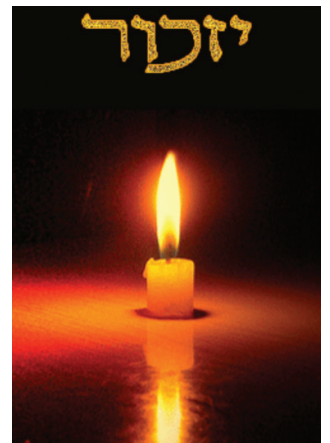
Seudah Shleesheet for the Main Sanctuary is sponsored by **Joseph Salem** in honour of his grandson Joshua Eisenstat receiving a Master's of Applied Science in Biomedical Engineering from Metropolitan University of Toronto.

5784 YIZKOR BOOKLET

We are currently in the process of preparing our next TBDJ Yizkor Booklet.

If you would like to submit a list of names of loved ones who have passed away, please go to www.tbdj.org/yizkor5784 to complete our online form. \$36 for the first line, \$18 for each subsequent line.

Thank you to all those who have already submitted names - your support is greatly appreciated.



NEXT WEEK'S SCHEDULE

Mincha / Maariv: 8:05pm

Shacharit

Sunday: 8:00am

Monday and Thursday: 6:50am

Tuesday, Wednesday and Friday: 7:00am

Friday, August 4

Mincha - Minyane Sépharade: 18h30

Mincha - Main Sanctuary: 6:35pm

Plag Hamincha: 6:48pm

Candle Lighting is at 8:00pm

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

The Bucket Lists in our Lives

A *Bucket List* is a collection of experiences that a person hopes to have, or achievements that a person hopes to accomplish, during their lifetime. The most widely accepted theory is that the term bucket list was first used in 1999 by American and British screenwriter Justin Zackham, while writing the screenplay for the 2007 film *The Bucket List*.

In *Bucket List* terms, we know that at the end of Moshe Rabeinu's life, he had one more thing that he wanted to achieve: to enter his beloved land of Israel. Sadly, a harsh decree from heaven prohibited that. Midrash teaches us that Moshe pleaded with Hashem no less than 515 times to allow him to enter Eretz Yisrael. The number is found through the gematria - Hebrew numerology - of the opening word of this week's Torah portion ואתחנן which equals 515.

Following Moshe's pleas, Hashem responded: *It is enough for you; speak to Me no more regarding this matter.* (Devarim 3:26) Some say that Hashem told Moshe to stop pleading because if Moshe would have pleaded and prayed just one more time, Hashem would have had to let Moshe enter Eretz Yisrael on the 516th plea.

Last Shabbos I was experiencing chest pains which worsened in the afternoon. At a certain point, I was rushed to the Jewish General Hospital. Eventually I was diagnosed with a mild heart attack though the doctors were not certain what they would find inside until the angiogram was done this past Monday.

So there I was, this past Monday morning, lying in my hospital bed waiting for my procedure. I commenced with my daily early morning rituals and after Shacharit prayers I chanted my daily psalms followed by *Perek Shira, The Song Of The Universe*. *Perek Shira* has been described as the song that is sung every day by eighty five of Hashem's creations. Each part of creation is like a member of an orchestra playing his unique part in contributing to the perfection of Hashem's universe. Monday morning's segment of *Perek Shira* opens with a verse for how the day - יום, and night - לילה, praise Hashem.

**יום אומר: יום ליום יביע אומר, ולילה ללילה יחזה דעת
Day to day utters speech, and night to night tells
knowledge. (Psalms 19:3)**

As I uttered those words while lying in bed, I thought about where I was two short days earlier, in contrast to where I was at the moment and I considered the value, the worth of a day. Our days follow each other at a very quick pace. We wake up every morning and we take on the new day. Some do it with religious ritual. Others do without. For some, it is a mechanical restart of yesterday's routine. Before you know it, a week has passed..... then a month, then a year.

We negotiate many tasks in our days. We run from place to place and when our day is done, we sleep and we energize ourselves as we prepare for the next day to come. A verse in Mishlei teaches:

**אל תתהלל ביום מחר כי לא תדע מה ילד יום
Do not boast for tomorrow for you do not know what
the day will bear (Mishlei 27:1)**

When I woke up last Shabbos morning, I certainly did not know what that day would hold for me. I also didn't think about it. Lying in the hospital bed, though, following reciting the daily verses of the song of the universe, I thought to myself: *Do I take my days for granted?* The answer: To a certain extent I probably do.

So there I am in my hospital bed waiting for my procedure, hoping that it will be successful and that they will find my problem and solve it in an easy way. I know that regardless of what is found inside my heart, I am due for what they call a life change and the way I live my days. Baruch Hashem, the blood tests showed that there was minimal damage to the heart and the doctors told me that there is good reason to be optimistic, but uncertainty as I await the angiogram is very much a part of me. At that point, I started thinking about my *Bucket List*. There is so much that I have left to do and I want to be able to do it. What does one do in this situation? One pleads to Hashem for health, for mercy and more.

King David wrote in Tehillim 39:5:

**הודיעני ה' קצי ומדת ימי מה היא אדע מה חדל אני
Hashem, let me know my end and the measure of my
days, what it is; I will know when I will cease.**

We learn that King David wanted to know the measure of his days that would be significant and qualitative before his demise. Chapter 90 in Tehillim is ascribed to Moshe Rabeinu. In this chapter, Verse 12 teaches a similar thought to what was written by King David in Chapter 39:

**למנות ימינו כן הודע ונבא לבב חכמה
So teach the number of our days,
so that we shall acquire a heart of wisdom.**

Commentary teaches that Hashem knows the number of days assigned to us. If the knowledge of our expiration date would be shared with us, we could accordingly work towards maximizing the ultimate capacity of wisdom and knowledge within ourselves towards our expected demise. In other words, both King David and Moshe Rabeinu seem to express a Biblical *Bucket List* idea - the importance of ourselves living to our greatest capacity during our sojourn on earth.

In conclusion, who knows what the day will bring? Baruch Hashem the blockage found in one of my arteries was expertly fixed during the procedure. I can honestly say that while it was a different experience for me to be on the other side of the Mishebayrach prayer for those who needed healing, my cup is more than full as I thank Hashem for the positive medical outcome and the opportunity to proceed with achieving the items on my bucket list of life.

Shabbat Shalom,

Rev. Amiel

Join us for

Perek in the Park

with Rabbi Zolly Claman of TBDJ, and
Rabbi Michael Whitman of ADATH

Every Shabbat*

6:00 PM

Applewood Park, Hampstead



ADATH 
Judaism for the next generation

Bring yourself or bring your family
to Applewood Park for a short
Pirkei Avot discussion.

Perek in the Park is sponsored by Edie & Phil Friedman in
memory of Edie's mother, Norma Nussbaum Bruckner z"l

***Weather permitting**



BRIDGE AT BAILY
EVERY MONDAY!!!!

LIGHT BUFFET LUNCH BEGINS AT 11:30AM
GAME BEGINS AT 12:30PM

\$15 ADMISSION FEE
INCLUDES LUNCH

TO REGISTER, SEND AN EMAIL TO LINDA:
l.schmaltzbridge@gmail.com