

Shabbat Bulletin

Rabbi
Zolly Claman

Chazan Sheini
Rev. Amiel Bender

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SHABBAT SHALOM • שבת שלום

Baby Naming - Daughter of Rabbi Zolly & Penina Claman

Aufruf - Yoni Drazin

Shabbat Parshat Nitzavim - Va'yeilech

Haftara: Yeshayahu 61:10 - 63:9

Friday, September 8

- 6:30pm Minha et Kabbalat Chabat -
Minyane Sépharade - Chapel
7:00pm Mincha and Kabbalat Shabbat
- Main Sanctuary
7:01pm Candle Lighting
7:20pm Sh'kiah

Shabbat, September 9 / 23 Elul

- 8:00am Shacharit - Hashkama Minyan
9:00am Shacharit - Main Sanctuary
and Minyane Sépharade
9:30am Kef Club Shabbat Programs
for Kids - Lower Level
9:30am **Youth Minyan - Youth Lounge**
For boys and girls aged 11 and up.
9:38am Sof Zman K'riyat Shma
10:15am The Zone for Grades 1-3 in Library
10:45am The Zone for Grades 4-6 in Library
5:57pm Plag Haminchah
6:30pm Minha, Seoudah Shleesheet
et Shiour - Minyane Sépharade
6:50pm Mincha, Seoudah Shleesheet
and Maariv - Main Sanctuary
7:18pm Sh'kiah
8:03pm Havdala
10:30pm **Musical Selichot**
with Rev. Amiel Bender
Midnight Selichot - Lower Level Chapel

ROSH HASHANAH 5784
BEGINS THE EVENING OF
FRIDAY, SEPTEMBER 15.

For full schedule of kids' programs and
service times for all minyanim, see Page
Two, Three and Four of this bulletin.

לשנה טובה
תבנית ותפילה

COMMUNITY NEWS

Mazal Tov to **Rabbi Zolly & Penina Claman** and their family on the birth of a daughter on Tuesday, September 5. Sharing in their simcha are the baby's siblings Adina, Chaya and Elisha, her grandparents Jennie & Paul Claman and Michale Messing & Carol Okalica, her great-grandmother Gerry Kline and many delighted aunts, uncles and cousins.

Mazal Tov to **Sari & Shlomo Drazin, Ruth Drazin** and Rozanne Polansky and their families on the wedding of their son and grandson **Yoni Drazin** to Naomi Azoulay on Sunday, September 10. Sharing in their simcha are Naomi's parents Zohar & Alex Azoulay, her grandparents Messody & Solomon Dayan and Pierrete Azoulay and many delighted siblings, aunts, uncles and cousins in both families.

Mazal Tov to **Annie & Gerry Cartman** and their family on the occasion of their grandson Eli Meir Garelick becoming a Bar Mitzvah on Shabbat, September 9 in Toronto. Proud parents are Liat & Zack Garelick. Sharing in their simcha are Eli's siblings Yona, Kovy, Ashi, Yosef, Avigail and Yehoshua, his paternal grandparents Carol & Steve Garelick and many delighted aunts, uncles and cousins.

Condolences to **Ruth Drazin** on the loss of her beloved sister-in-law Sheila Dalfen Fried z"l who passed away on Wednesday, September 6. Funeral at Papermans on Sunday, September 10 at 12:00pm. Burial in the Eretz Hachaim Cemetery, Beit Shemesh, Israel. Shiva until Friday, September 15 at 2485 Major Street, St. Laurent H4M 1E5.

THANK YOU TO THE FOLLOWING SPONSORS

Kiddush for the Main Sanctuary is sponsored by **Sari & Shlomo Drazin** in honour of the aufruf and upcoming wedding of their son Yoni to Naomi Azoulay.

Kiddush for the Minyane Sépharade is sponsored by Haya & Asher Omer and by **Lee & Edouard Sabbah** "with heartfelt thanks and appreciation to the Almighty for a year filled with blessings."

Seoudah Shleesheet is sponsored by **Amanda & David Ettegui** in memory of Amanda's beloved grandfather Saul Singer z"l (Shalom Shmuel ben Ze'ev v'Dvora - 29 Elul).

This Shabbat Bulletin is sponsored by **Guilad & Michaella Krief** in memory of Guilad's beloved father Yitshak Krief z"l (Yitshak ben Yisrael v'Louisa - 24 Elul).

Kef Club Season Opener! Sunday, Sept. 10, 1-5pm!
Family Apple Picking at Verge Labonte Orchard
for Kef Club kids and their parents!

Bus leaves TBDJ at 1:00pm sharp - rain or shine!

\$20/child 5-13; \$25/adult or teen

Under 5 = free! Transportation and bag for apples included!

Register now at www.tbdj.org/KCapples5783

NEXT WEEK'S SCHEDULE

Mincha / Maariv: 7:50pm

Selichot Services

Monday and Thursday: 6:25am

Tuesday and Wednesday: 6:35am

Thursday: 10:30pm

Friday - Selichot "Zechor Brit": 5:15am

Shacharit

Sunday: 8:00am

Monday and Thursday: 6:50am

Tuesday, Wednesday and Friday: 7:00am

**FOR FULL ROSH HASHANAH SCHEDULE, SEE
PAGE TWO OF THIS BULLETIN.**



Rosh Hashanah ראש השנה

התשפ"ד 5784



Thursday, September 14 / 29 Elul 5783

10:30pm Selichot

Midnight Selichot - Lower Level Chapel

Friday, September 15 / 29 Elul 5783 / Erev Rosh Hashanah

5:15am Selichot "Zechor Brit"

7:00am Shacharit - Main Sanctuary

6:48pm Candle Lighting

6:50pm Mincha and Kabbalat Shabbat - Main Sanctuary

7:06pm Sh'kiah

Shabbat, September 16 / 1 Tishrei 5784 / Rosh Hashanah - Day One

8:00am Shacharit - Hashkama Minyan

8:30am Shacharit - Main Sanctuary

8:45am Shacharit - Parallel Service

9:30am Kef Club Rosh Hashana Programs for Kids

10:20am Rabbi's Sermon - Main Sanctuary

6:35pm Mincha and Maariv - Main Sanctuary

7:04pm Sh'kiah

7:49pm Candle Lighting

Sunday, September 17 / 2 Tishrei 5784 / Rosh Hashanah - Day Two

8:00am Shacharit - Hashkama Minyan

8:30am Shacharit - Main Sanctuary

8:45am Shacharit - Parallel Service

9:30am Kef Club Rosh Hashana Programs for Kids

10:20am Rabbi's Sermon followed by Tekiyat Shofar - Main Sanctuary

5:00pm Tashlich at McDowell Park - 5580 Randall

6:40pm Mincha and Maariv - Main Sanctuary

7:47pm Havdala

Monday, September 18 / 3 Tishrei 5784 / Tsom Gedalia

5:18am fast begins

6:10am Selichot

6:50am Shacharit

8:00am Second Selichot followed by Shacharit

6:25pm Mincha/Maariv

7:29pm fast ends



ROSH HASHANA YOUTH PROGRAMMING!

*Join us for fun and interactive programs
during Rosh Hashana services on
September 16th-17th!*

Fun activities with:



10am-1pm

At kids Tent

Tefilla and Rosh
Hashana themed
games at:



10:15-11am Grades 1-3

12:15-1pm Grades 4-6

At kKef Club main room

Free play, Story
time and Song for
young children and
toddlers



9:30am-1:00pm

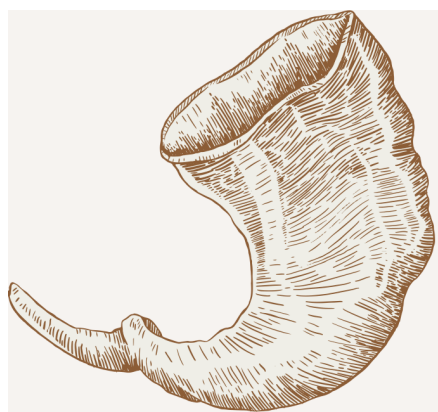
At toddlers room

11:30-12:00- KIDS KIDDUSH IN KEF CLUB ROOM

**1:00pm
Raffle!!**

*Shana Tova!
See You There!*





5784



BSD

VEN 15 SEP 2023

ROSH HASHANA

VEILLE DE ROSH HASHANA

Vendredi 15 septembre

Minha : 18h15
Bougies : 18h47
Arvit : 18h50

JOUR 1 DE ROSH HACHANA

Samedi 16 septembre

Shahrit : 8h00
Torah : 10h00 Moussaf 11h00
Minha : 18h30 suivi de de Tashlikh
Arvit : 19h35 Bougies après : 19h49

JOUR 2 DE ROSH HASHANA

Dimanche 17 septembre

Shahrit : 8h00
Torah : 9h30
Shofar : 10h45 & 18h00
Minha : 18h30
Arvit : 19h40 Havdala 19h47

JEÛNE DE GÉDALIA & SHABBAT SHOUVA

JEÛNE DE GUÉDALIA

Lundi 18 septembre

Début du jeûne: 5h07
Fin: 19h36

SHABBAT SHOUVA

Vendredi 22 septembre

Minha : 18h30
Bougies : 18h34
Arvit : 18h55

SHABBAT SHOUVA

Samedi 23 septembre

Shahrit : 9h00
Minha : 18h30
Arvit : 19h30
Havdala : 19h40

VEN 29 SEP 2023

SOUKKOT

VEILLE DE SOUCCOT

Vendredi 29 septembre

Minha : 18h00
Bougies : 18h20
Arvit : 18h45

DIM 24 SEP 2023

YOM KIPPOUR

VEILLE YOM KIPPOUR

Dimanche 24 septembre

Minha : 14h00
Kol Nidrei : 18h30
Bougies : 18h30

YOM KIPPOUR

Lundi 25 septembre

Shahrit : 8h30
Torah : 11h00
Minha : 16h30
Néila + Arvit : 18h30
Havdala après 19h37

JOUR 1 DE SOUCCOT

Samedi 30 septembre

Shahrit : 9h00
Minha : 17h45
Bougies après : 19h27

JOUR 2 DE SOUCCOT

Dimanche 1 octobre

Shahrit : 9h00
Minha : 17h45
Havdala: 19h25

HOSHANA RABA

Jeudi 5 octobre

Veillée Kraya - à venir

SHEMINI ATSERET

Vendredi 6 octobre

Minha : 17h45
Bougies : 18h07
Arvit : 18h30

Samedi 7 octobre

Shahrit : 9h00
Minha : 18:30

SIMHAT TORAH

Samedi 7 octobre

Bougies après : 19h14
Arvit + Hakafot : 18h45

Dimanche 8 octobre

Shahrit : 9h00
Minha : 17h30
Havdala: 19h12

DIM 8 OCT 2023

REPAS COMMUNAUTAIRE DE SIMHAT TORAH

Samedi 7 octobre

Pour toute la famille
Après Shahrit : 13:00

Détails à venir
P.A.F. gratuit
RSVP en ligne



19
SEPT
8PM

Hachana l'Yom Kippur

AN EVENING OF SONG AND INSPIRATION
WITH RENOWNED SINGER AND COMPOSER

Eitan Katz

ה' תשרי תשפ"ד // Tuesday Sept. 19, 2023 at 8:00 PM

Sponsored by Edie and Phil Friedman in loving memory
of Edie's late mother, Norma Nussbaum Bruckner z'l

TICKET PRICES:

Single: \$36 | Double: \$54 | Family: \$118

Registration required at [TBDJ.org/EitanKatz5784](https://www.tbdj.org/event/eitan-katz-concert-hachana-l-yom-kippur.html)

Congregation TBDJ

6519 Baily Road, Cote St-Luc, QC



Our Spiritual Arteries

Stop for a moment and look around. Observe, and take in the world around you. It is a world that seems to function on autopilot as everyone around us is living lives parallel to our own. This world which never stops is recreated and renewed every day. With our daily morning wakeup call and our recitation of *Modeh Ani* we enter our new world of today, a world that largely follows routine but on occasion changes from our world of the day before.

Stop for a moment and look at yourself. As you are passing your time in this world, you are a mirror of what you see and in a very real way. *You are everyone* out there. Yes, *you* are unique, *you* are different, and *you* have different priorities and different interests. *You* may be of a different religion and even within your religion, *you* may be of a different denomination, of a different level of observance. Though no two people are alike; *you* are *them* and *they* are *you*. There are many differences between *you* and those around *you* and yet, in Hashem's universe, everyone is equal as we go through our parallel lives within our own unique worlds.

This week's opening verse in the Torah portion of Parashat Nitzavim spells it out:

אתם נצבים היום כלכם לפני ה' אלוהיכם

You are standing today, all of you, before Hashem, your G-d...
Devarim 29:9

Commentary teaches that the word היום - today - refers to Rosh Hashanah. This is the season where we all stand before Hashem entering the divine courtroom as we approach Yom Kippur, the holiest day of the year. We stand before Hashem as equals, regardless of our stations in life as we offer our prayers and repentance, willing to be inscribed in the *Book of Life* for the incoming year of 5784. A new year is at hand and, with its arrival, new worlds will continue to open for us - every day, hour, minute and second.

Last week, I took a new look at myself in a world that has been functioning around me for quite a while - a world that I never really took notice of before: the world of rehabilitation. Entering the Richardson Hospital's cardiac department for rehab after my recent heart incident was an eye-opener. Spread about on the walls of the facility are pictures of appreciative patients who successfully completed their programs of recovery. Looking at those pictures, mirrors of what I hope to be at the conclusion of my rehab process, I thought: *Wow! They are me! My picture will be up there one day too!*

I enjoyed a comprehensive initiation into a world that will be a major part of my life for twelve weeks. Enjoyed? Yes! I entered a world of empathetic and caring professionals - just as at the onset of my cardiac issues - who showed an earnest interest in my recovery and proceeded to explain my rehab program in detail. I was invited into the cardiologist's office where I was asked about my heart incident and was shown my *Coronary Tree Diagram* which illustrated the state of my arteries before my stent was put in. I was fortunate that the problem was in the relatively minor *circumflex coronary artery* - though there was still a high blockage of 85%.

I think that I was more alarmed at seeing this graphic diagram five weeks following the stent procedure than during the few days that I was in the hospital before the stent was put in the artery. The diagram shows how the blockage extends from

both sides of the artery, leaving a limited 15% of artery space for the blood to flow through. It got me thinking: How long has this damage been going on? What would have happened if this medical crisis had occurred two weeks earlier while in Israel? When would I have gotten home? What if there was no warning and the blockage increased with time towards a dreaded 100% blockage? What then?

In this introspective season of the year, we often concern ourselves with our spiritual survival. After viewing my *Coronary Tree Diagram*, an analogy formed in my mind connecting my physical and spiritual arteries. The following beautiful words from *Shir Hashirim Rabba* 5:2 profoundly illustrate this connection:

השם דופק על דלתי לבנו מתחנן ומבקש, בני יקירי אתם תעשו רק את הצעד הראשון. אמר הקדוש ברוך הוא לישראל: בני פתחו לי פתח כחודו של מחט, ואני אפתח לכם פתח כפתחו של אולם

Hashem is knocking on the doors of our hearts, pleading and requesting: "My son, my precious son, you will take, just the first step." The Kadosh Baruch Hu said to Israel: "My son! Make for me an opening, the size of the tip of a needle and I will expand for you an entrance like the entrance to a banquet hall."

Hashem is knocking on the doors of our heart, encouraging our repentance. The spiritual opening for us to repent is the size of the tip of a needle. All we must do is let Hashem into this microscopic opening for our repentance and Hashem will create out of it a portal the size of the gateway to a banquet hall. My medical concern was that only 15% of my circumflex artery was open, thereby limiting the desired blood flow for a healthy heart. Ironically, this insufficient 15% is gigantic compared to the opening of the tip of a needle which is all that Hashem desires from us.

The next level in this analogy is to ask ourselves: How effectively is the blood flowing through our spiritual arteries during the year? Are מעשים טובים, positive relationships with Hashem and our peers flowing freely within our spiritual arteries? Are we performing enough mitzvot, learning enough Torah and treating our families, friends, and colleagues with the proper amount of respect? Or do we need stents of repentance implanted within our spiritual arteries, opening them to devote more time to Torah and mitzvot, to treating those around us with respect in physical and virtual social media conversations and behaviour? Do we greet people with that all important hello which often lends a positive tone to their day, making them feel important, significant, appreciated? At what rate are Torah mitzvot flowing through our spiritual arteries - 10%, 50%, 75%?

I had a physical wakeup call. Hashem knocked on the doors of my heart with an affliction. There is a point in our lives where spiritual and physical connect in a real way. Why did this happen to me? While I don't know the reason, I do feel though that Hashem was sending me a message. Maybe there is something inside that needs fixing, maybe more than my circumflex artery. Just as the divine powers of creation gave the doctors the intelligence to fix my physical problem, I must use the wisdom I have already acquired to work on repairing my spiritual self.

All of us have it within us to unblock, open and widen our spiritual arteries. Let us do it through Torah and the performance of mitzvot as together we welcome the Hebrew year of 5784!

Shabbat Shalom,

Rev. Amiel



WEEKLY BRIDGE AT BAILY

RESUMES

ON MONDAY, OCTOBER 2!!!!

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

MIZRACHI CANADA FAMILY TRIP TO

ISRAEL



WINTER BREAK 2023/2024
DECEMBER 22, 2023 – JANUARY 4, 2024

- Walk in the footsteps of our ancestors
- Hike through the waterfalls in the desert
- Daven at the Kotel on Friday Night
- Walk through the water tunnels of King Hezekiah
- Explore the Golan with a thrilling ATV tour

AND SO MUCH MORE!

GIVE YOUR FAMILY THE TIME OF THEIR LIFE



MIZRACHI
CANADA

FOR MORE INFO AND TO REGISTER VISIT:
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WWW.MIZRACHI.CA

תורה TORAH
מציון MITZION
KTM MONTREAL



CAREER

KTM Program Coordinator - Full Time.

One of the foremost Zionist educational organizations, KTM is hiring an Program Coordinator for our Montreal branch in Cote Saint Luc. If you love Israel, you are creative and have administrative experience, please apply to join our small but inspirational team.

Please contact Yair Meyers for questions and to submit your cover letter and resume, at yair.meyers@ktmmtl.org
Candidates are asked to review the full job posting prior to applying, at <https://www.ktmmtl.org/hiring>