

SHABBAT BULLETIN

CONGREGATION TIFERETH BETH DAVID JERUSALEM

| | | | |
|--------------|-------------------|-------------|--------------------|
| RABBI | CHAZAN SHEINI | PRESIDENT | EXECUTIVE DIRECTOR |
| Zolly Claman | Rev. Amiel Bender | Josh Orzech | Stephanie Nagus |

6519 BAILY ROAD, CÔTE SAINT-LUC, QC H4V 1A1 CANADA • 514-489-3841 • TBDJ.ORG



בעזרת ה'
בית
דוד

Shabbat Parshat Terumah

Haftara: Melachim Alef 5:26 - 6:13

Friday, February 16

- 4:18pm Plag Hamincha
- 5:00pm Minha et Kabbalat Chabat -
Minyane Sépharade - Lower
Level Chapel
- 5:05pm Candle Lighting
- 5:05pm Mincha and Kabbalat Shabbat -
Main Sanctuary
- 5:23pm Shkiah

Shabbat, February 17 / 8 Adar Alef

- 8:00am Shacharit - Hashkama Minyan
- 8:30am Shaharit - Minyane Sépharade
- 8:40am Parsha Shiur
with Rabbi Claman
- 9:00am Shacharit - Main Sanctuary
- 9:30am Kef Club Shabbat Programs -
Lower Level Youth Rooms
- 9:30am Youth Minyan - Youth Lounge
- 9:31am Sof Zman K'riyat Shma
- 10:15am *The Zone* for Kids in Gr. 1 to 3 -
Library
- 10:45am *The Zone* for Kids in Gr. 4 to 6 -
Library
- 4:19pm Plag Hamincha
- 4:30pm Bnei Akiva Walking Group
leaves for HA - pick up at HA
after Shabbat
- 4:40pm Minha, Seoudah Shleesheet et
Shiour - Minyane Sépharade
- 5:00pm Mincha, Seudah Shleesheet
and Maariv - Main Sanctuary
- 5:24pm Shkiah
- 6:09pm Havdala

NEXT WEEK'S SCHEDULE

Mincha / Maariv: 5:10pm

Shacharit

Sunday: 8:00am

Monday and Thursday: 6:50am

Tuesday, Wednesday and Friday: 7:00am

Friday, February 23

Mincha - Minyane Sépharade: 17h10

Candle Lighting is at 5:14pm

Mincha - Library: 5:15pm

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

From the bima this Shabbat!

An IDF officer from the Oketz K-9 Unit speaks about his recent experiences in the war and the challenges faced by soldiers returning to civilian life.

COMMUNITY NEWS

Mazal Tov to **Sam Fried** on becoming a Bar Mitzvah. Proud parents are **Cheryl & Frank Fried**. Sharing in their simcha are Sam's sisters **Jamie and Marlee**, his grandparents Manny Morton and Barbara & Mair Fried, and many delighted aunts, uncles and cousins. Lovingly remembered at this time is Sam's grandmother Roz Morton z"l.

Mazal Tov to **Reverend Amiel & Cheryl Bender** and their family on the birth of grandson Liel Yaakov Meir Bender on Friday, February 9. Proud parents are Michelle & Naftali Bender. Sharing in their simcha are the Liel's brothers Ness and Lev, his maternal grandparents Guita & Larry Segal, his great-grandparents Rabbi Karpol Bender and Shirley Gray and many delighted aunts, uncles and cousins.

Mazal Tov to **Marla & Peter Veres** and to **Carolyn & Arnold Steinman** and their families on the birth of grandson and great-grandson Solomon Andre (Shlomo Tzvi) Ringelheim on Thursday, February 8 in Teaneck, New Jersey. Proud first-time parents are Daniella & Abie Ringelheim. Sharing in their simcha are the baby's grandparents Jay Ringelheim of Jerusalem and Nicki Appelman Sider of Woodmere, New York, his great grandmother Ruda Fiedler and many delighted aunts, uncles and cousins.

Condolences to **Mitchell Axelrad** and his family on the loss of his beloved mother Rosaline Dorfman Axelrad z"l who passed away on Wednesday, February 14. Funeral is scheduled for 2:00pm on Friday, February 16 at Paperman & Sons. Shiva at Mitchell's home; 2:00pm-4:00pm and 7:00pm-9:00pm on Sunday, 7:00pm-9:00pm daily on Monday, Tuesday and Wednesday.

Condolences to **Karen & Lionel Dubrofsky** and their families on the loss of Karen's beloved parents, TBDJ Members **Dora (Dorothy) Miller z"l & Allan Korzinstone z"l**. Dora z"l passed away on Sunday, February 11 and funeral took place on Tuesday, February 13. Allan z"l passed away on Tuesday, February 13 and funeral took place on Wednesday, February 14. Shiva continues at 45 Glenmore in Hampstead; 1:00pm-3:00pm on Friday, 7:00pm-9:00pm on Saturday, 2:00pm-4:00pm and 7:00pm-9:00pm on Sunday and Monday; Maariv services at 7:30pm.

THANK YOU TO THE FOLLOWING SPONSORS

Kiddush for the Hashkama Minyan is sponsored by **Cheryl & Frank Fried** in honour of their son **Sam** becoming a Bar Mitzvah.

Kiddush for the Minyane Sépharade is sponsored by **Ruth & Naftaly Naor** and their family in memory of Chana bat Esther z"l.

Seudah Shleesheet is co-sponsored by **Pnina & Abe Brodt** in memory of Abe's beloved mother Sara Rivka Brodt z"l (Sara Rivka bat Yitzchak v'Soshe - 8 Adar).

Seudah Shleesheet is co-sponsored by **Tanya & Howard Margolese** in memory of Howard's beloved father Irwin Margolese z"l (Yisroel ben Chaim v'Basha - 11 Adar).

Rabbi Claman's Parsha of the Week *Lunch & Learn* Program on Wednesday, February 21 is sponsored by **Bonnie Rudner Spira** and her family to mark the conclusion of shloshim for beloved husband, father, father-in-law and grandfather Dr. Alex Spira z"l (Yeshaya Zvi ben Avraham Eliezer v'Yehudit). "His memory will forever be a blessing."



**SUPPORTING ISRAEL.
SUPPORTING AM YISRAEL.**



The Montreal Jewish Communities come together in

Prayer & Unity

for our brethren in Israel

Final Week!!!

Personal Reflections from IDF Soldiers

Motzei Shabbat February 17th, 2024 @ 7.25pm

Recorded & Live Remarks by
IDF Soldiers who served in Operation Iron Swords
Followed by Tehillim

At KTM - The Lieberman Family Beit Midrash
5700 Kellert

security at entrance



Congregation
Beth Ora





Learn for Israel



Let's come together to (schmooze and) learn
for the safe return of our hostages and soldiers

Who: Women only

What: Pirkei Avot (Book of Ethics)

Where/When:

Jan 23 @ the Moss home (252 Netherwood)

Feb 6 @ the Feinberg home (27 Belsize)

Feb 20 @ the Kurlender home (14 Holtham)

At 8pm

Learning lead by: Penina Claman,
Chaya Faust, Avigail Salter, Danielle
Weinberg, Tamar Yechieli

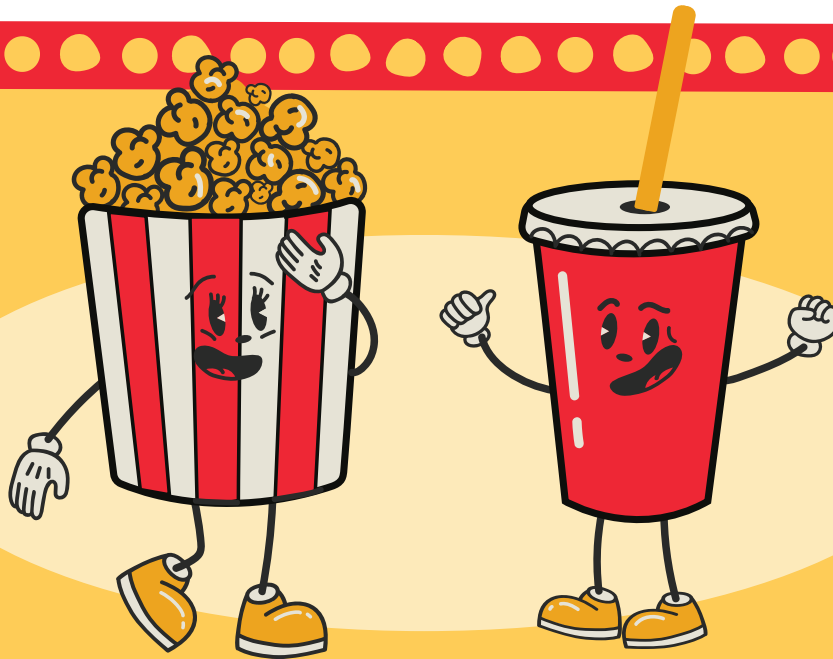
**All learning levels welcome*





TREISER MAISON SHALOM PRESENTS:

MEET UP @ THE MOVIES



SUN 18 FEB 2024, 1-3 PM
CINESTARZ DELUXE CAVENDISH

MIGRATION

FREE ENTRY | FREE SNACKS | REGISTRATION REQUIRED

COME SPEND THE AFTERNOON WITH THE RESIDENTS OF TREISER MAISON SHALOM AND DISCOVER WHY IT'S SUCH A SPECIAL PLACE!

[JLIVE.APP/EVENTS/6969](https://jlive.app/events/6969)





SNIF

BNEI AKIVA

GIBORIM!

Grades K-4

Join Us On Shabbat Trumah

February 17th ח' אדר א'

 **Hebrew
Academy**
5700 Kellert
5:00pm

Optimal Minacha at 4:30

Walking group will
leave from TBDJ at
4:30pm.
pick up by parents
after Shabbat



BNEI AKIVA

Hand in hand with




ISRAEL





BNEI AKIVA MONTREAL INVITE
GRADE 9 STUDENTS TO TAKE PART IN

BNEI AKIVA
OF THE UNITED STATES & CANADA



MANHIGUT **MONDAYS!**

Receive practical leadership experience through mentorship and project management through a Jewish and Zionist lens!

FEB
19

MANHIGUT
SESSION #3!

8-9pm @ BIBA

GUEST SPEAKER - RABBI AVRON MOSHE SWARTZ

Participation in the program is free of charge and earns you a discount for Bnei Akiva Shabbatons as well as giving you tools for a successful Hadracha experience!



PROGRAMME 'AVOT OUBANIM'

VENEZ APPRENDRE ET PRÉPARER UN TZITZIT KATAN
POUR UN SOLDAT ISRAËLIEN AFIN DE LEUR
APPORTER SUPPORT ET PROTECTION

L'argent collecté sera reversé intégralement à la
Kehila Eretz Hemdah (Israël)

Enfant: 6ans & + / Inscription obligatoire / 18\$ par enfant
Pizza et Rafrâichissement / Tirage de prix de participation



MOTZEI
CHABBAT
TEROUMA



SAMEDI 17 FÉVRIER
19H00 À 21H00

À MONTREAL TORAH CENTER (MTC)
28 CLEVE, HAMPSTEAD

Svp Inscription obligatoire à TBDJ.org/avotbanim



FINAL
SESSION

COME TIE TZITZIT FOR IDF SOLDIERS!

No experience necessary

Money raised for Israel will go to Eretz Hemdah
who will also be distributing the tzitzit within the IDF

Suggested donation: 40\$ per begged - cash or check



WEDNESDAY
FEB. 21



OPEN 8:00PM TO 10:30PM
COME AT ANY TIME...
6519 BAILY ROAD

Please direct all questions to:
HonorAidSociety@gmail.com

Run for Their Lives

Global run/walk events calling for the immediate release
of the hostages held by Hamas



A Community Walk

Sunday February 18th

**Irving L. Adessky Community Center
Hampstead Chalet, 30 Lyncroft**

11:30: Meet-up

11:45 - 12:15: Walk to the Y

12:20-12:45: Gathering/Speech

#BringThemHomeNow

Peace of Mind

Support Our Heroes: Oketz Warriors Need Your Help



DESIGN: HAVA GOLDWASSER

Oketz warriors fought for Israel for over 100+ days | Help them return to their families and their civilian lives.

Oketz is the elite K-9 unit of the IDF. Its fighters operate 24/7 in all the theaters of war Israel faces. Committed to executing complex operational missions, these brave men and women and their highly trained canine companions excel in tasks such as detecting and exposing explosive devices, capturing and neutralizing terrorists, and safeguarding both combat teams and civilians.

In 100+ days of combat, since the Hamas surprise attack of October 7th, Oketz fighters and their dogs detected 175 explosive devices and eliminated 40 terrorists who were positioned to ambush field forces, thereby saving the lives of hundreds of soldiers.

All this came at a steep price. In the battles of October 7, a remarkable Oketz officer paid with his life. Throughout the war, 35 Oketz fighters have been injured. The unit also lost 17 dogs.

How you can help: Based on previous research, we estimate that around 80% of our fighters will suffer from post-traumatic stress. The Oketz Foundation, a society comprised of Oketz veterans, requests your help to support our fighters in a unique and vital initiative:

Peace of Mind (POM) is a therapeutic intervention in which IDF veterans receive time and space to process their combat experiences. Part of the Metiv Israel Psychotrauma Center in Jerusalem, the program strengthens their emotional and mental wellbeing. The Oketz foundation, in partnership with Peace of Mind, will run group intervention processing for 10 groups of 15 participants, serving 150 Oketz fighters in total. Our veterans will undergo a seven-day program, and will also have the option for 12 additional individual therapy sessions.

The purpose of these interventions are to:

- Strengthen resilience and group cohesion.
- Prevent development of PTSD symptoms.
- Provide a platform for the group to process their combat experiences.

Your generous donation will empower Oketz fighters to return from their missions with peace of mind, allowing them to continue their crucial role in defending our beloved country.

Join us in supporting these brave fighters.

Together, we can make a difference and express our gratitude for their sacrifices.

For additional information, questions & donations please contact:

donate@oketzfoundation.org



RAFFLE DRAW

Sunday, March 24, 2024

7:00pm

**Ticket
\$136**

| | |
|-----------|----------------|
| 1st prize | \$4000 |
| 2nd prize | \$ 1800 |
| 3rd prize | \$ 1000 |
| 4th prize | \$ 500 |

Tickets can be purchased online
tbdj.org/raffle2024
or by calling the office 514-489-3841

A portion of the proceeds will go to Israel

Connections - ושכנתי בתוכם

ועשו לי מקדש ושכנתי בתוכם
They shall make a sanctuary for me –
so that I may dwell among them.

Shmot 25:8

The above verse from Parashat Terumah may be referred to as a homiletical favourite, as many scholars over the centuries have expounded on the wording of the verse. Hashem is directing Bnei Yisrael to build Him a sanctuary so that He may dwell among them. Why does the verse not say - *so that I may dwell in it* - that Hashem would dwell in the actual sanctuary?

Following the giving of the Torah at Har Sinai, Hashem extended His connection with his beloved nation with the construction of the Mishkan, the Tabernacle in the desert. The above verse teaches us that a shul is more than a building where we seek Hashem's presence - a shul is a building which emphasizes Hashem's presence within us. I like to think that the shul is an extension of our very existence. It is our spiritual home. Having a place to go to seek Hashem's presence is the address for our spiritual yearning as individuals and as a community. Hashem, however, wants us to take that sanctuary-inspired connection - if you will - to our world outside the shul. Taking our connection with Hashem into our hearts and lives is what being a Jew is all about - in the shul and outside of it!

During the initial Covid pandemic lockdown, I wrote about the idea of Hashem's presence within us:

I recall my disbelief last year at the news that the synagogues of Montreal were going into lockdown. The place that we so needed to beseech the Almighty in prayer and the place for comfort during these trying times was closed to us! ... The lockdown began just as we began to prepare for Pesach, and I recalled the plague of the first born of Egypt that was inflicted by the Almighty at midnight. In Egypt, the Jews went into divine lockdown to be saved from the plague and at this time on our lives, so did we. With gratitude to Rabbi Freundlich and the Executive, our lockdown from TBDJ was only a physical one. We were sustained in the spiritual sense and the communal sense - "They shall make a sanctuary for Me – so that I may dwell among them". I believe that years ago in the desert, Hashem was teaching Bnei Yisrael an eternal lesson about the strength of the community coming together in prayer and devotion. This is the strength of Pandemic TBDJ, though locked out of the building, functioning at full strength as a community, keeping its members involved and keeping Hashem within us even as we were locked out of our House of Prayer.

(TBDJ Shabbat Bulletin Message - February 19th, 2021)

The shul is our ultimate connection to the Almighty and this connection inspires our devotion to Hashem when we are out of shul.

This is a connection that I teach my Bnei Mitzvah at their first lesson. Before we start learning the young man's obligations for his Bar Mitzvah, I take him for a synagogue tour, teaching him what the synagogue is, what the concept of "community" means and how he will familiarize himself with the synagogue and prepare himself to become part of the community during his Bar Mitzvah preparation year. We go to the daily chapel, and we talk about what we see there: the Aron HaKodesh - the Ark, the Ner Tamid - the Eternal Light, the memorial boards and plaques, the Holocaust memorial section with its stained glass, the readers' table where we read the Torah, the idea of

the mechitza and the separation between men and women in the synagogue and more.

While some of my students are more familiar with the synagogue than others, there is rarely a new student who does not know what the Aron HaKodesh is, and it is general common knowledge that our holy Torah scrolls are in there. In this vein, it is probably not a coincidence that the first item mentioned in the construction of the Mishkan is the Aron Hakodesh. The Aron is the heart of the shul, and the Torah is the heart of our lives. Our heart pumps blood to sustain our physical existence and the Torah pumps the energy of mitzvot and Jewish identity within us, sustaining our spiritual existence. The Torah is our major connection to Hashem and the Ark which houses the Torah is mentioned first among the vessels of the Mishkan.

By definition, a connection represents a relationship in which a person, thing, or idea is linked or associated with something else. The connections in our lives are meaningful. Parashat Terumah introduces our beautiful heritage and legacy where we will always be linked with our precious shuls and the Torah.

Connections take us places and, as I was thinking about this week's d'var Torah, I recalled a special connection triggered from the past and a connection that happened this past week.

At my great aunt's funeral a few years ago, a cousin mentioned in his eulogy that Auntie Basha had the merit to sit on the lap of our great great-grandfather Harav Yisroel Yitzchak Zambrowsky, a reputable Warsaw Rav in the pre-Holocaust days in Poland. My cousin talked about that period of glory in a pre-war Poland where prominent scholars and yeshivot were the strength of the Jewish community. At that moment I was connected back into Jewish Poland of the early 1900's and my family's past there.

This past Tuesday afternoon I was in the JPPS staff room when one of the Hebrew teachers called me over: *Look! I got this through a Baltimore connection.* She showed me a video clip of a young man who returned from the Gaza war front and was hugged repeatedly by students as he walked down one of the staircases in school. She asked me: *Isn't that school Hebrew Academy?* I replied that it was and excitedly told her that the young man was one of the Kollel boys who came to Hebrew Academy for the year and ran back to join his unit and to fight Hamas in Gaza! A few hours later I was in Hebrew Academy going down that same staircase and I saw the young man standing at the bottom of the stairs. We shared an enthusiastic and meaningful hug as I joyously welcomed him back. Even as we are constantly praying and fundraising for Israel during these difficult times, hugging and connecting with someone who actively served in Gaza and fought in the war connected me in a surreal way to the nightmare that we are experiencing 6,000 miles away. It connected me to the trauma, to the hostages still in captivity, to our heroic IDF soldiers and resurfaced the painful and emotional feeling that underlies my existence since that horrid day in October.

We are fortunate. We have the Torah, the most precious possession in Hashem's world, at our fingertips. The Holy Arks that house our Torah scrolls in synagogues around the world are ornately built and lend beauty and meaning to their importance as eternal homes for our Torahs.

Shabbat Shalom,

Rev. Amiel

COLLECTE DE SANG

BLOOD DRIVE

3rd Annual TBDJ Blood Drive
Give from the Heart

En collaboration avec
In collaboration with



Mardi 12 mars - 13 h 30 à 19 h 30

Tuesday, March 12 from 1:30 p.m. to 7:30 p.m. - By appointment

CONGRÉGATION TIFERETH BETH DAVID JÉRUSALEM
6519, chemin Baily, Côte Saint-Luc

SUR RENDEZ-VOUS

→ hema-quebec.qc.ca

→ 1 800 343-7264



HÉMA-QUÉBEC



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www.kibbutzulpan.org

At a time when many young Jews are struggling to maintain pride in their Jewish heritage and identity, FJL offers a bright and successful path forward to a better Jewish future. **Senator Joseph Lieberman**

FORUM FOR JEWISH LEADERSHIP SUMMER INTERNSHIP IN TEL AVIV



Challenge yourself professionally with an internship at a **top Israeli company** or **cutting-edge start-up**



Experience Israel up close through a range of fun, uplifting trips and meaningful volunteer opportunities.



Meet with and learn from **prominent Jewish leaders**. Past speakers include: President Herzog, the Chief Rabbi, visionary CEOs & ranking IDF officers



Expand your **Jewish connection** through residential Shabbatons, hosted in local communities & engaging study of core Jewish texts



Join a diverse, hand-picked, ambitious **global community**, with alumni engagement and programming that continues beyond the summer

CANADA PROGRAM:
MAY 15 - JUNE 25, 2024

USA PROGRAM:
JUNE 5 - JULY 16, 2024

Limited Spots - Applications Open!

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TINYURL.COM/FJLUNITEDSTATES



jewish-leadership.com/programmes-israel



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ONWARD
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