



CONGREGATION TIFERETH BETH DAVID JERUSALEM

Shabbat Bulletin

שבת פרשת וירא
כ מרחשון ה'תשפ"א

Shabbat Parshat Va'yeira

November 6 - 7, 2020 / 5781

Please print this bulletin before Shabbat.

Rabbi
Yechezkel Freundlich

Chazzan Sheini
Rev. Amiel Bender

President
Josh Orzech

6519 Baily Road, Côte Saint-Luc, Québec H4V 1A1 Canada • 514-489-3841 • www.TBDJ.org • director@tbdj.org

SHABBAT SHALOM • שבת שלום

Shabbat Parshat Va'yeira

Haftara: Melachim Bet 4:1 - 4:37

Minyanim on Shabbat are restricted to those who have pre-registered. When davening at home, it is preferable to do so at the same time as the rest of the community.

Friday, November 6

- 7:00am Shacharit - Tent -
no preregistration required
- 8:00am Shacharit - Main Sanctuary -
no preregistration required
- 8:20am Daf Yomi on Zoom
- 3:32pm Plag Hamincha
- 3:15pm Daf Yomi on Zoom
- 4:10pm Minha et Kabbalat Shabbat -
Minyane Sépharade -
Lower Social Hall (#1)
- 4:15pm Mincha and Kabbalat Shabbat -
Tent and Main Sanctuary (#2 & #3)
- 4:15pm Candle Lighting
- 4:34pm Sh'hkiah

Shabbat, November 7 / 20 Marcheshvan 5781

- 7:00am Shacharit - Tent (#4)
- 8:45am Shaharit - Minyane Sépharade -
Lower Social Hall (#6)
- 8:50am Shacharit - Tent (#7)
- 9:00am Shacharit - Upper Hall (#5 & #8)
- 9:11am Sof Zman K'riyat Shma
- 10:00am Shacharit - Main Sanctuary (#10)
- 10:15am Shacharit - Tent (#9)
- 3:31pm Plag Hamincha
- 4:00pm Minha et Arvit - Minyane Sépharade -
Lower Social Hall
- 4:05pm Mincha, Shiur and Maariv -
Tent and Indoor -
*featuring shiurim on the parsha and
halacha by Rabbi Freundlich and
Rabbi Eliyahu Gateno*
- 4:33pm Sh'hkiah
- 5:19pm Havdala
- 5:45pm Musical Havdala and Kumzitz
on Facebook with Rev. Bender
- 6:30pm Daf Yomi on Zoom

COMMUNITY NEWS

Mazal Tov to **Elaine & Isaac Silberman** on the occasion of their grandson Yosef Akiva Landa becoming a Bar Mitzvah on Shabbat, November 7 in Los Angeles. Proud parents are Rabbi Alex & Tovah Landa. Sharing in their simcha are Yosef's siblings Rivky, Sromo and Daniel, his paternal grandparents Liza & Eddy Landa and many delighted aunts, uncles and cousins. Lovingly remembered at this time is Yosef's great grandfather Sam Smiley z"l.

Condolences to the family of TBDJ Member **Rhoda Herscovitch Glazer Hockenstein z"l** who passed away on Wednesday, November 4. Funeral is scheduled for Friday, November 6.

Condolences to **Vicki & Howie Steinberg, Susan Feldman, Stuart & Ronit Steinberg, Andrew & Mandy Steinberg** and **Gillian & Mitchell Sinclair** and their families on the loss of beloved mother, mother-in-law and grandmother Edith Abramson Feldman z"l who passed away on Monday, November 2. Funeral was held on Tuesday, November 3.

SPONSORSHIPS AND THANK YOUS

This Shabbat Bulletin is sponsored by **Elaine & Leon Monaker** in memory of Elaine's beloved father Israel Richler z"l (Yisrael ben Shmaryahu - Cheshvan 23), and in memory of her beloved aunt Erika Schwartz Richler z"l who passed away in Israel on the evening of Tuesday, November 3.

Rabbi Freundlich's special shiur on the evening of Wednesday, November 11 is sponsored by **Rachel & Judah Aspler** and family and the Goodman/Wenner families in memory of Rachel and Judah's beloved father and father-in-law Osher Goodman z"l (Asher ben Shalom HaKohen - Marcheshvan 25).

TBDJ thanks the following Tent Sponsors for their support:

Shabbat, Nov. 7: Amalia & Morris Zeitouni, "in honour of all those in the TBDJ Community who have worked so hard to keep the synagogue operating during this difficult pandemic."

Wednesday, Nov. 11: Shoshana & Moishe Neuer, in memory of Moishe's father Menachem Mannes Hacohen Neuer z"l

DAILY SCHEDULE: NOVEMBER 8 - 13

SUNDAY	MONDAY	TUESDAY
Shacharit 8 & 9am	Shacharit 6:50 & 8:00am	Shacharit 7:00 & 8:00am
Mincha 4:10pm	Mincha 4:10pm	Mincha 4:10pm
Shkiah 4:31pm	Shkiah 4:30pm	Shkiah 4:29pm
WEDNESDAY	THURSDAY	FRIDAY
Shacharit 7:00 & 8:00am	Shacharit 6:50 & 8:00am	Shacharit 7:00 & 8:00am
Parsha Class 12:15pm	Mincha 4:10pm	Mincha-Sefardic 4:00pm
Mincha 4:10pm	Shkiah 4:27pm	Mincha 4:10pm
Shkiah 4:28pm		Candle Lighting 4:07pm
		Sh'hkiah 4:26pm

NEW!!!

**Advanced Chumash Shiur
on the Weekly Parsha
with Rabbi Freundlich**

Thursdays, 8:00pm-8:45pm on Zoom
*Highlighting various midrashim based on the
writings of Rav Chaim Yaakov Goldvicht z"l.*

**Wednesday
November 11, 2020
at 7:30pm
Special Shiur
with Rabbi Freundlich**



When The Divine Acts Mundane: *Unexpected Interpersonal Lessons from Hashem Himself in Sefer Bereishit*

A shiur to commemorate the yartzheit of **Osher Goodman**

אשר בן שלום הכהן ז"ל

Father and Father-in-law of Rachel & Judah Aspler

With Divrei Torah from his grandchildren in Israel



**Zoom link: TBDJ.org/GoodmanShiur
or Meeting ID: 850 2898 9933 & Password 035525**

A THOUGHT FOR SHABBAT FROM REV. AMIEL BENDER: HOW GOODLY IS YOUR TENT, TBDJ!!!

This past Monday morning I woke up an hour early, my biological clock sounding an unappreciated alarm as my body, not yet regulated to the annual daylight savings time change, was forced into action. I silently chanted my pre-tent early morning prayers, my recitation of Psalms and the daily שירי פרק - song of the universe. Appreciating the rare, unique privilege and beauty of praying outside surrounded by nature, that has been our lot since early summer, albeit due to the pandemic, my mind was wandering with the thought that our tent of prayer in the parking lot of our Shul is to be dismantled next week. I used the extra time on my hands before going outside for morning services to study different sources about the connection between nature and prayer. While putting on my Tefillin in our dining room, I looked out the window and saw that it had begun to snow. The snow continued throughout our services in the tent. Though there were only flurries and not a serious snowfall, in a very real sense it completed the experience of davening in our TBDJ tent over the past 4+ months. Our davening has survived intense heat, heavy rains, thunder, lightning and strong winds. Recently we have been challenged with intense cold as well. We have seen sunrises and sunsets, the beauty of the changing colors of the leaves with the onset of autumn. We have heard the birds chirping and dogs barking. They were sounds of the trains and cars, babies crying and much too loud cell phone conversations from the passersby on the street. All give credence to the fact that Hashem's creations are experiencing their daily routines as we daven. In our morning prayers we say: המחדש בטובו הראשית בראשית – בכל יום תמיד מעשי בראשית – In his goodness, he renews daily, perpetually the work of creation... In the tent we witnessed the works of creation orchestrated daily, by HaKadosh Baruch Hu.

Indeed the harmony and orchestration of Hashem's natural world has enhanced this unique experience of pandemic davening in our congregational and personal histories.

Over the past few months I have written much about the tent, which has served us faithfully as a בית מקדש מעט, enabling us to join together as a community in our davening and learning while being locked out of our beloved Shul. While obviously nothing compares to praying in a synagogue and we look forward to being back in Shul עם ברב, in our multitudes, in conversations about our tent of prayer with members of TBDJ, I have learned that I am not alone in my appreciation that the tent has been available for us to offer inspiring communal and individual prayers engulfed and surrounded by Hashem's beautiful and wondrous creation: Nature.

What is it about nature that inspires and evokes such a deep level of devotion in our prayers?

The Rambam (1138-1204) in Hilchot Yesodei HaTorah 82 wrote that a way to gain love and fear of the Almighty is to look at and appreciate Hashem's wondrous creations. Loving and fearing Hashem is directly connected with and influences our connection with Hashem.

Not only is our devotion to Hashem inspired by looking at and appreciating Hashem's creations in the world around us, the creations themselves praise Hashem as well. Perek Shira, The Song of the Universe, details 85 of Hashem's creations and their words of praise for our Creator. There are designated verses of scripture for the sun, the moon, the wind, the animals and more in this ancient work. The beauty of creation and its wonders are also highlighted in Psalm 104, ברכי נפשי which is a beautiful lyrical song of tribute to Hashem and his universe and details many of Hashem's creations which make and complete our world. When we are outside in Hashem's world and we witness nature in action we appreciate Hashem's mastery of the world with "every piece in place" as life goes on around us. In the words of the Lion King's hit song, we are witnessing the Circle of life and it motivates religious devotion / prayer.

The idea of nature inspired devotion to Hashem is not new to us.

As a young man, the great founder of Chasidus, Rabbi Israel ben Eliezer, the Ba'al Shem-Tov (1698-1760), built himself a modest home in the forest, a place of isolation where he would reside during the week and where he would spend precious time in secluded davening and learning, study and meditation. When Rabbi Israel saw misfortune threatening the Jews, it was his custom to go into a certain part of the forest to meditate. There he would light a fire, say a special prayer, and the miracle would be accomplished and the misfortune averted. It was within nature, Hashem's natural world that the Holy Rabbi found the meaningful venue for his prayers.

Over 200 years ago, Rabbi Nachman of Breslov (1772-1810) would stop his wagon for Mincha services outside while travelling with his followers. "I see how each and every blade of grass in the field pushes itself to each and every one standing in prayer, trying to become a part of his prayer..." Rabbi Nachman appreciated praying outside in Hashem's beautiful world and stated that the person who has the merit to be alone in the fields and forests and has the opportunity to share his words with the almighty feels that each and every step he takes has a taste of the Garden of Eden. Rabbi Nachman further said: "טוב מאוד להתפלל ולפרש שיחתו לפני השם יתברך בשדה, בין עשבים ואילנות" – It is good to pray and speak before Hashem in the field among the grass and the trees. There is something majestic about praying outside.

Dr. Jason Strauss, in an article in the Harvard Health Publishing magazine in 2018 wrote what The Baal Shem Tov and Rabbi Nachman realized and put into practice so many years ago. Dr. Strauss recognizes that the calm of the outside and the visual aspects of nature can have a soothing effect on us. "Having something pleasant to focus on like trees and greenery helps distract your mind from negative thinking, so your thoughts become less filled with worry." It appears that interacting with natural spaces offers therapeutic benefits. For instance, calming nature sounds and even outdoor silence can lower our blood pressure and levels of the stress hormone cortisol, which calms the body's fight-or-flight response. Nature can influence positive spiritual and physical states of mind and body which are beneficial for us.

Some of you may wonder about my writing so much about a tent. You may be thinking, OK, so we had a place to daven... What's the big deal? In one of his talks, our Rabbi, Rabbi Freundlich talked about the temporary designation of the tent as a מקום תפילה, a place of prayer which elevated and gave significance, a semblance of קדושה to the tent, a mere structure. I recall a thought that Shlomo Carlebach shared about the grape in relation to its use for Kiddush, Havdala and other occasions. Rabbi Carlebach spoke about the beautiful colors of the grape on the vine. When the grape matures it is picked off the vine and is crushed to make wine. Rabbi Carlebach comments that through a degrading process the grape is transformed from being a beautiful fruit to a liquid which resembles none of its beauty. However, when the wine is poured for Kiddush and the blessing of הגפן פרי בורא is recited, the grape is elevated to a state of holiness as it serves as a partner to the consecration of the holiness of the day through the blessing. Similarly, in the TBDJ parking lot, a tent, our tent, was elevated to a מקום קדושה of serving as a מקום תפילה – a place of prayer.

Interestingly enough, the first Shabbos that we used the tent as a place of prayer was for the portion of Chukat-Balak. In the portion of Balak we read the famous verse that is recited daily upon entering the Synagogue: מה טובו אהליך יעקב - How goodly are you tents oh Jacob... On this, the last Shabbos that our tent will be with us, we read about our patriarch Avraham in the opening verse in Parashat Vayera: והוא ישב פתח – while he was sitting at the entrance of the tent...

Last week one of members mentioned that she had to come and daven in the tent for the last time. During our conversation, she likened leaving the tent to our annual taking leave of the Sukkah at the end of the holiday of Sukkot. Our tent has served us well and through it we have been fortunate to continue to serve Hashem as a community under challenging circumstances.

Shabbat Shalom,

Rev. Amiel