



CONGREGATION TIFERETH BETH DAVID JERUSALEM

Shabbat Bulletin

שבת פרשת בא
י שבת ה'תשפ"א

Shabbat Parshat Bo

January 22 - 23, 2021 / 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

Tu B'Sh'vat is on Thursday, January 28.

COMMUNITY NEWS

Mazal Tov to **Susan & Ron Schondorf** and to **Rena Schondorf** and their families on the birth of grandson and great grandson Aharon Schondorf on Monday, January 11 in Kiryat Sefer, Israel. Proud parents are Aliza & Rafi Schondorf. Sharing in their simcha are Aharon's maternal grandparents Florence & Barry Schleifer and many delighted siblings, aunts, uncles and cousins.

Mazal Tov to **Vicky & Jimmy Shizgal** and to **Vera Honigwachs** and their families on the birth of granddaughter and great granddaughter Aura Chaya Herman on Tuesday, January 19. Proud parents are Sarah & David Herman. Sharing in their simcha are big sister Aliyah, grandparents Karina & Shneuer Herman, great grandparents Bracha & Mordy Shizgal and many delighted aunts, uncles and cousins. Lovingly remembered at this time is great grandfather Leo Honigwachs z"l.

SPONSORSHIPS AND THANK YOUS

This Shabbat Bulletin is sponsored by **Jack Felder** in memory of his beloved mother Freda Felder z"l (Freda bat Ya'akov - Sh'vat 9).

Rabbi Freundlich's Chumash Shiur on Thursday, January 28 is sponsored by **Susan & Ron Schondorf** in honour of the birth of their grandson Aharon Schondorf.

Rifki Freundlich's Tehilim Shiur on Monday, January 25 is sponsored by Jewel & Lazar Sarna in memory of Jewel's beloved mother Jean Weigensberg z"l (Yocheved bat Yehuda Arie v'Rachel Tirzah - Shvat 12).

Mincha on Zoom is at **4:30pm** this coming week - to join us, go to <http://tbdj.org/zoom-mincha>.

To view all times for sh'kiah, davening, shiurim and candle lighting, go to www.tbdj.org/calendar.

To view details about our all our programming, go to www.programming.tbdj.org.

Shabbat Parshat Bo

Haftara: Yirmiyahu 46:13 - 46:28

The TBDJ building is currently closed. When davening at home, it is preferable to do so at the same time as the rest of the community.

Friday, January 22

3:00pm Daf Yomi on Zoom
3:49pm Plag Hamincha
4:28pm Candle Lighting
4:47pm Sh'kiah

Shabbat, Jan. 23 / 10 Shvat 5781

9:46am Sof Zman K'riyat Shma
3:50pm Plag Hamincha
4:48pm Sh'kiah
5:36pm Havdala
6:00pm Musical Havdala and
Kumzitz on Facebook
with Rev. Bender
6:30pm Daf Yomi on Zoom

D'VAR TORAH FROM RABBI FREUNDLICH

Parshat Bo - Who is Going?

Pharaoh's servants had had enough. Already having suffered through seven plagues and having been warned by Moshe about the impending swarm of locusts, they pleaded with Pharaoh. "Enough!" they begged, "let them go already!" Pharaoh finally relents, but with one major condition. "Who is going?"

The Ramban explains that Pharaoh clearly assumed only certain elements of the people would go. This was after all, supposed to be a religious ritual excursion to serve Hashem. Why should everyone go? Pharaoh therefore felt only those "designated by name," meaning the prominent leaders, the elders, and the law enforcers should go. The rest of the men, and certainly the women and children, were out of the question in Pharaoh's mind.

Moshe responded with an original declaration of *No One Left Behind* that has reverberated throughout Jewish history: "With our youngsters and with our elders shall we go. With our sons and with our daughters... It is a festival to Hashem" (Shmot 10:9). Judaism is not exclusively for the elite. It is not limited to the leadership. It is not only for the men and it is certainly not only for adults. No one can be missing. We will take our sons and our daughters, Moshe declared, our young and our old, and together we will celebrate Hashem. There is no other option.

One of the many distressing aspects of these past twelve months has been seeing our shul devoid of both our elderly members and our young children. Both of their absences is obviously in the interest of health and safety, but it is nonetheless painful to observe. The link to our past and the hope for our future is at the center of everything we do. I pray to soon again see "our youngsters and our elders, our sons and daughters" together in shul!

Shabbat Shalom

It All Began at Home

Last year as we approached the holiday of Pesach and the first Seder, Cheryl and I were saddened to realize that our annual Seder guest list was to be non-existent, like so many other Seders in our Montreal community and across the Jewish world. Our children couldn't join us from out of town and even our children in the city were not permitted to be with us due to the first pandemic's initial lockdown. Disappointment was paramount as we were unable to share this wonderful traditional holiday in the traditional family way. Especially disappointing was the absence of our two young grandchildren who were about to experience their first Seder. Cheryl and I prepared the Sedarim for ourselves and our children at home, somewhat comforted that our other children, together with their young families, were healthy and safe.

I recall thinking: What a crazy and unprecedented predicament. Then it dawned on me that, though we are living in challenging times, celebrating Pesach together only with your family was not unprecedented – actually, this is how it all began. I thought about the first “Seder” in Egypt and the Korban Pesach - the paschal lamb - that was shared in the family home literally hours before the quick exodus took place, following the Plague of the Firstborn. In this week's Parashat Bo, the Torah tells that each family unit was to procure for themselves a lamb for the Passover sacrifice. Our first festive traditional meal as a young nation-to-be was an act that stressed the participation of the whole family. The verse says:

“...they shall take for themselves – each man – a lamb or kid for each father's house, a lamb or kid for the household;” (Shmot 12:3)

In today's world, the father's house is known as the home for the extended family: grandparents along with the families of their children. Sadly, last year's Covid restrictions changed all our Seder celebrations because we could not gather in large groups and many of our family members were confined to their own homes. The last meal that the Jews were to partake of in Egypt was to be eaten as a family unit in a multigenerational setting. Sharing a meal at family gatherings was not a first for the Jews of Egypt. Commenting on Parashat Vayechi, Rashi cites the Tanchuma that upon the return of Yosef and his brothers to Egypt following the burial of their father Yaakov, the brothers were not invited to Yosef's home to dine with him - contrary to the family practice before Yaakov's death. Rashi teaches that in order to give Yaakov the honour and respect deserving him, Yosef would invite his brothers to feast together with their father at his table. Beyond the expression of respect for the family patriarch, togetherness also strengthened the family unit and sheltered them from assimilating into Egyptian culture and practice. Rav Samson Raphael Hirsch (1808-1888) notes that without the parents serving as the focal point of the family, the offspring tend to meet less often, sometimes to the point of drifting apart, thereby diminishing the strength of the family unit.

The strength, relevance and importance of our family connections may be learned from our relationship with the Almighty. An example of this connection is found in one of the messages which Hashem requested that Moshe Rabeinu convey to Pharaoh - a message which emphasizes the family-oriented relationship of our nation with Hashem: “You shall say to Pharaoh; So said Hashem, My firstborn son in Israel;” (Shmot 4:22) Rashi teaches that in this figurative term we learn that Israel is Hashem's most worthy and beloved nation, just as a firstborn has a special place in his parent's affections. Our divine connection with Hashem is highlighted within the context of different family relationships: As a parent, many of our prayers recognize Hashem as our father in heaven. A spousal connection is described as Rashi comments on the momentous scene of the giving of the Torah at Har Sinai. The Shechinah, the Divine Presence came out to our nation as a groom goes out to meet his beloved bride to cover her with a veil before they jointly stand under the chuppah of marriage.

Why were Bnei Yisrael required to eat the Pesach sacrifice as a family unit?

We are introduced to the concept of Jewish family in the book of Breisheet, abundantly filled with stories of the families of our patriarchs, whose offspring are the foundation of what we have become today - a strong and vibrant nation, Baruch Hashem. The descent of Yaakov and his extended family to Egypt was part of the divine plan, transmitted to Avraham Avinu by the Almighty in the *Covenant Between the Parts*: “Know with certainty that your offspring shall be aliens in a land not their own – and they will serve them, and they will oppress them – four hundred years.” (Breisheet 15:13). Keeping this in mind, the process of “leaving Egypt” was also coloured by the challenge of cleansing the impurities our people acquired as they assimilated Egyptian culture into their lives. In fact, the Rabbis teach that had our ancestors dipped to the next level of impurity, they would not have been worthy of redemption. Rav Uri Cohen comments on an opinion brought forth by Rashi and the Mechilta in Parashat Beshalach, that only one out of five Jews left Egypt. He quotes Shmot Rabba, writing that there were sinners among the Jews in Egypt that had Egyptian patrons. These Jews acquired wealth and honour and seemingly continued to assimilate into the culture of the land until they lost their Jewish identity completely. This situation is a far cry from the initial arrival of Yaakov and his family in Egypt. Yaakov and his sons were the portrait of the status and standing of the Jewish family as Beit Yaakov - the House of Yaakov - became prominent among the nation of Egypt and its inhabitants. In an article about the concept of the family in the Tanach, Asher Weiser writes that Yaakov withstood the challenges of living in Egypt, building a home of love, honour and respect, continuing to educate his sons in the ways of his fathers.

Strong families create strong legacies and secure generational strength. Rav Aharon Lichtenstein zt”l (1933-2015) teaches about the importance of the family connection and its incomparable place in the transmission and eternalizing of the Torah from generation to generation. He states that we learn from phrases “v'heegadeta l'veencha” and “v'sheenantam l'vanecha” about the obligation of the Jew to pass on what was taught to him to future generations. The necessary tools to ensure the eternal continuity of the Jewish people include both synagogue affiliation and a strong family base which encourages the transmission of Torah and tradition to future generations.

Rabbi Yaakov Nagan of the hesder Yeshiva of Otniel teaches that we are a nation that is a family. He stresses the importance of the family unit but also relates to the challenge of expanding the family concept to the wider circles beyond the home. I believe that this is what we learn from the first family-related anecdote connected with the exodus from Egypt: the family-oriented eating of the Korban Pesach. The foundation and birth of Bnei Yisrael are based on the strength of our collective family units, coming together to leave Egypt as one big family unit called the Children of Yisrael.

At our Seder we say the following: In every generation one must see oneself as if we left Egypt personally. Though last year's Sedarim were limited, different and difficult, we celebrated our Sedarim as families, just as our forefathers did - in their individual family homes - before the monumental exodus from Egypt. And so then, as now, the expression “it all begins in the home” reflects an eternal truth for the Jewish People across the generations of our families, and across the millennia of our history.

Shabbat Shalom,

Rev. Amiel

UPCOMING PROGRAMS

For more programs, shiurim and classes... please visit <http://programming.tbdj.org>

Monday Morning Tehillim WITH RIFKI FREUNDLICH

MONDAY, JANUARY 25 AT 11:00AM
HOSTED IN TBDJ'S ZOOM SOCIAL HALL

Sponsored by Jewel & Lazar Sarna in memory of Jewel's beloved mother
Jean Weigensberg z"l (Yocheved bat Yehuda Arie'el v'Rachel Tirzah - Shvat 12)

*** Led by Rifki Freundlich, For Women***

Monday, January 25 at 11:00am // Location: Zoom Social Hall



Modern Jewish History - Part I: Laying The Groundwork

From the Mussar Movement
to the First World War (Early 1800s to 1918)

Modern Jewish History: Uganda and Palestine

Monday, January 25 at 7:45pm // Location: Zoom Social Hall



VIRTUAL DIASPORA

by  living room
tours

Online Tour of Barcelona, Spain

Tuesday, January 26 at 1:00pm // registration required - see email



Let's DOUGHnate!

A fun way to shmooze & connect
while also helping others!

Women's Program: Let's DOUGHnate!

Thursday, January 28 at 10:00am // Location: Zoom Social Hall



**THE TBDJ WOMEN'S INITIATIVE
PROUDLY PRESENTS**

Let's DOUGHnate!



A fun way to shmooze & connect
while also helping others!

**EVERY SECOND
THURSDAY STARTING
JANUARY 14TH AT
10AM IN THE TBDJ ZOOM
SOCIAL HALL**

COOKIES – CUPCAKES – BARS – BROWNIES & MORE!

Each week we will bake a different yummy treat together on zoom!
Once they are baked and cooled, wrap the treats up and drop
them off at TBDJ! We will take care of the rest!
We will be delivering these treats to our heroes, frontline
workers and other chesed organizations!



HOT

IT WARMS YOU UP

CHOCOLATE

LEARN THE TRICKS OF THE
TRADE

BOMBS

**JOIN
TBDJ
AND
JOY
WILSON
FROM
JOY OF
CAKES**



FEBRUARY 3RD IN THE TBDJ ZOOM
SOCIAL HALL @ 8:00PM

Register at: <http://tbdj.org/chocolate5781>

Register by Jan. 27th, 2021

Cost: 35\$ includes everything you need to make your
delicious chocolate bombs!





Achieving Self-Care in a COVID Era & Beyond:

What's in your tool box?

TBDJ is proud to invite you to our kickoff virtual event, featuring

Rifki Freundlich

Yoetzet Halacha,
Rebbetzin of TBDJ



&



Beth Taubes

Certified Health, Wellness,
Fitness, Tai Chi and
Yoga Coach

SUN / JAN 31 / 8PM

*Register by January 17 to receive a special gift before the event!

Register Today

<http://tbdj.org/selfcare5781>

Meet Beth Taubes

Beth was a health care professional with a specialty in oncology for over 30 years. After developing an interest in the science and art of helping her patients prevent disease through healthy living, she opened her own health and wellness practice in New Jersey. At Wellness Motivations LLC, she motivates clients to engage in improved self-care through personal fitness training, yoga practice, stress reduction techniques and more. She has published numerous articles in her field and has spoken at medical conferences, women's and parent groups and medical schools.



PRESENTS

Shalom Bayis

ENRICHMENT WORKSHOP

WITH RABBI & RIFKI FREUNDLICH

Rabbi & Rifki Freundlich present an interactive, virtual workshop on strengthening your marital relationship. Join them for two sessions of *fun, humorous* and *engaging* activities that will be sure to strengthen your marriage by providing you and your spouse with practical tools and effective techniques to better understand each other.

For couples of all ages. Each session is an independent unit.

You must attend together with your spouse -

The two of you will be doing all of the talking!

(Don't worry, there is no public sharing - only private conversations)

Session 1

Saturday, February 6

**Life Maps, Love Languages
and Bidding Wars:
*What makes your spouse tick?***

Session 2

Saturday, February 20

**The Lost Art of Apologizing,
Complimenting, and
Fighting Fair**

REGISTER TODAY: tbdj.org/bayis5781

One time registration fee: **\$18 per couple**

BOTH SESSIONS BEGIN AT 8:30PM

ON ZOOM IN TBDJ'S ZOOM SOCIAL HALL

(LINK WILL BE SHARED UPON REGISTRATION)