



CONGREGATION TIFERETH BETH DAVID JERUSALEM

Shabbat Bulletin

שבת פרשת תזריע-מצורע
ה'תשפ"אShabbat Parshat Tazria-Metzora
April 16 - 17, 2021 / 5781

Please print this bulletin before Shabbat.

Rabbi
Yechezkel FreundlichChazzan Sheini
Rev. Amiel BenderPresident
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 Tazria-Metzora

Haftara: Melachim 7:3 - 7:20

All 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, April 16

- 6:05pm Mincha, Kabbalat Shabbat and Maariv - Main Sanctuary
- 6:17pm Plag Hamincha
- 6:30pm Mincha, Kabbalat Shabbat and Maariv - Outdoor
- 7:00pm Mincha, Kabbalat Shabbat and Maariv - Main Sanctuary
- 7:23pm Candle Lighting
- 7:42pm Sh'kiah

Shabbat, April 17 / Iyar 5

Omer Day 20

- 7:45am Shacharit - Main Sanctuary
- 9:00am Shacharit - Outdoor
- 9:30am Sof Zman Kriyat Shma
- 9:45am Shacharit - Main Sanctuary
- 10:45am Shacharit - Lower Social Hall
- 5:55pm Mincha and Maariv - Sanctuary
- 5:55pm Mincha and Maariv - Outdoor
- 6:18pm Plag Hamincha
- 7:43pm Sh'kiah
- 8:30pm Havdala

SCHEDULE FOR THE NEXT WEEK

Mincha will be at **6:10pm** in the Main Sanctuary, and also available via Zoom.

Candle Lighting on Friday, April 23 is at **7:32pm**.

Due to changing regulations and necessary adjustment of our scheduling, please visit our website (TBDJ.org) and check your emails for up-to-date schedules and information on minyan locations and registration.

COMMUNITY NEWS

Mazal Tov to **Aviva & Ami Drazin, Baila & Jerrold Aspler** and **Ruth Drazin** and their families on the wedding of their daughter and granddaughter Riva Drazin to Doni Herskowitz on Monday, April 12 - Rosh Chodesh Iyar - in New Jersey. Sharing in their simcha are Doni's parents Boondi & Sandy Herskowitz of Lawrence, NY, his grandmother Gloria Gettenberg, and many delighted siblings, aunts, uncles and cousins in both families.

Mazal Tov to **Sari Newman** and her family on the engagement of her son Daniel Newman to Rachel Friedman, daughter of Diana & Robert Friedman of New York. Sharing in their simcha are Daniel's father Perry Newman, his grandmother Miriam Stern, Rachel's grandmothers Hedy Heller and Hannalee Friedman, and many delighted siblings, aunts, uncles and cousins in both families. Lovingly remembered at this time are, zichronam livracha, Daniel's grandfather Lou Stern, and Rachel's grandfathers Joseph Heller and Sol Friedman.

Condolences to **Marcelle & Isaac Alt** and to **Yael & Josh Orzech** and their families on the loss of Marcelle's beloved mother and Yael's beloved grandmother Gimol Bengio Cohen z"l who passed away in Paris on Shabbat, April 10. Funeral was held in Yerushalayim on Tuesday, April 13.

Condolences to **Sandra & David Fine** and their families on the loss of Sandra's beloved brother Joseph Zeitoune who passed away on Monday, April 12 in Florida. Funeral scheduled for Sunday, April 18.

SPONSORSHIPS AND THANK YOUS

This Shabbat Bulletin is sponsored by **Betty Laxer** and her family to mark the first yahrzeit for her beloved husband Carl Laxer z"l (Yekutiel Chaim ben Avraham v'Chana Tova - Nisan 30).

Rifki Freundlich's Tehillim Shiur on Monday, April 19 is sponsored by **Naomi & Issie Fishman** in memory of Issie's beloved mother Luba Fishman z"l (Liba Beila bat Elchanan - Iyar 4).

Rabbi Freundlich's Advanced Chumash Shiur on Thursday, April 15 was sponsored by **Sarah & Yossi Remer** in memory of Yossi's beloved mother Helen Schipper Remer z"l (Hendl bat Yosef v'Mishkit - Iyar 5).

KOL HAKAVOD TO ALL TBDJ STUDENTS WHO PARTICIPATED IN THIS YEAR'S 5781 CHIDON HATANACH!!!!



Mazal Tov to **Yanek Widman** who placed sixth in the 5781 International World Chidon HaTanach for Youth contest held in Yerushalayim on Yom Ha'atzmaut.

Mazal Tov to **Liela Silbiger** who placed first in the Grades 9-11 Division of the Regional Chidon.

Mazal Tov to **Shai Freundlich, Hannah Portnoy, Max Silbiger, Ronnie Silbiger** and **Doron Veresh** who advanced to the Canadian National Finals.

*Please send us any other names we may have missed!
We'd be delighted to wish them Mazal Tov in our Shabbat Bulletin!*

Challenging Torah Readings

This Shabbos we read the double Torah portion of Tazria - Metzora. We have a joke among Ba'alei Keria about the "best Shabbos to be away" on vacation. This is probably one of those two or three annual Shabbatot to be away as the Torah reading is longer, more challenging and more difficult than the average week's Torah reading. Last Shabbat morning I had a relatively easy Torah reading, because the Torah portion of Shmini was my Bar Mitzvah Torah reading. In a short Dvar Torah I shared a nostalgic moment, telling the story about my probeh - my Shabbos tryout - at Congregation Beth Ora upon my return to Montreal thirty-one years ago where I was requested to read the whole Torah portion for the first time in quite a while.

In January 1990 I returned to North America after serving six and a half years in the IDF, completing my tour of duty with the rank of captain. I had planned to pursue a doctorate in psychology, my educational pursuit and my military occupation as a university graduate. The easiest job to manage along with a university schedule seemed to be found in synagogue work and through the Yeshiva university communal placement office I was referred to various synagogues across the continent. It was enjoyable to travel around and meet different people and to reacquaint myself with the North American modern orthodox synagogue scene. In March of 1990 I was scheduled for a "probeh", a tryout, with Congregation Beth Ora in St. Laurent for the position of Chazan Sheini / Youth Director. I had lived in St. Laurent as a young boy and our family had davened at Beth Ora prior to making aliya. My father and mother and my maternal grandparents were prominent leaders in the Kingston and Montreal Jewish communities. It was an incredibly nostalgic trip for me, one that I was keenly looking forward to and I was intrigued by the possibility of returning to Montreal to work as a Chazan Sheini.

The most important aspect of the Beth Ora position of Chazan Sheini was the reading of the Torah and the Megillot. I have come to learn over the years that Torah reading is an acquired skill and a serious responsibility. There is significant preparation, memory skills are activated and honed and there is no compromising the quality of the delivered product. The words must be pronounced correctly and the Taamei Hamikrah (the Torah cantillation notes, also known as trop) must be chanted to perfection. The trop is an amazing collection of notes created and structured grammatically and musically in a unique way by our sages with the intent of interpreting and conveying the proper meaning of the words of the Torah and the proper pronunciation of the words. The Taamei Hamikra are very old and, according to a student of Rashi named Simcha Ben Shmuel, the method of singing was revealed to Moshe Rabeinu at Mount Sinai along with the rest of the Torah. However, it is known from various sources that these signs were developed much later and are most likely from the post-Talmudic era. Before its appearance, according to the Talmud (Brachot 62a), a set of hand signals was used by the *Tomchim* (assistants of the public reading of the Torah). Through up and down hand signals and movements they helped the Baal Koreh with the melody. In a Talmud commentary, Rashi testifies to witnessing such a reading system performed by Jews from Eretz Israel, even though at the time the written signs were already in use. The words of the Torah are Hashem's words to us, and the Ba'al Koreh - the Torah reader - must be proficient. There is also an idea of כבוד התורה, honouring the Torah, our most precious possession. Reading the Torah inappropriately or unprepared is not acceptable.

Weekly Torah reading presented a daunting challenge for me. I knew my Torah "trop" thanks to reverend Israel D. Rosenberg z"l who was a role model for me in Torah and Megillah reading at Kehilath Jeshurun in New York during my high school years. He always demanded the best from us when we read on different occasions - and I was always available to read an aliya here and there on a Shabbos, or a short weekday Torah reading. However, I had not in general read complete Torah portions on Shabbos and holidays. Beth Ora invited me for a trial weekend in the middle of March 1990. They requested that I read half of the double portion of ויקהל - פקודי, one of the more challenging Torah readings of the year - a double portion highlighted with the intricate details of the building of the Mishkan, the Tabernacle in the desert, featuring grammatical nightmares for new and seasoned Torah readers alike. I accepted the invitation and diligently prepared the Torah reading. A few weeks before my trip to Montreal I received a call from Beth Ora rescheduling my visit for the weekend of April 22nd. I confirmed the date and arrangements were made. Cheryl was sitting by me during the phone call and she asked what happened. I told her that our visit was rescheduled for after Pesach. "Oh no!" she exclaimed, "You worked so hard preparing the Torah reading! Now you have to prepare something new..." While there was nothing that I could do about the postponement of my trip, I comforted myself with the fact that I had about six weeks to prepare the Torah reading for April 22nd. Taking the calendar off the shelf I checked which portion I would have to prepare and I broke out in a wide smile. It was a parsha with which I was very familiar - Shmini, my Bar Mitzvah parsha! That was rather convenient and I remember thinking to myself that "this job is in the bag..." Postscript: I read a "no hitter" on the Shabbos morning of April 22nd at Beth Ora. Apparently my reading was good enough to warrant the words of the immediate past president and former gabbai of the shul: "You read so nicely, please read the Torah for us at Mincha this afternoon..." Needless to say, following my morning debut there was no room for error and instead of resting that Shabbos afternoon, I spent a good hour and a half nervously and carefully preparing the afternoon Torah reading of the portion of Tazria.

As many of you know, I never pursued my psychology career. I found that I thoroughly enjoyed my Beth Ora position and a few years into the job I added Jewish music to my career, teaching music in the Jewish day schools, working with children of all ages, school choirs and more. To date, more than thirty years of learning and honing different skills have brought me, Baruch Hashem, to where I am today at TBDJ and Hebrew Academy.

A few weeks before my tryout at Beth Ora, an old friend of my in-laws met with me to give me some advice. "What is a Chazan Sheini?" he asked me. I answered him that I didn't exactly know... but that they expect me to read the Torah for them. The gentleman stressed that the people in shul would be listening and hanging onto my every word. He continued... "It's a hard job and every person likes to be the bigshot who catches the Ba'al Koreh making a mistake. I would think twice about going if I were you..." In truth, he managed to shake me up a little, but I assured him that I would be okay, that I grew up in shuls and was familiar with the practice of correcting the Ba'al Koreh.

I like to say that I earned my *Master's Degree in Torah Reading* during my first two years at Beth Ora as my early days of preparing the Torah reading presented a real challenge. I would sit an average of at least two to three hours a day preparing the Torah reading for Shabbos, concentrating on each and every cantillation note and grammatical nuance. Before my first Purim, the gabbai of the shul listened to my practice run of Megillat Esther. I can honestly say that I was concerned about people yelling out corrections from the "peanut gallery" and I was determined not provide them with any opportunities. In addition to the discomfort of making a mistake during Torah reading, there is the disturbance factor of the corrections being called out which can be quite unnerving and unpleasant to the Torah reader. Interestingly, Halachic authorities have concerned themselves with the proper way to correct the Ba'al Koreh, to protect him from becoming publicly embarrassed. The appropriate way to correct a Ba'al Koreh is for the gabbai standing next to him to correct him in an undertone, upon which the Torah reader repeats the corrected version of the word. In these pandemic times however, where the Ba'al Koreh stands alone on the bima, corrections need to be called out by the congregants if necessary. Beyond correctly pronouncing the words and the musical notes, I have learned over the years that the Ba'al Koreh's concentration is one of many factors which contribute to excellent Torah reading. It wasn't easy at first, but over the years I have gotten used to not losing my concentration when people talk during the Torah reading. I often joke that here at TBDJ it is so quiet during the Torah reading that I can't concentrate! The quiet is even more pronounced now with our limited shul attendance and distanced seating required by this horrible pandemic we are battling.

I recently read an article stating that inappropriate Torah correction calling denigrates the holiness of the Torah reading as well as the holiness of the shul, possibly causing adverse effects. Rabbi Yonatan Raziell wrote in a 2015 article that the Torah reader is not always treated in an appropriate manner and can sometimes fall prey to a pack of lions in wait. He warns that congregants need be especially careful about their treatment of young Torah readers. He cites a story about a youth who had lost his father and was gradually coming closer in his observance of Torah and mitzvot. The young man eventually celebrated his Bar Mitzvah at the age of 15 and read the Torah celebrating the occasion. His reading wasn't perfect, prompting correcting calls from around the synagogue. Though some tried to quiet those calling out the corrections, the damage was done. The young man, teary eyed walked away from the Torah in the middle of the reading and did not return.

After about two and a half months at Beth Ora I was rewarded for my dedicated preparation of the Torah readings. A daily shulgoer who was one of the pillars of the Beth Ora community offered me a compliment. I will preface this with a little anecdote. During my busy tryout week at Beth Ora I met with the religious committee of the shul. I answered questions and more questions from fifteen dedicated volunteers who wanted to assure themselves that I was the right person for the job. I was then asked to leave the room while they took a vote. We all know that what happens in shul meetings is private business and therefore I didn't know ten minutes after the meeting dispersed that fourteen and one-half votes were cast in my favor, with one member voicing his concerns and therefore giving me half a vote. As members of these committees never divulge sources of information, I wasn't told who the dissenting person was. I also wasn't told that his concern was my being able to master the task of Torah reading. The person who complimented my Torah reading on that Shabbos morning was that very gentleman, the one who gave me the half vote! His words were (and I remember them to this day) "Amiel, that was a difficult portion to learn and you did it beautifully! Your Torah laying is really coming into its own...!" I thanked him and laughed: "Not bad for half a vote!" He laughed: "You knew?!" I answered: "Of course I knew..." From that point on, we became great friends.

Perfect Torah reading is something to be taken seriously. While Bar Mitzvah portions may be learned to perfection, continuous excellent Torah reading takes years of hard work and sometimes I am not sure that absolute perfection is attainable. I would venture however, that my Torah reading for my Bar Mitzvah portion this past Shabbos was infinitely better than it was forty-seven years ago! The Shulchan Aruch in chapter 142:1 of the *Halachot of Torah Reading* writes:

קרא וטעה, אפילו בדקדוק אות אחת, מחזירין אותו

If the Ba'al Koreh reads and makes a mistake, even concerning one letter, he must be corrected.

The words of Hashem and honour of the Torah may not be compromised - Kavod HaTorah. More than thirty years of Torah reading have awarded me a deeper knowledge of our Torah, acquired through countless preparatory verse repetition. This enhances my appreciation of the text of our holy Torah and has lent itself to a deeper understanding of the words of the many commentaries. Our sages have indeed compiled a world of brilliance with their careful composition and application of the trop, enhancing the meaning of the holy words of the Torah which define our lives as Jews.

I would be remiss if I didn't point out a Torah treasure in the spirit of Yom Ha'atzmaut - Israel Independence Day - which we celebrated this past week. The State of Israel was established in the Hebrew calendar year of 5708. Our holy Torah has 5845 verses. Verse number 5708 is the following verse from the last book of the Torah, found towards the end of the book of Dvarim:

וְהִבִּיאָהּ אֱלֹהֶיךָ אֶל הָאָרֶץ אֲשֶׁר יְרָשׁוּ אֲבֹתֶיךָ וְיִרְשֶׁתָּהּ וְהִיטֵבָהּ וְהִרְבָּהּ מֵאֲבֹתֶיךָ

And the L-RD your G-d will bring you to the land that your fathers possessed, and you shall possess it; and He will make you more prosperous and more numerous than your fathers. (Dvarim 30:5).

What an amazing hint to the establishment of our State of Israel in the year 5708 - a significant Torah verse chanted with joy by Ba'alei Keriah down through the centuries in synagogues all over the world!

Shabbat Shalom,

Rev. Amiel

In support of CMHA Mental Health Week, join us for a special virtual event

3RD ANNUAL JEWISH COMMUNITY
MENTAL HEALTH AWARENESS SHABBAT

MENTAL HEALTH SYMPOSIUM

Resilience: Getting Back to Normal when Life Isn't Normal

Thursday May 6, 2021 | 7:30-9:00 PM
(Eastern Standard Time)

REGISTER:
mentalhealth.tbdj.org

Featuring a panel of local speakers

- **Dr. Rachel Goodman, Moderator**
Co-Chair, Mental Health Shabbat 2021
- **Rabbi Yechezkel Freundlich**
Rabbi, Congregation Tifereth Beth David Jerusalem
- **Barbara Victor**
Chief Clinical Officer, Ometz
- **Perla Moyal**
Family Caregiver, AMI-Quebec

Keynote Speaker: Dr. Rona Novick



Rona Novick, PhD, a licensed clinical psychologist, is the Dean of the Azrieli Graduate School of Jewish Education and Administration of Yeshiva University and holds the Raine and Stanley Silverstein Chair in Professional Ethics and Values. In addition, Dr. Novick serves as the Co-Educational Director of the Hidden Sparks program which provides professional development to Jewish day schools and Yeshivas. She is internationally recognized for her expertise in human growth and development, social-emotional learning, spirituality, positive psychology, trauma, cognitive behavioral interventions, diverse learners, and family dynamics. She has published a children's book on Resilience, *Mommy, Can You Stop the Rain*, available on Amazon.

EVENT
PARTNERS



The Orthodox Union encourages synagogues and communities to use the weekend of May 6-9, 2021 to build mental health awareness.

For more information, please contact: tbdjmentalhealth@gmail.com

In support of CMHA Mental Health Week, join us for a special virtual event

3RD ANNUAL JEWISH COMMUNITY
MENTAL HEALTH AWARENESS SHABBAT

TEEN MENTAL HEALTH WORKSHOP

Keynote Speaker: Dr. Rona Novick



Rona Novick, PhD, a licensed clinical psychologist, is the Dean of the Azrieli Graduate School of Jewish Education and Administration of Yeshiva University and holds the Raine and Stanley Silverstein Chair in Professional Ethics and Values. In addition, Dr. Novick serves as the Co-Educational Director of the Hidden Sparks program which provides professional development to Jewish day schools and Yeshivas. She is internationally recognized for her expertise in human growth and development, social-emotional learning, spirituality, positive psychology, trauma, cognitive behavioral interventions, diverse learners, and family dynamics. She has published a children's book on Resilience, *Mommy, Can You Stop the Rain*, available on Amazon.

CHECK-UP FROM THE NECK UP:

THINKING ABOUT WHAT WE'VE BEEN
THROUGH AND MOVING FORWARD

FRI|MAY|7
10AM EST

REGISTER:
mentalhealth.tbdj.org

*This event is designed for High School students

EVENT
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**3RD ANNUAL JEWISH COMMUNITY
MENTAL HEALTH AWARENESS SHABBAT**

MENTAL HEALTH MORNING

Sunday May 9, 2021

TO REGISTER: mentalhealth.tbdj.org



10:00 - 11:00am EST | Dr. Rona Novick
***UnMASKing COVID: Strategies & Tools for Staying
Strong & Well in the Days Ahead***

Rona Novick, PhD, a licensed clinical psychologist, is the Dean of the Azrieli Graduate School of Jewish Education and Administration of Yeshiva University and holds the Raine and Stanley Silverstein Chair in Professional Ethics and Values. In addition, Dr. Novick serves as the Co-Educational Director of the Hidden Sparks program which provides professional development to Jewish day schools and Yeshivas. She is internationally recognized for her expertise in human growth and development, social-emotional learning, spirituality, positive psychology, trauma, cognitive behavioral interventions, diverse learners, and family dynamics. She has published a children's book on Resilience, *Mommy, Can You Stop the Rain*, available on Amazon.



11:00 - 12:00pm EST | Marc Fein
***Beyond the Diagnosis:
Life as a Jewish Depressed Mental Health Advocate***

Marc is an Educational Consultant and Mental Health Advocate with lived experience of depression and over a decade of experience creating interactive workshops that have empowered thousands of individuals and organizations with practical tools to manage stress, provide emotional support, and break the stigma around Mental Illness. He is certified in Youth Mental Health First Aid and is pursuing a Masters in Non-Profit Management and Leadership at Hebrew University. Marc also leads a summer program for NCSY to Poland and Israel.

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