



CONGREGATION TIFERETH BETH DAVID JERUSALEM

Shabbat Bulletin

בס"ד
שבת פרשת אחרי מות - קדושים
יב אייר ה'תשפ"א
Shabbat Parshat
Acharei Mot - Kedoshim
April 23 - 24, 2021 / 5781

Please print this bulletin before Shabbat.

Rabbi
Yechezkel Freundlich

Chazzan Sheini
Rev. Amiel Bender

President
Josh Orzech

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SHABBAT SHALOM • שבת שלום

Jonah Rosenbloom, Bar Mitzvah

Jeremy Rozansky, Bar Mitzvah

Lag B'Omer is on Friday, April 30

COMMUNITY NEWS

Mazal Tov to **Jonah Rosenbloom** on becoming a Bar Mitzvah. Proud parents are **Miri & Lorne Rosenbloom**. Sharing in their simcha are Jonah's siblings Jesse and Maya, his grandparents **Esther & Michael Rozenek** and **Lynda & Marvin Rosenbloom**, and many delighted aunts, uncles and cousins.

Mazal Tov to **Jeremy Rozansky** on becoming a Bar Mitzvah. Proud parents are **Ryva & Scott Rozansky**. Sharing in their simcha are Jeremy's siblings Lea and Benjamin, his grandparents Rona & Stephen Rozansky, Eleanor Schechter and Wigdor Schechter and many delighted aunts, uncles and cousins. Lovingly remembered at this time are, zichronam livracha, Jeremy's great grandparents Florence & Abe Green, Beatrice & Moe Seidman, Rose & Abe Rozansky and Reba & Joseph Schechter.

Mazal Tov to **Elaine & Leon Monaker** and their family on the birth of granddaughter Rivkah Rochel (Rikki) Monaker on Thursday, April 15 in New Rochelle, NY. Proud parents are Ayelet & Jacob Monaker. Sharing in their simcha are Rikki's siblings Rena and Eli, her maternal grandparents Vera & Menachem Katz of Potomac, Maryland, her great grandmother Regina Weinberg of New Rochelle, NY and many delighted aunts, uncles and cousins. Sadly missed at this time are Rikki's great grandparents Reva & Israel Richler z"l and Harry Weinberg z"l. Rikki is lovingly named after her great grandmother Reva Richler z"l.

Mazal Tov to **Irene Romer** on the birth of a great grandson on Monday, April 19 in Toronto. Proud parents are Sherri & Hananel Segal. Sharing in their simcha are grandparents Agnes & Eliezer Segal of Calgary, grandmother Bonny Silver of Toronto and many delighted aunts, uncles and cousins.

SPONSORSHIPS AND THANK YOUS

Drashot by Rabbi Freundlich on Shabbat are sponsored by **Reesa & Ephriam Kandelshein** in memory of Reesa's beloved mother Sheila Lurie Busgang z"l (Shulamit bat Moshe v'Rachel - Iyar 11).

This Shabbat Bulletin is sponsored by **Adele & Jeff Altmann** in memory of their beloved fathers Mortimer Marcus Vineberg z"l (Mordechai ben Avraham Shmuel - Iyar 6) and Gabor Altmann z"l (Yaacov Moshe ben Yitzhak Issac - Iyar 18).

UPCOMING SHIURIM, PROGRAMS AND EVENTS ON ZOOM

Sunday, April 25, 8:00pm..... *Yoetzet Halacha "Ask me Anything" Program* with Rifki Freundlich

Monday, April 26, 11:00am *Tehilim Study Group for Women* with Rifki Freundlich

Cancelled on Tuesday, April 27 ... Lunchtime Halacha Shiur with the Rabbi

Wednesday, April 28, **12:30pm**..... *Lunch & Learn Parsha Shiur* with the Rabbi
Please note later start time.

Wednesday, April 28, 3:00pm..... *Jewish Music Shiur* with Rev. Bender

Wednesday, April 28, 8:30pm..... *Gemara Shiur* with the Rabbi

Thursday, April 29, 8:00pm *Chumash Shiur on Midrash* with the Rabbi

Sun., May 2 to Wed., May 5..... *Health & Halacha Virtual Conference* - see page 6
Go to www.healthandhalacha.com to register.

Thurs., May 6 to Sun., May 9 *5781 Mental Health Awareness Shabbat* - see pages 7 to 9
Go to mentalhealth.tbdj.org to register.

Shabbat Parshat

Acharei Mot - Kedoshim

Haftara: Amos 9:7 - 9:15

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 23

6:15pm Mincha, Kabbalat Shabbat and Maariv (Plag) - Main Sanctuary
6:24pm Plag Hamincha
6:30pm Mincha, Kabbalat Shabbat and Maariv - Outdoor
7:00pm Mincha, Kabbalat Shabbat and Maariv - Main Sanctuary
7:32pm Candle Lighting
7:51pm Sh'kiah

Shabbat, April 24 / Iyar 12

Omer Day 27

7:45am Shacharit - Main Sanctuary
8:45am Shacharit - Outdoor
9:15am Shacharit - Social Hall
9:24am Sof Zman Kriyat Shma
9:45am Shacharit - Main Sanctuary
6:00pm Mincha and Maariv - Sanctuary
6:00pm Mincha and Maariv - Outdoor
6:25pm Plag Hamincha
7:52pm Sh'kiah
8:40pm Havdala

SCHEDULE FOR THE NEXT WEEK

Mincha will be at **6:20pm** in the Main Sanctuary, and also available via Zoom. Candle Lighting on Friday, April 30 is at **7:41pm.**

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.

Our Eternal Quest for Holiness

In this week's Torah reading of Parashat Kedoshim, we read that we are commanded to be holy.

דַּבֵּר אֶל כָּל עֵדוּת בְּנֵי יִשְׂרָאֵל, וְאָמַרְתָּ אֲלֵהֶם קְדוֹשִׁים תְּהִיוּ כִּי קְדוֹשׁ אֲנִי ה' אֱלֹהֵיכֶם

Speak to the entire congregation of the children of Israel, and say to them:
you shall be holy, for I, the L-rd, your G-d, am holy (Vayikra 19:2)

Hashem's designated plan for his chosen and beloved nation's eternal holiness makes perfect sense, because the Children of Israel were told that they were destined to be a holy nation even before the giving of the Torah at Mount Sinai -

וְאַתֶּם תְּהִיוּ-לִי מִמְּלֶכֶת כְּהֹנִים וְגוֹי קְדוֹשׁ

And you shall be to Me a kingdom of princes and a holy nation (Shmot 19:6)

How do we fulfill the commandment to be holy? Our sages teach that to be holy means to set ourselves apart, to separate ourselves from anything that contradicts and challenges Torah. Rabbi Menachem Mendel Schneerson, the Lubavitcher Rebbe (1902-1994) wrote that being holy means to conduct ourselves with thoughtful reservation making certain that all [our] deeds are for the sake of Heaven (Pirkei Avot 2:12). On an even higher level, we should endeavour to "Know G d in all [our] ways." (Proverbs 3:6) The Ramban (1194-1270) teaches that, in clinging to Hashem, we must be careful with our behavior and even take care not to over indulge in the permissible things. Ralbag (1288-1344) learns from the second verse cited above in the book of Shmot that Israel should separate themselves from the depraved behavior of the other nations. Why do we have to be holy? The Torah tells us – "...for I, the L-rd, your G-d, am holy... The Bchor Shor (12th century) states that it is proper and pleasant for the Holy One to have holy servants -

וְנָאָה לְקָדוֹשׁ שִׁיְהִיו מִשְׁרָתָיו קְדוֹשִׁים

Our King, our Creator is holy. We are Hashem's holy nation and therefore we have to be holy. All of this makes perfect sense. How could it be any other way? Holiness is a way of mind, a way of life, a serious spiritual and behavioral commitment. Easier said than done? Very possibly so! I like to think, however, that at the very least, our designation as a holy nation propels us into a vantage point where holiness is within our grasp, as individuals and as a community.

In general we become holy by severing ourselves from anything that is considered sinful by the Torah. Our rabbis teach that this particularly applies to immorality which in deed and in thought creates impurity both in a person's heart and in the world at large. We are to be holy for Hashem is holy. Our holiness however cannot be the same as Hashem's holiness. Hashem is totally separate from anything physical while we have bodies and evil impulses. As physical entities, our job and major challenge in life is to free ourselves from the innate urges planted within us, to disassociate ourselves from all that is not sanctioned by the Torah.

We are human. How do we separate ourselves from the temptations of a modern world which poses so many challenges for those who strive for holiness? The answer may be in the way Hashem chose to deliver the message of holiness - *Speak to the entire congregation of the children of Israel*. It is a message that was delivered to our ancestors as they stood together in a public forum, united as a nation. People in groups lend each other strength. As a large unified group, the Children of Israel could strive for individual and collective holiness, strengthening each other along the way. While as individuals it is often difficult to meet lofty goals in our lives, individuals who are in a positive energy group with a strong support system tend to have an easier time lifting themselves up to meeting the group's standards. While an individual may find challenges with reaching a goal on his own, he gains incentive, ambition and confidence from being part of a group that strives and moves together towards a collective goal. When you are surrounded by people who are striving to be holy, it lends strength to you in your personal quest for holiness. This public declaration of holiness was delivered to Am Yisrael as a people where the holiness of each and every member of our nation, gaining strength from each other, would contribute to the nation's collective holiness. Davening in a minyan versus davening alone at home is arguably an example of one's raising their spiritual output, inspired by the camaraderie of the sanctified gathering for the common goal of prayer and the beautiful sounds of prayer.

Negotiating the lofty idea of holiness, even for ourselves, may be beyond our capacity and comprehension. I suggest that while the Almighty recognizes each and everyone's capacity and potential for holiness, we don't necessarily recognize it within ourselves and much less when it comes to our peers. People have different levels of holiness. For some, a seemingly lower level of holiness according to our personal standards may be a high level for that person and vice versa. We can also assume that we are unaware of levels of holiness within the different individuals in our world. When the gathering of all of Israel is collectively told that they must be holy there is no place for anyone amongst the gathering to denigrate anyone else's potential for uplifting themselves spiritually. By the Almighty making a blanket statement that we have to be holy we understand that we have the capacity to reach levels of spirituality that we may have thought had been beyond our reach. It is understandable that for some this may be more of a challenge than for others, yet even with the diversity in the levels of holiness among individuals, the holiness of the community intensifies as a result of the individuals striving to lift themselves to their respective higher levels of holiness.

Considering the modern world that we live in, with its many pursuits and distractions, one may argue that, many years ago, the Jews in the desert may have been in a better position to attain the proper level of holiness expected by the Almighty because they were a new nation inspired by the *Miracle of the Sea* and the giving of the Torah. I think that it is safe to say that in today's world we all have ideas of perceived holiness with relation to people whom we look up to as spiritual role models. While this modern idea or definition of holiness is debatable, it is natural that we lift ourselves spiritually and seek renewed spiritual goals in accordance with proper spiritual role modeling.


Years ago I had a very close friend who was a Kohen. This man was an incredible person though he would never dare to think that about himself and he would probably be in shock if he knew that I was writing about him. He was a simple hard working individual, dedicated to family and community, who put everyone before himself. He was a person who radiated purpose and productivity. On a higher level, however his spirituality shone as a beacon of light for those who were close to him. On one of the *Three Regalim* - the Three Festivals, I said to him that I was looking forward to his *Birkat Kohanim*, his priestly benediction, and that it would be special for me to be on the receiving end of Hashem's blessing through him. He told me that he doesn't duchen - he doesn't go up for *Birkat Kohanim*. Rather, his practice is to walk out during *Birkat Kohanim* as he doesn't feel worthy enough to give the blessing. This was a man who would sit and learn Torah on his own before the early minyan at shul and at home, a man whom I saw saying the daily psalms in his car one day as I picked up my children and he, his grandchildren from Hebrew Academy. I tried to impress upon him that he was more than worthy to offer the *Birkat Kohanim* for myself and for all of us in shul but to no avail. It didn't help and he did not go up. A few weeks later Rabbi Jablon gave a sermon in which he said that the Almighty decides when every person has their moment. Similarly, it is written in Pirkei Avot 4:3, נִשְׁאֵין לְךָ אָדָם שְׂאֵין לוֹ נֶשְׁעָה - *for you have no person without his hour*. We may not realize that we are up to the spiritual pursuits for which we deem ourselves unfitting. The Almighty however realizes that we all have our hours, our moments. When services were over, I approached my friend and told him that when the Rabbi spoke about each person having their moment, it was he who came to mind. "Your moment may be *Birkat Kohanim*!" I exclaimed. He smiled. This man was, and still is, a spiritual inspiration for me, an example of always taking that extra step within a Torah way of life with proper devotion, intent and humility.

קִדְשִׁים תִּהְיֶי - You shall be holy. This command is not fixed in time nor is it a circumstantial spiritual quest. This is the Divine eternal plan for our people spanning the generations for communities and individuals alike. There are many aspects to holiness and it is incumbent upon us to strive to rise to the occasion in our personal and communal quests for holiness.

Regarding the pandemic and its many restrictions, many of us had to initially adjust our prayer and learning schedules. Though at this point in time with the synagogue reopening, albeit slowly and modestly with respect to permissible prayer attendance, we are grateful that, Baruch Hashem, early in the pandemic our shul's leadership made it a point to make davening and learning and special programs available on line, thus keeping קִדְשִׁים תִּהְיֶי within our reach, striving to maintain TBDJ's level of holiness as a community - a *kehillas kodesh*.

Shabbat Shalom,


Rev. Amiel



Ruth Kovac

BLOOD DONOR CLINIC


Tuesday May 4, 2021,
between 1pm and 8pm
 CSL Gymnasium (5794 Parkhaven)



YOU MUST BOOK AN APPOINTMENT

📞 1-800-343-7264 ✉ igive@hema-quebec.qc.ca

🌐 hema-quebec.qc.ca/formulaire-demande-de-rendez-vous.en.html





4 WEEKS
CHALLENGE

אמור

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מתחילים מפרשת

THE PARASHA CHALLENGE
WE'RE BACK!

Here's how it works... it's simple!

Register here: <http://tbdj.org/mibereshit3>

Check your email - you'll need to learn some
PARASHA QUESTIONS every week.

We will come make a surprise appearance
and if you get answers right you will get a
SPECIAL TREAT + RAFFLE TICKETS!!



On Sunday May 23

We'll meet on Zoom for the biggest-
and for the **BIG RAFFLE!**



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FLOWERS WILL
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GLOBAL FAMILY HEALTH & HALACHA VIRTUAL CONFERENCE

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- Healthy Marital Intimacy & Relationship Skills Throughout A Marriage
- Infertility And Infant Loss
- Pregnancy & Childbirth
- Life Cycle Transitions
- And So Much More!



For more information, including a complete list of sessions and speakers, and to register, visit www.healthandhalacha.com

Follow us! @healthandhalacha healthandhalacha



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



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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.

**EVENT
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