

FHJC BULLETIN

January 21/22, 2022 – 20 Shevat 5782

PARSHAS YISRO

SHABBAT TIMES

Friday Night Services start at 4:56 PM

Candle Lighting 4:56 PM

Parsha Class with Rabbi Elie 8:30 AM

Shabbos Morning Services 9:00 AM

Shabbos Mincha 4:56 PM

Havdallah 6:00 PM

Weekly Davening Times

Shacharis: Monday, Thursday - 6:45 AM,

Tuesday, Wednesday & Friday – 7:00 AM

Sunday 8:00 AM

Mincha/Ma'ariv 5:00 PM

RABBI'S DESK

In this week's Torah portion, we are told about the 10 Commandments. If I took a poll, I'm not sure what people would say is the hardest commandment from the 10. I am sure many of you would say that Thou Shall Not Covert is a very difficult one, because who feels that their neighbour deserves more than they have? Perhaps Honouring Your Parents is very difficult; parents make demands, and sometimes as a child, you feel a little bit overwhelmed. However, I think the most difficult commandment is the First Commandment – I Am HaShem Your G-d. After all, if HaShem really is in charge, and He knows and sees everything, why wouldn't I comply and adhere to his standards of how I should behave? It must be that, deep down, I feel perhaps a little bit heretical, and maybe I don't believe in the One Above.

If I am right, then the key to successful living is not just the performance of The 10 Commandments; rather the key to open up all doors is to fully embrace the First Commandment! I recommend two great books that I think can get your Jewish muscles feeling stronger and stronger about the First Commandment. *Permission to Receive* and *Permission to Believe* are two outstanding books written by the same author, Rabbi Leib Keleman. These two books can do wonders, and once you fully embrace the First Commandment, the other Nine (in fact, all 613) Commandments become a piece of cake. And with that, you can all have a great Shabbos!

Be Jewish, Live Jewish, Stay Jewish

Rabbi Elie

**THIS WEEK'S TAKEAWAY KIDDUSH IS SPONSORED
BY ELYSSE ZAREK & JACOB MOSHINSKY
IN HONOUR OF THEIR SON, BEN, BECOMING A BAR MITZVAH**

YOUTH SERVICES THIS SHABBOS

SHABBAT:

Parents 'N' Tots: 9:00am - (Unsupervised) Toys and Snacks

2nd Floor in Classroom #1

***** **NEW** *****

JK/SK - TODDLERS 9:30am -2nd floor Nursery Room # 4

Supervised play from - 9:30am - 11:00 am

Grades 1 – 4: Pray, Stay & Play

Jr. Congregation begins at 10:30am - Classroom # 3

Grades 5 – 7: Jr. Congregation 9:30am Daven/Kiddush/Games

Davening begins at 10:30 AM - Classroom # 2

Circle Time with Rifky: 11:00 am

Goose Family Banquet Hall

HAVE A BEAUTIFUL SHABBOS

From Forest Hill Jewish Centre **YOUTH**

The **CENTRE** of it all

WHAT'S NEW WITH YOU-TH!

STYL - SOLOMON TEEN YOUTH LEADERSHIP PROGRAM

Program - this Monday January 24th for all pre approved applicants. Location: Goose Social Hall 6:30pm - 8:30pm

PRE-SHABBAT MUSIC CLASS

Start has been moved to Friday February 4th.

TEEN DINE 'N' LEARN

Program continues this Wednesday January 26th.

* Informal learning / discussion * Dinner * Raffles
6:30pm - 7:30pm

To sponsor a program, please contact Rich at rich@fhjc.ca

FAMILY LEARNING NIGHT

Program continues this Thursday Night January 27th

* Parsha Learning * Guest Speaker * Pizza * Raffles
6:30pm - 7:30pm

To sponsor a program, please contact Rich at rich@fhjc.ca

UPCOMING YOUTH PROGRAMS

While abiding by covid19 regulations, we are working on Special Programs and Events via Zoom. Watch your email for details.

FAMILY CHESED PROJECT

**DUE TO A TREMENDOUS RESPONSE, THIS PROJECT IS NOW CLOSED.
PLEASE WATCH FOR UPCOMING FAMILY CHESED PROJECTS. THANK YOU
TO ALL PARTICIPATING FAMILIES.**

T

o support Ve'ahavta...

A Jewish humanitarian response to poverty
Prepare Salads at home with your family, which will then be distributed by the Ve'ahavta Van to individuals experiencing homelessness.
Needed for distribution on January 26th and 27th To sign up your family and help with this Project, Email Rich at rich@fhjc.ca for details.

"Bring Smiles to Others...Do Acts of Chesed"

A "Tikun Olam" Project from FHJC YOUTH

BIRTHDAYS ANNIVERSARIES YAHRZEITS

BIRTHDAYS.

Rifky Karfunkel 1/21

Ryan Belz 1/21

Ian Taub 1/22

Jillian Siskind 1/23

Aaron Levi 1/24

Clara Levy 1/25

Olivia Bessin 1/26

Lisa Wolfond 1/27

Sophie Bressler 1/27

MAZEL TOV TO BEN MOSHINSKY ON BECOMING A BAR MITZVAH!

**RABBI ELIE'S WEEKLY WOMEN'S PARSHA CLASS
IS SPONSORED FOR THE SEASON
IN HONOUR OF RAE'L'S MOTHER,
SHARON BERENICE DIAMOND A"H**

Please call Nancy 416.483.0883 x224
for all available sponsorships

UPCOMING YAHRZEITS



Marie Philosophe, 19 Shevat, 1/21
Mother of Jacques Philosophe

Fred Metter, 20 Shevat, 1/22
Father of Elana Metter

Sarah Green, 22 Shevat, 1/24
Mother of Bernard Green

Paul Witz, 23 Shevat, 1/25
Father of Peter Witz

Samuel Bergstein, 23 Shevat, 1/25
Father in Law of Eve Bergstein

Estrella Schneeweiss, 24 Shevat, 1/26
Mother of Schneeweiss

Robert Raphael, 25 Shevat, 1/27
Father of Steven Raphael

We are updating our records

If you have moved in the past year,
please email your new address to nancy@fhjc.ca