



JOURNEY

Fall 2019 / 5780



**COMING TOGETHER.
INSPIRING ONE ANOTHER.
SHAPING OUR COMMUNITY.**

Welcome

FROM THE EDITORS

Our journey is always most exciting when summer comes to an end. Not because of vacations winding down, or school spinning back up, but because of the season we enter and the annual work that comes along with it.

As Elul approaches each year, together with Rabbi Freundlich at the helm, TBDJ's leadership and committees are in full swing, planning the upcoming year and ensuring its full of something for everyone. Right up until the exact moment this book is printed, plans are being finalized, new programs are suddenly being added, and many details are bouncing back and forth until the buzzer sounds and details are locked in. It makes the job of an editor 'exciting', to say the least. But the team of editors who produce this publication also have a tremendous opportunity at their hands: the task of collecting all this information and presenting it in a concise and appealing manner. When it works, it is truly exciting. When it leads to increased participation, it's invigorating too. We hope that we succeeded.

In addition to broadcasting plans, there's also the opportunity to tell TBDJ's story. The story of its previous year, its members, and its mission. Our 5780 theme of "Coming Together. Inspiring One Another. Shaping Our Community" can be brought to life through this publication, which will be front and center on many tables, desks and pews until springtime.

We look for new ways to tell that story each year. This year you'll find a couple of new features that we're excited about. Firstly, the #Hashtags section, where we tasked a few "Hashtag Editors" to seek out the

thoughts of a wide swath of our membership. They did exactly that, collecting a nice set of personal reflections surrounding a specific idea, or hashtag, in modern parlance. There is little doubt they also speak for many of Journey's readers. We encourage more participation and are already accepting entries for our pre-Pesach edition. Thank you, Sarah Bybelezer and Jason Bowen, for your efforts.

Our Members' Spotlight tells important stories of a couple members and their vital work to help the community and world around them. They're coupled with stories of two super-talented chefs whose achievements and acclaim are growing rapidly.

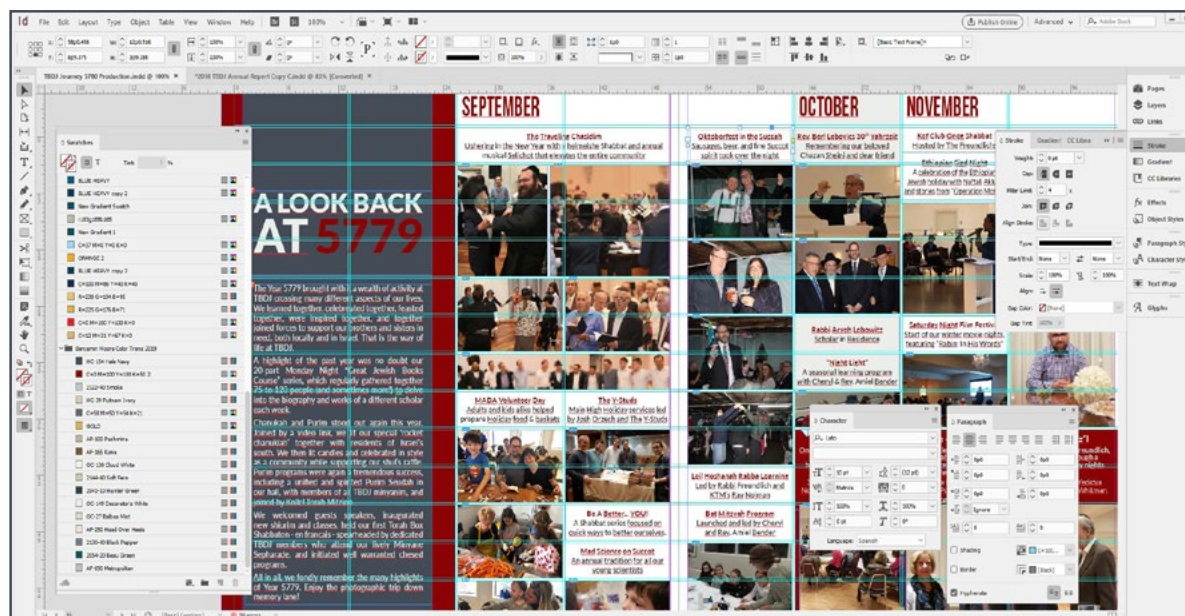
One last item to keep an eye out for are the formal portraits in this book. We thank Shalom Diamond of Via Photo for helping us capture our leadership and surroundings in a professional manner. We hope you'll enjoy those photos, and all the great photos TBDJ's photographers snap year round. We thank Ruby Friedman, our Chief of Audio and Video, along with David Zukor, Adrienne Drazin, Adina Moss, Alyssa Grunstein, Gavi Aspler, and all those who took time to take and submit photos throughout the year.

Please enjoy this edition of Journey, share it with your friends and family, and let it help you take pride in your community.

We welcome your feedback, ideas, and more than anything else, your involvement. Please be in touch with us as at editor@tbdj.org.

Wishing you a Shana Tova and an exciting Journey,

Judah Aspler, Mike Cohen, & Natalie Hadida



RABBI YECHEZKEL FREUNDLICH

A MESSAGE

From Our Rabbi

COMING TOGETHER.

INSPIRING ONE ANOTHER.

SHAPING OUR COMMUNITY.

Who bit the Fish?

I recently found myself at the New York Aquarium, vacationing with my family. The mostly open-air facility is set up on the Coney Island Boardwalk, overlooking the Atlantic Ocean. The smells and sounds of the ocean provide visitors with an authentic marine experience - far different than the completely indoor Atlanta aquarium, for example, which is a 4 hour drive from the ocean.

We walked around and stopped at an exhibit. Before us, a number of menacing sharks, large turtles, stingrays and several other smaller fish circled endlessly in the tank. My kids were enthralled by the sharks; I was distracted by the sign off to the side. "Who bit the fish?" it asked. Reading further, I learned that sharks have specific likes and dislikes when it comes to feeding. Many species of fish, including those swimming together with the sharks in this tank, coexist rather well with sharks without fear of becoming lunch. However, every once in a while, a shark gets confused and attacks an unsuspecting tank-mate. One of the smaller fish swimming around had clearly been the victim of such an attack. The fish survived, but with a noticeable reminder of its ordeal: A bite mark was clearly visible on its side. "Do not worry," the closing line on the sign assured me, "the fish is being carefully monitored by our trained aquarium staff to ensure its full recovery."

I laughed out loud. "What's so funny, Daddy?"



VIA
PHOTO

I couldn't quite explain it to my children but thought to myself - Who ever heard of a little fish being treated for a shark bite? How many millions of fish are eaten every day by larger fish, which are in turn eaten by still larger fish? And this was all surely happening at that very moment just several steps away from where we were standing. No one seems to care about the fish in ocean. And, of course, it's for good reason. That's the nature of the ecosystem. It's been in place since the beginning of time (the Fifth Day, actually) and it's doing just fine, thank you very much. But this itty bitty little fish, with the good fortune of being trapped in a New York aquarium, is actually being looked after to ensure its full recovery by trained professionals! I chuckled as I thought of the hundreds if not thousands of fish that the aquarium itself feeds daily to the dolphins and seals to make certain they impress well paying visitors with their tricks. Why was no one concerned about those poor little fishies?

And then it struck me. This ridiculous image of a lone, shark-bitten fish being singled out for treatment is a colorful illustration of our own Rosh Hashanah experience.

On Rosh Hashanah we are all singled out. There are billions of people in the world, but on this day, we each have a personal audience with the King. Our Sages describe this experience as analogous to sheep being counted, one by one passing before their Shepherd. We are all individually assessed and evaluated on how we have fared during the past year. Hashem then charts our individual courses for the coming year, determining the exact provisions we will each need for our "Journey."

I find this thought exceptionally comforting. Hashem loves humanity and Hashem loves the Jewish people. But not just our nation as a whole, He loves each and every one of us as individuals. We are all given the individual care and attention we need. The little fish I saw happened to be in the right place to receive the care it needed; we are privileged to experience this every year. I pray that we will cherish it.



There is another magnificent aspect to this idea. At the same time that we are given individual attention from Above, we come together as a community. Our strength always lies in the power of our togetherness. Together we sit on Rosh Hashanah, together we pray for health and prosperity, together we inspire one another. Our first 3 years here (I know, we can't believe its been that long either) have been marked by the constant admiration of how wonderful the Baily family is. TBDJ is the spiritual home to a wide range of congregants, a delightful mix of threads and colours which comprise the very fabric of our community. Each individual is essential and each and every contribution shapes who we are as a community.

The publication you hold in your hands is a beautiful reflection of our community and the myriad of activities, events and learning opportunities found within it. The first half focuses on all that we accomplished this past year, and the second half is our Programming Guide for the coming year. Amidst the whirlwind of activity, from Scholars





in Residence, films, classes and social events, I would like to draw your attention to a new learning initiative we are launching this year. In truth, it's a continuation of last year's successful Mark Wainberg z"l Great Jewish Books Course. Monday night has become a fixture of learning here at TBDJ and this year we will reach further back into Jewish History and tackle the original Great Jewish Books: The 24 Books of Tanach (The Jewish Bible). Every week we will study a different Book of Tanach, surveying the basic themes and ideas. We expect the course to last two years, hence the name Tanach B'Shnataim, or "Tanach in Two." We again thank the Wainbergs for sponsoring this course in Mark's memory and look forward to beginning right after Sukkot.

At the conclusion of the course next year (Spring 2021) we will be leading a special TBDJ Tanach Tour to Israel, where we will visit the various sights we have been studying about.

Save the Date – you've never seen Israel like this!

Rifki and I, together with our family, wish you a Shana Tova, a wonderful, healthy and happy year filled with all the blessings your heart desires.

"Each individual is essential and each and every contribution shapes who we are as a community."



A MESSAGE FROM OUR



VIA
PHOTO

PRESIDENT

JONATHAN GAL

AS MY MANDATE AS PRESIDENT COMES TO A CLOSE, MY PLAN FOR THE FUTURE IS TO CONTINUE TO SERVE THE SHUL AND THE COMMUNITY IN THE BEST WAY THAT I KNOW HOW.

An out-of-town visitor walks into a shul for the first time on a Shabbos morning. As he enters, he is greeted by a friendly fellow. He asks him to tell him a bit about the shul. "I've been coming here for 20 years and my family and I love it! We have made great lifelong friends, the shul has tremendous programs for adults and children, the davening is incredible and meaningful, the Kiddushes are top notch, the Rabbi and Rebbetzin are amazing... but... the current president, well he's not my cup of tea". The visitor thanks him and continues to move through the shul. As he is greeted by member after member, a theme emerges. Everyone conveys their admiration towards the shul but seems to have an "issue" with the president. As the visitor nears the front of the shul, he walks over to the president. After exchanging pleasantries, he asks him why he took on such a challenging volunteer role. The president smiles and responds, "for the *Kavod* of course!"

Forgive me if you heard that joke already but I am asked that question often. I even sometimes ask that question myself. Why did I take on this role? Sure, it has perks (preferred Shabbos seating) but it also comes with a myriad of

responsibilities. I believe the answer to that question is found in our theme for the Year 5780: *Coming together. Inspiring one another. Shaping our community.*

TBDJ is more than just a house of prayer. It is a learning center, a social center, a place for personal growth, a gathering place where we can pray, learn, sing, laugh and even cry together. It's a place where memories are made and friendships are formed. The feeling of togetherness is not just a physical feeling as we gather, it's also deeply rooted in the months of Elul and Tishrei. In selichot as we lead up to Rosh Hashanah, we say *V'salachta L'avoneinu* (וְסָלַחְתָּ לְעוֹנֵינוּ) - the language we use is in the plural, speaking about ourselves and all of the Jewish people. That theme continues throughout Rosh Hashanah and Yom Kippur as we continue to refer to ourselves in our personal prayers using plural instead of singular language. The theme is further reinforced during Sukkot where the *Arba Minim* (Lulav and Etrog) represent all the different types of Jews as we hold and bring them together. TBDJ itself is a physical place where we, as a community, gather together. As president, I take the job of keeping, maintaining and growing TBDJ as a place where we can 'Come

Together', to quote John Lennon, and continue to do all the amazing things that we as a shul have done throughout the years. The comments from members and guests about the Shul and what it means to them are an incredible motivator and are part of the reason I signed up for this job.

The second part of our theme this year is *Inspiring one another*. I have heard and seen incredibly dynamic speakers and teachers (including our very own Rabbi Freundlich) who seem to pump energy and life into you with their words and motivate you to be a better person. One of the reasons I do this job is to provide a platform for our members to find inspiration and to grow personally and spiritually. To allow themselves to be uplifted by either words of Torah or words of wisdom. It gives me immense joy and satisfaction to see people enjoying a program or getting amazing feedback after one. While providing opportunities for growth, inspiration and motivation to others, it has affected me on a personal level as well. As Ben Zoma insightfully states in *Pirkei Avot*- אִיזְהוּ חָכֵם, הַלּוֹמֵד מִכָּל אָדָם. "Who is a wise person? One who learns from everyone." Similarly, in my many interactions with

members, I have been tremendously inspired by so many. Sometimes with words, other times with observing kindness and generosity. But I have been so fortunate to have been put in a position where I really have seen the best of people and that has allowed me to be inspired myself. As president, I have learned that if you listen and open your heart, you can find inspiration in the unlikely places.

The third part of our Journey 5780 theme is *Shaping our community*. Part of me wanted to be involved in continuing to craft and adapt TBDJ for the present and future much like leaders before me did. To make this an inclusive, welcoming entity that provides both the feeling of unity as well as intellectual and emotional growth. This is far from a one-person job of course. There are so many people at TBDJ that are essential to its growth and success. It is dangerous to name names lest anyone is forgotten but everyone from Rabbi Freundlich to Rev Amiel Bender, to Joyce, Brian and Tatyana in the office, to Yakov and his maintenance staff, to the Gabbaim and runners, to the many Executive, Board and committee members, to the volunteers- all have had a hand in continuing to push TBDJ forward.

“As president, I have learned that if you listen and open your heart, you can find inspiration in the unlikely places.”

To use an oft quoted metaphor, TBDJ operates like a duck, seemingly calm on the surface, but paddling furiously to stay afloat. I read an interesting article about this saying that this is actually inaccurate as a duck in fact floats not because it is paddling, but rather because its body is naturally stable in water and they weigh less than the water that they displace. Therefore, the only reason to paddle is to navigate or to combat water currents. We here at TBDJ also have that option to merely float. We are centrally located at the border of Côte Saint-Luc and Hampstead, we have decades of history and many feel an innate affiliation and affection for the shul. We have a dynamic Rabbi who continues to lead us with wisdom and grace. It would be easy to just float. But we refuse to do so. We paddle. We paddle furiously to help build, shape and encourage ourselves to best serve our members and the community at large. This past year, we continued to offer diverse, high level programming aimed at different demographics of our shul. One of the highlights was The Great Jewish Books Course developed and led by Rabbi Freundlich, that brought out an incredible crowd each Monday night of the series. There were numerous other fantastic programs this past year at TBDJ; Sigd Night, the start of our MiniMed Series, Oktoberfest, Kosher Cooking Challenge, Mental Health Awareness Shabbat, The Baily Road Diner, numerous Scholars in Residence, and so much more! You can see details

and pictures of all our programs this year in the coming pages.

The past two years that I've served as president of Congregation TBDJ, I've had exposure to many things and which have served as a vehicle for personal growth on multiple levels. I am indebted to all the staff and volunteers who have been there to aid and guide me. The biggest thank you however goes to my wife Natalie who has not only stood by my side as I've spent an inordinate amount of time on shul work, but has also behind the scenes committed her time and energy to TBDJ.

As my mandate as president comes to a close, my plan for the future is to continue to serve the shul and the community in the best way that I know how; by emulating my predecessor Judah Aspler who has and continues to donate his time, energy and talent to TBDJ as immediate past president. I plan to be a resource to our next president, Josh Orzech, and be there to support him just as Judah has done for me.

On behalf of my wife Natalie, my daughters Ella and Abigail, I want to wish you all a happy, sweet and most importantly healthy new year. May we continue to come together, to inspire each other and help shape our community. Shana Tova!



A MESSAGE FROM OUR VICE PRESIDENT

ONENESS, TOGETHERNESS, AND OPENNESS ARE JUST SOME OF THE MANY TRAITS I LOVE ABOUT TBDJ - A COMMUNITY WHERE EVERYONE IS WELCOME AND IMPORTANT.

JOSH ORZECH



Have you heard the rumor? Apparently, the next president of TBDJ is a Leafs-loving Torontonionian! What? Did I read that correctly?? How could this be happening???

I have had the opportunity and privilege over the past six years to watch and work with both Judah Aspler and Jonathan Gal. Witnessing their extraordinary commitment and dedication to TBDJ is inspiring and intimidating. No question, I have big shoes to fill.

Rosh Hashanah and Yom Kippur are a time of introspection. A time to look back and ask honestly - how am I doing? What can I improve on? What new challenge should I take upon myself in the new year? It is truly an honour that shortly after the Chagim I will be handed the baton as the next president of TBDJ. I am excited and nervous for the challenge ahead, but know that I am surrounded by so many who will encourage and actively support me in this role.

TBDJ is a special place - a place to pray, a place to learn, a place to socialize, a place of community, and so much more. Growing up I had a very different Shul experience. I didn't have Ashkenazi and Sephardic cultures melded together, sharing each other's beautiful customs. I didn't have a Shul whose membership included diversity with respect to Jewish religious practice. This oneness, togetherness, and openness are just some of the many traits I love about TBDJ - a community where everyone is welcome and important.

For some, you've known TBDJ for decades. For my family, a lot less, but it feels like a friend we've known forever.

Looking forward to an amazing year ahead. A year filled with growth, accomplishment, blessings, and sweetness. Wishing you and your families a Shana Tova U'Metuka!

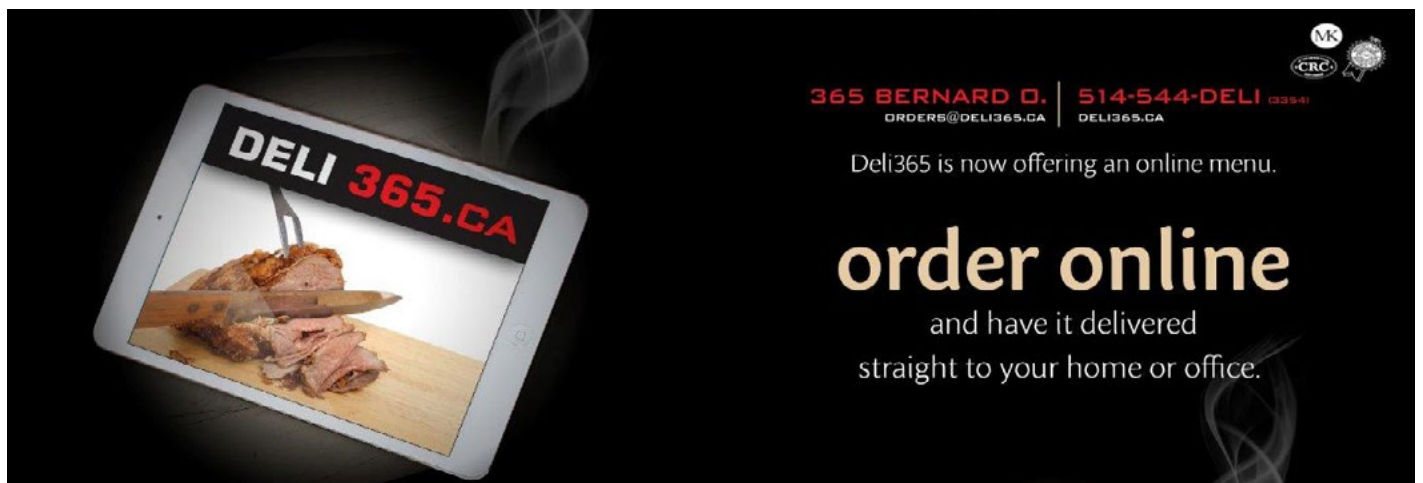
NEW FORMAT FOR 5780

Rosh Chodesh Program for Women

Each month our Rosh Chodesh program will be led by either Rabbi Freundlich or Rebbetzin Rifki Freundlich who will deliver a shiur related to the month.

Following their shiur, we will invite a woman from the community to address the group for an additional 15-20 minutes.

*Stay tuned for each month's program,
and please let us know if you would like to
host a particular month at your home,
or dedicate it in honour or memory of
a family member, friend, or special occasion.*



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AN EXCITING INITIATIVE FOR THE WOMEN OF OUR COMMUNITY

Raising the level of services offered to the women of our community, and driving overall engagement, is an important priority of Congregation TBDJ. Towards these goals, the synagogue is proud to engage with Rebbetzin Rifki Freundlich to advance our efforts.

Through her spirited leadership, we plan to gradually roll out new offerings that cater to different audiences in the community, providing them with new learning and engagement opportunities.

The introduction of a Yoetzet Halacha to the community is an exciting milestone for us, with the capacity to serve a broad cross section of women, both within our TBDJ walls and outside them.

We look forward to supporting Rebbetzin Freundlich and helping her connect with all those seeking inspirational programming and helpful services within the community.

What is a Yoetzet Halacha?

Yoatzot Halacha are women certified by a panel of Orthodox rabbis to be a resource for women with questions regarding Taharat Hamishpachah (an area of Jewish Law that relates to marriage, sexuality and women's health). This role was devised to assist women who are more comfortable discussing very personal issues with another woman.

Nishmat, The Jeanie Schottenstein Center for Advanced Jewish Study for Women, established the Keren Ariel Yoatzot Halacha Fellowship to train Yoatzot Halacha, Women Halachic Consultants, under the direction of Rabbi Yaacov Varhaftig, Dean of the Program.

Women preparing to become Yoatzot Halacha are chosen for their extensive Torah scholarship, leadership ability, and deep religious commitment. They devote two years (over 1000 hours) to intensive study with rabbinic authorities in Taharat Hamishpachah. In addition, they receive training from experts in modern medicine and psychology, including gynecology, infertility, women's health, family dynamics and sexuality.

Yoatzot Halacha from this program live and work in communities throughout Israel, in a number of cities in North America, and in London, England.

Source: Nishmat





VIA
PHOTO



VIA
PHOTO

REBBETZIN RIFKI FREUNDLICH

A MESSAGE

From Rifki

Dear TBDJ family,
I am excited to have the opportunity to extend my warmest wishes to you and your families for a year of good health and blessing. In our three years in Montreal, you have welcomed us warmly and added so much to our lives by allowing us to be a part of yours.

One of the ways that we have been privileged to get to know many of you is through our study of Torah together on Shabbat, around holidays and in honour of Rosh Chodesh. We sincerely appreciate the efforts you have made to participate and engage in these classes. Your attendance and enthusiasm are meaningful sources of support and treasured opportunities for connection. Thank you!

We look forward to continued and expanded learning opportunities in this coming year.

As you may know, I recently completed Nishmat's Miriam Glaubach Center program and have been certified as a Yoetzet Halacha (Woman Advisor in the laws of Niddah). This fulfills a dream of ours to formally open an avenue of access for women in the Jewish community to both observe and ask halachic (Jewish law) questions related to Hilchot Niddah and Mikvah, also known as Taharat Hamishpacha (Family Purity). This mitzvah, due to its personal nature and connection to marital intimacy, is often one that is shrouded in secrecy. The inherent tie between mikvah and a woman's body and relationship with her husband may cause discomfort among women who are typically comfortable asking for rabbinic guidance in other areas of Halacha. For those women who are not comfortable discussing these issues with a rabbi, the results are often decisions that are either overly stringent or improperly lenient. Mikvah is like

all other mitzvot in that there are details, real life applications and complications that arise which require clarification from an expert. Mikvah is unlike other mitzvot in that the very nature of its observance is highly sensitive and personal. With Mikvah functioning as a pillar of the traditional Jewish home, we are hopeful that my training and availability will offer women a comfortable address to reach out to with their questions.

My two years of study and training in Halacha and all areas of women's health have prepared me to teach observance of this mitzvah (it is never too late to start!), to answer related questions as well as to support the women who ask the questions as they journey through different stages of life. We are so grateful to TBDJ for providing the venue for me to serve the women of our broader Jewish community in this capacity.

Please be on the lookout for upcoming classes.

Please feel welcome to be in contact with me about how I can help in your learning about and observance of Taharat Hamishpacha.

Please also share with women in your circles outside TBDJ.

Together, my husband and I hope to continue to study with and connect with you this coming year. The more of you we get to know and the better we get to know you highlights how fortunate and blessed we are to be a part of this congregation.

B'vracha,

Rifki



CHAZZAN SHEINI'S TUNE

MUCH ABOUT MY JOB AT TBDJ IS... ABOUT ALL OF YOU OUT THERE. THE BEST JOB IN THE WORLD.

REV. AMIEL BENDER



About seven months ago I was listening to CJAD in the car. Aaron Rand's "call in" question for the day was: "If you think that you have the best job in the world, call me now..." Had there not been previous "cell phone while driving" encounters with the law (which did not always end well...), I would have called right away to share my thoughts with his listeners.

I wanted to tell Mr. Rand I was lucky. I not only have the best job in the world, I have the two best jobs in the world: As Chazan Sheini & Ba'al Tefilla at TBDJ and as Music Director at Hebrew Academy. These two jobs energize me on a daily basis and allow me the opportunity to practice my religion and commitment to Hashem, family, congregants, peers and students through my beloved worlds of Torah, Yiddishkeit and Jewish song.

In the beginning of my day there are magic moments such as walking to Shul and catching a beautiful sunrise, feeling Hashem's world around me to the greatest extreme. As the day progresses my work affords me opportunities and privileges of doing Mitzvot & "feel good" things. That at the end of the day I don't feel tired, rather I look forward to being able to do more good for my Shul, my school and the people around me. That even 30 years into my job as Chazan Sheini, new unprecedented things keep happening in my job. That my career choices are sources of immense job satisfaction and contentment.

A few months after I joined you all here at TBDJ, an old NCSY colleague came into town for a series of Synagogue meetings. Upon seeing me here he asked: "What are you doing at TBDJ?" I told him that I was the Chazan Sheini here. "You must be one of the last Chazan Sheinis in the world!" he told me. Funny thing is- almost 30 years ago, serving as a Captain/Psychologist in the IDF I had no idea what a Chazan Sheini was, yet in retrospect this career choice has guided my life and those around me in so many ways.



Much about my job at TBDJ is... about all of you out there. Sometimes I am busy with my iPhone catching memorable TBDJ moments (*see above*). Other times I am busy with what is special about being a Chazan Sheini. Here are some of those moments:

- Sharing a moment of empathy with a Synagogue congregant who has just said his last Kaddish, completing 11 months of sanctifying Hashem in memory of his beloved relative with this holy prayer...
- Distributing Aliyot and honors during the week and sometimes surprising the recipient of an Aliyah. "Why did you call me up?" The person sometimes asks me. "Why not..." I counter with a smile...
- The privilege of fundraising for TBDJ through our raffle, the journal and more...
- The opportunity to weave Simcha appropriate songs into our prayers on

Baby naming Shabboses and Aufrufs...

- Putting a young man up at the Torah every Shabbos at Mincha as the 2nd Gabbai
- Ordering Yahrzeit plaques for our beloved departed and installing them...
- Helping and encouraging mourners to negotiate the Amud in leading services...
- Layening the Torah...
- Naming my Bar Mitzvah boys' children, so many years after teaching them...
- And so much more...

You would think that my job is routine after almost 30 years in "business". It isn't! About 6 months ago I spent 3 hours researching and looking for the name of a departed member's father so that we could ascertain the departed person's identity. Our search involved

the cemetery people, Rabbi Steinmetz, press releases and more... Being able to help ensure the deceased's eternal and everlasting identity was something special. It was a unique opportunity of a Mitzvah that never came my way, of Chesed Shel Emet, true kindness.

I would like to thank everyone that I work with on a daily basis – Rabbi Freundlich, Joyce, Yakov, Brian and Tatyana. Thank you (!) Jon Gal for an amazing and devoted presidency and for being a wonderful friend and colleague. Good luck to my musical friend Josh Orzech as he assumes his presidential term.

The best job in the world.

My wife Cheryl and our family joins me in wishing everyone a happy and healthy year full of peace, blessing, fulfillment and achievement for all of Israel.



TBDJ once again extends its gratitude and sincere appreciation to

David Steinlauf and the Vivimar team

**for their creativity, guidance, and assistance with
our special printing projects throughout the year**

THANK YOU!



"It has been especially wonderful to see the number of families that have chosen our shul as their spiritual home and communal family."

EXECUTIVE DIRECTOR'S NOTE

JOYCE REINBLATT

As the end of summer slowly but surely approaches, the TBDJ office is once again getting more and more busy preparing for the High Holidays. As the saying goes, "time flies" and it is hard to believe that this will be my fifth High Holiday season as Executive Director!

The past five years have been challenging, yet very fulfilling, rewarding and, overall, pretty amazing. And last year was no exception! It has been especially wonderful to see the number of families that have chosen our shul as their spiritual home and communal family. It is these families – parents along with their children and other relatives – that help ensure the vibrancy of our member-

ship in the coming years. It is the next generation that will guarantee that our beloved Baily Shul remains a vibrant source for spiritual, intellectual and social growth for the entire Jewish community.

Along with my gratitude to all of you members, I have to first and foremost thank our outgoing president Jonathan Gal for his inspiring devotion to TBDJ, and his amazing leadership and guidance over the past two years. His unwavering patience and invaluable advice, along with his wonderful *menshleckkayt*, have allowed me to supervise and manage wonderful improvements to all aspects of our shul throughout 5779. Most especially, Jon's long hours invested to increase security at TBDJ in the wake of horrifying events around the world, have brought outstanding improvements here, and indeed have made us all feel much, much more secure every time we enter the doors of 6519 Baily Road.

I also need to thank Rabbi Freundlich and Amiel for their continued devotion - not only to the entire congregation, but to helping me in my daily running of the shul. Their guidance has been invaluable and the energy and life they bring to the shul is beyond words.

I would be remiss if I did not thank my hard-working team of Yakov, Tatyana and Brian whose devotion to the shul comes through in each and everything they do. I know that I rely on them and look to them to ensure things are running smoothly on a daily basis and I am sure many of you are grateful for all their hard work as well.

As we enter the new Jewish Year of 5780, I look forward to watching the Baily Family continue to grow and flourish, and to leading our staff through new and exciting projects and initiatives.

Wishing you and your families a Shana Tova, and may 5780 be filled with good health and much happiness for you, your families and friends.



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COMMITTEE

Reports

Our Leadership Team is dedicated to managing the synagogue's assets, developing and delivering high quality programs and services, and ensuring a bright future for the shul, its members, and the community.

Executive Committee

President: Jonathan Gal
1st Vice President: Josh Orzech
2nd Vice President: Stephanie Steinman
Treasurer: Alain Matarasso
Treasurer: David Hutman
Secretary: Michael Hollander
Religious Services Chair: Ami Drazin
Immediate Past President: Judah Aspler
Past Presidents Council Rep: Morty Yalovsky
Membership/Chesed Chair: Yair Meyers

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Judah Aspler	Arthur Gutner ז"ל
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Mendy Dalfen	Alan Katznelson
Mayer Diamond	Jack S. Leiter ז"ל

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Jessica Benmergui	Maxine Jacobson
Hayden Bernstein	Alan Katznelson
Saul Deitcher	Keren Ludvig
Shlomo Drazin	Lionel Rabinovitch
David Ettedgui	Eddy Sabbah
Frank Fried	Howie Steinberg
Ruby Friedman	Shira Vasilevsky
Warren Greenstone	<i>Sisterhood Representatives:</i>
Alex Halpern	Sharon Hecht
Meir Israel	Esther Hutman

Seymour Mishkin	Howie Steinberg
Theodore Quint	Mark Wainberg ז"ל
Neal Reinblatt ז"ל	Murray Vasilevsky
Lazar Sarna	Morty Yalovsky
Hy Sederoff ז"ל	
David Stein ז"ל	

CHESD



YAIR MEYERS

IT IS GREAT FOR A SHUL TO BE KNOWN FOR ITS CHESD AND HACHNASSAT ORCHIM, AND WITH YOUR HELP, WE'LL KEEP DOING OUR BEST.

During the past year, our Chesed Committee has been hard at work to enhance TBDJ's accessibility and to bolster our community outreach.

In terms of accessibility, new handicapped parking spots have been designated on both sides of Randall Avenue facing TBDJ. Large print Siddurim and Machzorim have also been purchased for those who require them. The Siddurim can be found on the shelf just above the Talaisim rack in the upper hallway. The Machzorim are upstairs near the main sanctuary and downstairs near each of the High Holiday minyanim. In addition, large print Yizkor booklets will be available upstairs near the main sanctuary and downstairs near the Hashkama and Parallel service rooms. We are also in the process of purchasing large print Chumashim.

Finally, bright colored tape has been placed at the edges of the steps in the women's section of the main sanctuary

and back stairwell. This makes the stairs more visible, decreasing the risk of trips and falls.

This year the Chesed Committee inaugurated its weekly Friendly Neighbor List to streamline our communal outreach efforts and promote their growth. This list is sent out weekly via email, and includes information on bikur cholim opportunities, shivas being observed that week, and members of our community who welcome a call or visit. It enables our members to know who is ill or in need of hospital visits, who is sitting shiva and in need of minyanim, and who may be at home and in need of a visit.

All information on the list is verified with the affected individuals and families, and only disseminated with their prior consent. We ask everyone to be our eyes and ears on the street, and let us know if they learn of anyone who could be included on this list, or can be assisted privately in

any way.

Please email us at chesed@tbdj.org or speak directly with Rabbi Freundlich if you require our services or if you are aware of another individual who could benefit from them.

Over the year we've also helped many guests to the city find friendly accommodations and meals for Shabbat and Holidays. It is great for a shul to be known for its Chesed and Hachnassat Orchim, and with your help, we'll keep doing our best. Special thanks go out to Aviva Drazin for all her efforts in helping us set our guests up with beds and meals.

We are always looking for volunteers and new ideas. If you are interested in helping us help our community or have any suggestions, please contact chesed@tbdj.org.

Wishing you all a Shana Tova.



TBDJ'S FRIENDLY NEIGHBOUR LIST

*A weekly email sent out to help direct us to helping one another.
Includes suggestions as to where you can direct your attention and efforts.*

Bikur Cholim

Community members in need of a refuah shleima. Will include details for visitation. Please ask how else you can assist.

Shiva

Community members sitting shiva after the loss of a family member. Will include details on shiva hours and minyanim.

Visitation

Community members who would welcome a visit or phone call. Please ask how else you may be able to assist them.

Would you like to receive this weekly email and participate in our collective efforts? Email chesed@tbdj.org and ask to be added.

Please also help us maintain the list!

If you have a family member who is ill, or hear of a TBDJ member who is not well or in need of any assistance, please send details to either chesed@tbdj.org or to Rabbi Freundlich. We will always verify the family's desire to have this information shared prior to doing so.



MINYANE SEPHARADE

JESSICA KOVITZ-LENSCH

In Judaism we learn and teach about life cycle events—birth, Brit Milah, Bar and Bat Mitzvah, Chuppah, and so on. The Torah, too, cycles along with us, as we read each parsha in turn. Each week brings us closer to Elul and the Yamim Norayim, reminding us that as we dust off our finest clothes, so too must we polish ourselves. Within Minyane Sepharade Emet L'Yaakov of TBDJ, weekly classes offered by teacher Raphael Benisty provide members and friends alike an opportunity to elevate their spirits and souls in preparation for selichot and the days of Awe.

Led by Edouard (Eddy) Sabbah, a team of dedicated volunteers including Karine and Laurent Tordjman, Gabriel Cohen, Isaac Bendayan, Jacques Hazot and Youval Abenhaim, works tirelessly behind the scenes to provide outstanding programming. Beginning with our Simchat Torah Soudah, many of our activities revolve around learning and food. Karine and Laurent Tordjman's tireless work produced two spectacular shabbatonim in conjunction with Torah Box. These shabbatonim, with guest speakers including Rav Shimon Gobert, brother of TBDJ member Dr. Quentin Gobert, have attracted attendees from far and wide, including Ville St Laurent and Laval. Finally, we collaborated once again with our friends at Kollel Torah Mit Zion for a united and grand TBDJ-KTM Pourim Mishte/Seudah.

Although I personally relish every Shabbat service at TBDJ's Minyane Sepharade Emet L'Yaakov and breathe a sigh of relief after each big event comes to a successful close, I anticipate with quiet excitement the Yamim Norayim. Here, just as my holiday table combines Ashkenazi and Sephardi traditional foods, so do Ashkenazi and Sephardi members join under TBDJ's welcoming roof to pray and celebrate together.





ADDENDUM

It is late. Very late. Welcome, dear reader, to my home. My spouse breathes in quiet rhythm, keeping syncopated time with the clock. My children, familiar to some of you, lie warm beneath their covers, dreaming of the promise that tomorrow brings. I have just come home from work. Some of you might not believe me, but I write this at 2:30 am, as my house sleeps; some might call it the witching hour. I will leave this nomenclature to the Harry Potter fans and return to the task at hand, namely my contribution to this Journey you are taking with me. Join me, after my long day's work, as I ponder the role TBDJ plays in my life. I have spent the past month contemplating this oeuvre, humble as it may be. Many a draft was deleted, restarted, sigh, ignored and restarted once more. That is, until tonight.

Driving home, late from work, thoughts churning with stomach grumbling, I reflect upon the role TBDJ has played in my family--and it makes me think of suicide.

But I am getting ahead of myself. Lest you think that the turmoil and commotion in the vast, ever-warming world outside my doors has led me to despair, Chas v'shalom, let me clarify that I think about Emile Durkheim's Suicide, first published in 1897. Durkheim was a French Jew, some say the first sociologist, and descended from a long line of eminent French rabbis. Although I was born to a sociologist, I cannot claim any privileged

knowledge; rather, I read Durkheim's work alongside my colleagues at Concordia's Liberal Art College. I was fascinated by the concept that members of an organized religion with high levels of integration and participation within the structure of that religion have lower rates of suicide than individuals whose religion de-emphasises group behaviours and attachment.

Now back to TBDJ and suicide. Or rather, TBDJ and group attachment. My involvement with TBDJ has grown immeasurably with the passing years; TBDJ is my second home, my community. I have met fast friends, hosted meals and meal trains, attended funerals and shivas, and in return was blessed with chesed when my loved ones faced uncertainty and illness. From Shabbos activities with my children and husband, Tikkun Leil Shavuot, the bi-annual Torah Box shabbatonim, the Pourim Mishte, to my work on the Board and Green committee, I have forged bonds stronger than any steel. Presidents may come and go, ebbing and flowing, but TBDJ remains.

Just as I have reaped the benefits of getting involved with TBDJ, I welcome you—yes you—to reach out to me, to Jon, Josh or Joyce and get involved.

Wishing my entire TBDJ family a chatima tova v'shana tova.

-Jessica

**Best wishes for a
Happy and Healthy
New Year**

שנה טובה

Shalom Diamond
VIA PHOTO
VIAPHOTO@VIDEOTRON.CA





VIA
PHOTO

COMMITTEE

OUR SOCIAL NETWORK

ADINA MOSS

It has been a fun year over on TBDJ's social media pages!

TBDJ has social media?

It sure does! TBDJ has joined the modern world and started various social media pages, including TBDJ and TBDJ Youth on Facebook, @congTBDJ on Instagram, and Congregation TBDJ on YouTube.

What can be found on these pages?

Instagram is a photo-based platform, so it is a way for us to communicate with you through image. We like to put the best of the best on @congTBDJ, including TBDJ milestones, accomplishments, special moments, and snapshots of some of our most fun moments.

On our YouTube channel, you can find videos of Torah classes and lectures given by Rabbi Freundlich, as well as guest speakers. There are special messages from friends of TBDJ (such as The Traveling Chassidim and the Y-Studs), and tapings of our various series (the Great Jewish Books Course, Mini-Med Series, Mental Health Symposium, etc.).

Facebook is where we like to keep you up to date. You can always find the weekly Shabbat bulletin, important messages from Rabbi Freundlich, birth announcements, program fliers (with links to register), schedules, and photos and videos from all of our events.

What are some TBDJ social media highlights from 5779?

Posting about TBDJ accomplishments will always be top of my list. This year I was privileged to share videos and photos about TBDJ planting an orchard in Israel, donating firefighting trailers to the Sha'ar HaNegev Region, and coming together to light our "missiles to miracles" Chanukiah. #TBDJProud

With four junior congregants of my own, it's fun to see what the youth of TBDJ are up to. From the excitement of painting the Kef Club Youth room and the cuteness of AMA (Ask Me Anything) Kids Edition with Rabbi Freundlich, to the very emotional #WeRemember Campaign with holocaust survivors, Mr. Sidney Zoltak and Mr. Ernest Ehrmann. Lastly, Facebook Live. I really love being able to share, in

real time, what is happening at, or with, TBDJ. Singing with the seniors on Chanukah, dancing in costumes on Purim, volunteering at MADA – this is our community. This is now. Come and join us!

What can we expect for 5780 from TBDJ social media?

More of the same. And then some.

What mischief will our Chanukah Mensch on a Bench get into this year?

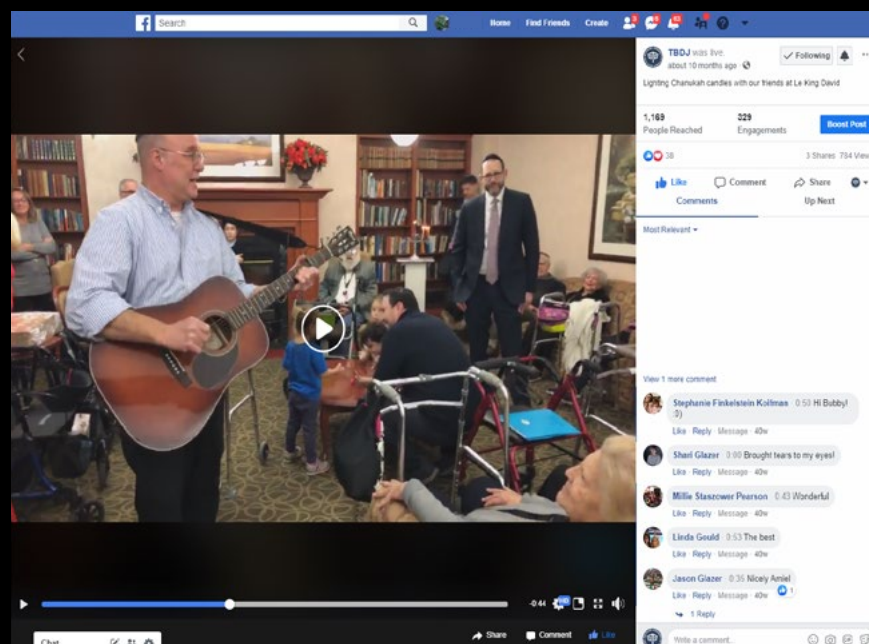
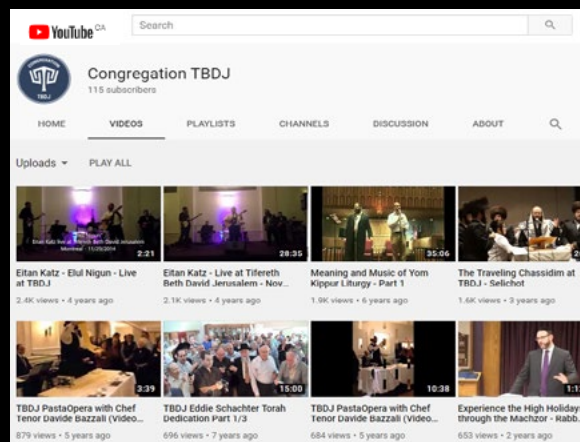
What will be this year's Purim theme?

Who will be TBDJ's guest speakers?

And, most excitingly – what will be asked on this year's AMA video, featuring our very own Reb-betzin, and now our very own Yoetzet Halachah, Rifki Freundlich!

Now that you know where to find us, we hope you come visit our social media pages. Follow us. Share our posts. Leave us a comment. And if you have any suggestions on what you'd like to see shared on our pages, please don't hesitate to let me know!

Chag sameach! Wishing you and your families a healthy, happy, and sweet new year!



YOUTH

What an incredible year! An enormous thank you to all the parents and families from TBDJ who supported the youth programs by coming out, sharing your feedback, your time and your expertise! Your commitment to all of our children has transformed our youth programming into something to be proud of. Particular thanks go out to members of our Youth Committee: Noa Cachon, Amanda Ettedgui, Estee Fagen Ross-deutscher, Dahlia Guttman, Sharon Hecht, Adina Moss, Alyssa Meyers, Assaf Simchon, Zachary Steinlauf and Andrea Szlamkowicz. Whether you were able to give a little time or a lot, we couldn't have done it without you.

One of the big changes this past year was the arrival of our Youth Director team, Eli & Sivan Veresh. When they got here from Haifa in September 2018, they didn't know how our shul worked, what to expect from the programming, or even what tunes we use for our tefillot. Within only a few months, they had managed to transform the Shabbat morning experience. When you come in the doors of the shul, you can now hear the sound of children singing drifting through the halls, and when you peek in the door to the youth rooms you can see dozens of children sitting in a semi-circle,

enjoying whatever the game, trivia, or special snack the Veresh's have planned. And their teenage staff have risen to the challenge. This group of young leaders connects with our kids every week to ensure that each child at TBDJ has a warm, safe and fun Shabbat.

This year's special event highlights included Mad Science in the Succah, Junior Hakafot, a Chanukah party with a DJ and dancing, Tu B'shvat Worms n' Dirt, a winter Staycation lunch, Spring Break bowling, a Tisha B'av Movie Marathon...

We are always looking for new volunteers to be involved in different aspects of the youth programs. If you'd like to collect money at the door for an event, sit on the committee, plan particular activities, conduct needs assessments... we will find the right job for you! But even if you can't take on a volunteer role, continue showing your dedication to the kids and the shul by participating in our great programs, letting us know what you like, and sharing your feedback.

A happy and healthy new year to all children and their families! Shana tova umetukah!



KEF CLUB

ELI & SIVAN VERESH

The beginning of each new year hints at how the rest of the year will continue. We are excited to open this new year in Kef Club with great memories and experiences from the past year. They're a glimpse into all our goals and plans for the coming twelve months.

Educating children is a joy. It's a privilege to watch them play, study, and spend time with their friends and instructors. We take advantage of this tremendous privilege to give the youth of TBDJ meaningful experiences throughout the year.

Throughout the past year, on every Shabbat morning Kef Club kids enjoyed a rich program full of fun and meaningful content. The children arrive at 10:00 into the open arms of our trained staff, where they enjoy board games, ping-pong, building with Lego, books, all in a comfortable and inviting atmosphere. Every morning we conduct tefilla in a large circle, suitable for the ages of the children in the rooms, we ask riddles about the week's parsha, enjoy activities related to that Shabbat, and

then finish up by hearing Kiddush accompanied by delicious food.

We'll continue to do so with great love in the coming year, because we understand how important it is to maintain this special atmosphere that brings all TBDJ kids into the youth rooms.

To all our TBDJ parents: please continue bringing your children to Kef Club, accompanying them down the long hallway, so they can spend the morning with us and receive these amazing experiences every Shabbat. This way you can also pray quietly and be sure that your kids are in good hands for the rest of the morning.

Kef Club's activities stretch beyond Shabbat as well. The calendar is packed with activities and attractions that we organize for the children both in the shul and outside.

Just remember that last year the children enjoyed a magic show, cupcake decorating, Bricks4Kids, candy sukkah construction, Mad Science, Simchat Torah dancing, Friday night tish's at the Freundlich home, a wild Chanukah party, Tu B'Shvat programs, a Purim celebration, Spring Break activities, bowling, movie nights, and many other fun and exciting activities!

In the coming year we'll continue the tremendous momentum started last year. We plan to continue these activities and even add more and more for the children of this great community.

The great success of Kef Club is thanks to the skilled staff waiting for you every Shabbat morning in the kids rooms - Nediva and Gabriella in the nursery, Effi, Nate, Eliana and Miryam in the big room. It is exciting to see the positive personal connections made between these staff members and their kids!

We look forward to helping you, the amazing community of TBDJ, this year as well. We also thank you for all the help you have provided us with so far.

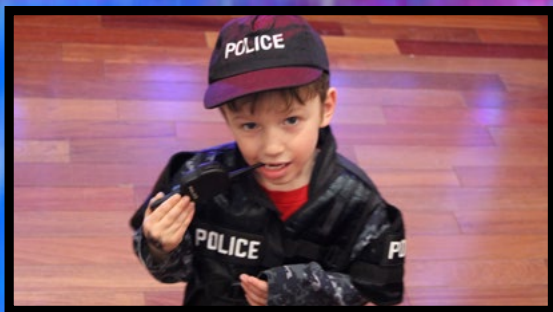
Please keep an eye out for upcoming fliers and program advertisements so you will know about all our upcoming activities.

We look forward to another blessed and enjoyable year together!



VIA
PHOTO

YOUTH





כל התחלה של שנה חדשה רומזת על איך היא תמשיך. בהתרגשות רבה אנחנו פותחים את השנה החדשה בבית הכנסת, מלאים בחוויות ובזכרונות מהשנה שחלפה. ואנחנו מלאי תכנונים לקראת השנה שמתחילה עכשיו.

לחנך ילדים זו שמחה. זוהי זכות לצפות בהם משחקים, לומדים, ונהנים עם חבריהם ועם המדריכים שלהם.

אנחנו מנצלים את הזכות האדירה הזו כדי להעניק לילדי בית הכנסת חוויות משמעותיות לאורך השנה.

לאורך השנה האחרונה ילדי בית הכנסת נהנו בכל שבת בבוקר מתוכנית עשירה מלאה בכיף ובתוכן בחדרי הילדים. הילדים מגיעים בכל בוקר שבת ב10:00 אל זרועותיהם הפתוחות והמחבקות של המדריכים המיומנים. נהנים ממשחקי קופסא, פינג-פונג, לגו, בובות, ספרי קריאה, ומאווירה נוחה ומזמינה. מדי בוקר אנחנו עורכים תפילת ילדים במעגל גדול, המתאימה לגילאי הילדים שבחדרים, שואלים חידות על פרשת השבוע, אנחנו נהנים מפעילות הקשורה לשבת הנוכחית, ושומעים קידוש המלווה באוכל טעים לסיום.

נמשיך לעשות זאת באהבה רבה גם בשנה הקרובה, מפני שאנחנו מבינים היטב כמה חשוב לשמור על האווירה המיוחדת הזו, שמביאה את כל ילדי בית הכנסת לתוך חדרי הילדים.

מכם ההורים אנו רוצים לבקש שתמשיכו להביא את ילדיכם אלינו לחדרים, תלו אותם במסדרון הארוך עד אלינו כדי שייארו איתנו ויקבלו את החוויה מדי שבת. כך תוכלו אתם להתפלל בראש שקט ולהיות בטוחים שהילדים נמצאים בידיים טובות בשעות הקרובות.

פעילות הכיף קאב אינה מסתכמת רק בשבתות, לוח השנה גדוש בפעילויות ובאטרציות שאנחנו מארגנים עבור הילדים בבית הכנסת ומחוצה לו.

רק נזכיר שבשנה שעברה נהנו הילדים ממופע של קוסם, קישוט קאפקייקס, פעילות לגו, בניית סוכות מממתקים, המדען המטורף, פעילו קישוט סוכות, ריקודי שמחת תורה, טישים אצל הרב, מסיבת חנוכה, פעילות ט"ו בשבט, חגיגת פורים גדולה, פעילות חופשת האביב, באולינג, בוקר סרטים ועוד ועוד פעילויות מהנות ומדהימות.

בשנה הקרובה אנחנו נמשיך את התנופה האדירה שבה התחלנו בשנה הקודמת. אנחנו מתכננים להמשיך את אותן הפעילויות ואף להוסיף עוד ועוד פעילויות למען הילדים של הקהילה הגדולה הזו.

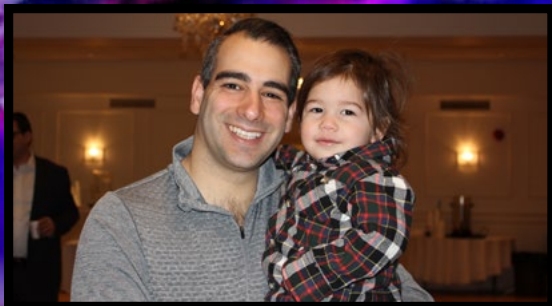
ההצלחה הגדולה הכיף קלאב היא בזכות המדריכים המיומנים שמחכים לילדיכם בכל בוקר שבת בחדרי הילדים - נדיבה וגביראלה בחדר התינוקות, אפי, נייט, אליענה ומרים בחדר הגדול. זה מרגש לראות את הקשר הטוב והאישי שנוצר בין המדריכים לבין הילדים!

נשמח לכל עזרה מכם, הקהילה המדהימה של בית הכנסת גם השנה, ותודה על כל העזרה שאתם מרעיפים על הצוות עד כה.

נסו לעקוב אחר הפלאיירים והמודעות מדי שבת, כך תוכלו לדעת על כל הפעילויות הבאות שאנו מתכננים.

לכ"ו סיוון

בתפילה לשנה מבורכת ומהנה





TBDJ Babies

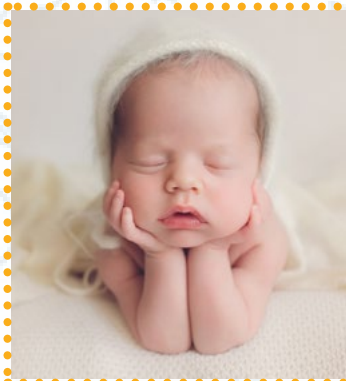
We welcome in the next class of TBDJ Youth!
Mazal Tov to the parents, grandparents, siblings and
family members of these beautiful children born in the year 5779!



Benjamin Daniel
Bernstein
בנימין דניאל
February 17, 2019



Livia Rose
Bybelezer
לביאה שושנה
October 5, 2018



Raquel
Drazin
רחל אמא בריינא
June 21, 2019



Yonatan Zvi Hersh
Meyers
יונתן צבי הירש
September 5, 2019



Maya Esther
Portnoy
מאיה אסתר
March 21, 2019



Georgia
Rosenthal
רעיה
September 13, 2018



Noa Gabriella
Rossdeutscher
נועה גבריאלה
May 7, 2019



Joseph
Saks
יוסף
June 3, 2019



Henry Charles
Steckler
איתן הנוד
February 22, 2019

Ora Yakira
Lieberman
אורה יקירה
August 23, 2019

Noah
Pekofsky
מיכל נח
October 3, 2018

Charlie
Lieberman
אהרון לב
April 26, 2019

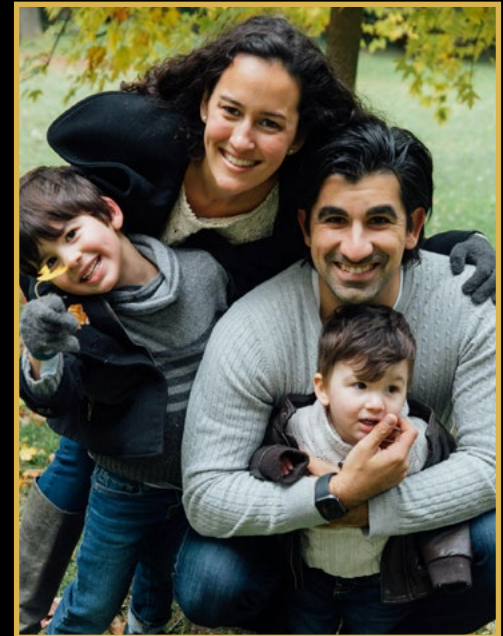
Tristan
Weigensberg
שמעון זיו
July 22, 2019

WELCOME TO OUR NEW MEMBERS!

On behalf of TBDJ's Board of Directors, clergy, and staff, we welcome all our new members who joined the TBDJ family this past year! TBDJ offers a lot to the community, and it is all due to its members efforts and participation. We hope you will be blessed to both receive from the community and give to it.

**IN THE YEAR 5779
WE WELCOMED
20 NEW MEMBERS
INTO THE TBDJ FAMILY,
INCLUDING:**

Karine, Youval, Ness (11) & Nathan (11) ABENHAIM
Jackie, Hezekiah, Isaac (8), Hannah (5) & Mercy (2) BACOVICIN
Shanah & Joel BARMISH
Sonia, Sebastien, and Jacob (1) BENARROCH
Natalie, Michel, Noemie (18) & David (16) BOHBOT
Tanya, Oshri, Adrian (5) & Gabriel (2) COHEN
Valerie, Frederic, Gabriel (20), Eric (17) & Jeremy (13) DAYAN
Riva & Roger FENSTER
Ruth, Adam, Reina (2) & Gabriel (1) GUTBERG
Laura, Avi, Ella (5) & Noam (3) GUTTMAN
Talía & Naftoli JACOBS
Elizabeth, Jeremie, and Nadav (11) LASRY
Jeannine LUMBROSO
Jane, James, Sydell (2) & Eve (1) ROGOZINSKY
Ofira, Nino, Sarah (8), Nathan (7), Yardena (6) & Orly (2) SAAD
Joseph SALEM
Esther, Jeff, and Hannah (1) ZIGMAN



**TANYA, OSHRI, ADRIAN &
GABRIEL COHEN**



**LAURA, AVI, ELLA & NOAM
GUTTMAN**

Congregation TBDJ is proud to serve its members. Membership is a vital part of a synagogue's vitality. With each new member comes innovative and fresh ideas, passion and energy, and the building blocks for a lasting, remarkable institution where we come together, inspire one another, and shape our community.



**JACKIE, HEZEKIAH, ISAAC, HANNAH &
MERCY BACOVICIN**



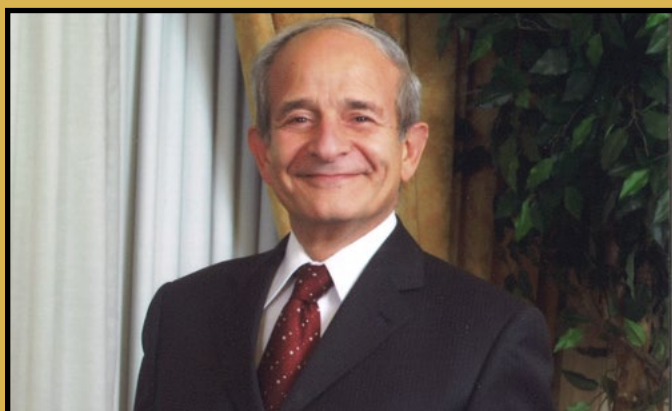
RIVA & ROGER FENSTER



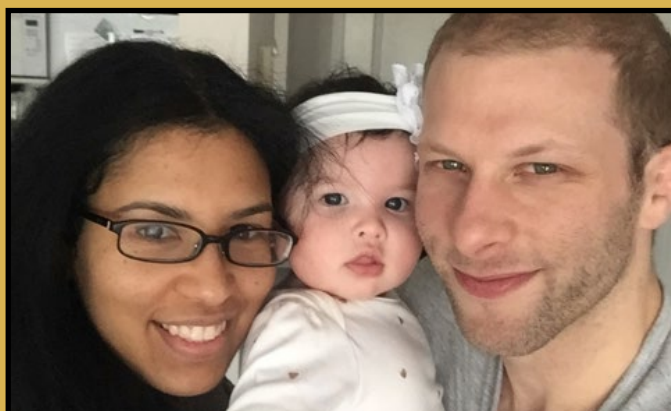
TALIA & NAFTOLI JACOBS



JANE, JAMES, SYDELL & EVE ROGOZINSKY



JOSEPH SALEM



ESTHER, JEFF & HANNAH ZIGMAN

AMUDEI HABAYIT

The Directors, Clergy, and Members of Congregation TBDJ sincerely thank our Amudei HaBayit Leadership Circle members, and welcome those who joined the group over this past year.

Thanks in large part to the generosity of our Amudei HaBayit members, Congregation TBDJ is able to be a place of connection and is able to offer important services to our community. Our synagogue is a true community, one that we are all proud of.

In the last handful of years, we have welcomed over 150 new families, and more importantly, we have received everyone who has entered the door from near and far with a warm TBDJ welcome.

We have an exceptional array of programs. Programs that include Torah study, prayer and social action. Our synagogue is filled with exciting inspiration and is a pillar of the spiritual life of the Montreal Jewish Community. But our synagogue needs pillars as well. Our programming and initiatives, which make such an enormous impact, come at an increasing cost, and we need more help.

It is for this reason that we recently introduced the Amudei HaBayit membership level. Amudei HaBayit means “the Pillars of the House”, because every strong house needs a strong foundation. This new tier is a voluntary commitment for members who want to help us continue to offer the highest possible level of educational, religious, social and youth programming. We are fortunate to have a growing number of members in our community who give above and beyond, year after year, and the Amudei HaBayit Leadership Circle allows these individuals to support our synagogue and community in a significant and structured manner.

The Amudei HaBayit Leadership Circle consists of an annual membership of \$5,000. Members of the group receive two High Holiday seats along with their membership, as well as recognition for an annual \$1,800 Kol Nidre Appeal donation.

מי שברך אבותינו אברהם יצחק ויעקב. הוא יברך את כל הקהל הקדוש הזה עם כל קהלות הקדש.
הם ונשיהם ובניהם ובנותיהם וכל אשר להם. ומי שמייחדים בתי כנסיות לתפלה. ומי שבאים בתוכם
להתפלל. ומי שנותנים נר למאור ויין לקדוש ולהבדלה ופת לאורחים וצדקה לעניים. וכל מי שעוסקים
בצרכי צבור באמונה. הקדוש ברוך הוא ישלם שכרם ויסיר מהם כל מחלה וירפא לכל גופם ויסלח לכל
עונם. וישלח ברכה והצלחה בכל מעשה ידיהם עם כל ישראל אחיהם. ונאמר אמן:

Adrianne & Shlomo Drazin
Aviva & Ami Drazin
Malca & Louis Drazin
Mrs. Ruth Drazin
Karen & Lionel Dubrofsky
Lisa & Jason Farber
Edie & Phil Friedman
Adele & Ruby Friedman

Brenda & Samuel Gewurz
Karen & Eric Laxer
Nadine & Ben Lieberman
Renee & Marty Lieberman
Chaya & Lorne Lieberman
Susan & Alain Matarasso
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Q&A WITH WARREN GREENSTONE

PRESIDENT AND CHIEF EXECUTIVE OFFICER, *MIRIAM FOUNDATION*

MIKE COHEN: What is the mission of the Miriam Foundation?

WARREN GREENSTONE: The Miriam Foundation is dedicated to encouraging the funding, enhancing and supporting of innovative clinical, residential, educational and leisure intervention programs aimed to improve the lives of children and adults with intellectual disabilities, autism and/or neuro developmental disorders. The Miriam Foundation believes that every person deserves to live in a nurturing environment in order to realize their unique social potential as happy, contributing members of society.

MC: How long have you been in your present position and why did you choose this area of work?

WG: I have been at the Miriam Foundation for 17 years. Prior to joining in the Foundation I spent three years at Federation CJA in the campaign department. I gave myself a target of three years to retool my career and my goal was to head a community organization. Just as the three years were about the pass, I responded to a job posting for an executive director. The rest is history. I'm proud of all of our accomplishments to date, although there is still so much work to do for this vulnerable population which is severely underfunded in the public sector.

MC: Last year the federal government provided important assistance. Please tell us more?

WG: Yes, last October the Honourable Ginette Petitpas Taylor, Federal Minister of Health, announced more than \$10 million for the Pacific Autism Family Network and the Miriam Foundation to develop the Autism-Intellectual-Developmental Disabilities National Resource and Exchange (AIDE) Network, a national online resource for all Canadians. The AIDE Network will provide centralized access to the latest evidence-based research, information, resources and supports on Autism Spectrum Disorder (ASD) and Intellectual Disability (ID) in both official languages. In addition, six AIDE Hubs across Canada will be providing a point of access for Canadians to obtain resources and supports on ASD and ID, Pacific Autism Centre and Miriam Foundation will be the initial two Hubs. aidecanada.ca is currently under construction and a CEO is being recruited to lead the project.

MC: What will be the impact of this program?

WG: AIDE will help generate greater awareness, understanding and capacity to support the health and well-being of those living with ASD by curating and disseminating evidence-based information, resources and programs through an online library and supporting national collaboration and partnership through the hub to hub network."



MC: What are the challenges people affected by ASD's face?

WG: ASDs can have significant and lifelong impacts on individuals living with the disorder, their families and their caregivers. One of the challenges families affected by autism face is navigating a wealth of information and resources with no certainty regarding the quality or credibility of the content they find. Having a centralized, trusted and accessible source for the latest evidence-based information on autism would help address this challenge and allow families to spend more time supporting those impacted by ASD.

For more information please visit <http://miriamfoundation.ca>

The Miriam Foundation



Q&A WITH MICHAELLA ETIENNE-KRIEF

FOUNDER OF *THE ASSOCIATION OF PARENTS OF CHILDREN WITH DIABETES*



TBDJ member Michaela Etienne-Krief is on a mission to bring Tikun Olam province wide. She is the founder of the Association of Parents of Children with Diabetes. She is also the originator the of the petition asking the Quebec government to include continuous glucose monitors (CGM) on the list of medical accessories reimbursed by the La Régie de l'assurance maladie du Québec (RAMQ).

MIKE COHEN: Tell us about your situation?

Michaela Etienne-Krief: In December 2016, our daughter, at the age of 2, was diagnosed with Type 1 diabetes. It is an autoimmune chronic disease requiring life sustaining treatments; insulin dependence is administered with multiple daily injections or a pump. Finger blood tests are an essential part of the management. Our daughter is symptom unaware. She doesn't feel or display symptoms when in hypoglycemia or hyperglycemia. Many factors affect her blood sugars, from exercises, mood and growth hormones to weather, food and fatigue. To avoid complications from her blood sugars being out of range requires taking frequent finger blood tests to make adjustments in her treatments.

MC: What is the solution?

ME: We received advice from parents in the USA and Israel on innovative

treatment care for type 1 diabetes. We were testing her blood sugar over 20 times a day and night until we acquired her CGM a couple of months into her diagnosis. Thanks its alarms and blood glucose readings every five minutes, we can prevent and treat hypoglycemias. The early warning alarms that are set when the blood glucose crosses thresholds reduce the time spent at highs and lows. Food is central in our Jewish lives and she is a "nasher"- we administer insulin to cover carbohydrates each time she eats. Having a CGM avoids taking finger blood tests each time she wants to nibble! She can also play and be active without being interrupted every 10 min to have a finger blood test.

MC: How is your daughter doing?

ME: She is a brave child. The constant invasive pokes and wear of subcutaneous medical devices 24/7 are enough to make the strongest person in the world wimpier in pain. TBDJ has been welcoming, providing a safe and inclusive place for our daughter. Rabbi Freundlich and Rifki have been open to listen and learn about the complexities of the disease and offer us tremendous support. Yaakov and his staff quickly provide food when she is low. Jon Gal makes sure activities with food are accessible by providing us with food labels so she could enjoy her

favourite treats. TBDJ members volunteered and sponsored our Association's first event for Type 1 children. Kef Club children carry her medical devices or help us find them when they are lost. Parents are quick to educate their children to explain the disease and the visible devices she wears. Zaidies lovingly hand out candies when she is low, even during the Rabbi's sermon or *shmonah esrei*. Not a member frowns when alarms go off during Davening! She loves being at TBDJ!

MC: What is the cost?

ME: Compared to the standard treatments of finger blood tests, the use her CGM is critical and life-saving for her. It is Pikuach Nefesh. It proves itself on a daily and nightly basis. The cost is completely out of pocket as RAMQ and private insurance do not cover the expense. The cost of Dexcom is around \$5,200 annually, however, according to Canadian Institute for Health Information, the standard hospital stay in Quebec it is \$ 5,700. The cost of long term complications is a serious burden on taxpayers. Endocrine Society of Canada, the Juvenile Diabetes Research Foundation (JDRF) and Health Quality Ontario support publicly funding of CGM for patients living with type 1 diabetes.

MC: What is it your asking from the government?

ME: Our MNA David Birnbaum will present out nonpartisan petition at the National Assembly after September 21. The petition has been created calling for the inclusion of continuous glucose monitoring system on the list of medical accessories reimbursed by the RAMQ. It is available on the website of the National Assembly via www.DiaKids.ca. Your signature can transform lives.

KIM KUSHNER: KOSHER COOKING REDEFINED

Kim Kushner and her husband Jon live in New York, but visit Montreal regularly and maintain their TBDJ membership alongside Kim's parents, Judy and Gary Pekofsky, her sisters, Heidi and Jordana (Morrie Levy), and her brother, Mathew Pekofsky (Jenny Hoppenheim).

Kim is the author of three best-selling cookbooks:

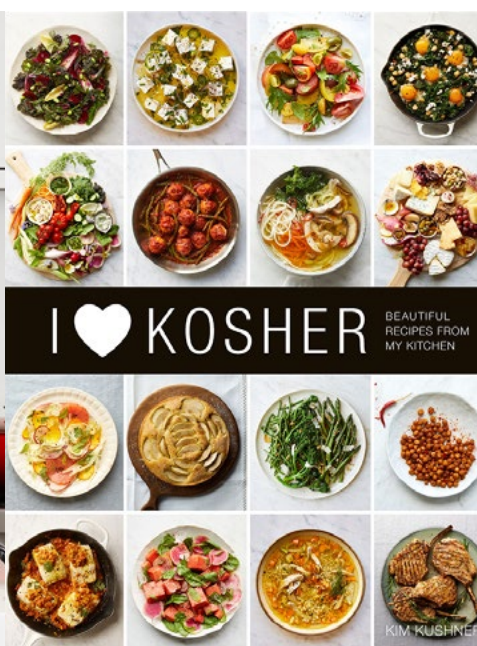
- **I ♥ Kosher:** Whether preparing a simple dinner for two, a full-family feast, or party menu for ten, Kim's strategy is to draw on this essential collection of recipes, tips, and tricks to guarantee stellar results, please any crowd, and have fun along the way.
- **The New Kosher:** Kosher cooking has been redefined for the modern family. The New Kosher is filled with healthy recipes, exquisite flavors, and a fresh sensibility for the modern lifestyle. Emphasizing fast, easy, and delicious dishes for everyday as well as special occasions, this is your comprehensive guide to kosher cooking.
- **The Modern Menu:** At the end of the day, everyone needs and loves to eat, especially when what's on offer is made with love. And the truth is, a thoughtfully prepared dish is far more interesting than a perfectly prepared one. In fact, the author never approaches any dish with the idea that it will be perfect.

Raised in Cote St. Luc, Kim learned to cook at an early age from her Moroccan-born mother and spent summers with family in Israel. A graduate of the Institute of Culinary Education in Manhattan, she has developed recipes for Food and Wine and Chile Pepper magazines and has worked as a private chef.

In 2005, Kim Kushner Cuisine was launched. She now travels the world teaching her wildly popular cooking classes. As a mother of four, a culinary instructor, and an author, Kim's cooking style reflects her busy multi-tasking life. Her recipes are flavor-packed and made with straightforward techniques that bring ease, time-savings, and creativity to the kitchen. She's become well known in New York City and abroad for her healthy and hearty dishes made from locally grown produce --- not necessarily the first thing that comes to mind when thinking of kosher cuisine.

Kim has appeared on the Today Show and has been featured in The International New York Times, The Huffington Post, Saveur, and The Chicago Tribune and is recognized as a leader in redefining kosher cuisine; her cookbooks feature everyday recipes for delicious and artful dishes made from accessible, seasonal ingredients.

For more information visit <https://kimkushner.com>. All of her books are currently available on Amazon.ca



MICHELLE COLA: LIKE MOTHER, LIKE DAUGHTER

Randi Cola says that her daughter, Michelle Cola Hasen, was only four years old when she started to help with some of the cooking in the house.

"It was never treated as chore," says Randi. "With an older and younger brother, she gravitated towards the kitchen."

When Michelle got engaged, Randi presented her with a homemade cookbook. Seven years later that original piece of work has been transformed into a formal publication appropriately called *Like Mother, Like Daughter*, a collection of family recipes passed on throughout the years, filled with delicacies for date night, family meals, Sunday brunch, Friday Night Dinner and more.

Michelle states that the book, which was officially launched last May, is quite simply a daughter paying homage to her mother through all the delicious recipes she's been taught over the years, that she can now pass down to her children.

"Our entire family and all of our friends love my mother's cooking and baking," Michelle says, "Friends will seek out invitations to our house just to indulge in one of her home-cooked meals! I learned that no meal was too big or too small and that a simple week night meal was just as thrilling as preparing weekly Shabbat dinners, high holiday meals, Mother's Day brunches, Father's Day barbecues, birthday dinners and more.

"The recipes from the cookbook she presented to me make up most of this book; dishes that when I eat them I can close my eyes and imagine being a little girl again and recipes that when I simply smell them baking in the oven I can remember sharing with people who are no longer physically with us today. Food really does touch our souls."

The family, longtime members of TBDJ, say they have always shared a close relationship. "While my mom was not only someone I went to for advice, she was also and still is, my best friend," Michelle shares.

The book begins with their favourite appetizers, soups, salads and salad dressings, sides, fish, meat and poultry and of course an extensive dessert and baked goods section. A specific "Sunday brunch" is included. There is a "Jewish Tradition" chapter containing recipes from grandparents or great-grandparents and typical recipes for Jewish holidays.

"One of the greatest compliments I receive is when someone tells me that I am like my mother," Michelle says.

The book is beautifully illustrated. Michelle said that from the time she set in her mind on creating something commercial, two years of preparation was required. "My mom's recipes were so popular," she recalls. "So many people asked me for copies of different ones so a book made a lot of sense."

Like Mother, Like Daughter is available for purchase on Amazon.ca and at select stores in Montreal. Visit <http://www.lmldcookbook.com>



#Hashtags

Our members share their thoughts on what's trending at **#TBDJ**

#Introduction

by Natalie Hadida Gal

My personal affiliation to TBDJ dates back to the blissful time, a mere 13 years ago, when I first married Jonathan Gal. Other members have a strong rooted connection to 6519 Baily Road which goes back 50+ years, and some only a few days or weeks. Regardless of how much time you have spent as a part of the TBDJ family, how frequently you join us or how it came to be that you started calling this place your shul – we all have one thing in common... TBDJ is our home away from home.

In this [#Hashtag](#) section, my fellow editors, Sarah Bybelezer, Jason Bowen and I, offered members the following platform to reflect on their relationship with TBDJ. Considering that Hashtags are a means to identify a keyword or topic of interest, we've asked our contributors to use the following hashtags to best convey their messages: [#simchas](#), [#connection](#), [#familyandfriends](#), [#generations](#), [#kefclubfun](#), [#minyan](#) and [#programs](#).

Happy reading!



#simchas

Arthur Roskies

TBDJ is not only my shul, it is also my home. That is where my wife, Josie, and I celebrated our [#smachot](#) such as our daughter's wedding and our grandchildren's bar and bat mitzvahs and the naming of our great-grandchildren. One of the most heart-warming sights for me is when a groom or a new father or a bar mitzvah boy has concluded his aliyah, not only their family and friends, but also many from the congregation go up to the bimah to dance around it as an expression of love and warmth for the celebrant. I have been a member for almost 50 years, during which time I have had the luck to have four great rabbis as my spiritual mentors, with the present incumbent adding even more luster and distinction to the trio of his predecessors. I consider it a privilege to have such a vibrant shul within walking distance, where I feel very comfortable praying with my fellow Jews.



Michaella Etienne

I was born and raised in a small Jewish community in the Maritimes. My mother was part of the Chevra Kadisha. She would frequently leave in the evenings to "prepare the ladies"; wash them carefully and dress them in white. That was the image I had of the cycle of life, having never witnessed an engagement, a wedding, a bris or an upsherin. While the assimilation rate in our community would rise, my mother would tell me stories about my grandfather, Rabbi Feuerwerker z"l, officiating weddings during the Shoah and in la Synagogues de la rue des Tournelles. Around my 17th birthday, on shabbat at Chabad House on Peel St., I heard "Siman tov u'mazal tov" being sung in a shul for the first time. In my hometown singing and clapping were forbidden during davening. I had to find a way to return to the City, to hear Od Yishama again. My own [#simchas](#) happened so fast, yet I had to wait for them for so long. Between each one them, my heart remained warm and my prayers would never stop. At TBDJ, each season brings a new [#simcha](#). We see the miracle of 3 and sometimes 4 generations defying time and space. Unlike the tale of Sleeping Beauty, where one fairy was left uninvited, TBDJ stretches out its halls for kiddush to ensure no one feels alone. In the absence of our own families, TBDJ came to fill our [#simchas](#) with blessings.



Stephanie Steinman

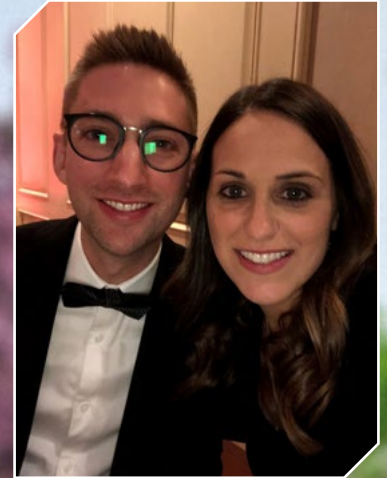
For over 50 years, I have been lucky enough to be part of the TBDJ family. Yes, a family! The special people of this shul have been there for me and my family through the many phases of my life, but never more evident than during our [#simcha](#) - the Bar Mitzvah of my son Andrew in 2018. Like many Jewish mothers, I was planning my son's Bar Mitzvah the moment he was born. For those of you that know our shul well, we are not known to be the quietest shul in town!! However, that day was different. Ian Widman, our wonderful Gabbai, got up on the Bimah and said "Stephanie has waited a long time for this, let's all be quiet!!" and quiet they were!! You could hear a pin drop. For this enhancement of our [#simcha](#) and for everyone's friendship and respect, I am eternally grateful.



#connection

Sarah Zlotnick Bybelezer

If we think about what the word **#connection** means - to join, to link, to associate with, to bond - these are all key elements TBDJ has provided our family with over the last 5 years since we moved back to Montreal and became members. TBDJ lifts us and allows us to **#connect** spiritually. By attending shul on a weekly basis, through the inspiring and informative shiurim given by the Rabbi and Rebbetzin, as well as the uplifting holiday services and programming, we feel that TBDJ is engaged with our spiritual growth and development. We are thankful to be able to **#connect** socially with the many friends who have become like family, the amazing events, and especially for our children, TBDJ is a place where they feel comfortable and safe, a place they are excited to go, and a true home away from home. Our **#connection** also allows us to connect to the Montreal Jewish community by allowing us to volunteer for organized chesed opportunities, as well as initiatives TBDJ has taken to help other communities in need. For our family TBDJ is really the central hub - the place that **#connects** us together. To have one single place that means so much to us is truly amazing.



Mark Potechin

Years ago when I was saying kaddish prayers for my father, there were times during the 11 months that I had the opportunity to pray at TBDJ on a Saturday morning. What really impressed me was the liveliness and interest that people shared with each other at the kiddush after services whether it was a simple kiddush or something more elaborate. People formed real **#connections**, staying to talk to each other and clearly enjoying each other's company.

When my wife Vera and I moved closer to TBDJ, it was a natural evolution for us to become members. We feel welcome at the synagogue and we appreciate that Rabbi Steinmetz and Rabbi Freundlich have made welcoming people a foundational principle of the synagogue. A true modern Orthodox community accepting of all no matter the level of observance or level of knowledge.

Speaking of Jewish knowledge, we appreciate the opportunities we have to learn at TBDJ. We so enjoyed the Monday night lecture series about great Jewish books and their authors. This well-crafted course delivered in large part by Rabbi Freundlich and other accomplished Rabbi scholars connected us with our heritage and in a meaningful way.

We feel a part of the TBDJ community and have made good friends here. They say life is a journey but it's a journey of relationships and experiences more than geographical traveling. What better place to be **#connected**, to learn and to build relationships, than at TBDJ.



Amanda Singer Ettedgui

TBDJ has been our home away from home from the very outset. It's a vibrant and nurturing shul where our family **#connects** to our faith through a plethora of activities and learning opportunities for all ages. As such, TBDJ is a place where we proudly raise our family with Jewish values and a sense of **#connection** to something greater than ourselves. We know this experience isn't unique to our family as, in the short 5 years we've been members, many other young families have joined and continue to **#connect** with TBDJ. With this continued influx of young families, I have no doubt that TBDJ will continue its mission of being a warm, welcoming and inclusive home where community, faith and family all interconnect.



#familyandfriends

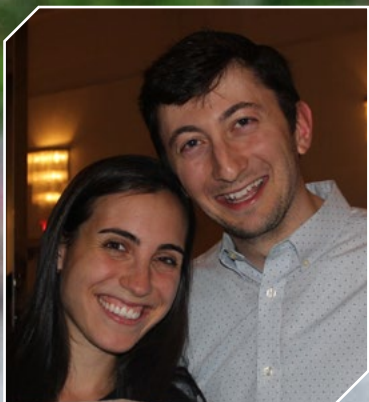
Rivka Guttman

Every Shabbat morning, on my way to the ladies' section, I take a detour to see my grandchildren in the nursery. There I observe high school students welcoming the youngest of shul members as if they were their own younger brothers or sisters. On the way I pass Kef Club where I see 7-year old's interacting with 10-year old's, playing and sharing. I sit in my usual spot in shul and look around me. I see children, parents, grandparents and even great grandparents sitting together, davening together, teaching by example and learning from each other about our traditions and values. How heartwarming it is to watch children put out their hand to receive candy from everyone's grandfathers. #Family is looking out for each other, knowing each other's habits and ensuring every member is well physically and emotionally. Being absent from shul will not go unnoticed and you can be sure to receive a knock on your door or a Motzei Shabbat phone call. TBDJ is where an unlimited number of members are added to each and every #family unit.



Tovi Berk

Moving to a new community can be challenging for many reasons, but perhaps most difficult is the sudden realization that you need to rebuild your circle of #friends from scratch. It was this incredible aspect of the TBDJ #family that Ariella and I found most impressive when we moved to Montreal from Toronto just 3 years ago. We entered Shul that first Shabbos not knowing a soul, and left with at least 5 lunch invitations and a dozen new #friends. We were simply blown away, and often think about how the TBDJ community welcomes new members with an enthusiasm and openness that neither of us have seen anywhere else. And many of our closest #friends today are still those from that very first Shabbos in Shul. We hope and pray that this culture of inclusiveness and friendship at our Shul continues to grow מחיל אל חיל, from strength to strength, for many more years to come.



#generations



Leslie Gal

TBDJ has been an integral part of our lives for more than 4 decades and 3 [#generations](#). From Brit Mila, Pidyon Haben, Bar and Bat Mitzvahs, l'chayims, wedding receptions and many family parties. We have celebrated smachot of my children and those of my grandchildren. We have always appreciated the leadership role that TBDJ has displayed to our members and to the Jewish community of Montreal. My wife and I are proud to see three of our children and their families as members and actively involved at TBDJ. We watched our children enrich their Jewish values through various programs at TBDJ and now we are shepping naches watching our grandchildren enjoy and benefit from current programs. Wishing all our members a Shana Tova u'metukah.



Daniel Gal

Ever since I was a kid, TBDJ has always been a focal point in my life. I have really fond memories of going to shul to daven and having fun celebrating the Jewish holidays with my family, friends and community. TBDJ has always felt like a second home to me, although when I was a kid there weren't nearly as many youth activities and events throughout the year as there are now. It's amazing to see the evolution of TBDJ and how our community continues to thrive year after year. I am excited to have recently bought a home in the neighbourhood and hope the joy I felt as a kid at TBDJ will continue to future [#generations](#).



Leo Grunstein

I've been enjoying TBDJ since the days of Rabbi Hartman. As a teenager, I enjoyed the Simcha and camaraderie in the Shul. As I matured and had my own family, my Shul grounded me and helped me develop and adopt the values I needed to be a husband, father and a contributing member of our community.

The guidance and example set by Rabbi Shmidman was a big influence in my life and that of my family members. Erin, my daughter, liked him so much that she would give him her lollipops. To enhance her Bat Mitzvah, Rabbi Shmidman insisted that he be her mentor and teacher and spent many meaningful evenings learning with her. The wedding of my daughter would not have been the same without Rabbi Steinmetz who officiated and helped make the event so meaningful.

Over the years we have enjoyed many events at Baily created by members who rolled up their sleeves so we could eat together, dance together and pray together. Baily has become synonymous with family. A house for [#generations](#).

Lately, my personal association with our Shul through the guidance and teachings of Rabbi Freundlich has encouraged me, more than ever, to travel the straight and narrow path. I look forward to seeing my future [#generations](#), my grandchildren, grow up with a strong influence from our Shul membership and especially our esteemed Rabbi and his wonderful family.



Erin Grunstein Halpern

I've been coming to Baily since I was a baby. TBDJ has been a part of each major life milestone for me, from my own baby naming to my Bat Mitzvah, to my wedding and to the namings and bris of my children - and everything in between. And now it's the turn of the next [#generation](#) as well. My kids now go to Shul every week and it is such a joy to watch them develop their own love for their Judaism and Shul community. They are so excited to get their lollipops, sing Adon Olam on the bima and kiss the Torah. On the Shalosh Regalim, they have a special thrill to watch their Zaidy do Birkat Kohanim. G-d willing, I look forward to watching them grow and develop in our beautiful Shul community, surrounded by family and friends.

#kefclubfun

Audra (9) & Micah Bowen (7)

#KefClub is #fun for us but we also enjoy sitting with our family in shul. We like exploring the shul for #fun things to do and also finding a snack. During the year our favorite events are the Chanukah Party, Mad Science and the Purim carnival. If we are good we may get an extra lollipop and if we say the bracha, a bit of grape juice. Shana Tova!



Ella Gal (7)

TBDJ is the place to be. #KefClub teaches you lots of things. It teaches you new tefilah, new parasha. Eli & Sivan work really hard for #KefClub. All the kids enjoy it. Every Shabbos you see something new in the room. I, Ella Gal, love #KefClub! Eli and Sivan are very nice. I always welcome the kids who come in because I arrive really early each week with my dad. I always love the candies that the "candy men" give out. I like to play with my friends. I also like to visit my Zaidy in the hashkama minyan.



Ari Kohl (12)

Three years ago, my family was invited to TBDJ for a baby naming. I was nine years old and didn't know what to expect. I didn't really want to go at all because I didn't know anyone. That very first time at Shul surprised me because everyone was so nice. My parents and siblings had the same experience, so we all decided to go back the following week. After a few weeks we all started feeling more and more comfortable. The friends I have met have been so understanding and patient with me. For example, when I didn't know something relating to Torah or Tefilla they would always explain it. Now I find it really easy to follow along when it comes to davening because it's quiet and they announce the page. For a while, me and my siblings didn't go to #KefClub but now we are almost always there the whole time. We get siddurs for kids, with colored tabs on all of the pages so it's easier to follow along. #KefClub is really #fun because there are always games to play, and people to play them with. TBDJ is a truly special place, and my family and I are eternally grateful for being part of it.



Gabriella Orzech (12)

When someone moves to a new city, they need to find a new school and synagogue and ultimately want to find a community they feel at home in. So when my family moved from Outremont 8 years ago to Cote Saint-Luc we needed to find a new synagogue. My parents decided that our new synagogue would be TBDJ. Since the day we moved to Cote Saint-Luc every Shabbat at that time I was only 4 years old and when I went to synagogue I would go downstairs to the toy room to play, listen to stories and sing some of the songs from tefillah. Even now that I am older, I still go to synagogue with my dad and at ten o'clock I go downstairs to play games with my friends in #KefClub. We not only play games they also teach us about the Parsha and we daven! At the end there is a #fun Kiddush and once a month we give in our mitzvah dollars to get prizes! Thank you TBDJ for making me have #fun each and every Shabbat.



#minyan

Jason Bowen

Shana Tova from your friendly morning [#minyan](#)! I'm writing to share my experiences at our early weekday morning services. I find it a special way to start the day. Even though I'm one of the younger men in the downstairs chapel, the davening together and kibitzing keeps me going. I get spend a few minutes for myself and relax before a busy day. Hey, I get it. 6:50 or 7:00am is early. I've got a wife and kids too and I also need to get to work on time. But... I've made a deal with myself and my family to do my best to go on Monday and Thursday Mornings, and you know what? It's a fun routine! You will be surprised by how a visit to shul during the week can uplift you along with the meaningful prayers and Torah portions that await you. Our Rabbi shares a short Mishna, we have a piece of danish and we are off to where the day takes us. Please come and daven with us, don't be shy!



Myron Cohen

It was a little over 2 years ago when I started saying kaddish for my dad. The rabbi came up to me and said that after the next 11 to 12 months, the services will become almost routine. I laughed and said, "does he think that I am going to take on the responsibility to say kaddish for my dad for that long?!" Well, two years later I still attend [#minyan](#). Unfortunately, in that time my brother passed away, so I again took on the responsibility of saying kaddish for him. Even though a sibling only has to say it for 30 days, I will say it until his full year of kaddish is over. I took on that responsibility for 2 reasons:

- 1) Respect for my brother. I decided that he deserved this.
- 2) The camaraderie of the group that frequents these [#minyans](#), and especially in the morning.

Although I am not nearly as observant as most of these individuals, they have accepted and welcomed me into the fold. I used to be a '3-day a year' Jew, but I must say that since joining the [#minyan](#) on a regular basis I have learned more about my Jewish faith in two years than I did throughout my Elementary and High school years at Talmud Torah and Herzliah. The past two years have opened my eyes more about religion than ever before. I might not be more religious, but I respect all that are and what it stands for. The TBDJ community is a special one. It doesn't matter if you are different or less observant- EVERYONE IS WELCOME!!



#programs

Louise Pilote

TBDJ has always been welcoming to my family. With our 4 daughters, I am sensitive about making a space for women. This past Simchat Torah was particularly special, as our Rabbi arranged for a [#program](#) and unique layout of the shul which facilitated my daughters and I to rejoice in our connection to the Torah both spiritually and physically. In 25 years at TBDJ I have never seen so many women of all ages singing and dancing. Looking forward to larger and better incorporation of women at TBDJ!



Iris Levitt

TBDJ's Family Day at Mada [#program](#) represents "community" at its best. Young and old....children, parents and grandparents came out "en famille" on one occasion last year to help Mada prepare foods for Rosh Hashanah gift baskets that were delivered to those in need just in time for bringing in the New Year 5779. The kitchen at Mada was bustling with volunteers, cutting and paring carrots and beets, later to be cooked and compliment the festive meal. Children, were upstairs, pairing and packaging candles in a box, also to be included in the holiday baskets. There was a wonderful excitement in the air. The feeling of greatness in numbers and being all together as one family to carry out this act of Tikun Olam made us all feel so good! As they say, "one for all and all for one". That's what our TBDJ family is all about!



A LOOK BACK AT 5779

The Year 5779 brought with it a wealth of activity at TBDJ crossing many different aspects of our lives. We learned together, celebrated together, feasted together, were inspired together, and together joined forces to support our brothers and sisters in need, both locally and in Israel. That is the way of life at TBDJ.

A highlight of the past year was no doubt our 20-part Monday Night "Great Jewish Books Course" series, which routinely brought together 75, 100, and even 125 people to delve into the biography and works of a different scholar each week.

Chanukah and Purim stood out again this year. Joined by a video link, we lit our special 'rocket Chanukiah' together with residents of Israel's south. We then lit candles and celebrated in gaming style while supporting our shul's raffle. Purim programs continue their tremendous success, including a unified and spirited Purim Seudah in our hall, with members of all TBDJ minyanim, and joined by Kollel Torah Mitzion- the beginning of an annual tradition, we hope.

We welcomed guests speakers, inaugurated new shiurim and classes, held our first Torah Box Shabbaton - en francais - spearheaded by dedicated TBDJ members who attend our lively Minyane Sepharade, and initiated well warranted chesed programs.

All in all, we fondly remember the many highlights of Year 5779. Enjoy the photographic trip down memory lane!

SEPTEMBER

The Traveling Chassidim

Ushering in the New Year with a heimishe Shabbat and annual musical Selichot that elevates the entire community



MADA Volunteer Day

Adults and kids alike helped prepare Holiday food & baskets



The Y-Studs

Main High Holiday services led by Josh Orzech and The Y-Studs



Be A Better... YOU!

A Shabbat series focused on quick ways to better ourselves.

Mad Science on Succot

An annual tradition for all our young scientists



OCTOBER

Oktoberfest in the Succah
Sausages, beer, and fine Succot spirit took over the night



Leil Hoshanah Rabba Learning
Led by Rabbi Freundlich and KTM's Rav Noiman



Bat Mitzvah Program
Launched and led by Cheryl and Rev. Amiel Bender

Rev. Berl Lebovics 30th Yahrzeit
Remembering our beloved Chazan Sheini and dear friend



Rabbi Aryeh Lebowitz
Scholar in Residence

"Night Light"
A seasonal learning program with Cheryl & Rev. Amiel Bender



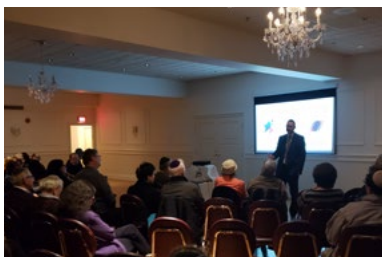
NOVEMBER

Kef Club Oneg Shabbat
Hosted by The Freundlichs

Ethiopian Sigd Night
A celebration of the Ethiopian Jewish holiday with Naftali Aklum and stories from "Operation Moses"



Saturday Night Film Festival
Start of our winter movie nights, featuring "Rabin: In His Words"



MiniMed: Cardiology
TBDJ's physicians and medical students present key topics



Hillel Fuld
Scholar in Residence



The Great Jewish Books Course - In memory of Dr. Mark Wainberg z"l

On October 15, 2018, we launched a 20-part lecture series, developed and led by Rabbi Freundlich, and with participation from community Rabbis. The highly popular course took us through a history of biographies and writings of our great Torah scholars, and transformed Monday nights into Journey Night at TBDJ.

Special thanks to Rabbi Mark Fishman, Rabbi Eric Grossman, Rabbi Asher Jacobson, Rav Yedidya Noiman, Rabbi Boruch Perton, Rabbi Reuben Poupko, Dr. Kalman Stein, and Rabbi Michael Whitman.

Videos of each GJB lecture can be found online at TBDJ.org/GJB



Capital Hill Menorah Lighting

Rabbi Freundlich, Jonathan Gal and David Ettedgui visited Ottawa to light Chanukah candles with Prime Minister Justin Trudeau



Lighting our 'Rocket Chanukah'

Joined together by video link, we lit candles and celebrated miracles together with students of the Nachal Oz Mechina in Southern Israel who were targeted by the very missiles our Chanukah was made from



King David Candle Lighting

Celebrating with residents at The Kind David Residence

GJB: Sefer HaMakkabim

Special Great Jewish Books class with Rabbi Freundlich

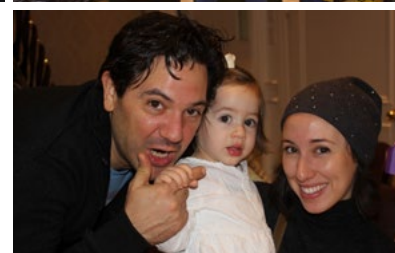
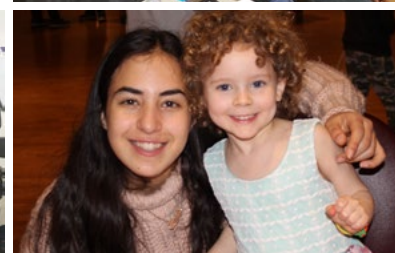
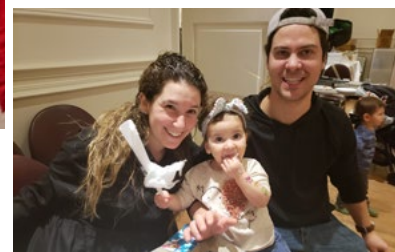
Shabbaton de Hanouka avec Rav Shimon Gobert

Programme shabbaton avec repas, kiddoush, buffet royal, et quatre conférences - en memoire de Yardena Parienti z"l



Annual Chanukah Youth Party

Our annual celebration filled with music, food, fun & happy faces



JANUARY

Staycation Lunch & Games

Annual Shabbat afternoon for those enjoying winter break at home

Rabbi Joshua Sturm & Renewal Scholar in Residence for kidney donation awareness



MARCH

Kosher Cooking Challenge

An evening of friendly competition featuring chef Naomi Nachman



Shloshim of John Alper z"l

In memory of our Past President, generous supporter and dear friend



APRIL

Women's Shiur with Atara Eis

Nishmat's Director of North American Yoatzot Halacha Program

Infertility Awareness Shabbat

In conjunction with the Yesh Tikva organization

Rabbi Gedalyah Berger

Scholar in Residence
Great Jewish Books Course Siyum



FEBRUARY

Grassroots in Sderot

Testimony from Dr. Merav Moshe Grodofsky & Amit Kitain of Sapir College

Sderot Mayor Alon Davidi

An inspiring look at the city's transformation and growth



PURIM

See our special
Purim photo spread!



Pre-Pesach Yom Iyun

Insights into the Seder & Haggadah with Rabbi Freundlich & Mrs. Vicky Szyf



Chanukah Game Night & Grand Raffle



A LOOK BACK AT 5779

MAY

March of The Living
Rabbi Freundlich, Sidney Zoltak,
Martine Cohen, and many TBDJ teens



Yom Hashoah Commemoration
Annual Yom Hashoah
community ceremony



Mental Health Symposium
Featuring world-renowned
psychologist Dr. David Pelcovitz

Dr. David Pelcovitz
Scholar in Residence
Mental Health Awareness Shabbat



JUNE

Junior Tikun Leil Shavuot
7th annual special dinner and
learning program for Youth

Baily Road Diner
6th annual 50's diner style
Shavuot lunch for over 500 people!



Women's Shavuot Learning
Annual program featured
Rabbi & Rifki Freundlich

Rav David Stav
Scholar in Residence, Chairman
of Tzohar Organization



JULY

Bat Mitzvah Program Celebration
Shabbat morning celebration for
participants and their families

Friendly Neighbour List
Chesed Group introduces new email
service to help us help one another

GHESED CORNER

FRIENDLY NEIGHBOUR LIST

A weekly email sent out to help direct us to helping one another. Includes suggestions as to where you can direct your attention and efforts.

<p>Bikur Cholim</p> <p>Community members in need of a refuah sheleima. Will include details for visitation. Please ask how else you can assist.</p>	<p>Shiva</p> <p>Community members sitting shiva after the loss of a family member. Will include details on shiva hours and minyanim.</p>	<p>Visitation</p> <p>Community members who would welcome a visit or phone call. Please ask how else you may be able to assist them.</p>
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'A Mishna A Day' WhatsApp Group
A daily 5-min audio file sent by
Rabbi Freundlich to over 160 people



Shabathon Torah-Box

Dédiés pour l'élévation de l'âme de Yardena bat Liliane z"l

Au cours de cette année, deux évènements majeurs ont pu avoir lieu dans notre communauté à TBDJ et ont pu renforcer la communauté sépharade et francophone de Montréal.

Deux shabathon complets ont été dédiés pour l'élévation de l'âme de notre regrettée mère et belle mère Yardena bat Liliane z"l.

Le premier, lors du shabbat de Hanouka (7 et 8 décembre 2018), shabbat le plus court de l'année, où nous avons eu l'honneur de recevoir le Rav Shimon Gobert de Bnei Brak, au cours duquel plus de 220 personnes ont assisté à trois merveilleuses conférences sur la puissance de notre judaïsme et la valeur inestimable que nous représentons en tant que juif.

Six mois plus tard, lors du shabbat le plus long de l'année cette fois (21 et 22 juin 2019), le 1er grand shabathon de Torah-Box à Montréal a eu lieu chez nous à TBDJ.

Cette fois, nous avons eu le kavod et la chance d'accueillir quatre rabanim et conférenciers renommés, le Rav Israël Meïr Cremisi, le Rav Nissim Haddad, le Rav Shimon Gobert ainsi que le fondateur de Torah-box Binyamin Benhamou venus d'Israël. Ce fût un immense succès, les familles se sont rassemblées et sont même venues de loin pour y assister (Trois Rivières).

Plus de 350 personnes ont eu le bonheur d'écouter de nombreuses conférences de Torah, de se renforcer, de jouer en couple, de rencontrer et poser leurs questions personnelles aux rabanim qu'ils ont l'habitude de voir derrière un écran, les enfants ont pu être encadrés par des activités ludiques et de nombreux jeux les ont amusés.

Les ambiances de ces shabathon oscillaient entre l'amour de son prochain et la soif d'apprendre encore plus de Torah.

Nous tenons à remercier de notre coeur, toute l'équipe de TBDJ, le Rabbin Freundlich, le président Jonathan Gal, Joyce, Judah, Yaakov

AUGUST

Tisha B'Av Program

A full day of shiurim, classes and films to help us commemorate the day

Elul Program Guide

22 lectures, shiurim, chesed activities, and special events for Elul



SEPTEMBER

6th Annual SCOTCH TASTING EVENT



et toute l'équipe de TDBJ grâce à qui ces beaux moments ont pu se dérouler à merveille.

Toute cette nourriture matérielle et spirituelle a permis à beaucoup de nos frères de se renforcer dans la Torah et qu'Hachem fasse que ce *Hizouk* persiste pour tous et nous permette de vivre une année pleine de santé, joie et de shalomamen.

Shana tova oumetoukha pour tout le AM ISRAËL!

-Karine et Laurent Tordjman



MiniMed Series: Cardiology

On November 10, experts in the field of cardiology were paired with medical students in the first of a new Mini-Med Series at TBDJ. TBDJ president Jonathan Gal noted that each of the speakers were members of the synagogue representing a wealth of knowledge and experience in the fields of cardiology and cardiac surgery.

Dr. Lawrence Rudski, Chief of cardiology at the Jewish General Hospital and Director of the Azrieli Heart Center, chaired and moderated the evening. "We put together a really exciting evening that connected our medical students with experts in the field and highlighted our own TBDJ talent," said Dr. Rudski.

Physician and medical student presenters included:

- Jack Rudski and Dr. Stanley Nattel
- Alexandra Cohen and Dr. Shoshana Gal Portnoy
- Eliana Sacher and Dr. Mark Eisenberg
- Uri Bender and Dr. Emmanuel Moss
- ...with a special appearance by Dr. Yossie Portnoy

Video recordings can be viewed online at: [TBDJ.org/minimed-cardiology](https://www.tbdj.org/minimed-cardiology)



A LOOK BACK
AT **5779**

PURIM 5779:



HEROES & VILLAINS



A Focus on Mental Health: May 9-11, 2019

First Montreal Jewish Community Health Awareness Shabbat featured world-renowned psychologist

By Mike Cohen

World-renowned psychologist and mental health advocate Dr. David Pelcovitz, who has consulted extensively with the Jewish community in the United States, Europe and Israel on a wide range of issues facing children and adolescents, was the keynote speaker at the first ever Montreal Jewish Community Mental Health Awareness Shabbat, with activities spanning May 9-11, 2019.

Dr. Pelcovitz, who received his Ph.D. from the University of Pennsylvania, has published and lectured extensively on a variety of topics related to education, parenting and child mental health. TBDJ spearheaded this initiative, which coincided with Canadian Mental Health Week. Dr. Rachel Goodman and Yair Meyers were the program co-chairs. "Our goal was for as many synagogues as possible across the entire Jewish community to dedicate that Shabbat as part of the Community-Wide Mental Health Awareness Shabbat," said Dr. Goodman, a psychologist in private practice.

A Thursday night community-wide Mental Health Symposium at TBDJ featured a panel of speakers, including Rabbi Reuben J. Poupko, Barbara Victor from Ometz, and family caregiver Sylvia Itzhayek from AmiQuebec. Dr. Pelcovitz spoke that evening and served as the Scholar-in-Residence for the entire Shabbat at TBDJ. "Other synagogues dedicated that Shabbat in their own way, whether it was a speaker, the Rabbi's sermon or an email to their community," added Dr. Goodman. "The Thursday evening program was open to the entire community and we were very pleased with the turnout."

On the Friday there was a Mental Health Awareness morning for Grades 9 and 10 students at Jewish high schools organized by the Bronfman Jewish Education Centre (BJEC) at Herzliah High School. Following a screening of a documentary called Angst, about teenage anxiety, Dr. Pelcovitz spoke to the students about ways to modulate and manage anxiety. Follow-up discussions took place in each school with the Ometz school counselors. Participating schools were Bialik, Azrieli Herzliah, École Maimonide and Hebrew Academy.

Video recordings can be viewed online at: [TBDJ.org/mental health](http://TBDJ.org/mental_health)



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EXTERMINATION ECOHITECH

COMING TOGETHER... INSPIRING ONE ANOTHER... SHAPING OUR COMMUNITY

PROGRAMMING

תש"פ 2019-20

MINIMED:
ORTHOPEDICS

MENTAL HEALTH
SHABBAT

SATURDAY
NIGHT FILM
FESTIVAL

CHANUKAH
LIGHTS
CELEBRATION

JEWISH
CARTOON
WORKSHOP

NEW

MONDAY NIGHT
LECTURE SERIES

DYNAMIC
SCHOLARS IN
RESIDENCE

PARENTING &
THE PARSHA

...AND LOTS
MORE!!!

THE MOST **MAGICAL** PURIM ON EARTH!

**STUDY THE ENTIRE TANACH
AND JOIN TBDJ IN ISRAEL!**

SCHOLARS IN RESIDENCE



SIVAN RAHAV-MEIR

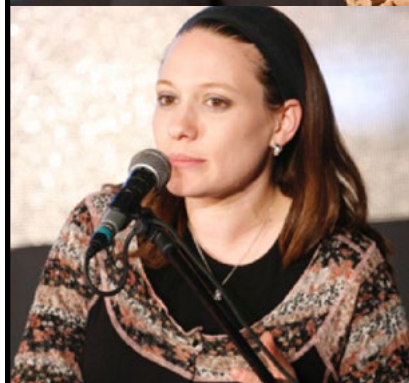
**SHABBAT PARSHAT BEREISHIT
OCTOBER 25-26, 2019**

Sivan Rahav-Meir, named as one of the 50 most influential Jews in the world by The Jerusalem Post, is one of the most popular media personalities in Israel today. She is a primetime anchor on Channel 2 News, has a column in Israel's largest newspaper (Yediot Aharonot), and has a weekly radio show on Galei Tzahal (Army Radio).

Originally from a secular Israeli family, Rahav-Meir became religiously observant during her teens. She is one of the very few public intellectuals who is well respected across the religious-secular spectrum, and has attracted a tremendous following on social media for her Torah-infused, family-centered insights into Jewish life and tradition.

Her lectures in Tel Aviv and Jerusalem attract over one thousand people every week. She has a BA in Political Science and Management from Tel Aviv University.

Together with her husband, media personality Yedidya Meir, and their five children, she recently announced that the family was heading to the United States on shlichut with World Mizrahi, in the role of World Mizrahi Distinguished Visiting Lecturer.



IN CONJUNCTION WITH



WEEKEND SCHEDULE INCLUDES:

- Friday Night Oneg Shabbat
- Shabbat morning drasha following Mussaf
- Shabbat afternoon shiur
- Special Melave Malka presentation



DENA FREUNDLICH

**SHABBAT AFTERNOON
PARSHAT NOACH
NOVEMBER 2, 2019**

Dena Freundlich teaches Gemara and Halachah at Midreshet Lindenbaum in Jerusalem. She also teaches Halachah at Midreshet Torah v'Avodah, and has lectured in many schools and institutions on topics related to Tanach, Halacha, and Gemara. She previously served as Talmud Department Chair at Ma'ayanot Yeshiva High School for Girls in Teaneck, NJ. A graduate of YU's Stern College and Bernard Revel Graduate School, she was a member of the first graduating class of Yeshiva University's Graduate Program for Advanced Talmudic Studies (GPATS).



RABBI MEIR GOLDVICHT

**SHABBAT PARSHAT VAYERA
NOVEMBER 15-16, 2019**

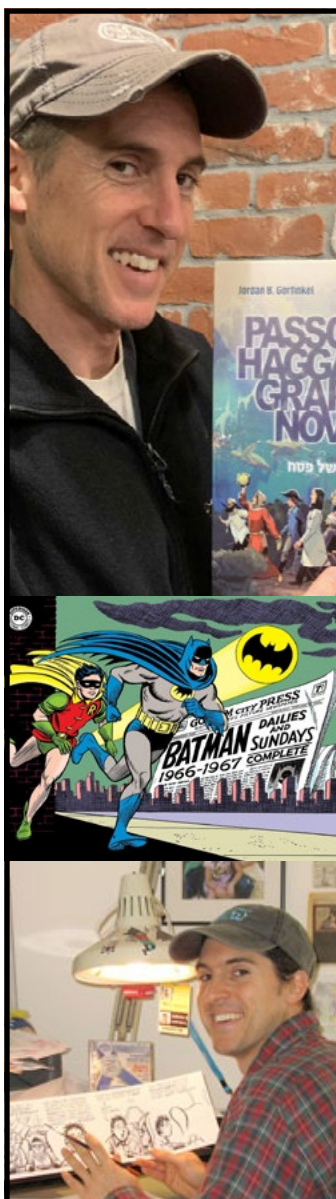
Rabbi Goldvicht, a prominent Israeli scholar, educator, and a Rosh Yeshiva of Yeshiva University's Mazer School of Talmudic Studies, is the head of the new Stone Beit Medrash Program. Rabbi Goldvicht is also rosh kollel at Camp Mesorah.

Rabbi Goldvicht received semicha from the renowned rabbinic authorities Rabbi Zalman Nehemia Goldberg, former Chief Rabbi of Jerusalem HaRav HaGaon Betzallel Zolti and Rabbi Ovadia Yosef.

Rabbi Goldvicht delivers Hebrew and English lectures extensively across the globe, including weekly evening shiurim in five New York area communities. He has delivered more than 1,000 inspiring shiurim every year to grateful audiences.

**Sponsored by The Drazin Family
in memory of Avrum Drazin ז"ל**

אברהם יצחק בן שמואל שלמה וגיסל ז"ל



JORDAN GORFINKEL

**SHABBAT PARSHAT TERUMAH
FEBRUARY 28-29, 2020**

"The Jewish people are often referred to as the people of the Book, but it turns out they are also the people of the comic book."

-Barbara Silverstein, CJN

"Gorf" is an American comic book creator and multimedia entertainment producer. He is also an a cappella singer, most notably with the groups Beat'achon and Kol Zimra, and produces music, videos, and live events.

Jordan is the creator of Everything's Relative, a newspaper comic strip published weekly since 1996 in many major markets.

For most of the 1990s Gorfinkel guided the Batman comics franchise at DC Comics, coordinating publications, licensing and productions with the 60-year history of the DC Universe.

In January 2019, Gorfinkel released the Passover Haggadah Graphic Novel with Israeli illustrator Erez Zadok, published by Koren Publishers Jerusalem.

SHABBAT TOPICS:

***"Everything I Learned About Passover
I Learned From Batman"***

***"Moses & Superman:
What Superheroes Teach Us About Judaism
and What Judaism Teaches Us About Superheroes"***

... PLUS A SUNDAY MORNING

**JEWISH CARTOON
WORKSHOP**

SCHOLARS IN RESIDENCE



DR. MICHELLE LEVINE

ASSOCIATE PROFESSOR,
STERN COLLEGE

**SHABBAT
PARSHAT VAYAKHEL-PEKUDEI
MARCH 20-21, 2020**

Dr. Michelle Levine is an associate professor of Bible in the Rebecca Ivry Department of Jewish Studies at Stern College for Women.

Dr. Levine holds a BA (Summa cum Laude with honors) from Brooklyn College, an MS in Bible from the Bernard Revel Graduate School of Jewish Studies, and a PhD in medieval biblical exegesis from New York University. She also studied at Michlalah Teacher's College in Israel. She served as the Jewish Studies curriculum coordinator on the Board of Education for Yeshiva of Central Queens, NY, for twelve years.

Dr. Levine is the author of a book on the commentary of Nachmonides and his literary approach to biblical characterization, titled "Nachmonides on Genesis: The Art of Biblical Portraiture" (Brown University Press, 2009) and has written many articles published in academic journals on biblical exegesis.

**Sponsored by
The Gewurz Family**



MOISHE BANE

PRESIDENT,
ORTHODOX UNION

**SHABBAT
PARSHAT ACHAREI-MOT / KEDOSHIM
MAY 1-2, 2020**

Moishe Bane has been serving as president of the Orthodox Union ("OU") since January 2017.

Mr. Bane, formerly from Montreal and a young member of TBDJ, is a senior partner and chairman of the Business Restructuring department at the International law firm of Ropes & Gray. Much of his time, however, has been dedicated to service within the North American Orthodox community.

Past positions that Mr. Bane has held in the Orthodox Union include chairman of the OU's Board of Governors, chairman of the OU Advocacy arm, and national chairman of NCSY.

In addition to involvement in an array of non-OU kiruv and educational endeavors, Mr. Bane has written and lectured extensively and is a founding editor of Klal Perspectives, a journal addressing contemporary public policy issues within the American Orthodox community.



MONDAY NIGHT LECTURE SERIES

The Mark Wainberg ז"ל Great Jewish Books Course continues with the *Original Book* itself

תנ"ך בשנתיים TANACH IN TWO

Learn the Major Themes, Stories and Ideas of the Entire Bible,
One Book at a Time, Over Two Years!

Jewish Adult Education is being redefined by Tanach B'Shnataim (The Bible in Two Years). This course, with depth and scope, enables participants to learn and appreciate the entire 24 Books of Tanach, one book at a time over the course of two years, in a sophisticated and cohesive manner. The curriculum is carefully crafted with a high level of quality and content while being meaningful for both the seasoned student and newcomer to Jewish learning.

Course Highlights

Every weekly session will provide an overview of one Book of the Tanach in about an hour and fifteen minutes. Sessions will be accompanied by handouts, and will be recorded and posted online.

This year we will cover the first half of Tanach, divided into two semesters. The first semester will begin after Sukkot on November 4th, and will run for 6 weeks until December 9th. Following a winter break, the second semester will begin February 10th and conclude March 30th.

All classes will be on
Monday nights at 7:45pm at TBDJ.

Dedication Opportunities

Individual classes are available for sponsorship in memory or in honour of a loved one. Dedications will be listed in the weekly bulletin, and relevant handouts and refreshments will be provided.

In Memory of Dr. Mark Wainberg ז"ל



Dr. Mark Wainberg was a beloved figure at TBDJ, in the Montreal Jewish Community, and worldwide. A well educated and learned man whose thirst for knowledge could not be quenched, Mark left a lasting impact on our community and helped shape the world in its entirety.

His greatest source of pride was his family, and it is a fitting tribute therefore that his family has dedicated this continued learning program to his memory.

Semester I: Torah – The Five Books of the Torah

- | | |
|-----------------------|-------------------------------------------------------|
| 1. November 4, 2019 | Introduction and Canon |
| 2. November 11, 2019 | Bereishit (Genesis) |
| 3. November 18, 2019 | Shmot (Exodus) |
| 4. *November 26, 2019 | Vayikra (Leviticus) [*Tuesday] |
| 5. December 2, 2019 | Bamidbar (Numbers)
with Rebbetzin Rifki Freundlich |
| 6. December 9, 2019 | Devarim (Deuteronomy) |

Semester II: Niviim Rishonim – The Early Prophets

- | | |
|----------------------|-------------------------------------------------|
| 7. February 10, 2020 | Yehoshua (Joshua) |
| 8. February 17, 2020 | Shoftim (Judges) |
| 9. February 24, 2020 | Shmuel I (Samuel I) |
| 10. March 2, 2020 | Shmuel II (Samuel II)
with Mrs. Vicki Szyf |
| 11. March 16, 2020 | Historical Setting
and Introduction to Kings |
| 12. March 23, 2020 | Melachim I (Kings I) |
| 13. March 30, 2020 | Melachim II (Kings II) |

*All classes delivered by Rabbi Freundlich, except where noted.



Tanach Trip to Israel



Mark you calendars! At the conclusion of this course (Spring 2021) we will be organizing a unique TBDJ Tanach Tour of Israel. This trip will focus exclusively on the historical sights we will have studied about. Come experience the Tanach come to life - you have never seen Israel like this!



Site of The Mishkan, Shiloh

SPECIAL PROGRAMS

SATURDAY NIGHT **WINTER FILM FESTIVAL**

Featuring 3 critically acclaimed films that will be followed by a brief discussion.
Popcorn and light refreshments will be available. Open to everyone, free of charge.

The Gatekeepers November 30th at 7:30pm

This unprecedented documentary is based on interviews with six former leaders of Israel's highly secretive counter terrorism intelligence agency, Shin Bet, interviewed for the very first time. Dror Moreh's Oscar nominated work provides us with a gripping and thought-provoking account of Israel's security situation since the 1967 war, from Palestinian suicide bombings to the assassination of Israel's Prime Minister Yitzchak Rabin. (1:40 minutes)



Above and Beyond January 25th at 7:30pm

In 1948, a group of Jewish American World War II pilots volunteered to fight for Israel in the War of Independence. This ragtag band of brothers not only turned the tide of the war, preventing the possible annihilation of Israel at the very moment of its birth, but also laid the groundwork for the Israeli Air Force. "Above and Beyond" brings together new interviews with pilots from the '48 War, as well as leading scholars and statesmen, including Shimon Peres, to present an extraordinary, little-known tale with reverberations up to the present day. (1:30 minutes)



Numbered February 29nd at 8:00pm

An estimated 400,000 numbers were tattooed in Auschwitz and its sub-camps. "Numbered" is an explosive, highly visual, and emotionally cinematic journey, guided by testimonies and portraits of these survivors. The film documents the dark time and setting during which these tattoos were assigned as well as the meaning they took on in the years following the war. In fact, the film's protagonist is the "number" itself, as it evolves and becomes both a personal and collective symbol from 1940 to today. (55 minutes)



THE 2ND ANNUAL TBDJ

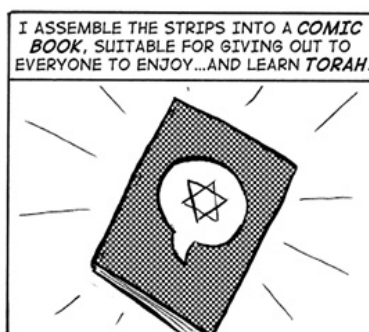
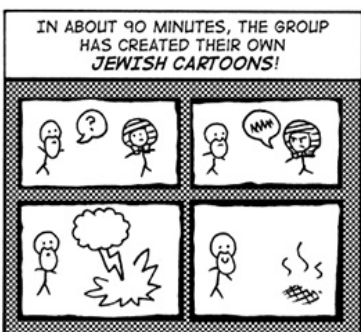
MENTAL HEALTH AWARENESS

SAVE THE DATE
MAY 9, 2020
SHABBAT PARSHAT EMOR

SHABBAT

JEWISH CARTOON WORKSHOP

WITH JORDAN B. GORFINKEL



JEWISH CARTOON WORKSHOP

AN EXCITING AND INNOVATIVE
STRUCTURED PROGRAM LED
BY VETERAN BATMAN EDITOR
AND CARTOONIST JORDAN
B. GORFINKEL. GORF GETS
EVERY PARTICIPANT CREATING
THEIR OWN CARTOONS ON
JEWISH THEMES, I.E. PARSHAT
HASHAVUA, ISRAEL, HOLIDAYS...
AND THEN COLLECTS THEM INTO
A COMIC BOOK FOR THE ENTIRE
SHUL TO ENJOY.

BEST OF ALL, EVERYONE CAN DO
THIS. YOU DON'T NEED TO BE
AN ARTIST...REALLY!

**SUNDAY
MARCH 1, 2020**

**@ 9:30 - 11:15AM
FOR CHILDREN
AGED 5-12**

**@ 12:00 - 1:30PM
FOR TEENS
AND ADULTS**

\$18 PER PERSON

**ART SUPPLIES
WILL BE PROVIDED**

**FOR MORE INFO:
PLEASE VISIT TBDJ.ORG/GORF**

SPREADING THE LIGHT OF CHANUKAH

Each year on Chanukah we look to spread the light to others in our community and in Israel. Special visits to local residences, to light candles and sing together with seniors, is an annual tradition. We have also established a tradition of lighting our special "missiles to miracles" Chanukah together, via video link, with members of Israel's South, who those very same rockets targeted not long ago. **Stay tuned for dates and locations.**



THE MOST MAGICAL PURIM ON EARTH

The theme for Purim at TBDJ this year reflects the magical place it is. You can go old school Disney with Mickey, Minnie, Cinderella, Peter Pan or Captain Hook... or more avant-garde with Cruella, Mulan, Jasmine, or Aladdin... or you can follow the Disney empire into the world of Marvel and all its superheroes. Your choice. Either way, Purim at TBDJ will also be the happiest place on earth!

MAGICAL PURIM PARTY

Monday Night - March 9
Megillah at 7:15pm
...followed by all
the Purim excitement!
No registration required.
Come one, come all!

UNITED PURIM SEUDAH

Tuesday Afternoon - March 10
Calling all adults & kids,
all shuls & minyanim,
all breakaway shuls &
breakaway minyanim,
and all kollels!!!
Begins at 5:00pm
Great food! Live music!
Photo Booth! Fun, Games &
Amazing Purim Spirit!
Registration at:
TBDJ.org/Purim2020



*Hoshanah Rabah is the concluding day of the High Holy Day season
and the day on which our final sealing is completed for the year.
On the night of Hoshana Rabah we will gather together to celebrate
the Holiday and to hear words of Torah and inspiration.*

Oktoberfest IN THE SUCCAH

A TRULY UNIQUE
LEIL HOSHANA RABAH
MELAVEH MALKA
EXPERIENCE!



Motzei
Shabbat
Saturday
Night

.....
19
OCTOBER 2019



**MELAVEH MALKA SPIRIT - HOSHANA RABAH LEARNING
TRADITIONAL FOOD - MUSIC - COLD BEER
& SUCCOT JOY**

PLEASE REGISTER AT TBDJ.ORG/OKTOBERFEST

8:00 PM - LEARNING WITH RABBI FREUNDLICH

8:45PM - OKTOBERFEST FOOD & MUSIC

10:30 PM - TIKUN LEIL HOSHANA RABAH WITH RABBI FREUNDLICH
AND RABBI GATENO OF KOLLEL TORAH MITZION

LEARNING OPPORTUNITIES

INTRODUCING THE SEMICHAT CHAVER PROGRAM

The Semichat Chaver Program is a new and innovative Halacha Study Initiative specifically designed for working professionals to be educational, engaging, and fun. Launched in 2017 to provide a structured and energetic learning experience, there are now dozens of participating groups in Chicago, Queens, Manhattan, Boca Raton, Woodmere, Boston, Chile, Toronto and Jerusalem, and over 700 participants.



Joining the program will give you real and practical halacha knowledge that is relevant in your everyday life. The learning is text-based and serious, but accessible to various levels of background.

A new shiur will be delivered each week by Rabbi Freundlich, with two different time slots to choose from: 6:15am Wednesday or 8:00pm Thursday.

Each shiur begins with the ethical and philosophical meaning behind the halachot we will cover. This is followed by a discussion of cutting edge contemporary questions illuminated by video presentations, which are then answered through the provided

texts of the Gemarah, Rishonim, and modern day Poskim.

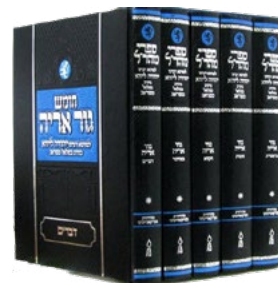
At the completion of each topic, a written exam is administered, and those successfully completing it are granted a certificate of Semichat Chaver (bal habatim Semicha) signed by HaRav Shlomo Amar, former Sephardic Chief Rabbi of Israel, Harav Zalman Nechemia Goldberg, and HaRav Herschel Schechter of Yeshiva University.

Begins in October with the topic of שהייה חזרה והטמנה – reheating and returning food to a fire on Shabbos. Contact Rabbi Freundlich to sign up!

MINCHA/MAARIV MAHARAL

Following Yom Tov, as we begin Sefer Bereishit, we will follow the daily Parsha studying the Maharal of Prague's (Rabbi Yehudah Loew, d. 1609) seminal work Gur Aryeh. This work, by the 16th century's greatest Talmudist scholar, mystic and philosopher, is a super commentary on Rashi's commentary to the Chumash, with an extensive focus on explaining Midrashic statements of the Sages.

Each evening will be a standalone 5-minute presentation, and each teaching will be recorded and available online. To receive the recordings via either WhatsApp or email, please contact Rabbi Freundlich.



DAF YOMI

Led daily by Rabbi Dovid Rothschild, Rabbi Cheski Buchinger, and members of TBDJ's Daf Yomi learning group.

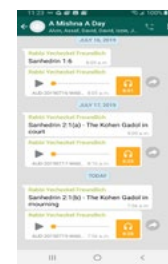
- Weekdays: 6:15am with Rabbi Rothschild, and following Shacharit with Rabbi Buchinger.
- Sundays: 7:15am
- Shabbat: Before Shabbat afternoon Mincha or following Maariv (see weekly schedule)



MORNING MISHNA

Every day following Shacharit stay for an extra 5 minutes and learn a Mishna together with Rabbi Freundlich. After completing Rosh Hashanah, Kiddushin, Bava Kama, Bava Metzia, Sanhedrin, and Makkot, the group will begin learning Masechet Sukkah after the Holidays.

Can't be there live? Follow along on WhatsApp, where a recording is sent out each morning. Contact Rabbi Freundlich to be added to the "Mishna A Day" WhatsApp group.



SHABBAT MORNING COFFEE & PARSHAT HASHAVUA

Each Shabbat morning we sit around the table with Rabbi Freundlich to explore an element of the weekly parsha, and uncover deep meaning through the commentary of Rashi, Ramban, Maharal, Rav Shimshon Rafael Hirsch, and others. Shabbat mornings at 8:40am.

MONTHLY KIDDUSH MEET-UP: HOT BUTTON TOPICS

Once a month, Rabbi Freundlich will sit down during kiddush and lead a discussion related to hot button topics. Dates and topics will be publicized in advance.

SHABBAT AFTERNOON FROM THE RABBI'S INBOX

Explore various relevant topics in contemporary Halacha as they apply to our everyday lives, and as they are asked to Rabbi Freundlich. Shabbat afternoons 20 minutes before Mincha.

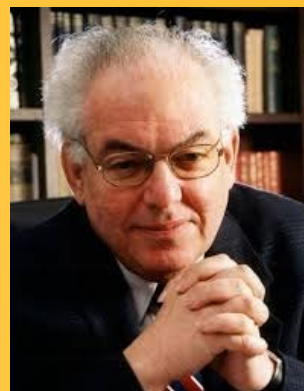
WEEKLY PARSHA LUNCH & LEARN

Rabbi Freundlich's "Lunch and Learn" Class takes place on Wednesdays. Light buffet lunch is served at 11:30am; class begins at 12:15pm. \$10 at the door for lunch, no charge for class. A recording of the class is also available via email - please contact Rabbi Freundlich if you'd like to receive a copy each week.

SPECIAL LECTURE "RABBI DAVID HARTMAN: BETWEEN SCHOOL AND SHUL"

THURSDAY NOVEMBER 7 AT 8:00PM

FEATURING RABBI ERIC GROSSMAN
HEAD OF SCHOOL, AKIVA SCHOOL



The radical philosophy of Rabbi Hartman that compelled him to create both institutions. Rabbi David Hartman z"l served as Rabbi of Congregation TBJ from 1960-1971 prior to moving to Israel and founding the Hartman Institute. Rabbi Hartman also founded the Akiva School in 1968.

Congregation Tifereth Beth David Jerusalem
continues its MiniMed medical education series.

Hear from TBDJ's current and future medical talent.

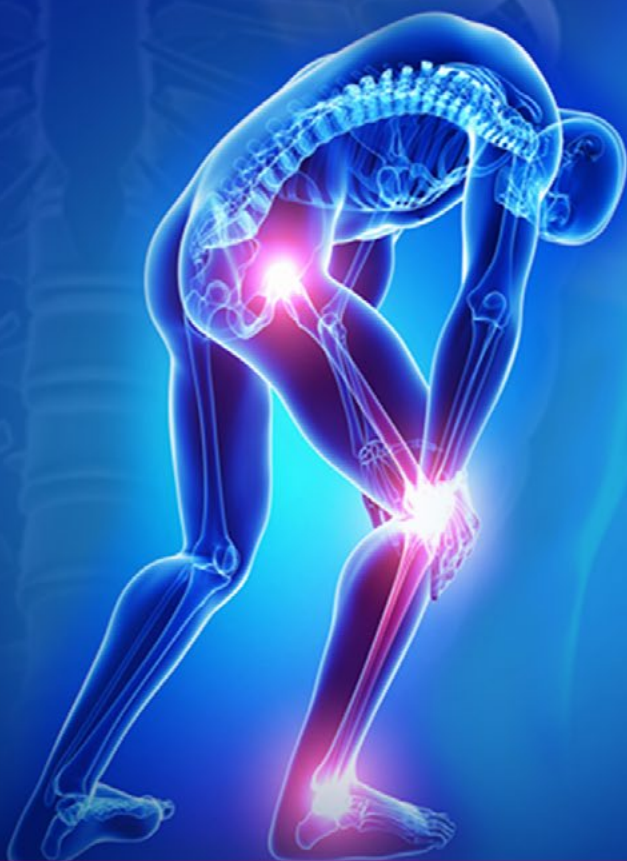
My Bones and Joints Hurt! What Can I Do About It?

Saturday Night, November 23, 7:30pm



Event Moderator: **Dr. David Zukor**
Chief of Orthopedic Surgery at the Jewish General Hospital
Associate Professor of Surgery at McGill University

Featuring special guest: **Dr. Ruth Chaytor**
Assistant Professor of Surgery at McGill University,
Chief of Foot and Ankle Surgery for McGill University and
leading expert in diabetic foot care



The focus of the presentations will be broken down into three themes:

- Treatment of arthritis, hip and knee replacements, and hip fractures
- Foot problems
- Common injuries

Similar to last year's successful *MiniMed: Cardiology* event, TBDJ medical school students will present and participate on the panel.

There will be a question and answer period at the conclusion of the event.

Admission is free of charge.



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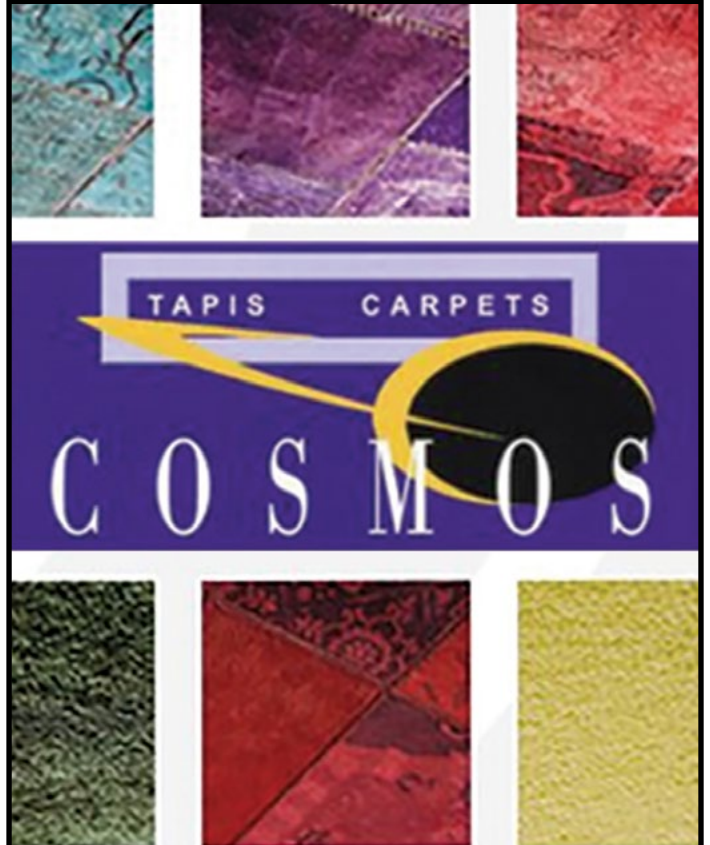
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