

Mr. Ghassan N. Cohen
Hon. President
079 8938 7881
Ghassancohen@gmail.com

ק"ק אהל דוד

OHEL DAVID EASTERN SYNAGOGUE

Established 1959

4-14 Broad Walk Lane, London NW11 8HD

Rabbi Asher Sebbag -- 07732 731786

Hazan: Jacob Oved - 07971 119865

Telephone: 020 8455 3491

Web site: www.oheldavid.org Email: info@oheldavid.org

Mr. David Gigi
Treasurer
Mr. Adil Darwish
Hon. Gubbay



Shabbat Noah

שבת פ' נח

Sat. 1 - 2 Nov. 2018 - 4th of Cheshvan, 5780 -

ד' בחשוון תש"פ

Issue Number 924

Baal Koreh <i>Yom Shabbat Kodesh</i>	Rabbi Asher Sebbag	(Page-30).
Mufteer & Haftarah	Mr Yossi Sebbag	(Page -1131).

Shir Hashirim, Mincha, Kabalat Shabbat & Arbit.	16:00
Shabbat Candles.	16:18
Shabbat Shahrit - Followed by Kiddush. (Shema 8:28).	08:30
Daf Hayomi with Rabbi Asher Sebbag Shlit"a.	*
Mincha Shabbat - Followed by Seuda Shelishit. (*) (Sunset - 16:31).	16:00
Arbit Motzei Shabbat.	17:24
Shahrit Weekday - (Sunday - 7:30).	6:30
Mincha & Arbit.	16:00
Daf Hayomi with Rabbi Asher Sebbag Shlit"a.	16:30
Next Friday: Shir Hashirim, Mincha, Kabalat Shabbat & Arbit.	15:50
Next Friday: Candles. Shabbat. Lech Lecha	16:06

Noach 5780 (Genesis 6:9-11:32)

Oct 28, 2019 | by [Rabbi Kalman Packouz](#)

GOOD MORNING! If you had one prayer that you wanted the Almighty to fulfill, what would it be? Would it be wealth, fame, success? Judging by the people I meet, invariably they tell me, "Rabbi, if you have good health, you have everything!"

About 2,000 years ago the Sages redacted the *Shemoneh Esey* (also called the *Amidah*) -- the prayer we pray three times a day. It has 3 sections: 1) Praises of the Almighty (we should recognize the Source of all our blessings) 2) Personal and National requests 3) Thanks to the Almighty for all that He has given us.

What do you think the first request the Rabbis instructed us to ask from the Almighty each day? Wisdom! The Almighty should grant us the ability to think, to make distinctions, gain insights and to make decisions with wisdom.

Why not ask for health first? Many years ago I asked my teacher, Rabbi Noah Weinberg, of blessed memory, that question. He replied, "What would you say if I told you about a person I know who is over 100 years old and in perfect health?" After I replied that it sounded fabulous, he asked, "And what would you say if I told you that he's been in a coma for 30 years? There is more to life than

physical health. Whatever the Almighty gives you -- including health challenges -- is your opportunity to fulfill your purpose in this world for spiritual growth and character refinement. For that, you need awareness and the ability to think."

The Almighty is constantly speaking to us. Whatever happens to us, who we meet, what we see -- these are messages. It is up to us to be aware and to think about our lives and how we are progressing in all aspects of our life and our relations. I once saw a beautiful quote: There are 3 types of people: 1) Those who make things happen. 2) Those who watch things happen. 3) Those who ask, "What happened?"

One tool to build awareness and to aid in personal growth is to make a daily accounting before you go to sleep. Growth and accomplishment only comes through focus and effort. Each day ask yourself: 1) What am I living for? 2) What did I do towards my goal today? 3) What did I do away from my goal today? 4) What is a better goal to work towards? 5) What do I have in my life for which I should be grateful? If you do this, you will find that you will have more appreciation of life and greater accomplishment.

This week's Torah portion is Noah. The following anonymous piece was sent to me which I edited. Perhaps it's a bit whimsical, but

hopefully it will encourage you to think about what you see, what you read, what you do -- and to ask, "What can I learn from this?"

LESSONS FROM NOAH'S ARK

Don't miss the boat.

Build on high ground.

If you can't fight or flee - float!!

For safety's sake, travel in pairs.

Stay below deck during the storm.

Don't forget that we're all in the same boat.

Don't listen to critics - do what has to be done.

If you have to start over, have a friend by your side.

Plan ahead ... It wasn't raining when Noah built the ark.

Take care of your animals as if they were the last ones on earth.

When things get really deep, don't sit there and complain - shovel!!!

Remember the woodpeckers. An inside threat is often bigger than the one outside.

Speed isn't always an advantage. The cheetahs were on board but ... so were the snails.

Stay fit. When you're 600 years old, someone might ask you to do something REALLY big.



TORAH PORTION OF THE WEEK

Noah, Genesis 6:9 - 11:32

The story of one righteous man in an evil generation. The Almighty commands Noah to build the ark on a hill far from the water. He built it over

a period of 120 years. People deride Noah and ask him, "Why are you building a boat on a hill?" Noah explains that there will be a flood if people do not correct their ways. (According to the comedian Bill Cosby, Noah would ask "How long can you tread water?") We see from this the patience of the Almighty for people to correct their ways and the genius of arousing people's curiosity so that they will ask a question and, hopefully, hear the answer.

The generation does not do *Teshuva*, returning from their evil ways, and God brings a flood for 40 days. They leave the ark 365 days later when the earth has once again become habitable. The Almighty makes a covenant and makes the rainbow the sign of the covenant that He will never destroy all of life again by water (hence, James Baldwin's book, *The Fire Next Time*). When one sees a rainbow it is an omen to do *Teshuva* - to recognize the mistakes you are making in life, regret them, correct them/make restitution, and ask for forgiveness from anyone you have wronged as well as from the Almighty.

Noah plants a vineyard, gets drunk and then occurs the mysterious incident in the tent after which Noah curses his grandson Canaan. The Torah portion concludes with the story of the Tower of Babel and then a genealogy from Noah's son, Shem, to Abram (Abraham).

Dvar Torah

based on [Growth Through Torah](#) by Rabbi Zelig Pliskin

The Torah states:

"Noah was a completely righteous man in his generation" (Gen. 6:9).

The Talmud, Tractate Sanhedrin 108a, is bothered by the seemingly superfluous words "in his generation." What are these extra words coming to teach us?

There are two opinions: 1) Praise of Noah. Even in an evil generation he was righteous. However, if he were in a righteous generation, he would have been even more righteous. 2) Denigration of Noah. In his own generation he was considered righteous, but had he lived in Avraham's generation he would not have been considered righteous in comparison to Avraham.

The Chasam Sofer, a great rabbi, explained that there really is no argument between the two opinions. If Noah would have stayed the way he was in his own generation, then in Avraham's generation he would not have been considered that righteous. However, the reality is that Noah would have been influenced by Avraham and have reached even greater heights of righteousness.

What do we learn from this? We are all affected by our environment. When we are close to people of good character, we are automatically

influenced in positive directions. Choose well your friends and your community -- they strongly impact your life!



Shabbat Shalom,
Kalman
Rabbi Kalman
Packouz

Hot Kiddush presented: The Cohen family in memory of their dear mother **Saida** bat Leah ה"ע, together with the Hannuna Family in honour of the Bar Mitzvah Parasha of Shimshon Moshe Ben Shalom.

Mazal tov to: Etty Harris and her family on the marriage of her son Andrew to Gabriella the daughter of Ruthanne Sireling. We wish both families great happiness.

Mazel tov to: Rabbi Jonathan and Raya Tawil on the Bar Mitzvah of their dear son Moshe.

Special prayers: There will be special prayers held for the late Linda Lyons (Shuker) on Wednesday 6th November 2019 at Ohel David Synagogue. Arbith will be held at 19.30 followed by eulogies and Berachot. Everyone is welcome.

Seuda Shelishi presented: by Dr Kelly Y. Saltoun in memory of his late father **Shaoul** ben Yecheskel ז"ל.

Security Alert: Please be very vigilant when you leave the Synagogue. Do not stand in groups and chat, go home without gathering on the main road. Be safe and alert.

Kolel every Sunday: We are still having a Kolel every Sunday at the Synagogue hall from 09.30am - 12.00pm. Everyone is welcome.

THE KEHILLA WISHES חיים ארוכים "LONG LIFE"
TO THE FOLLOWING WHO HAVE YAHRZEIT

03 Heshvan - Mr Yakdhan Cohen	15 Heshvan - Mr Ernest Elias
03 Heshvan - Mr Ghassan Cohen	20 Heshvan - Mr Ezra H. Eddie Cohen
03 Heshvan - Mr Dhia Cohen	20 Heshvan - Mr Abraham S. Cohen
03 Heshvan - Mr Asad Cohen	21 Heshvan - Mr Adil S. Darwish
04 Heshvan - Mrs Judith Silas	22 Heshvan - Mr Nadir Baher
05 Heshvan - Mr Nadir Baher	23 Heshvan - Mrs Florance Suskin
07 Heshvan - Dr Y. Kelly Saltoun	23 Heshvan - Mr Joseph Laniado
07 Heshvan - Mr Yossi Tamman	26 Heshvan - Mr Yakdhan Cohen
09 Heshvan - Mr Eliot M. Cohen	26 Heshvan - Mr Ghassan Cohen
09 Heshvan - Mr Yossi Tamman	26 Heshvan - Mr Dhia Cohen
12 Heshvan - Dr Maurice Gubbay	26 Heshvan - Mr Asad Cohen
13 Heshvan - Mr Jack G. Fattal	27 Heshvan - Mr Yossi Tamman
13 Heshvan - Mr Harry Fattal	28 Heshvan - Mr Joseph Laniado
13 Heshvan - Mr Meir Fattal	28 Heshvan - Mrs Helen Georgy
15 Heshvan - Mrs Judith Silas	

Quote of the Week

Your purpose is the essence of who you are.