

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 - Mattot Masei,

שבת חזון פ' מטות-מסעי

Sat. 2 - 3 Aug. 2019 - 2nd of Av, 5779 -

ב' באב תשע"ט

Issue Number 909

Baal Koreh	Mr Aaron Shalom Joshua	(Page - 900).
Mufteer & Haftarah	Mr Aaron Shalom Joshua	(Page - 1193).

Shir Hashirim, Mincha, Kabalat Shabbat & Arbit. 19:00

Shabbat Candles. 20:32

Shabbat Shahrit - Followed by Kiddush. (Shema 8:40). 08:30

Daf Hayomi with Rabbi Asher Sebbag Shlit"a. 19:10

Mincha Shabbat - Followed by Seuda Shlishit. (Sunset - 20:46). 20:10

Arbit Motzei Shabbat. 21:48

Shahrit Weekday - (Sunday - 07:30). 06:30

Daf Hayomi with Rabbi Asher Sebbag Shlit"a. 18:30

Mincha & Arbit. 19:15

Next Friday: Shir Hashirim, Mincha, Kabalat Shabbat & Arbit. 19:00

Next Friday: Candles. **Shabbat Chazon. Devarim** 20:20

## **Matot** 5779 (Numbers 30:2-32:42)

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

**GOOD MORNING!** Would you like to be great? Our sages tell us that if we want to be great, we should do a nightly *cheshbon hanefesh*, an accounting of our deeds. Before you go to bed, sit for a few minutes in the quiet and ask yourself (and answer) four questions: 1) What am I living for? 2) What did I do towards my goal today? 3) What did I do counter to my goal today? 4) What is something that is more important to live for? Do that every night before you go to sleep and you have a

guarantee of making more out of your life.

**There is** an old witticism, "Remember, you are unique -- just like everyone else." While each and every human being is precious and special, there are inner aspirations which are common to all of us. To reach your potential -- to be all that you can be and to get the most out of life -- it is important to recognize and understand the universal needs and desires common to mankind. If you recognize that these are beliefs and values that are a part of you, then you can lead your life towards greater fulfillment by focussing on them.

## The Universal Beliefs Common to Mankind

1. **We All Need Meaning.** Did you ever ask yourself, "What is it all about?" "What is the point of it all?" Life is more than contentment. No one aspires to emulate a cow contented to graze and lie in the sun.
2. **We Are Not Fulfilling Our Potential.** No matter what we accomplish, we feel we could do more. We feel that we have a greater potential than doing just the mundane.
3. **We All Want To Be Great.** Nobody wants to be mediocre. We want to be special.
4. **We Turn To God For Help.** If you turn to God in a pinch, then don't wait for the pinch. Ask yourself, "How do I develop a relationship with the Almighty?" and "What does God want me to do with my life to reach my potential?"
5. **We Want To Be Good.** People are willing to die to be good. If there is something you would be willing to die for, then it is worth living for it. Figure out what you should be living for.
6. **We Feel Responsible For the World.** If you ask someone, "What are you doing to stop the genocide in Africa?" he'll answer,

"What can I do about it?" He won't say, "It's not my problem." Everyone knows that it's our problem. Everyone knows that we are responsible for the world and others ... we just don't know what to do or are overwhelmed by the responsibility.

## Questions to Help You Get in Touch With Your Life Goals:

1. You dreamed at 20 what you would like to do or be. Are you living that dream?
2. What would you want said at your eulogy?
3. Who is your hero? Why?
4. When do you feel most meaningful?
5. If you could make a difference, what would you do?

**Combine** the Universal Beliefs of Mankind and the above questions with the nightly accounting ... and you will be on your way to greatness ... and a much more meaningful life!



## TORAH PORTION OF THE WEEK

**Matos and Masei, Numbers 30:2  
- 36:13**

**Matos** includes the laws of making and annulling vows, the surprise attack on Midian (the '67

War wasn't the Jewish people's first surprise attack!) in retribution for the devastation the Midianites wreaked upon the Jewish people, the purification after the war of people and vessels, dedicating a portion of the spoils to the communal good (perhaps the first Federation campaign), the request of the tribes of Reuben and Gad for their portion of land to be east of the Jordan river (yes, Trans-Jordan/Jordan is also part of the Biblical land of Israel). Moshe objects to the request because he thinks the tribes will not take part in the conquering of the land of Israel; the tribes clarify that they will be the advance troops in the attack and thus receive permission.

**Masei** includes the complete list of journeys in the desert (the name of each stop hints at a deeper meaning, a lesson learned there). God commands to drive out the land's inhabitants, to destroy their idols and to divide the land by a lottery system. God establishes the borders of the Land of Israel. New leadership is appointed, cities of the Levites and Cities of Refuge (where an accidental murderer may seek asylum) are designated. Lastly, the laws are set forth regarding accidental and willful murder as well as inheritance laws only for that generation regarding property

of a couple where each came from a different tribe.

\* \* \*

**Dvar Torah**  
*from Twerski on Chumash by*  
*Rabbi Abraham J. Twerski, M.D.*

**The Torah** states:

"These are the journeys of the Children of Israel ... Moses wrote their goings forth according to their journeys" (Numbers 33:1-2).

**The Torah** commentaries say that the enumeration of the journeys and encampments was to review all that had transpired during the forty years in the desert. The names listed are not necessarily the names of the places, but hints as to what the people did in those places.

**A person** who has a purpose and goal in life will pause every now and then to assess how much he has accomplished toward reaching his objective.

**Many tzaddikim**, (righteous people) did an accounting every night to see what they accomplished during that day and to correct whatever deficiencies they discovered.

**So it** was with Moses at the end of the forty years in the desert. The Israelites were about to enter the Holy Land and he was about to turn over the leadership to Joshua. The period of his stewardship had come



to a close. It was time to see what Moses and the Israelites had achieved during the past forty years, hence the meticulous review of the journeys and encampments and what had transpired in each place.

**If we** are serious about achieving a goal in our lives we

must periodically take inventory. What have we accomplished? How can we better use our time?



Shabbat Shalom,  
*Kalman*  
Rabbi Kalman  
Packouz

**Mazel tov to:** Gilda Nagar, grandmother to the new arrival baby girl, we extended our mazel tov to the parents Charlotte and Rodney Nagar.

**Hot Kiddush:** Michael & Judith Joshua is sponsoring the Hot Kiddush in the honour of their son Aaron Shalom Birthday, and all are welcome.

**Ladies Gallery:** We are starting the plan for Ladies Gallery and we need your support, you can call Ghassan, David or Moshe for any update.

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

ברוכים הבאים

Welcome to all who are visiting our Kehilla this Shabbat if you would like to enjoy a Shabbat meal at home of one of our members, please approach the honorary officers and they will be pleased to arrange this for you.

**A message to those saying Kaddish:** please gather behind the TEBBA and recite the Kaddish together. As it will be a good help to the new Kaddish readers.

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

10 Av Mr William Abner

17 Av Mr Kelly Saltoun

10 Av Mrs Vera Wegscheider

20 Av Mr Dr. Maurice Gubbay

11 Av Mr Dr. Maurice Gubbay

21 Av Mr William Yadid

14 Av Mr Sabah Shamash

28 Av Mrs Victoria Shuker

16 Av Mrs Edna Duke

30 Av Mr Meir Lanyado

Quote of the Week

**Discipline trumps motivation!**