

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



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 - Ekev,

שבת פ' עקב

Sat. 23 - 24 Aug. 2019 - 23rd of Av, 5779 -

כ"ג באב תשע"ט

Issue Number 912

Baal Koreh	Mr Jacob Oved	(Page - 980).
Mufteer & Haftarah	Mr David Gigi (Pres. by Meir O. Carmelli)	(Page - 1197).

Hatarat Nedarim Fri. 30 Aug. 2019, 29 Av 5779 - after Shaharit Approx. 7:35. התרת נדרים - ביום ששי כט באב תשע"ט - 30 אוג. 2019, אחרי תפילת שחרית בערך 7:35.

Shir Hashirim, Mincha, Kabalat Shabbat & Arbit.	19:00
Shabbat Candles.	19:52
Shabbat Shahrit - Followed by Kiddush. (Shema 8:54).	08:30
Mincha Shabbat -. (Sunset - 20:05).	19:25
Arbit Motzei Shabbat.	21:00
Shahrit Weekday - (Sunday - 07:30).	06:30
Mincha & Arbit.	19:15
Next Friday: Shir Hashirim, Mincha, Kabalat Shabbat & Arbit.	19:00
Next Friday: Candles. Shabbat & Rosh Chodesh. Re'eh	19:37

Ekev 5779 (Deuteronomy 7:12-11:25)

Aug 18, 2019 | by [Rabbi Kalman Packouz](#)

GOOD MORNING! What is true spirituality? My beloved friend, Rabbi Avraham Goldhar, who has a revolutionary approach to helping kids get better grades with less study time in both secular and Jewish studies (GoldharMethod.com) came up with the following paradigm of attributes to clarify the definition of spirituality. Put a check mark by one attribute from each pair that you think is more spiritual:

1. Emotion.....Intellect
2. Kindness.....Justice
3. Community.....Solitude
4. God.....Nature

5. Serenity.....Challenge

Now, if you want to try something interesting, put an "x" mark by each attribute that you associate with the Jewish people.

What is fascinating is that most people associate spirituality with emotion, kindness, solitude, nature, and serenity ... and the Jewish people with intellect, justice, community, God, and challenge. The reason is that we have an Eastern notion of spirituality -- an all encompassing emotional bliss connecting with the universe. The Jewish approach to spirituality is based on fulfilling a purpose, to fix the world (*tikun olom*)

-- which requires intellect, justice, community, God, and challenge.

For the Jew, intellect is to be channeled into emotion - emotions can't rule you; you must do the right thing. Justice provides for a world of kindness. A society has to be willing to identify rights and wrongs and stand up to evil. If not, one can attempt to do kindness, but end up enabling evil. Community provides you with an understanding of who you are - a member of a people - even when you are alone, you are still part of something more. Realizing that there is a Creator and having a relationship with the Creator makes the natural much more profound. This world is a veiled reality with the Creator behind it. People can only receive serenity when they live up to their challenges; otherwise, they are tormented in their pursuit of serenity by not living up to their potential.

There was once a Jewish girl who stopped in Israel on her way to India to seek spirituality. Friends suggested that she go to Neve Yerushalayim to take a class and give Judaism one last shot before seeking other pathways to spirituality. The one class happened to be studying the laws regarding returning a lost item -- when is an item considered lost, what if the person gave up hope of its return, what constitutes a legitimate identifying mark to claim the item, to what extent and cost of time and money are you obligated for returning the item... The girl was furious! This is NOT

spirituality. She left in a huff and headed off to India.

Six months later she and her guru were discussing a philosophical matter while walking through the village. They came upon a wallet filled with rupees. The guru picked it up, put it in his pocket and continued on with his point. The girl interrupted him and asked, "Aren't you going to see if there is identification in the wallet to return it?" The guru replied, "No. It was his *karma* that he lost it; it's my *karma* that I found it. It's mine." The girl implored, "But, he might have a large family and that might be his monthly earnings ... they could starve if you don't return it!" The guru responded, "That is their *karma*."

The young lady then remembered the class she took in Jerusalem - and realized that spirituality without justice, kindness, and concern for others is just a false spiritual high, corrupt emotion. She returned to Jerusalem and ultimately returned to her Torah heritage.

The Torah gives us great insight on spirituality. The Almighty appears to Avraham on the third day following his *Bris Mila* (circumcision of the covenant). In the middle of their conversation, Avraham sees three men approaching and wishes to offer hospitality. He says to the Almighty, "My Lord, if I have found favor in Your eyes, do not go away from Your servant" (Genesis 18:3). Avraham is

asking the Almighty to "wait on hold" while he goes to take care of three mortals? How can this be? What can be greater spirituality than talking with God?

The answer is given in the Talmud (Shevuos 35b, Shabbos 127a), "Hospitality to travelers is greater than receiving the Divine Presence" -- better to be like God than to talk with God! Better to take responsibility for the world and its inhabitants, than to commune with God. That is true spirituality ... to be God-like -- and that is why one needs intellect, justice, community, God, and challenge if one truly wants genuine spirituality!



TORAH PORTION OF THE WEEK

Aikev, Deuteronomy 7:12 -11:25

Moshe continues his discourse guaranteeing the Jewish people prosperity and good health if they follow the *mitzvot*, the commandments. He reminds us to look at our history and to know that we can and should trust in God. However, we should be careful so that we are not distracted by our material success, lest we forget and ignore God.

Moshe warns us against idolatry (the definition of idolatry is the belief that anything other than God has power) and against self-righteousness ("Do not say because of my virtue that God brought me to occupy this land ...

but because of the wickedness of these nations that God is driving them out before you"). He then details our rebellions against God during the 40 years in the desert and the giving of the Second Tablets (Moshe broke the first Tablets containing the Ten Commandments during the sin of the Golden Calf).

This week's portion dispels a common misconception. People think that "Man does not live by bread alone" means that a person needs additional foods beyond bread to survive. The quotation in its entirety is, "Man does not live by bread alone ... but by all that comes out of God's mouth" (Deut. 8:3).

The Torah then answers a question which every human being has asked of himself: What does God want of you? "Only that you remain in awe of God your Lord, so that you will follow all His paths and love Him, serving God your Lord with all your heart and with all your soul. You must keep God's commandments and decrees ... so that all good will be yours" (Deut. 10:12).

* * *

Dvar Torah

*based on Growth Through Torah by
Rabbi Zelig Pliskin*

The Torah states:

"And you shall eat and be satisfied and bless the Almighty, your God, for the good land which He gave you. Guard yourself lest you forget the Lord, your God, and do not observe His

commandments and His laws and His statutes which I command you this day" (Deut 8:10-11).

What lesson for life are we to learn from the juxtaposition of these two verses?

In the blessings we make after eating a meal, in addition to thanking the Almighty for the land of Israel, the Sages have included thanking Him for the Covenant with Him and for the Torah which He gave us. This ensures that we focus on a Higher level, rather just the food and materialism -- which would cause us to forget the Almighty.

Therefore, this is the lesson we learn from the juxtaposition of these two verses: If you will eat and are satisfied and bless the Almighty for just the land itself -- then (verse 11) you must be on guard not to forget the Almighty and His commandments (Chasam Sofer; Toras Moshe). When you eat in order to live and live in order to do good deeds, then your eating is elevated to a spiritual level!



Shabbat Shalom,
Kalman
Rabbi Kalman
Packouz

Mazel tov: to Yakthan and Fareidah Cohen on the new grandson, the son of Naim and Shontal we extend the Mazel tov to Ronit and David Shamash.

Happy Birthday: to David Gigi we wish him many happy return, ad 120.

The Yarsite for the father of Jimmy Obadia, (the late Rouben Obadia ז"ל) will be at Lauderdale Synagogue on Sunday 15th September at 19.00.

Seuda Shelishit: sponsor by Jacob Oved יה"ו, in memory of his late mother **Margatet** bat Rachel ה"ע.

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.

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 ”

If you want happiness --
don't seek happiness. Seek meaning.