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## Shabbat Vayeitzei

Sat. 6 - 7 Dec. 2019 - 9th of Kislev, 5780

ט"ו בכסלו תש"פ

שבת פ' ויצא

Issue Number 929

Baal Koreh <i>Yom Shabbat Kodesh</i>	Rabbi Asher Sebbag	(Page-144).
Mufteer & Haftarah	Rabbi Asher Sebbag (Pres. by Daniel Shemtov)	(Page -1139).

## Birkat Halevana

ברכת הלבנה

Shir Hashirim, Mincha, Kabbalat Shabbat & Arbit.	15:30
Shabbat Candles.	15:37
Shabbat Shahrit - Followed by Kiddush. (Shema 9:48).	08:30
Daf Hayomi with Rabbi Asher Sebbag Shlit"a.	*
Mincha Shabbat - Followed by Seuda Shelishit. (*) (Sunset - 15:51).	15:20
Arbit Motzei Shabbat.	16:50
Shahrit Weekday - (Sunday - 7:30).	6:30
Mincha & Arbit.	15:30
Daf Hayomi with Rabbi Asher Sebbag Shlit"a.	16:00
Next Friday: Shir Hashirim, Mincha, Kabbalat Shabbat & Arbit.	15:30
Next Friday: Candles. <b>Shabbat. Vayishlach</b>	15:35

## Vayetzei 5780 (Genesis 28:10-32:3)

Dec 1, 2019 | by [Rabbi Yitzchak Zweig](#)

**GOOD MORNING!** This morning I was reflecting on the name "Shabbat Shalom Fax" that Rabbi Packouz, of blessed memory, chose to name his weekly publication. While it is true that he originally intended it to be read on Shabbat, I believe there is a deeper message here as well.

**We live** in hectic times. Perhaps more hectic, intense, frenzied, and pressure-filled than any other time in history. The worst part is that we actually do this to ourselves! We are absolutely glued to our technology - our cell phones, tablets, and computers are

constantly spewing out emails, texts, and alerts from social media and news outlets and that is just the tip of the iceberg. Every one of these messages demands that we pay attention NOW! In fact, if we don't answer a text, email, or instant message immediately, the sender often thinks something horrible has happened to us.

**Thus,** we are connected 24 hours a day. We are tethered to technology at work, at home, and most disturbingly in our bedrooms and bathrooms. Frankly, it's exhausting. Even worse, studies show that this constant barrage has disconnected us from the essence of who we are because we no longer spend time with our inner selves. The younger

generation has also lost meaningful communication skills and social media depresses them as they wonder why their life isn't as happy and fulfilling as everyone else's.

**Twenty-five** years ago, I used to explain to my uneducated friends that Shabbat observance means dedicating one's time to be with family and friends and going to synagogue to personally connect with the Almighty. Additionally, in order to properly focus, we are prohibited from answering the phone, getting in the car, turning on lights, or watching television. My friends used to look at me cross eyed; "You mean I cannot watch the playoffs or go to the mall on Saturdays?!? That's NOT for me!"

**Today**, the attitude has shifted 180 degrees. Now they say; "You mean every week for 24 hours you are totally off the grid? That's brilliant! Who ever thought of such a concept?"

**For thousands** of years the Jewish people have had the secret to balancing life - Shabbat! One day a week from before sunset on Friday to after the stars come out Saturday night the Jewish people have celebrated Shabbat ("*Shabbat*" in Sephardic pronunciation of Hebrew; "*Sabbath*" in English). For 24 hours, no phone calls, texts, emails, or social media. No traffic, no rushing around. Shabbat is a time to reconnect to the Almighty, to all things spiritual and to put the material world in proper perspective. For as the Almighty said, "You shall observe My Sabbaths for it is a sign between Me and you for all generations to know that I am the Lord, Who makes you holy" (Exodus 31:13).

**It used** to be that the norm for the Jewish people was to celebrate and observe the Shabbat. The declination in observance is not because we know more or are better educated in our heritage than our ancestors. Perhaps in secular knowledge we know more than our forebearers, but a Jew in our age can have a Ph.D. in physics and be on a kindergarten level in his Torah knowledge.

**I'd like** to paint a picture of what Shabbat is like in the mind of a Shabbat observer: All week long it's work hard, run around, accomplish ... but in the back of one's mind it's 4 days to Shabbat, it's 3 days to Shabbat, it's 2 days to Shabbat, tomorrow's Shabbat! And then on Friday, we look forward to finishing off the day's work in time to come home in time to shower, change into Shabbat clothes, and help with the last minute preparations.

**Eighteen** minutes before sunset, the candles are lit and if it's a mother who is lighting them she will say a special prayer and then give each of her children a blessing. A sense of peace spreads over the household. A special quiet. A spiritual warmth. That's it; the work week is over. Whatever was supposed to be accomplished was accomplished. What didn't get accomplished will just have to wait until Shabbat is over.

**Shabbat** has been called an Island in Time ... peace and tranquility, a time for family and friends. A time that puts life in perspective. The Friday night meal starts with the kiddush prayer said over wine or grape juice. Then comes the motzie, the blessing for bread over the two challahs. Why two challahs? The

Torah tells us that on Shabbat during the 40 years in the desert, we received a double portion of manna on Friday to last through Shabbat. The meal may go on for two to three hours starting with questions for the kids on the week's Torah portion, special Shabbat songs, words of Torah giving insights into life ... and talking and being with the ones you love! And all of that punctuated by delicious courses of food - soup, fish, salad, chicken, kugels, drinks, desserts. Shabbat is special and every effort goes into making it special, particularly the food.

**Want to** bring Shabbat into your life? The easiest way is to find a Shabbat observant friend and ask him if you could come for a meal. Don't be hesitant. He will be thrilled that you ask! Avraham, our forefather, had a tent with 4 doors open to all directions so that passersby could come for a meal. He instilled the value of kindness and hospitality into our Jewish nature. Probably if a friend asked if he could come to your home for a meal with your family, you would be happy; don't think your friend's reaction would be any less than yours! As you see how different families celebrate the Shabbat, you can incorporate into your own Shabbat celebration the foods, customs, and even songs.

**I find** it very meaningful that this publication is called the Shabbat Shalom Fax. As you may know, the Hebrew word *Shalom* has a few meanings - hello, goodbye, and peace. But did you know that our rabbis teach us that *Shalom* is also one of the names that refer to the Almighty? The word *Shalom* comes from the root word "*Shalem*," which

means "whole." This is why the word naturally refers to peace - because true peace comes from a united whole. Therefore, the term "*Shabbat Shalom*" may be understood to refer to the unification ushered in on Shabbat; reconnecting to the Almighty, to ourselves, our family and friends, and our larger community. The very purpose of this publication is to accomplish all of these larger goals, thus it is called the "Shabbat Shalom Fax."



## TORAH PORTION OF THE WEEK

### Vayetzei, Genesis 28:10 - 32:3

**This week** we have the trials and tribulations of Jacob living with and working for his father-in-law, Laban. Jacob agreed to work as a shepherd 7 years for Rachel only to have Laban switch daughters on him at the marriage ceremony. This is why we have the *badekin* ('covering' ceremony) where the groom sees the face of his bride to ensure he is marrying the right woman before he covers her with the veil.

**As Jacob** tries to build his equity, Laban changes their agreement time after time. After 20 years, the Almighty tells Jacob the time has come to return to the land of Canaan. Jacob and his household secretly leave only to be pursued by Laban who has claims to put forth. The story ends with peace and blessings between Jacob and Laban.



In loving memory of  
Rabbi Kalman Packouz  
Kalman Moshe ben  
Reuven Avigdor  
1950-2019  
*Shabbat Shalom,*  
Rabbi Yitzchak Zweig



**Hanukah candle lightening:** 5780-2019 Our president Mr Ghassan Cohen will be lightening candle No.7 Motzei Shabbat, 28<sup>th</sup> December. It would be great to see all the community. The event starts at 7pm, opposite Golders Green Station. There will be lots of whiskey and fresh doughnuts.

**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 Kislev Mr Solly Yona	19 Kislev Mr Adel Darwish
04 Kislev Dr. Stephen Mark Cohen	20 Kislev Mr Moses Jacob
04 Kislev Mrs Hannah Cohen	20 Kislev Mr Isaac Cohen
06 Kislev Mr Tony Silver	25 Kislev Mr Moses Jacob
12 Kislev Mr Benny Benaiah	27 Kislev Miss Nancy Dwek
14 Kislev Dr Maurice Gubbay	28 Kislev Mr Azouri Attar
14 Kislev Mr Nadhim Mouallim	28 Kislev Mr Mayer Attar
17 Kislev Mrs Helen Georgy	

Quote of the Week

Any problem that can be solved with money isn't really a problem!

**Join Prof Eliyahu Kelman**

on Sunday the 15<sup>th</sup> of December at 7 till 8.30 pm

**THE BLUE ENERGY WAVE and part 2 of LIVING IN PARALLEL UNIVERSES**

We will create a longer and meaningful **Reflection-Conbnection -Mind Direction**  
Exercise Down to earth practical insights dealing with challenges and people in your  
life Ohel David entrance fee donation of £5 to cover synagogue expenses  
Refreshments served



The 13<sup>th</sup> Global **Siyum HaShas** סיום הש"ס  
of  
**Daf Yomi** 2020  
On Thursday - 9<sup>th</sup> January 2020  
The 13<sup>th</sup> of Tevet 5780  
at Ohel David Eastern Synagogue at 7.00pm

The President, the committee, and our Rabbi A. Sebbag Shlita  
Of Ohel David eastern synagogue,  
invite you to celebrate  
The **Siyum Hashas** 2020.  
We will celebrate with 'Seudat Mitzvah'  
At the price of £15 per person.

To reserve a place ,Please call Kelly Saltoun on 07836389058  
**The list will be closed on 18 of December 2019**