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## Shabbat P. Chayei Sarah..

Sat. 10 - 11 Nov. 2017 - 22nd of Cheshvan, 5778 -

כב מרחשון תשע"ח

שבת פ' חיי שרה

Issue Number 819

Baal Koreh	Mr Netanel Abras & Mr Benjamin Baruch	(Page-109).
Mufteer & Haftarah	Mr Solly Judah	(Page -1136).

Shir Hashirim, Mincha, Kabbalat Shabbat & Arbit. 15:45

Shabbat Candles. 16:02

Shabbat Shahrit - Followed by Kiddush. (Shema 8:52). 08:30

Mincha Shabbat Followed by Seuda Shlishit. \* (Sunset - 16:16). 15:30

Daf Hayomi with Rabbi Asher Sebbag Shlit"a. \*

Arbit Motzei Shabbat followed by Havdalah. 17:10

Shahrit Weekday - (Mon. & Thu. - 06:40) (Sunday & B/H - 07:30). 06:45

Mincha & Arbit 15:50

Daf Hayomi with Rabbi Asher Sebbag Shlit"a. 16:30

Next Shabbat: Shir Hashirim, Mincha, Kabbalat Shabbat & Arbit. 15:35

Next Shabbat: Candles. **P. Toldot.** 15:52

## **Chayei Sarah** (Genesis 23:1-25:18)

Chayei Sarah 5778

**GOOD MORNING!** Life is full of stress -- paying bills, the job, one's spouse and kids ... and it goes on from there! How do we deal with stress? Of course, there is the obvious -- eating healthy food, exercising, getting 8 hours of sleep. (I recently read that if you don't get 8 hours of sleep that it cuts 7 years off of your life span -- I wonder, how do they figure that out?)

**Meditation** can also be a big help. Rabbi Aryeh Kaplan wrote Jewish Meditation: A Practical Guide -- which you may wish to pick up. Even slow breathing -- big breaths in through the nose, hold it in your lungs

for a few seconds and then out through the mouth, will help!

**Then there** is one's attitude in life and on life. I came across the following little poem which would probably look good on your refrigerator...

For every ailment under the sun,  
There's a remedy or there's none.  
If there's one, find it; If there's none,  
never mind it.

**Life** has its challenges and how we deal with them determines our level of stress. We all believe in and rely on something -- our intelligence, our power, our connections, our money ... or God. King David wrote in Psalm 20, "There are those who trust

in their chariots and those who trust in their horses, but we call out in the name of the Almighty." From a Jewish point of view, you can really only rely on the Almighty; all else will ultimately fail us without the help of the Almighty.

**Here is** a meditation from My Father, My King -- Connecting with the Creator by Rabbi Zelig Pliskin. Reading it out loud will not only help calm the nerves, it will help connect to your Creator -- which is the prime goal of life.

**Hear** your Father, your King, the Creator and Sustainer of the entire universe, saying to you:

**"Everything** that I cause to happen in your life is for your ultimate benefit.

**"Trust** in My absolute love and concern for your total welfare. Your view of life is limited. Some things you will recognize immediately as beneficial; in other situations, you will need to wait a bit before recognizing that the event was for your good. And with some occurrences in life, only upon entering the next world will you see how whatever happened was for your benefit.

**"Your** awareness that My love for you is total and that everything which took place is for your good, will enable you to experience much joy throughout your life. This awareness will free you from a great deal of pain and suffering. Even when pain and suffering are inevitable, the

realization that it is for your ultimate benefit will make it easier to bear.

**"I have** given you free will. You can choose to view your life in ways that will cause you unnecessary suffering, distress, and misery. As your loving Father, I want you to realize that all the events in your life are positive. Eventually, you will see this for yourself, but the earlier you do so, the more joy you will experience."



## TORAH PORTION OF THE WEEK

### **Chayei Sarah, Genesis 23:1 - 25:18**

**Sarah** dies at the age of 127. Avraham purchases a burial place for her in Hebron in the cave of Ma'arat HaMachpela. Avraham sends his servant, Eliezer, back to the "old country," his birthplace Charan, to find a wife for Yitzhak (Isaac). Eliezer makes what appear to be very strange conditions for the matrimonial candidate to fulfill in order to qualify for Yitzhak. Rivka (Rebecca) unknowingly meets the conditions. Eliezer succeeds in getting familial approval, though they were not too keen about Rivka leaving her native land.

**Avraham** marries Keturah and fathers six more sons. He sends them east (with the secrets of mysticism) before he dies at 175. Yitzhak and Ishmael bury Avraham near Sarah in the Ma'arat HaMachpela, the cave Avraham purchased in Hebron to bury Sarah. The portion ends with the

listing of Ishmael's 12 sons and Ishmael dying at age 137.

\* \* \*

## **Dvar Torah**

*based on Growth Through Torah by  
Rabbi Zelig Pliskin*

**The Torah** portion begins:

"And the life of Sarah was one hundred years, and twenty years, and seven years. These were the years of the life of Sarah."

**Why does** the Torah, which does not waste words, add the seemingly repetitive verse, "These were the years of the life of Sarah"?

**Rashi**, the quintessential commentator, informs us that the message from the repetitive phrase is that all of the years of Sara's life were equally good. How is it possible to say this about Sarah's life? For many years she was childless; she experienced famine and exile; she was taken captive by the Pharaoh of Egypt and later by Avimelech.

**Rabbi Zushe of Anipoli** explained that Sarah mastered the attribute of constantly saying, "This too is for the good."

Even those events that others might consider to be bad, she was aware that they were from the Almighty and therefore she was able to evaluate them as positive.

**The quality** of one's life is not dependent on external situations. There are people whose lives seem to run quite smoothly. Nevertheless, they tend to evaluate minor frustrations as tragedies and therefore view their lives in negative terms. The Torah ideal is to be aware that the purpose of your life is to perfect your character. Every life situation is an opportunity for growth. Sarah mastered this level of consciousness. Therefore, at the end of her life, which was constantly devoted to growth, it could be said about her that all her years were good.

**This lesson** is most important for us to internalize. See the growth possible in every life event. In each difficult situation ask yourself, "How can I become a better person because of what happened?"



Shabbat Shalom,  
*Kalman*  
Rabbi Kalman  
Packouz

**Refuah Shelema:** to Michael Joshua, we all wish him a speedy recovery.

**Seuda Shelishit in the Succah:** sponsored by Margaret, Sass, Abe, Ellis, Mel and Angela in memory of their late mother **Esther** Ezekiel bat Sasson Nissim ע"ה.

**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.

**Hot Kiddush:** sponsored in memory of the late **Naim** Gourji Ezra Cohen ז"ל, the father of: Souhaila Ishak, Yakdhan Cohen, Souham Cohen, Ghassan Cohen, Dhia Cohen, Susie Pinto, Jenny Hanen and Asad Cohen.

**Next Sunday 19-11-2017:** Yahrzeit and Mishnah for **Ezekiel** Judah Cohen ז"ל, the Synagogue will hold prayers at 15.45 Minha followed by Arbith and Mishnah with berachot. Sponsored by Hannah and Stephen Cohen

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

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

“ Quote of the Week ”

**"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearances, giftedness or skill. The remarkable thing is that we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past ... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play out the one string we have and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it."**

**-- Charles Swindoll**