

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 - Ki Tisa,

Sat. 2 - 3 Mar. 2018 - 16th of Adar, 5778 -

טז אדר תשע"ח

שבת פ' כי תשא

Issue Number 835

Baal Koreh	Rabbi Asher Sebbag	(Page - 484).
Mufteer & Haftarah	Mr David Gigi	(Page -1160).

Shir Hashirim, Mincha, Kabalat Shabbat & Arbit. 17:10

Shabbat Candles. 17:27

Shabbat Shahrit - Followed by Kiddush. (Shema 8:51). 08:30

Mincha Shabbat Followed by Seuda Shlishit. * (Sunset - 17:43). 17:00

Daf Hayomi with Rabbi Asher Sebbag Shlit"a. *

Arbit Motzei Shabbat followed by Havdalah. 18:34

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

Mincha & Arbit 17:15

Daf Hayomi with Rabbi Asher Sebbag Shlit"a. 17:50

Next Friday: Shir Hashirim, Mincha, Kabalat Shabbat & Arbit. 17:30

Next Friday: Candles. **Shabbat. Vayakhel-Pikudei - P. Parah** 17:41

Ki Tisa (Exodus 30:11-34:35)

Ki Tisa 5778

GOOD MORNING! Purim starts Wednesday, February 28th. It is known as *zeman simchateinu* -- the time or season of our joy. It is the time when the cosmos align and we have an auspicious opportunity to change ourselves to be happier! There is no better time to share with you --The Secret of Happiness!

However, before I share with you The Secret of Happiness, there are two caveats:

1. It is possible to know how to be happy, to be convinced that these tools will work, and not do a thing about it. This is because learning any

new skill requires effort and some discomfort. There's no magic potion. So, don't mistakenly assume that just because you can't put something into action, this means that you don't believe it. You can think it'll work ... and still be lazy.

2. People often think that the secret of happiness must be some hidden Kabbalistic mystery or exotic activity. The truth is that it's simple and easy to understand. It's something every person knows, but just doesn't focus that he knows it.

Happiness is the pleasure you have in appreciating what you have; it is looking at the glass as half full.

It says in Pirke Avot 4:1 ("Ethics of Our Fathers" -- found in the back of most Jewish prayerbooks), "Who is the rich man? He who is happy with his portion". There used to be a common motivational sign during the Depression hanging in businesses in the United States: "I was sad that I had no shoes until I saw a man who had no feet."

Happiness is not dependent upon material acquisition. There are plenty of people who have what you desire and they are not happy.

Many people think that Happiness is a happening: "If only such and such happened, I would be happy." Happiness is not a happening. It is a state of mind, a state of being. The Sages say, "He who has one hundred wants two hundred... No one dies with even half of his desires fulfilled" (*Kohelet Rabbah* 1:34). One has to work on his focus in order to be happy.

According to the Torah, Happiness is an obligation. It is an obligation to those around you. Just like you wouldn't want an unhappy parent, child or spouse, don't be one yourself. It is also an obligation to the Almighty -- even if one serves the Almighty, but "does not do it with gladness of heart" (Deuteronomy 28:47) he is culpable for not acting with joy.

Happiness takes work. If you want to be happy, then for thirty days

play the Happiness Game. Make a list of all your blessings, both physical and spiritual. Then add one a day for thirty days. At the end of thirty days, prioritize them according to their value to you. (Do you value your eyes or your ears more? Your job or your legs?) Whenever something happens or you feel sad, review your list.

If you don't appreciate what you have, there is no purpose to acquiring anything else. You won't enjoy it either.

On a higher spiritual level, if we appreciate that the Almighty loves us, then we can appreciate that all that we have is for our good -- to help us to develop our character, trust in God, and our spiritual qualities. If we have this love of God and this trust in God, it helps us to appreciate what we have.

Why do we need happiness? It gives us energy and power for living. Happy people are healthier, feel better and can accomplish more. Appreciating what you have helps to keep you optimistic towards the future which helps you to succeed!

(For additional practical ideas to help you, I highly recommend Rabbi Zelig Pliskin's [Gateway to Happiness](#). It has helped countless people to change their lives and enjoy life more. If you prefer audio, you can download mp3's from [AishAudio.com](#). Be sure to

listen to "Happiness" by Rabbi Noah Weinberg and "Discovering Happiness" by Rabbi Yaakov Weinberg).



TORAH PORTION OF THE WEEK

Ki Tisa, Exodus 30:11 - 34:35

The Torah portion includes: instructions for taking a census (by each person donating a half shekel); instructions to make the Washstand, Anointing Oil, and The Incense for the *Mishkan*, the Portable Sanctuary; appointing Betzalel and Oholiab to head up the architects and craftsmen for the *Mishkan*; a special commandment forbidding the building of the *Mishkan* on Shabbat (people might have thought that they would be allowed to violate the Shabbat to do a *mitzvah* ...). "The Children of Israel shall observe the Sabbath, to make the Sabbath an eternal covenant for their generations."

The Torah portion continues with the infamous story of the Golden Calf. The people wrongly calculated that Moses was late in coming down from Mt. Sinai and the people were already seeking a replacement for him by making the Golden Calf (there is a big lesson in patience for us here). Moses sees them dancing around the calf and expressing anger he breaks the Two Tablets; he then punishes the 3,000 wrongdoers (less than .1% of the 3

million people), pleads to God not to wipe out the people, requests to see the Divine Glory, and receives the second set of Tablets of the Ten Commandments.

* * *

Dvar Torah

based on Growth Through Torah by Rabbi Zelig Pliskin

The Torah states:

"Six days you shall work and on the seventh day, it should be a complete rest sacred to the Almighty" (Exodus 31:15)

What does it mean "a complete rest"?

Rashi, the great commentator, tells us that rest on Shabbat should be a permanent rest and not merely a temporary rest. Rabbi Chaim Shmuelevitz, the former *Rosh Hayeshiva* (Dean) of the Mir Yeshiva, clarifies that a temporary rest means that a person has not really changed his inner traits, but he merely controls them on Shabbat. He still has a bad temper and has a tendency to engage in quarrels, but because of the elevation of Shabbat, he has the self-discipline not to manifest these traits. The ultimate in Shabbat observance is that a person should uproot those negative traits which are contradictory to peace of mind on Shabbat. One needs to uproot such traits as anger and the tendency to quarrel with others.

Only then is your rest on Shabbat a complete rest.

It is not sufficient for a person just to refrain from the formal categories of creative acts on Shabbat. Shabbat is the gift of peace of mind. This is not considered righteousness, but an essential

aspect of Shabbat. Only by being a master over your negative emotions can you have true peace of mind.



Shabbat Shalom,
Kalman
Rabbi Kalman
Packouz

Mazel tov to: Meir and Anne Levy and Jenny and Howard Caplan on the arrival of their granddaughter the daughter of Abigail and Simon Caplan.

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.

DID YOU KNOW?

It is forbidden for men or women to perform any work on Saturday night before:
Either The Evening Service Or Havdalah Or Reciting the following:

ברוך המבדיל בין קדש לחול

(Blessed he who separates between holy and secular) (See Shulchan Aruch O.H. 299:10)

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

- | | |
|----------------------------------|-----------------------------|
| 01 Adar Mr Yaakov Georgy | 22 Adar Mr Charles F. Silas |
| 02 Adar Mr Asher Moses | 23 Adar Mr Benny Benaiah |
| 04 Adar Mr William Yadid | 24 Adar Mr Albert Ibrahim |
| 08 Adar Mr Fouad Yadgar | 24 Adar Mr Aziz Ibrahim |
| 13 Adar Mr Elie Menahem | 26 Adar Mr David Gigi |
| 16 Adar Miss Florence Ruth David | 27 Adar Mr Ghassan Cohen |
| 18 Adar Mr Solomon Judah | 29 Adar Mr Sabah Rashty |
| 19 Adar Mrs Rosalind Broomer | 29 Adar Mr Peres Rashty |
| 22 Adar Mr David Gigi | 29 Adar Mr Morris Rashty |

“ Quote of the Week ”

**Happiness is not doing what you enjoy,
but enjoying what you do**