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## **Shabbat - Beha'alotcha,**

**Sat. 21 - 22 Jun. 2019 - 19th of Sivan, 5779 -**

י"ט בסיון תשע"ט

**שבת פ' בהעלתך**

**Issue Number 903**

Baal Koreh	Rabbi Asher Sebbag	(Page - 774).
Mufteer & Haftarah	Mr Solly Judah	(Page - 1182).

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

Shabbat Candles. 21:06

Shabbat Shahrit - Followed by Kiddush. (Shema 8:16). 08:30

Daf Hayomi with Rabbi Asher Sebbag Shlit"a. 19:45

Mincha Shabbat - Followed by Seuda Shlishit. (Sunset - 21:22). 20:45

Arbit Motzei Shabbat. 22:38

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, Kabbalat Shabbat & Arbit. 19:00

Next Friday: Candles. **Shabbat. Shelach Lecha** 21:06

## **Be'halot'cha** 5779 (Numbers 8-12)

Jun 16, 2019 | by [Rabbi Kalman Packouz](#)

**GOOD MORNING!** What is the shortest sentence in the English language? "I am." What is the longest sentence? "I do." ... Marriage is like a deck of cards. It starts with two hearts and a diamond -- and too often ends looking for a club and a spade ... Did you ever wonder why there are so many jokes about marriage? A joke can temporarily ease the pain that the relationship with the one person one chose to build a life of happiness and meaning is perhaps too often a source of distress. A joke makes you feel that you are not the only one. I would like to share how to relieve some of the

stress in marriage by preventing arguments!

**The First Rule of Marital Happiness: Don't argue.** It takes two to fight. If you don't argue back, if you answer in a soft voice ("A gentle answer turns away anger" --Proverbs 15:1), then you won't have fights. People think that they have to respond to invectives -- often, either to defend themselves or as a psychological necessity to return hurt. It is important to keep focused on the goal -- to stay happily married and build a life together. That was the goal when they got married and it should still be the goal. There are strategies to minimize fights and minimize the impact of the "slings of barbs and arrows."

## **THREE STRATEGIES TO PREVENT ARGUMENTS**

**1) AGREE!** If the person insulting you is right, agree. You can't argue with someone who agrees with you.

**2) TAKE IT TO THE BANK!** Why do we respond to negative remarks from a spouse (or from anyone)? We feel that the insult diminishes us, cuts us down, makes us less. Piece by piece we are reduced to a pile of rubble -- so we respond in defense of our existence, often with anger and our own accusations. What if someone would give you 10,000 dollars every time you were insulted? Imagine a thick stack of 100 dollar bills with a rubber band around them being placed into your safety deposit box with every insult. It certainly would take the sting out of the insults!

**3) INSANITY!** We marry someone because we love them, because we want to stay married to them, because we want to build a life together. Who should be the last person you insult on this earth? Your spouse! To insult your spouse is insane. Don't be insane! And if your spouse insults you, don't take it seriously.

**How do** you not take your spouse's insults seriously? Put it in perspective. For example, you are walking down the street past a psychiatric hospital. Out walks a fellow in a patient's garb. He comes up to you and says, "You are the most inconsiderate, insensitive, self-centred human being God ever placed on this

planet!" How do you feel? The normal reaction would be, "Gee. I hope he's not violent. Poor fellow. I wonder what he got committed for." If one's spouse lets loose a verbal barrage either s/he has a good point (then softly admit that you're wrong) or you are the recipient of an erroneous emotional outburst. View your spouse as experiencing a moment of temporary insanity (but don't share this with your spouse!) -- and then you won't feel the pain or be drawn into a verbal brawl that you will regret. Here are some additional guidelines for happiness in marriage:

## **GUIDE TO A HAPPY MARRIAGE**

by Zelig Pliskin (author of Marriage)

1. Be wise. Ask yourself: "What is wise to say or do now?" We all have wisdom stored in our brain. Access it
2. Practice the art of appreciation and gratitude mentally (think it) and verbally (say it).
3. Practice the art of being kind with words and actions. "What is the kind thing to say or do now?"
4. Practice the art of being understanding and compassionate. Ask: "What does my spouse need right now?"
5. Practice the art of identifying your spouse with his or her positive ways of being.

6. Practice the art of giving positive feedback. Comment on the good and positive.
7. Practice the art of asking for what you want in a way you both will feel good about.
8. Practice the art of being in a good mood or positive state as often as possible, and of being mutually respectful even if you aren't in a good mood right now.
9. Practice the art of not saying what is wise not to say.
10. Practice the art of learning from everyone you can how to keep upgrading what you say and do.



## TORAH PORTION OF THE WEEK

### Beha'alosecha, Numbers 8:1 -12:16

**Aharon** is commanded in the lighting of the Menorah, the Levites purify themselves for service in the Tabernacle (they trained from age 25-30 and served from age 30-50). The first Pesach is celebrated since leaving Egypt. The Almighty instructs the Jewish people to journey into the desert whenever the ever-present cloud lifts from above the Tabernacle and to camp where it rests. Moshe is instructed to make two silver trumpets to be sounded before battle or to proclaim a Yom Tov (a holiday).

**The people** journey to the wilderness of Paran during which time they rebelled twice against the Almighty's leadership. The second

time they complain about the boring taste of the *maneh* and the lack of meat in the desert. The Almighty sends a massive quantity of quail and those who rebelled died.

**Moshe** asks his father-in-law, Yitro (Jethro) to travel with them in the desert, but Yitro returns to Midian.

**Miriam**, Moshe's sister, speaks *lashon hora* (defaming words) about Moshe. She is struck with *Tzora'as* (the mystical skin disease which indicated that a person spoke improperly about another person) and is exiled from the camp for one week.

\* \* \*

### Dvar Torah

*based on Growth Through Torah by  
Rabbi Zelig Pliskin*

**The Torah** states:

"And Moshe cried unto the Lord, saying 'Please God, heal her (Miriam), I beseech you" (Numbers 12:13).

**Miriam**, Moshe's sister, was stricken with *tzoraas* for speaking against Moshe! And what is Moshe's response? He prays for her to be healed! What can we learn from Moshe's behavior?

**The Ralbag** (Rabbi Levi ben Gershon, who lived 1288-1344) shares with us an illuminating insight. From here we learn that even if someone acts against you and is punished for his act, you should pray for him or her and do what you can to



help. Keep this in mind for those you love!

**Miriam's** intent was well-intended. However, aiding those who wish to hurt you is definitely not a

Jewish value, not a praiseworthy behavior and not a beneficial idea!



Shabbat Shalom,  
*Kalman*  
Rabbi Kalman  
Packouz

**Mazel tov to:** our President Ghassan and Orna Cohen on the engagement of their daughter Dina to Avishai, the son of Lord Jonathan and Lady Deborah Kestenbaum. We wish them a lifetime of happiness and success.

**Happy Birthday to:** Douglas H. McDougall, may God bless him and keep him, AD 120 with us, Amen.

**Yahrzeit:** The kiddush this Shabbat is in memory of the late **Hababa** Nissan (Habiba bat Farha) ע"ה, whose Yahrzeit is on Thursday 27 June 2019 / 24 Sivan 5779, and presented by her children, Nissan, Freddy, Salman and Farah ה"י.

**Stone Setting:** for the late **Semha** Cohen ע"ה, the wife of the late Esthath Ishak ז"ל, the mother of Farid, Dhia and Nabeel Cohen ה"י, will take place at Edgwarebury Lane Cemetery, on Sunday 30 June at 10:00 am.

**End of Year Memorial:** to **Shaoul** ben Reuben Imzayin ז"ל, the husband of Marcelle, the father of Ruben, Fawzi, Emil, Linda and Rita ה"י. Prayers Mincha & Arbit on the 2 July 2019 at 19:15 at Ohel David Eastern Synagogue, to commemorate the end of the first year, followed by berachot.

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

01 Sivan Mr Ghassan Cohen	24 Sivan Mr Charles Daniel
01 Sivan Mr David AbayahouDayan	24 Sivan Mr Yosef Daniel
02 Sivan Mr Yossi Tamman	24 Sivan Mrs Marcelle Daniel
06 Sivan Mr Abraham S. Cohen	24 Sivan Mr Maurice Rashty
09 Sivan Mr Yossi Tamman	24 Sivan Mr Nissan Nissan
13 Sivan Mr Ronnie Rashty	24 Sivan Mrs Farah Sheldon
13 Sivan Mr Charles F. Silas	24 Sivan Mr Freddy Nissan
13 Sivan Mrs Judith Silas	24 Sivan Mr Salman Nissan
20 Sivan Mrs Annie Benjamin	29 Sivan Mr Frederick Spitz
21 Sivan Mr Solly Judah	

**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.

Quote of the Week

If you give everyone a piece of your mind ...  
you have no peace of mind