

## KOIL MEVASSER

KAHAL JOSEPH CONGREGATION • 10505 SANTA MONICA BOULEVARD, LOS ANGELES, CA 90025 • 310.474.0559 • WWW.KAHALJOSEPH.ORG

## The Ten Suggestions?

Rabbi Marc D. Angel  
www.jewishideas.org

Modern western civilization trains us to value independence, autonomy, freedom of choice. We have an aversion to being told what to do by authoritarian figures; rather, we like to make decisions based on our own judgment. We are open to advice and suggestions; but we are less than enthusiastic about being bossed around.

If a Revelation at Mount Sinai were to take place again in our times, we would probably prefer to receive the Ten Suggestions rather than the Ten Commandments. We can take or leave suggestions: commandments--especially from an authority like God--seem to leave us with little personal choice.

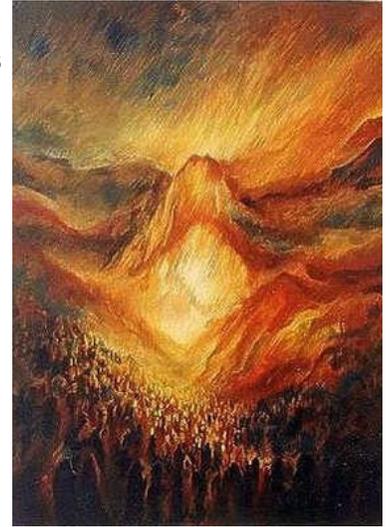
Because of popular discomfort with *commandments*, the word *mitzvah* (which means commandment) is often translated as good deed or act of kindness.

Yet, for a religious Jew, commandments are viewed in a very positive light. They are not external burdens imposed on us, but avenues of con-

nection with God. By living according to God's own guidance for us, we actually achieve a higher level of inner freedom. We are freed from extraneous concerns and worries; we can focus on what is really important in our lives, on our spiritual and moral development. When we fulfill a commandment, we feel the presence of the loving and all-wise Commander. Doing a mitzvah properly is liberating.

Dr. Barry Schwartz, in his book "The Paradox of Choice", powerfully demonstrates how moderns are less happy because of the wealth of choices available to us. We demand autonomy and freedom to make choices--but at some point, things spin out of control. Instead of liberating us, our multitude of choices can paralyze us. People find it increasingly difficult to make decisions because they have too many options from which to choose. Even in matters of marriage, people find it problematic to make a decision--perhaps there's someone else out there who is better, richer, smarter etc. The happiness index in the United States has shown steady decline, even as material

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## Prayer Schedule

## SHABBAT

## PARASHA YITRO

Friday, January 21st

Minhah & Arbit 4:45 pm

Candle Lighting 4:54 pm

Saturday, January 22nd

Shaharit 8:30 am

Tehillim before Minhah

Minhah & Arbit 4:30 pm

Motzei Shabbat 5:58 pm

## WEEKDAYS

Sunday, January 23rd

Shaharit 7:30 am

Monday to Friday

Shaharit 6:30 am

Talmud Torah Classes

Tuesday & Thursday 4:00 pm

## EREV SHABBAT

## PARASHA MISHPATIM

Friday, January 28th

Minhah & Arbit 4:45 pm

Candle Lighting 5:01 pm

Please confirm daily prayer times with minyan leaders.

(Continued from page 1)

prosperity and number of choices have grown.

Happiness is not equated with the choices available to us, but rather on our ability to make the right choices. Dr. Schwartz suggests that people would be happier if they were not "maximizers" who insisted on getting the "best" of every choice they make. Rather, people should be *satisficers*--they should make decisions based on fewer choices and know when to be satisfied with their decisions.

Mitzvoth are a God-given road map to becoming *satisficers*. We are trained to know which foods we may eat, and which foods we may not eat; which relationships are proper,

and which relationships are not proper; which conduct is moral, and which conduct is immoral. By eliminating many useless and unproductive options, the mitzvoth direct us in the path of inner strength and freedom to make satisfying choices. Life is seen not as a grand competition to get the "best", but as an adventure in becoming our own best by coming closer to the ways of God. By studying and observing mitzvoth--commandments--we put our lives into context with God.

This is not an insignificant achievement. When given the choice to follow God's commandments or human beings' suggestions, we would be wise to choose the mitzvoth.

***Shabbat Shalom***

## Summary of Parasha Yitro

**1st Aliya** Yisro brings Moshe's wife and two sons to join him in the desert. In 18:10, Yisro proclaims his belief in Hashem (G-d) and identifies His manifest justice as the primary motive for his belief and conversion.

**2nd & 3rd Aliyot** Yisro observes Moshe's daily schedule as chief administrator, judge, and teacher. He advises his son-in-law to delegate some responsibilities to a hierarchy of worthy judges and administrators. This would allow Moshe to focus his attention on those issues that demand his specific attention. Moshe listens to Yisro's advice.

**4th Aliya** This begins the preparation for Revelation. It is the 1st day of Sivan, and the Bnai Yisroel have been in the desert for 43 days. Moshe is told by Hashem to explain to the nation that if they listen to him and follow the mitzvoth they will have a special, close relationship with Him and will become a "kingdom of priests..."

**5th Aliya** Moshe tells the nation of G-d's expectations and they respond, "all that Hashem will command we will do." Moshe is further instructed to tell the people to prepare themselves by immersing themselves and their clothing in a Mikveh, and to remain apart from their spouses for 3 days. Mt. Sinai is to be fenced off

so that no person or animal could ascend the mountain until the shofar sounded the conclusion of the giving of the "Aseret HaDibrot" the Ten Commandments. On the 3rd day, Hashem's presence descends on the mountain with lightning, thunder, the sounding of a Shofar, and Mt. Sinai completely engulfed in clouds, smoke, and fire. Moshe led the nation to assemble at the foot of a trembling Mt. Sinai.

**6th Aliya** Hashem summoned Moshe to ascend the mountain and instructed him to re-emphasize the prohibition against anyone ascending the mountain while he reveals the principles of the Torah. Moshe descends and discharges G-d's wishes. With Moshe standing among the people at the foot of the mountain, Hashem spoke the Ten Commandments to the entire people.

**7th Aliya** This last Aliya describes the reaction of the Jewish people. The intensity of Hashem's presence overwhelms them. They ask Moshe to go up and receive the rest of the Torah for them, then teach it to them. In 20:19, the Pasuk states that Bnai Yisroel (the Jewish people) collectively heard G-d speak the Ten Commandments to establish the basis for their belief in Hashem on firsthand experience. The Parsha concludes with the three commandments regarding the Mizbeach (Altar).

Kahal Joseph Congregation

# Teen Shabbat

with Rabbi Shlomo Seidenfeld

February 5, 2011

11 am to 2 pm

Save the date for KJ's special program for teens. Activities include games, Torah discussions, and a teen-only Italian dairy lunch

## In Memoriam

It is customary to light a memorial candle in the evening and to donate tzedakah. Family members are encouraged to attend prayer services in honor of loved ones.

### Shabbat / 17 Shevat

Shimon ben Eliyahu  
Ashraf Nassi

### Sunday / 18 Shevat

Raphael Hai ben Eliyahu  
Mordehai Mizrahi

### Monday / 19 Shevat

Doris bat Kahela

### Tuesday / 20 Shevat

Ezra ben Meir Shemtov\*  
Nissim ben Moondani  
Georgette Solomon

### Wednesday / 21 Shevat

Avraham Yedidiah ben Aryeh

### Friday / 23 Shevat

Victoria Elie bat Caden  
Menashe Hayim Shamash  
Katsuri ben Sion

*To update, please call the office  
at 310.474.0559.*

## Refuah Shlemah

*Please include these  
individuals in your prayers:*  
Yonatan ben Alizah ▪ Mazal Tov  
bat Sulha Mitana ▪ Matilda  
Louisa ▪ Yaheskel ben Regina ▪  
Ayala bat Naomi ▪ Khayah Noa  
bat Sara ▪ Haim ben Mordechai ▪  
Pnina bat Esther ▪ Yosi ben  
Esther ▪ Victor ben Latif ▪ Ramah  
Regina bat Farha ▪ Aziza bat Sara  
Judith bat Malka ▪ Ofek ben Yochai  
▪ Efrayim Zev ben Fayga ▪ Sulha  
Matana bat Mozelle ▪ Gershon ben  
David ▪ Farangis Miriam bat  
Touran ▪ David ben Leah ▪  
Avraham Haim ben Miryam ▪  
Yaakov ben Freda

### Torah Readings

Parasha pp. 288 to 301  
Haftara pp. 302 to 305

## Community News

### CONGRATULATIONS

We wish Yoni Twena  
of Tucson, Arizona  
Hatzlacha and all the best in his  
life as he is making Aliyah and  
leaving for Israel tomorrow.

Jonathan is the grandson of  
Rylla and Ben Elias

We are all very proud of him.

### CONGRATULATIONS

Lily and Allen Schweitzer  
on the birth of your  
twin baby boys

Mazal Tov to  
our dear congregants  
Doris and Shaul Moshi  
on the arrival of your  
two grandchildren

### SPONSOR A KIDDUSH or SEUDAH SHLISHEET

If you would like to sponsor a Shabbat Kiddush or afternoon meal, known as Seudah Shlisheet, in honor of a special occasion for a family member or friend, please contact our office at 310.474.0559. We ask that sponsors notify us one to two weeks in advance of the date so that we may coordinate and announce your generous tribute.

### THANK YOU

Rabbi Hagay and Orly Batzri  
The Sisterhood  
of Kahal Joseph  
led by Elsa Singman  
and our staff, Sarah and Penina  
for a wonderful, inspiring  
Tu B'Shvat Seder

**Learn to Chant The Haftarah** Wouldn't you like to chant the final portion from the Torah on Shabbat—the portion known as the Haftarah? Reserve a Haftarah reading by calling Sarah in our office at 310.474. 0559. The Haftarah portion can be dedicated in honor of a family event such as a memorial, a bar/bat mitzvah, or a baby-naming. Then, schedule time with Hazzan Saeed Jalali & learn the authentic Baghdadi ta'amim, Iraqi melodies for singing portions from the Torah & Tanakh.

**SHABBAT MITZVOT** We offer for donation the following Mitzvot. **1. Petichat Hechal** opening of the ark; **2. Carrying of the Sefer Torah & Sefer Haftara**; **3. Hakamat Sefer** lifting of the Torah; **4. Mashlim\*** The seventh aliya to the Torah who recites Kaddish; **5. Maftir\*** The last aliya to the Torah which includes the Haftara (read by the clergy unless member reading is preapproved). We suggest a minimum donation of \$126 or multiples of \$18 or \$26. You will receive confirmation before Shabbat to confirm if you will receive the aliya. Members may reserve in advance by calling the office. Non-members reserving aliyyot should contact the office for availability at 310.474.0559. We appreciate your support.

### Please Read Tehillim

We have a number of individuals in our community undergoing surgery or combating illness. They need our immediate prayers to support them in their recovery. Take a few minutes to pray and read from the Psalms, also known as Tehillim. In particular, Psalm 20 and Psalm 121 are meaningful during difficult times. Give a little of your day and have a big impact on the lives of friends and families in our Kahal community.

# Yom Yom Odeh

*Selection by Rabbi Hagay Batzri. Translation and transliteration by D. Ezran*

## Yom Yom Odeh La'El

יום יום אודה

Yom, yom odeh la'El asher bakhar banu  
Min ha'amim li'sgulah lo l'kakhanu  
Al Har Sinai et Torah-toh hinkhilanu  
Aseret dibrot kodshanu, hishmi-anu  
Tzva marom ribotayim yardu imo  
B'et asher niglih l'Yisrael amo  
Mi'Sinai ba ve'zarakh mi'Seir lamo  
Beh'kol shofar khazak meh-od ya-anenu  
Kharad ve'ragaz Har Sinai et bi-atoh  
Le'hankhil dat le'Yisrael segulatoh  
Al yad Moshe eved El ne'emant beh-toh  
Ve'sham ayin beh'ayin ra-ata eyneynu  
Kadosh, k'az tegaleh malkhutkha alai  
Le'mikdashi shuvah uskhon tokh ohalai  
Ve'li ha-the shalom ke'mei nahar ulai  
Ve'enenu yir-u ve'yismakh libenu

יום יום אודה לאל אשר בחר בנו  
מן העמים לסגולה לו לקחנו  
על הר סיני את תורתו הנחילנו  
עשרת דברות קדשו השמיענו  
צבא מרום רבותים ירדו עמו  
בעת אשר נגלה לישראל עמו  
מסיני בא וזרח משעיר לנו  
בקול שופר חזק מאד יענינו  
תד ורגז הר סיני את ביאתו  
להנחיל דת לישראל סגולתו  
על יד משה עבד אל נאמן ביתו  
ישם עין בעין ראתה עינינו  
קדוש, כאז תגלה מלכותך עלי  
למקדשי שובה ושכון תוד אהלי  
ולי הטה שלום כמי נהר אולי  
ועינינו יראו וישמח לבנו

## Each Day I Thank G-d

Each day I thank G-d who selected us  
Who took us, from the nations to be close to Him  
On Mt. Sinai He bequeathed His Torah to us  
The Ten Commandments, His Holiness resounded  
At the moment that He revealed Himself to Yisrael, His nation  
From Sinai He came and shone from Seir  
With the strong voice of the shofar He will answer us  
Mt. Sinai trembled and shook at the time of His arrival  
To give faith to Yisrael His [nation] gathered around Him  
At the hand of Moshe, one devoted to G-d, His trusted servant  
And there, eye to eye, our eyes saw  
Holiness. Like then, reveal your Kingship to me  
To my Holy place return and reside inside my tent  
And grant me peace, like the waters of a river  
And our eyes will see and our heart will celebrate.