

KOL MEVASSER

Be Happy, All the Time

by Rabbi Hagay Batzri

Sukkot is here. The Torah commands us: "And you should be happy during your holiday; you will only be happy" שמחת בחגך והיית ארשמה

The word that means we should 'only' or 'just' be happy in this line from Torah is 'ACH.' In Hebrew 'ach' is a homonym for another very different word. It makes the same sound as a person's exclamation when he experiences a sharp or sudden pain. By pairing a word associated with

pain with the insistence that we 'only' be happy, the Torah reveals to us that happiness is our choice. It is not dependent upon our physical condition. No matter what our experience is at a given moment in time, it is within our capacity to choose happiness.

If we look at happiness this way, it becomes a psychological goal we can set for ourselves, a choice to achieve positive mastery over our emotions. The Ben Ish Hai points out that one thing we can do in our life to help fulfill ourselves, is to monitor how happy we are. Checking our

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KJ Schedule

Sukkoth

Wednesday, October 12, 2011

Shaharit/Morning Prayer	6:30 am
Minhah/Arbith.....	6:00 pm
Yom Tov Candle Lighting	6:05 pm

Thursday, October 13, 2011

Shaharit/Morning Prayer	9:00 am
Minhah/Arbith.....	6:00 pm
Yom Tov Candle Lighting	7:07 pm

Friday, October 14, 2011

Shaharit/Morning Prayer.....	8:30 am
Minhah/Arbith	6:00 pm
Shabbat Candle Lighting	6:02 pm

Shabbat of Sukkoth

Saturday, October 15, 2011

Shabbat Shaharit/Morning Prayer.....	8:30 am
Tehillim/Women's Reading from the Psalms	4:30 pm
Rabbi Batzri's Class.....	4:45 pm
Shabbat Minhah, Seudah Shlisheet & Arbit.....	5:30 pm
Motzei Shabbat.....	7:04 pm

Weekdays / Intermediate Days of Sukkoth

Sunday, October 16, 2011

Shaharit/Morning Prayer.....	7:30 am
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Mon., October 17 & Tues., October 18, 2011

Shaharit/Morning Prayer	6:30 am
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Hoshana Raba

Wednesday, October 19, 2011

Shaharit/Morning Prayer	TBA
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THE BOARD OF DIRECTORS OF KAHAL JOSEPH

INVITES YOU TO OUR

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Gala Tribute Dinner

HONORING

Moselle and Michael Amron

SUNDAY, THE SIXTH OF NOVEMBER

TWO THOUSAND AND ELEVEN

SIX O'CLOCK IN THE EVENING



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Hoshana Raba

Wednesday, October 19, 2011

Minhah/Arbith 6:00 pm
Yom Tov Candle Lighting 5:56 pm

Shemini Atzeret & Eve of Simhat Torah

Thursday, October 20, 2011

Shaharit/Morning Prayer 8:30 am
Minhah/Arbith 6:00 pm
Yom Tov Candle Lighting 6:58 pm
Simhat Torah Celebration & Hakafot..... TBA

Simhat Torah & Erev Shabbat

Friday, October 21, 2011

Shaharit/Morning Prayer 8:30 am
Morning Hakafot..... TBA
Minhah/Arbith 6:00 pm
Shabbat Candle Lighting 5:54 pm



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OR MOLLY@KAHALJOSEPH.ORG
CLASSES ARE ENROLLING

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state of happiness is like taking our emotional and spiritual temperature: if we are on a path towards God, we will recognize the happiness in our life. Conversely, if we are far away from God we will choose to see, or be inclined to see, sadness.

Some people think that if we care about something or someone, then we need to worry. We need to think about and concern ourselves with possible threats to that thing or person. For example, a mother might worry and be sad that her son has not yet married. To care about someone else is fine, but to worry about someone or something else is a different matter.

We should remember that whatever God does is for the ultimate good. This is one of the fundamental beliefs of Judaism. So then it follows, if God is good and everything is ultimately for the good, how could we allow ourselves to be unhappy? Why would we choose sadness over joy?

Happy Holiday—Chag Sameah



KAHAL JOSEPH TREE OF LIFE

Check out the Tree of Life in the lobby. The tree is sprouting many new leaves. Help fill out our tree with life.

Celebrate your loved ones by ordering a leaf—a donation of \$126 a leaf. Order 4 & get the 5th free. *For additional information, please contact Yvette Dabby at ydabby@sbcglobal.net.*

In Memoriam

We remember the following yahrzeits, the annual anniversary of passings, for the week of October 15th to 22nd. It is customary to light a memorial candle and donate tzedakah. Family members are encouraged to attend prayer services in honor of loved ones on the Shabbat preceding the yahrzeit. To update information please call 310.474.0559.

Shabbat / 17 Tishrei

Ezekiel Moses *Yehezkel ben Sassoon*
Salim Youssefmir *Salim ben Amin*

Sunday / 18 Tishrei

Jacob Ephraim *Yaacov ben Ephraim*
Rosy Hyam *Rosy bat Mazli*
Paul Hyman *Ya'akov Pesah ben Yitzhak*

Monday / 19 Tishrei

Girjee Ezra *Gurjiyee bat Sarah*
Peninna Klein *Peninna bat Eliyahu*
Regina Mizrahie *Regina bat Habiba*

Wednesday / 21 Tishrei

Menashi Jacob *Yaacov ben Menashi Yaacov*

Thursday / 22 Tishrei

Ezra Hayim Ezra *Ezra Hayim ben Norman*
Joyce Jacob *Ester bat Sarah*
Solomon Moses *Salman ben Haskel*

Friday / 23 Tishrei

Naima Somekh *Naima bat Lulu*

Shabbat / 24 Tishrei

Flora Cohen *Farha bat Salha*
Miriam Solomon *Miriam bat Rachel*

NOTICE TO PARENTS

1. Children under 5 years old must be supervised by parent in KIDS ZONE upstairs.
2. No child is allowed in the synagogue lobby or hallways without constant supervision by a parent or guardian.
3. We are not responsible for children walking out the front door.