

# KOL MEVASSER

## What is Happiness?

from Aish HaTorah

In this week's Torah portion, "Naso," we are told regarding a nazir (the person who vows to abstain from wine): "For the crown of the Almighty is on his head"(Numbers 6:7).

The Ibn Ezra writes, "The term nazir comes from the Hebrew word meaning crown. You should know that almost all people are slaves to the pleasures of the world. The only person who is truly a king and has the royal crown on his head is someone who is free from desires."

People who are addicted to pleasures might mistakenly view themselves as fortunate that they have so much pleasure. The truth is that they are enslaved by those pleasures. When they don't have them, they feel the suffering of deprivation. Their thoughts are fixated on what they can do to obtain their desires. They spend more time worrying about how they can obtain pleasures than actually enjoying themselves. Seeking pleasure is an illusory goal. A pleasure-seeker will never be fulfilled.

Happiness is a much more sensible goal than pleasure, and the way to acquire happiness is by being in control of one's desires. When you derive pleasure from

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*an exclusive Spring 2013 collection by internationally renowned artist Michael Aram. One of a kind gift pieces fabulously priced for our members. Please see the showcase in our synagogue lobby and select those pieces that you fall in love with.*

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self-discipline, your situation is reversed. You will be free from worrying about obtaining desires and you will constantly experience the pleasure of being the ruler over yourself!

Every time you experience self-discipline, view yourself as a king. You are obtaining mastery over yourself. The pleasure you have from self-discipline will enable you to rule over your desires. **Shabbat Shalom**

## KJ Schedule

### Erev Shabbat Friday, May 17th

Shaharit .....	6:30 am
Shir Hashirim .....	6:45 pm
Minha & Arbit .....	7:00 pm
Candle Lighting.....	7:31 pm

### Shabbat / Parashat Naso Saturday, May 18th

Shaharit .....	8:30 am
Class with Rabbi Batzri .....	6:00 pm
Ladies Tehillim .....	6:00 pm
Minha/Arbit .....	6:45 pm
Shabbat Havdallah .....	8:15 pm

### Weekdays Sunday, May 19th

Shaharit .....	7:30 am
Talmud Torah .....	9:30 am
David S. Kelly Youth Choir at KJ....	11:00 am

### Monday through Friday, May 20 to 24

Shaharit .....	6:30 am
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### Erev Shabbat Friday, May 24th

Shaharit .....	6:30 am
Shir Hashirim .....	6:45 pm
Minha & Arbit .....	7:00 pm
Candle Lighting.....	7:36 pm

**SHABBAT READINGS**

Weekly Torah Portion 586-601  
Haftara / Prophets 602-604



The Sisterhood of the Kahal Joseph Congregation  
*Presents*

# A NIGHT IN INDIA

Dinner & Dancing

Sunday, June 2 at 6:30 PM

*Performing*

**Shazia & Arshad Ali (singers) & Indian Dancers**

**Yosi Levi - M.C. and Host**

**Kahal Joseph Congregation**

The Errol Levi Ballroom

10505 Santa Monica Blvd. L.A., CA 90025

\$75 per Person – No-Host Bar

Valet Parking Available

RSVP by May 26, 2013

For Reservations please call:

Elsa Singman	323.934.3439	Hannie Kelly	310.247.0220
Rita Hanin	310.839.4206	Louise Elias	818.884.0120

Please make checks payable to:

**Sisterhood of Kahal Joseph Congregation**

c/o Diana Solomon

257 S. Reeves Drive, #303

Beverly Hills, CA 90212

## Seudah Shlisheet

is sponsored in memory of

Shaul Shahrokh ben David Bashi, z"l

by The Mangoli Family

## In Memoriam

We remember these yahrzeit anniversaries for May 18th to 25th, 2013. It is customary to light a memorial candle, donate tzedaka, and attend services the preceding Shabbat.

### 9 Sivan / Shabbat, May 18th

Ester Bekhore *Ester bat Amam*

Ester Ezekiel *Ester bat Amam*

Aziza Judah *Aziza bat Rachel*

### 10 Sivan / Sunday, May 19th

Mazli Hagooli *Mazal bat Rahel*

Massouda Kay *Massouca bat Khatoun*

Mozelle Lelah *Mazal Tov bat Ester*

### 12 Sivan / Tuesday, May 21st

Abraham Lurie *Avraham Lurie*

Abdullah Zekaria *Sion Abdullah Zekaria*

### 13 Sivan / Wednesday, May 22nd

Florence Amron *Farha Hanah bat Garzi*

Sulman Soffer *Sulman Sion Soffer*

### 15 Sivan / Friday, May 24th

Dr. Isaac Bekhor *Itzhak ben Yaacov*

## Refuah Shlemah

Yocheved bat Rachel, Mazal bat Malka, Dan Herdoon, Mazal Tov bat Salha Matana, Moshe ben Ezra, Sasson ben Rahel/Sassoon Moses, Penina bat Henia, Dov Ber ben Sonia, Maurice Ovadia / Moshe ben Noosha, Pnina bat Esther, Vera Levi Yossef ben Jamila, Ruth bat Aliza