

KOL MEVASSER

The Power of Change

By Rabbi Marc D. Angel (redacted for length)

In 1980, our synagogue office became computerized. Each of our staff members was given a computer on which to do our work. My computer sat in my office in an unopened box for about a year. A member of the Board visited me one day, saw the box, and asked why I wasn't using it.

I answered: I don't need it. Why should I get started with this newfangled contraption? He immediately asked to use my phone, and he called a friend who was a computer teacher. For the next two days, she came to my office and taught me how to use the computer. After that, I became "addicted" to it and don't know how I could live without it.

Why did I leave my computer box unopened for a year? Why do people resist learning new computer programs?

The problem does not stem from intellectual or physical inability. Once we learn to use computers, we do fine. The problem is different: it entails overcoming a psychological barrier. A new way of doing things tends to threaten the way we've always done things in the past; it threatens our comfort level, our feeling of being in control. The world is changing rapidly, and we are becoming dinosaurs. Stop the world, I want to get off!

But once we overcome these psychological barriers, we can enter the new age and learn the necessary skills, and actually find satisfaction and joy in our progress. The determining factor is: do we have the right mindset? Do we have the will to change? Do we have the inner strength to start

from scratch, as though we're back in first grade? This dilemma, in a different form, is raised in this week's Torah reading. God tells us: "sanctify yourselves and be holy; for I am holy." Rashi points out that "sanctify yourselves" means we need to develop the right attitude; "be holy" can be fulfilled only after we want to sanctify ourselves.

Just as some people have psychological barriers about computers and other technology, some have psychological barriers about religion. They prefer to leave the "box of religion" unopened, because it may challenge their comfort level. They are nervous about religious faith, about commitment to mitzvot, about changing their lifestyles. Or, they are religiously observant, but they are uneasy about getting more deeply involved. They don't want to upset the status quo.

The Torah is aware of these concerns; so it teaches us first to sanctify ourselves, to develop an open and receptive attitude. Once we have made this internal shift in the way we approach life, we can then go to the next step: be holy. We can grow in religious knowledge and commitment without being blocked by self-imposed psychological barriers.

People crave spirituality, but are afraid of spirituality. They don't know how to express it. Or they fear that it will lead them to change in new, untested directions. The Torah assures us: don't be afraid. We can overcome our resistances and our anxieties. We just need to start by sanctifying ourselves, by teaching ourselves to be receptive, by changing our attitudes. We can then move on in a more productive, more creative, and happier way. People succeed in life because they have the strength to learn, to grow, to see life as an unfolding adventure which should be lived with courage and vitality.

Parashat Shemini

11th day since the Omer

Torah: Lev. 9:1–11:47, 91 Pesukim

Hertz 443–454; Stone 588–607

Haftara (§): II Sam. 6:1–19

Hertz 454–456; Stone 1168–1169

Tefillot: Morid Hatal, Hakhrizat Iyar

(Wed & Ths), no Tsidkatekha

KJ Schedule

Erev Shabbat

Friday, April 21st

Shaharit.....	6:25 am
Candle lighting.....	7:11 pm
Minha	6:30 pm
Kabbalat Shabbat / Arvit.....	7:00 pm

Yom Shabbat

Saturday, April 22nd

Shaharit / Morning Prayer	8:30 am
Keri'at HaTorah	10:15 am
Musaf	11:40 am

Women's Tehillim	5:30 pm
Minha	6:30 pm
Se'uda Shelisheet.....	7:15 pm
Arvit	8:00 pm
Havdala	8:15 pm

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Mazal Tov

Samantha and Eli Mizrahie
on the birth of a baby boy
Benjamin Isidore

Besiman Tov
to grandparents
Iris & Steven Berkowitz
Isidore O.B.M. & Joyce Mizrahie

Condolences

We send our deepest condolences
to the family and friends of

Joshua Kay, z"l

Joshua was a beloved longtime member of Kahal Joseph. He is survived by his wife Daisy; children Jimmy, Richard, Cynthia (Mark), Hedy (Lou) and Jason; and grandchildren Michael, Sabrinna, Zachary, Matthew, Jonathan, & Jessica. May the family be comforted together with all the mourners of Tzion.

Mazal Tov

KJ's Board of Directors
wishes Louise Nathan
a very happy 85th Birthday

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Sunday, April 23rd

Shaharit 7:30 am
Talmud Torah 9:45 am
Yom Hashoah Service..... 5:00 pm

Yom HaShoah

Monday, April 24th

Shaharit 6:25 am
Hatima for Joshua Kay, z"l
with Minha and Arvit 6:00 pm

Tuesday, April 24 & 25

Shaharit 6:25 am

Rosh Hodesh Iyar

Wednesday & Thursday, April 26 & 27

Shaharit 6:15 am

Friday, April 28

Shaharit 6:25 am

Next Shabbat

Fri-Sat, April 28-29

Shabbat Candle lighting 7:16 pm
Friday Minha 6:30 pm
**Young Professionals Dinner at Rabbi
Melhado's Home.....7:30 pm**

Shaharit 8:30 am
Saturday Minha 6:45 pm
Havdala 8:20 pm

In Memoriam

We remember these yearzeit anniversaries from April 22 to 29, 2017. It is customary to light a memorial candle, donate tzedaka & attend Shabbat services.

27 Nisan / Sunday, April 23rd

Aharon Levy *Aharon Isaac Levy*

30 Nisan / Wednesday, April 26th

Yehezkel Jacob *Yehezkel ben Avraham Hayim
Yaacov*

Wendy Fay Joseph *Sara bat Avraham*

1 Iyar / Thursday, April 27th

Eliyahu ben Mina

2 Iyar / Friday, April 28th

Moshe Shiri Moshi ben Rahma

3 Iyar / Shabbat, April 29th

Nedat Joshua Farahi *Yehoshua ben Yehezkel
Sassoon Benjamin Gemal Sassoon ben Binyamin*

Refu'a Shelema

Moselle Amron • Sally Amron • Haskell Avrahamy
Sylvia Cohen • Simcha bat Rooha • Mordechai Cohen
Esther Duke • Sassoon Ezra • Tilda Levy
Florice Newberry • Katie bat Farha • Miriam bat Yetta
Aliza bat Rahel • Aliza bat Victoria Yvonne Moalim •
Miryam bat Malka • Malka bat Rahel Moshe Ezra ben
Mazal Tov • Chaya Chana bat Batya

 **Like us on facebook!**

facebook.com/kahaljoseph.congregation

Omer Counting Cards

This year, we received only 90 copies of the Omer counting cards, so Rabbi Melhado is handing them out in person. For those who cannot get one from him, we have it available as a PDF.



Save the Date!

Young Professionals Shabbat Dinner

Friday, April 28 at 7:30 PM

Join Rabbi Melhado and his family at home for an interesting discussion and a really delicious Shabbat meal. Open to members and friends in their 20s and 30s.

Space is limited, so register now by emailing Rabbi at rabbimelhado@kahaljoseph.org.

Blessings for Counting the Omer

Count after dark each evening between the second day of Pesah and the beginning of Shavuot

כְּרוּךְ אַתָּה ה'! אֲלֵהֲנוּ מִלֶּךְ הָעוֹלָם. אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו. וְצָנְנוּ עַל
סְפִירַת הָעֹמֶר:

הַיּוֹם _____ לְעֹמֶר. שְׁהֵם _____:

הַרְחֵמֵנוּ הוּא יְחַזִּיר עֲבוֹדַת בֵּית הַמִּקְדָּשׁ לְמְקוֹמָהּ בְּמַהֲרָה בְּיָמֵינוּ. אָמֵן:

Ba-rukh a-ta a-do-nai, e-lo-he-nu me-lekh ha-o-lam,
a-sheer kee-de-sha-nu be-meets-vo-tav, ve-tsee-va-nu al
se-fi-rat ha-o-mer.

Ha-yom _____ la-o-mer, she-hem _____.

Ha-ra-ha-man hu ya-ha-zeer a-vo-dat bet ha-meek-dash
leem-ko-ma beem-he-ra ve-ya-me-nu a-men.

Blessed are you, God, King of the Universe, who has sanctified us with His commandments, and directed us to count from the Omer.

Today is the [blank] day of the Omer, which is [insert weeks and days]

May the Compassionate One, restore the service of the Temple to us promptly and in our lifetime. Amen.



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וידבר ירוד אל משה במדבר סיני באהל מועד נאחד
לחדש השני בשנה השנית לצאתם מארץ מצרים

Save the Date
Yom HaShoah

Service of Remembrance
Sunday, April 23 at 5:00PM

including personal stories and a look at Kahal's
own Holocaust Torah, presented by the Rosen
Family & the Czech Memorial Scrolls Trust

**Third Annual
Yom HaZikaron
Community Night
of Remembrance**

* * *

Sunday, April 30
Doors open 4:30 PM
Program begins at 5:15PM
Saban Theater
8440 Wilshire Blvd



**CELEBRATE ISRAEL
LOS ANGELES**

SUNDAY, MAY 7, 2017
CHEVIOT HILLS
RECREATION CENTER

FOOD * RIDES * ARTS &
CRAFTS * VENDORS *
MUSIC & PERFORMANCES

10:00 AM - SALUTE TO
ISRAEL WALK

11:00 AM - FESTIVAL

PRESALE TICKETS \$10

WWW.ISRAELIAMERICAN.ORG/
CELEBRATE-ISRAEL-FESTIVAL-LA

The Sephardic Educational Center
invites you to our annual
Yom HaShoah
Holocaust Memorial Program



Featuring a private screening of the film:
Trezoros: The Lost Jews of Kastoria
which depicts the untold Sephardic story during the Holocaust



Using never-before-seen archival footage,
Trezoros vibrantly brings to life just one of
many Jewish communities that had existed in
Greece before the end of World War II. The film
is a story told by its survivors, who recount the
vibrant life of the Sephardic Jewish
community in Kastoria prior to the Holocaust,
and what happened to that community during
the Holocaust.

Memorial Prayer, Candle Lighting Ceremony
& Discussion with Rabbi Daniel Bouskila
following the film

Laemmle's Music Hall 9036 Wilshire Blvd, Beverly Hills, CA 90211

Monday, April 24th, 2017
Doors open at 7pm
film screening begins at 7:30pm



Tickets are **\$5** per person

available for purchase at www.sephardiceducationalcenter.org OR
call Katie @ 323-272-4574 email: info@secjerusalem.org