

KOL MEVASSER

Spiritual Exercise

Rabbi Jonathan Sacks



Prayer is to the human spirit what exercise is to the human body. I try to do my 10,000 steps a day. I don't always succeed, but I feel bad when I don't, because I know, with my sedentary lifestyle, that if I don't exercise, all sorts of things will go wrong. I'll put on weight, my muscles will grow weak, my blood pressure will rise, and my life expectancy will decline. I'll lose years from my life, and life from my years. And yes, 10,000 steps on a treadmill can sometimes be pretty boring. But you do it because you know what will happen if you don't.

And the same is true of prayer. It's just that we don't have the same kind of precise measurements for the spirit that we do for the body. It's not that easy to quantify the feelings of happiness, fulfilment, meaning, gratitude, pleasure, delight, joy. But they make a difference. In fact they make all the difference to the sense of blessedness, of a life well lived. And we now know, thanks to the research of people like Martin Seligman, Ed Diener, Sonja Lyubomirsky and Tal ben Shahar that happiness, the flourishing of the human spirit, *has* an effect on health and life expectancy. It strengthens the immune system. It's correlated with success in education, career and relationships. It turns us

outward and makes us less likely to suffer from loneliness and despair.

It's just that we seem to have forgotten that prayer is to the spirit what physical exercise is to the body. Meditation, yes. Mindfulness, certainly. They are the fashionable things, and surely there's nothing wrong with them. Jewish prayer, when it's done the right way, is a form of meditation and mindfulness.

But it's also so much more, just as happiness is so much more. It's more than a moment of serenity in a life otherwise punctuated by stress, anxiety and disappointment. Jewish prayer is about gratitude and resilience and forgiveness and love. It's about song and dance and exuberance and joy. Go to a Jewish wedding and you'll know what that means, and sometimes prayer should feel like a Jewish wedding. It's about celebrating life.

The spirit needs prayer the way the body needs exercise, and sometimes prayer can be boring, the way exercise can be boring, but you do it because you know that it's going to make you feel energised, focussed, revitalised. It's going to make you a better, larger, deeper human being. For the better part of four thousand years Jews have been among the world's experts on the human spirit, and much of that has to do with the way we pray.

Parashat Nitsavim-Vayelekh Seventh Week of Consolation

Torah: Deut. 29:9–31:30, 70 Pesukim
Hertz 878–891; Stone 1086–1099
Haftarat Nitsavim: Is. 61:10–63:9
Hertz 883–886; Stone 1202–1204
Tefillot: Morid Hatal; no Hakhrizat
Hahodesh

Reminder: Selihot

Selihat take place before Shaharit each morning during the month of Elul. This week:
Sun 6:45 am, Mon–Wed 5:45 am

KJ Schedule Erev Shabbat

Friday, September 15th

Selihat	5:45 am
Shaharit	6:25 am
Candle lighting	6:41 pm
Minha	PROMPTLY AT 6:30 pm
Kabbalat Shabbat / Arvit	7:00 pm

Yom Shabbat

Saturday, September 16th

Shaharit / Morning Prayer	8:30 am
Keri'at HaTorah	10:15 am
Musaf	11:40 am
Women's Tehillim	5:00 pm
Minha	6:00 pm
Se'uda Shelisheet	6:40 pm
Arvit	7:30 pm
Havdala	7:43 pm

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Sunday, September 17th

Selihot / Shaharit..... 6:45 am / 7:30 am
Talmud Torah 9:45 am

Monday-Tuesday, September 18-19

Selihot / Shaharit..... 5:45 am / 6:30 am

Erev Rosh Hashana

Wednesday, September 20th

Selihot 5:45 am
 Shaharit & Hatarat Nedarim 6:30 am
 Minha / Arvit 6:00 pm
 Candle lighting 6:34 pm

Rosh Hashana, First Day

Thursday, September 21st

Shaharit 8:00 am
 Children's Room 10:00 am to 2:00 pm
Tashlikh (meet at Kahal) 5:00 pm
 Minha / Arvit 6:00 pm
 Candle lighting , 2nd day..... after 7:36 pm

Rosh Hashana, Second Day

Friday, September 22nd

Shaharit 8:00 am
 Children's Room 10:00 am to 2:00 pm
 Minha / Arvit 6:00 pm

Shabbat Shuva

Friday, September 22nd

Minha / Arvit 6:00 pm
 Candle lighting for Shabbat 6:31 pm
 Havdala (kodseh lekodesh) in kiddush
 Kiddush (earliest possible) 5:34 pm

Saturday, September 23rd

Shaharit 8:30 am
 Women's Tehillim 4:45 pm
 Minha 5:45 pm
 Se'uda Shelisheet 6:30 pm
 Arvit 7:20 pm
 Havdala 7:33 pm

Shabbat Kiddush

is sponsored in memory of

Said ben Meir Yafeh, z"l
Andre ben Said Yafeh, z"l

by

The Yafeh Family &
 Jacques Mashihi



Connecting with the Torah

Karen and Frank Dabby visited Kahal last week with three of their grandchildren for a special tour of the Ekhal . They enjoyed seeing their communal and spiritual history up close and personal.

Guided tours with Rabbi Melhado can be arranged by appointment.

Tsom Gedalia / Fast of Gedalia

Sunday, September 24th

Fast starts 5:29 am
 Selihot / Shaharit 6:30 am / 7:30 am
 Minha w/Birkat Kohanim 6:00 pm
 Fast ends (Sephardim) 7:13 pm
 Fast ends (for those who wait) 7:27 pm
Iraqi HAFLA Concert 7:30 PM

In Memoriam

We remember these yahrzeit anniversaries September 16 to 23, 2017. It is customary to light memorial candles, donate tzedaka & attend Shabbat services.

25 Elul / Shabbat, September 16th

Yosef Acoca *Yosef ben Nissim*
 Sidney Jonah Sasson *Ephraim Yonah*
 Marsel Kemareh *Marsel bat Shaul v'Gazala Levi*
 Esmat Khalili Naghdi *Rahel bat Yonah*

26 Elul / Sunday, September 17th

Hanina Levy *Hanina Saleh Shamash bat Farha*

27 Elul / Monday, September 18th

Ester Shamsi *Ester bat Morvarid*

28 Elul / Tuesday, September 19th

Samuel Hallegua *Shmuel ben Haim*
 David Kelly *David Shalom ben Saleh Moshe Kadoorie*
Moshe ben Moondani

29 Elul / Wednesday, September 20th

Berdy Glass *Berindal bat Riba Rahel*
 Eric Hanin *Ezra ben Aharon*
 Isaac Solomon *Malek bat Yehuda*

1 Tishri / Thursday, September 21st

Aaron Aslan
 Hannah Cohen *Chana bat Rahel*
 Mozelle Elisha
 Julian Raymond Kelly *Yacob Rahamim ben Saleh Moshe Kadoorie*
 Edward Sassoon
 Farha Sassoon *Farha bat Aziza*

Refua Shelema

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

HafLa!

High Holy Day Musicale

An evening of Israeli & Arabic songs
featuring Hazan Ben Atar and his band

Sunday, Sept. 24 at 7:30PM

Refreshments will be served

Tickets: \$30 in advance, \$40 at the door
RSVP by Sept. 20 to the office or online at
www.kahaljoseph.org/events.html



Find your way through the High Holy Days

Join Rabbi Melhado online as we explore
the meaning of the High Holy Days
and prepare spiritually



Monday, Sept. 11 at 8PM

Reflect on Rosh Hashanah

Wednesday, Sept. 27 at 8PM

Prepare for Yom Kippur

RSVP to RabbiMelhado@kahaljoseph.org

Never had a Bat Mitzvah? It's not too late!

Join a NEW class for women
starting after the holidays
with Rabbi Melhado

All levels of Hebrew &
Jewish knowledge welcome!

Contact Yvette Dabby at
yvettedabby@gmail.com to sign up!

Membership Benefits Everyone!

You get...

- *To be a part of the Kahal family
- *High Holy Days tickets
- * Rabbi for lifecycle events
- *Pastoral counseling
- *Preferential rates for space rentals, Talmud Torah tuition and children's programs

You support...

- *Adult Education programs
- *Social events
- *Children's education & programs
- *Prayer minyanim
- *Keeping Kahal here for you when you need it!

Contact the office at 310-474-0559 or speak to Rabbi Melhado to join!



Living Room Learning



Got a pressing Jewish question?
Something on your mind? A topic of interest?

Host Rabbi Melhado in your home for a class to explore a topic of your choice, or work with the rabbi to find something that interests you. Invite your friends, and learn together with the rabbi in a relaxed environment.

Interested? Questions?

Email the rabbi at RabbiMelhado@kahaljoseph.org.

FREE Jewish Children's Books!



Do you know or love a Jewish child?

They can get a FREE Jewish-themed book in the mail every month - award-winning, amazing and FREE!

SIGN UP HERE

PJ Library - 6 months to 8 years - www.pjlibrary.org

PJ Our Way - 9 to 11 years old - www.pjourway.org

Sponsored by the Jewish Federation of Greater Los Angeles, the Harold Grinspan Foundation & local donor families

Sephardic Educational Center
presents our annual

Sephardic
Selihot Concert

Tuesday, September 26th, 2017

Doors open 7:30 pm

Program starts at 8:00 pm. \$15 per person at Em Habanim Sephardic Congregation, 5850 Laurel Canyon. To reserve call 323-272-4574 or email info@secjerusalem.org

CELEBRATE HIGH HOLY DAYS WITH KAHAL!

High Holy Day Tickets

Members - look for your tickets in the mail soon!

Guests - order your tickets now!

Order online at www.kahaljoseph.org/high-holy-days.html,
call 310-474-0559 or stop by in person!

MEMBERS RECEIVE:

- * Two adult tickets with family membership OR one single ticket with single membership
- * Free tickets for preregistered teens
- * Free playroom wristbands for preregistered children
- * Favorable rates for members' children in college

GUEST TICKET RATES:

Remember, your ticket package can be applied to the cost of a new membership!

* \$300 for adults

* \$150 for teens from bar mitzva through college

* \$50 for children under bar mitzva age



Children's Program



Join us for our exciting High Holy Days children's programming. We'll have engaging activities, lively entertainment, nutritious snacks, and an age-appropriate exploration of the holidays.

Registration required! Registration forms are in the mailing, or register online at www.kahaljoseph.org/hhd-kids.

Free for members, \$25 per holiday for non-members.

ROSH HASHANAH

Thursday, Sept. 21 - 10AM - 2PM

Friday, Sept. 22 - 10AM - 2PM

YOM KIPPUR

Friday, Sept. 29 - 5:45 - 10PM

Saturday, Sept. 30 -
10AM - 2PM, 3:45PM - 7:30PM

Welcome Back Hazan Ben Atar

We are thrilled that the wonderful voice of Hazan Michael Ben Atar will once again grace us from Jerusalem for Rosh Hashanah & Yom Kippur. He will join our beloved Hazanim Sassoon Ezra and Saeed Jalali, so that our prayers will be as beautiful to our own ears as they are to God.

Born into two Iraqi families, the Hazan avidly follows Mizrahi cantors Moshe Habusha, David Halabi, and Gourgy Yair. After studying at Yeshivat Oz Meir, he made music the centerpiece of his professional life. He plays the oud & violin, performs hazanut and at semahot, and teaches music to children and adults.



FALL HOLIDAY CALENDAR

Rosh Hashanah
September 20-22

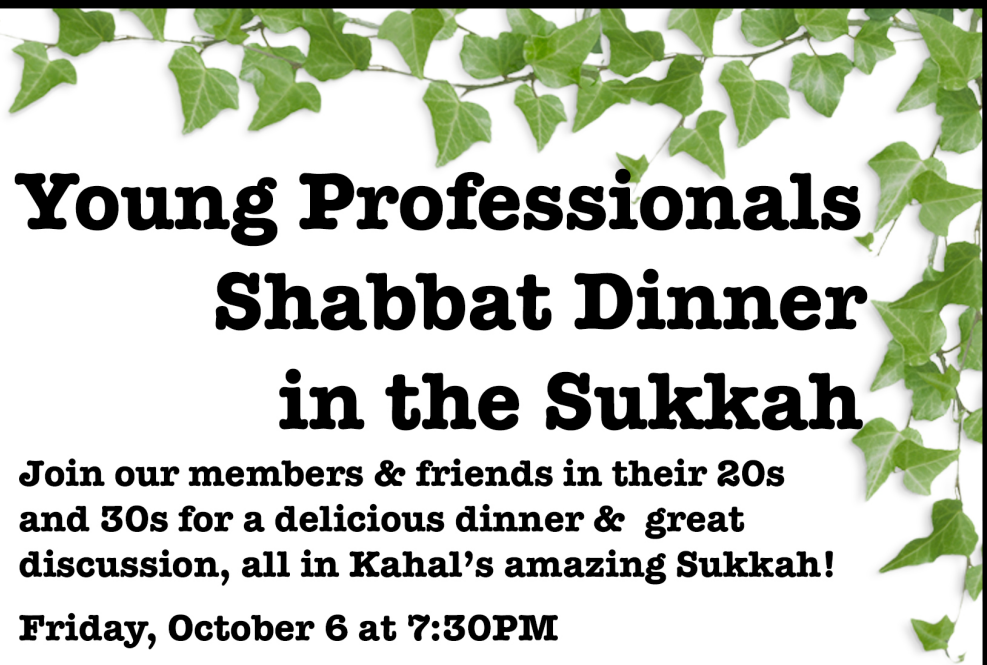
Yom Kippur
September 29-30

Sukkot
October 4 - 11
Shemini Atzeret/
Simhat Torah
October 11-13

Mitsvot

Make a donation to reserve your
mitsva for the High Holy Days!

Call the office at 310-474-0559



Young Professionals Shabbat Dinner in the Sukkah

Join our members & friends in their 20s
and 30s for a delicious dinner & great
discussion, all in Kahal's amazing Sukkah!

Friday, October 6 at 7:30PM

RSVP to RabbiMelhado@kahaljoseph.org

Sukkot Family Dinner

Bring the kids and enjoy a delicious dinner
in Kahal's Sukkah, inside the playroom!

Sunday, October 8, 5:30 PM

Adults \$15 - Kids 5 to 12 \$10 - Under 5 free

RSVP at www.kahaljoseph.org/sukkot



Order your Arba Minim!

With a click of a button, order your
lulav and etrog through Kahal Joseph!

All sets are strictly kosher

Regular - \$36 Fancy - \$54 - higher grade etrog
\$3 extra for hoshanot

www.kahaljoseph.org/arbaminim

by Friday, September 29 at noon

Pick up on Wednesday, October 4 at Shaharit
or that evening at Arvit

Celebrate Simhat Torah! Thursday, October 12

* Joy * Friendship * Family * Torah * Dancing * Singing *

Minha - 5:15pm

Arvit - 5:45 pm

Hakkafot followed by a light Israeli dinner

Sponsored by Louise Nathan, Sunny J. Sassoon & family

