

KOL MEVASSER

Guest Message

Redacted from "Seeing What Isn't There," *Covenant & Conversation* 5778 By Rabbi Jonathan Sacks

Aaron T. Beck, by now in his late-90s is the founder of Cognitive Behavioural Therapy, one of the most effective forms. His work has transformed many lives, rescuing people from depression and other debilitating psychological states.

During his work at a depression research clinic, Beck detected a pattern among his patients who interpreted events in negative ways that were damaging to their self-respect, and fatalistic. It was as if they thought themselves into a condition that Martin Seligman later called "learned helplessness." Essentially they kept telling themselves, "I am a failure. Nothing I try ever succeeds. I am useless. Things will never change."

But Beck found that if patients became conscious of these thoughts, saw how unjustified they were, and developed different, more realistic thought patterns, they could, in effect, cure themselves. This also turns out to be a revelatory way of understanding the key episode of our parasha, namely the story of the spies.

Recall what happened. Moses sent twelve men to spy out the land. The men were leaders, princes of their tribes, people of distinction. Yet ten of them came back with a demoralising report. The land, they said, is indeed good. It does flow with milk and honey. But the people are strong. The cities are large and well fortified. Caleb tried to calm the people. "We can do it." But the ten said that it could not be done. They are giants. We are grasshoppers. And so the people lost heart. They fell prey to distorted thinking identified by Beck's student, David Burns: *all-or-nothing thinking; negative filtering; catastrophising; mind-reading; inability to disconfirm; emotional reasoning; and blame.*

In blaming, we accuse someone else of being responsible for our predicament instead of accepting responsibility ourselves. This is what the people did in the wake of

the spies' report. "They grumbled against Moses and Aaron" (Num 14:1), as if to say, "It is all your fault. If only you had let us stay in Egypt!" People who blame others have already begun down the road to "learned helplessness." They see themselves as powerless to change. They are passive victims.

It is very easy to fall into these and other forms of cognitive distortion, and the result can be depression and despair. Applying cognitive behavioural therapy to the story of the spies lets us see how that ancient event might be relevant to us, here, now.

What I find moving is the therapy that the Torah prescribes. The end of the parsha – the paragraph dealing with *tzitzit* – is connected to the episode of the spies by two keywords, *ure-item*, "you shall see" (Num 13:18; 15:39), and the verb *latur*, (Num 13:2, 16, 17, 25, 32; 15:39). The key sentence is the one that says about the thread of blue in the *tzitzit*, that "when you see it, you will remember all the commandments of the Lord and do them, and not *follow after your own heart and your own eyes*" (Num. 15:39).

Note the strange order. Normally we would expect it to be the other way around: as Rashi says, "The eye sees and the heart desires." First we see, then we feel. But in fact the Torah reverses the order, thus anticipating the very point Cognitive Behavioural Therapy makes, that often *our feelings distort our perception*. We see what we fear – and often *what we think we see is not there at all*.

The blue thread in the *tzitzit*, says the Talmud (Sotah 17a), is there to remind us of the sea, the sky, and God's throne of glory. *Techelet*, the blue itself, was in the ancient world the mark of royalty. Thus the *tzitzit* is itself a form of cognitive behavioural therapy, saying: "Do not be afraid. God is with you. And do not give way to your emotions." Hence the life-changing idea: never let negative emotions distort your perceptions. You are not a grasshopper. Those who oppose you are not giants. To see the world as it is, not as you are afraid it might be, let faith banish fear.

Parashat Shelah

Latest Shabbat of the Year

Torah: Num. 13:1–15:41, 119 Pesukim

Hertz 623–634; Stone 798–819

Haftara: Josh. 2:1–24

Hertz 635–637; Stone 1184–1185

Tefillot: Morid Hatal, Hakhrizat Tamuz: We, Th

KJ Schedule

Erev Shabbat / Friday, June 28th

Candle lighting.....	7:50 pm
Happy Minyan	5:30 pm
Minha	6:00 pm
Kabbalat Shabbat & Arvit	6:30 pm

Yom Shabbat / Saturday, June 29th

Shaharit.....	8:30 am
Keriat HaTorah	10:15 am
Sermon	11:20 am
Musaf	11:30 am
Women's Tehillim	6:15 pm
Minha	7:15 pm
Se'uda Shelisheet	8:00 pm
Arvit.....	8:40 pm
Havdala	8:53 pm

Sunday, June 30 / Shaharit 7:30 am

Mon, Tue, Fri, July 1,2,5 / Shaharit 6:25 am

Rosh Hodesh Tamuz / Wed, July 3

Shaharit.....	6:05 am
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Rosh Hodesh & Ind. Day / Thurs, July 4

Shaharit.....	7:00 am
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Next Shabbat / Fri–Sat, July 5-6

Candle lighting.....	7:50 pm
Happy Minyan / Fri Minha....	5:30 / 6:00 pm
Shaharit.....	8:30 am
Saturday Minha	7:15 pm
Havdala	8:53 pm

Shabbat Kiddush

is sponsored by
Renee & Norman Reiz

in honor of the upcoming
wedding of their daughter
Jennifer Reiz & Efraim Keren

Mazal Tov
Jennifer & Efraim

Besiman Tov to

Parents

Renee & Norman Reiz
Eti & Zvi Keren

Grandfather

our Senior Hazan Sassoon Ezra
and both families



Mazal Tov

Andrea & Jeremy Reiz
on the birth of a baby girl
Adina Yael
in Miami

Besiman Tov to

Grandparents,

Renee & Norman Reiz
Chaya & Yirmiyahu Yaakov

Great-grandfather

Senior Hazan Sassoon Ezra

Ruby & Joe Samuels 60th Wedding Anniversary June 30th 2019



Ruby and Joe met at a friend's wedding three days
after Ruby's arrival to Montreal, on June 23, 1957,
and got married two years later. After 22 years they
moved to Los Angeles with their three children
Sharon, Lisa and Jeffrey and joined Kahal Joseph
in 1979. We wish them all the best *ad me'a ve'esrim!*



In Memoriam

We remember these yearzeit anniversaries from June 29 to
July 6, 2019. We light memorial candles, donate tsedaka,
and attend Shabbat services to honor the memory of our
loved ones.

26 Sivan / Shabbat, June 29th

Daniel Rojhani

George Sassoon *Khadoory Hai ben Ezra*
Samha Zelkha

27 Sivan / Sunday, June 30th

Abdallah Joseph *Abdallah Faraj Isaac Yoseph*
Maurice Mathalon *Maurice Moshe ben Avraham*

28 Sivan / Monday, July 1st

Rostame Eliassi *Mordecai ben Habib*
Aziz Daniel Pourati *Aziz ben Daniel*

29 Sivan / Tuesday, July 2nd

Eric Jacob Jonah *Ezra ben Yaacov Yonah*
Abraham Mashaal *Abraham ben Yehezkel*

30 Sivan / Wednesday, July 3rd

Ester Meyer *Ester bat Sofi*

1 Tamuz / Thursday, July 4th

Selina Jacobs

Ezra Kemareh *Ezra Yaacov Kemareh*

Maurice Morris *Moshe ben Abdullah*
Lulu Moshi *Lulu bat Simha*

Abraham Posmentier *Abraham ben Isser*
Nadhim Sarraf *Yitzhak ben Haim*

2 Tamuz / Friday, July 5th

Isaac Amron

Eugene Cornateanu

Simha Goury *Simha bat Lulu*

Meyer Edward Nathan *Meir ben Ezra*

3 Tamuz / Shabbat, July 6th

Joseph Moses *Yosef ben Aharon Moshe*
Habibollah Rokhsar *Habib ben Mordecai*

Refua Shelema

Sassoon Ezra • Moselle Amron • Sally Amron • Sylvia Cohen
Esther Duke • Mehry bat Miriam Hakimipour • Tilda Levy
Yvonne Moalim • Florice Newberry • Aliza bat Rahel • Aliza
bat Victoria • Chaya Chana bat Batya • Katie bat Farha
Miriam bat Yetta • Miryam bat Malka Moshe Ezra ben Mazal
Tov • Simcha bat Rooha • Habiba bat Farha • Chaya Rachel
bat Simcha • Dina bat Rahel • Rahel bat Ramah Regina
Karen bat Chana • Meir Ezra ben Rahel • Eti Esther bat
Fortuna • Eliahu Shalom ben Avigayil • Albert ben Victoria



Join us - email Rabbi Melhado today at rabbimelhado@kahaljoseph.org for tickets!

**Dodger's Jewish
Community Day**
Sunday, July 7 at 1:10pm
LA Dodgers
v.
San Diego Padres

Get a Dodger's kippah!



**HAKARAT HaTOV
LUNCHEON**

IN HONOR OF
**RABBI RAIF & JESSICA
MELHADO**

FOR DEDICATED SERVICE
TO OUR COMMUNITY

SHABBAT, JULY 27, 2019
KAHAL JOSEPH CONGREGATION

Explore Jewish India!

By Rahel Musleah

If you are like me, your roots are important to you. Some of you might know my family. My father was the rabbi of the Calcutta community, and we moved to the United States when I was six years old. India enchanted me from a distance for most of my life.

We Baghdadi Jews have branched out all over the world, but we remain grounded in our glorious heritage. We can't go back to Baghdad, but we can still travel to India and delight in all it has to offer. Each tour I lead is a homecoming for me. Whether you are Baghdadi, Indian, or from another background, you will be treated as part of the family.

INDIA

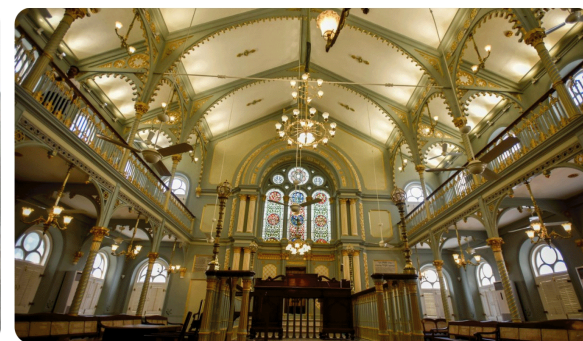
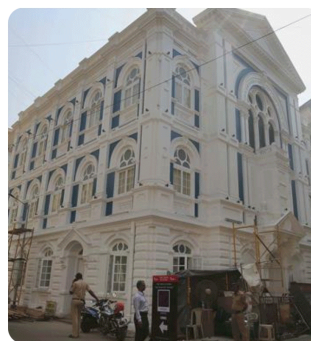
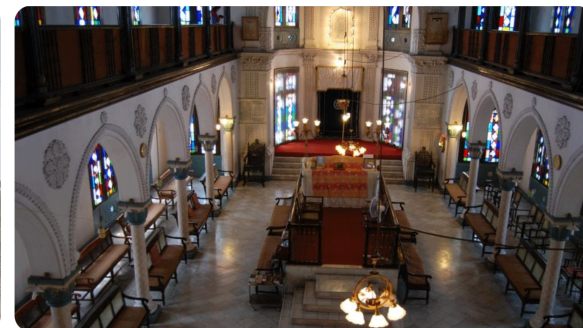
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SISTER SYNAGOGUES MAHARASHTRA



The Baghdadi Jewish community of Bombay was founded by traders who had moved there from nearby Surat and Poona. Their synagogues were constructed by the Sassoon merchant family, whose trusts still maintain them today. David Sassoon built Magen David in Byculla in 1861 and Ohel David in Poona two years later. These were supplemented by Jacob Sassoon, who built the landmark Keneseth Eliyahoo in 1884.