

KAHAL JOSEPH WEEKLY

Rabbi's Message

By Rabbi Natan Halevy

In this week's Parasha, Moses recounts his numerous requests and prayers to God to enter the land of Israel. All his prayers are to no avail. He prays so many times, until Hashem literally says, "Enough! Stop speaking to me about this matter!" to Moshe. God tells Moshe to go up to the top of the mountain that overlooks Israel and look in all four directions over the land. He then says, ending the story, Joshua will lead the nation into Israel.

The Torah is all about lessons. Why is Moshe speaking about this? What is the lesson here?

The resolution to this query is related to the topic of 'integration' that we've been discussing. Integration can be defined as uniting the disparate parts of a whole and creating greater linkage and functioning. Integration in our lives leads to health and fulfillment. Something that strengthens the integration we desire for ourselves is the intention we set in our lives. Our intentions



influence the direction of our energy flow, our attention and connection. *Our intentions' impact on our attention is directly linked to the neural firing and connections in our brain.*

Our 'internal statements,' or our inner voice, also activate brain circuitry that reinforces what we are telling ourselves. How much more so when we engage physically and speak these words.

This helps shed light on Moshe's interaction with God. Part of the reason Moshe wants to enter Israel is to fulfill the mitzvot that can only be done in Israel.

Although Moshe didn't enter Israel, God empowered him by having him gaze on the entire land. God was honoring Moshe's intention of fulfilling the commandments connected with the land on a higher spiritual level, one that was beyond their physical fulfillment. Moshe gazing upon the land also strengthened actions and mitzvot which future generations of Israel would fulfill in the land.

May we connect to the intention we've had for over 2000 years, the rebuilding of Israel, Jerusalem and the holy Temple, Amen!

Shabbat Shalom Umevorach!

Parashat Va'et'hanan Shabbat Nahamu / Decalogue

Torah: Deut. 3:23–7:11, 122 Pesukim
Hertz 755–776; Stone 958–979
Haftara: Is. 40:1–26
Hertz 776–779; Stone 1196–1197

KJ Schedule

Erev Shabbat

Friday, August 16th

Candle lighting	7:21 pm
Happy Minyan	5:30 pm
Minha	6:00 pm
Kabbalat Shabbat & Arvit	6:30 pm

Yom Shabbat

Saturday, August 17th

Shaharit	8:30 am
Keriat HaTorah	10:15 am
Sermon	11:20 am
Musaf	11:30 am
Class with Rabbi Halevy	6:00 pm
Women's Tehillim	6:15 pm
Minha	6:45 pm
Seuda Shelisheet	7:20 pm
Arvit	8:05 pm
Havdala	8:17 pm

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Tu Be'Av

Feeling G-d's Love on the 15th of Av

We've just passed the period of the Three Weeks and Tisha Be'Av. The 15th of Av, also known as Tu Be'Av, is considered to be the time when we truly start to climb up out of the spiritual energy of the Three Weeks and begin preparing for the spiritual heights of Rosh Hashana, Yom Kippur, and the entire month of Tishrei. As the Mishna states, 'There were no greater days for Israel than the 15th of Av and Yom Kippur.'

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...

- *Educational programs
- *Social events
- *Prayer minyanim
- *Keeping Kahal here for you when you need it!

Contact the office at 310-474-0559

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Sunday, August 18th

Shaharit 7:00 am

Weekdays

Monday– Thursday, August 19th-23rd

Shaharit..... 6:25 am

Next Shabbat

Friday–Saturday, August 23-24

Candle lighting 7:12 pm
Happy Minyan 5:30 pm
Friday Minha 6:00 pm
Shaharit..... 8:30 am
Class w/Rabbi Halevy 6:00 pm
Tehillim w/Mrs. Bracha Halevy 6:15 pm
Saturday Minha 6:45 pm
Havdala 8:15 pm

Morning Minyan is Where It's At!

There is a warm place for you in the happy camaraderie of Kahal Joseph's morning minyan.

Any day is off to a great start when it begins with prayer and friendship. The best part? It doesn't just feel good, it's a mitsva too!

Sponsor a Kiddush Or Seuda Shelisheet

Celebrate a family milestone!
Honor the memory of a loved one!
Celebrate and commemorate with your Kahal Joseph community by sponsoring a Kiddush or Seuda for all to enjoy.

**Contact Sarah in the office at
310.474.0559 to reserve your date.**

In Memoriam

We remember these yahrzeit anniversaries from August 17 to 24, 2019. We light memorial candles, donate tsedaka, and attend Shabbat services to honor the memory of our loved ones.

17 Av / Sunday, August 18th

Pnina Herzbrun *Pnina bat Esther*
Jacob Jonah Yaacov *Yonah ben Yonah Yitzhak*
Sabiha Kattan *Sabiha bat Gurjiya Horesh*
Matilda Levi *Massooda bat Tirkie*

18 Av / Monday, August 19th

Khadoori Sasson *Kadoori ben Sasson*

19 Av / Tuesday, August 20th

Esther Shapiro *Ester bat Rivka*

20 Av / Wednesday, August 21st

Houshang Yousefia *Houshang Avraham ben Yishmael*

21 Av / Thursday, August 22nd

Farangis Shaye *Farangis bat Hanonbibi*
Ketty E. Hanoon *Khatoon bat Noosha*

22 Av / Friday, August 23rd

Rahel bat Zivar
Evelyn Azar
Hannah Posmentier

23 Av / Saturday, August 24th

Gloria Levi *Gloria Mazal bat Rahel*
Rachel Moses *Aziza bat Rahel*

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 • Eti Esther bat
Fortuna • Eliahu Shalom ben Avigayil • Ezra ben
Rahel • Albert Nissan ben Victoria • Mark Jonah
Reuven Halevi ben Batsheva

The Norma & Sam Dabby



Talmud
Torah



Open House



Sunday, August 25th

10:30 am to 12:00 pm

Arts, Crafts & More

Meet the Teachers! Explore the School! Register for Classes!

Contact our Director, Molly Jalali at molly@demetek.com or
call our office at 310.474.0559 for more information.

Registration forms at www.kahaljoseph/talmud-torah.html



* Learn at KJ

* *This Shabbat! August 17, 2019*

Torah Learning Class

6:00 pm with Rabbi Natan Halevy

Join us for an engaging, uplifting class about the week's Torah portion, the 'parasha,' and its connection to our daily lives.

Women's Tehillim

6:15 pm with Mrs. Bracha Halevy

Women are invited to read Tehillim at our weekly Shabbat gathering and pray for the well-being of our community under the warm guidance of Mrs. Bracha Halevy.

SUPPORT KAHAL JOSEPH

Annual Days of Giving, Wednesday, August 14 to Wednesday, August 21

Dear Members and Friends,

Wednesday, August 14th through Wednesday, August 21st are our Annual Days of Giving. Every donation received will enable our synagogue to continue to serve our community and elevate its programs for our members, their families, and friends.

We need you! We rely on your generosity to supplement our general fund, improve our many programs, and enhance our synagogue's outreach to our members. Renovation and updating of our facilities is continuous. Construction has started for a Youth Lounge and much needed storage rooms. This will be followed by improvements to the restrooms.

Members of our community have volunteered their time to reach out to you on our Days of Giving. Any donation you make will be greatly appreciated. No amount is too small.

With a contribution of \$1,000 or more, your name will be engraved on the Benefactors Wall in the lobby.

The success and growth of Kahal Joseph are a result of your generous support throughout the years. I look forward to your continued kindness and heartfelt generosity.

May Hashem bless you and your families,

Yvette Dabby
President
