

KJ HAPPENINGS

Guest Message: Thoughts for Succoth

By Rabbi Marc Angel

Dr. John Abernathy was a famed physician in 19th century England. One day, a patient came in complaining that he was not feeling well. Dr. Abernathy gave the man a complete check-up, and then said: "There's nothing physically wrong with you. You're just depressed. I suggest that you go to a performance of the great comedian, Grimaldi. He is wonderful. He will cheer you up and make you laugh. Go see Grimaldi and you will feel much better." The patient replied: "I am Grimaldi!"

This anecdote reminds us that there are two aspects (at least) to every person. There is the exterior persona that people see, the outward appearance of who we are; and there is the inner person that people do not readily see, the concealed essence of who we are. In the ideal, these two aspects should be in harmony. Our inner life and outer life should reflect a unified personality. In the case of Grimaldi, his external humor and cheerfulness actually concealed an inner sadness and malaise.

When the two aspects are not in harmony, we need to work on ourselves. When we realize there is a dissonance, we can begin to address the situation and work to make ourselves "whole." If we deny or refuse to recognize the dissonance, we live life on a superficial, even hypocritical level. We pretend to be what we are not; we may try to convince ourselves that everything is just fine.

Rosh HaShana and Yom Kippur focused on our need to unify ourselves, and to overcome any dissonance between our external and internal lives. The mood was solemn and sincere, as befits an honest self-evaluation.

But now we approach Succoth, which is known as Zeman Simhateinu, the time of our happiness. Indeed, the Torah commands us to be happy on the Festival days. Yet, how can we be commanded to be happy, if our interior mood is not happy? The answer is: We have the power to direct our inner thoughts in the direction of happiness. We have the capacity to overcome feelings of distress, by channeling our emotions in constructive ways.

Happiness isn't an end in itself, but is the result of positive thinking and action. Succoth reminds us: we've just been through a very serious holiday period, where we've discovered areas of strength and weakness within ourselves. Now it is time to take our insights from Rosh HaShana and Yom Kippur, and turn them into positive thinking and action. Let us now rejoice in the festival. Let us re-connect with family and friends. Let us enjoy eating in the Succah... Let us be grateful to the Almighty for the abundance of the harvest, for the beauties of nature. Let us harmonize our inner lives and our outer lives, so that we reflect a genuine faith and confidence inside and out. When we greet each other on Succoth, some say: Moadim leSimha--may the festivals be for happiness; and some say, Hag Sameah--enjoy a happy Festival. The message is clear: we foster a mood of happiness so that we can carry this spirit of optimism and happiness throughout the year, and throughout our lives.

Parashat Haazinu

Torah: Deut. 32:1–32:52, 52 Pesukim
Hertz 896–903; Stone 1100–1111
Haftara: II Sam. 22:1–51
Hertz 904–908; Stone 1205–1207
Tefillot: Morid Hatal, no Tsidkatekha

Sukkot Days 1 and 2

Torah: Lev. 22:26–23:44; Num. 29:12–16
Orot Seph. Sukkot 353–356 (5 aliyot)
Haftara S1: Zach. 14:1–21
Orot Seph. Sukkot 357–358
Haftara S2: I Kings 8:2–21
Orot Seph. Sukkot 361–362
Tefillot: Ps. 42–43; Morid Hatal, Netilat Lulav, Full Hallel, Hoshanot; Musaf of Sukkot

KJ Schedule

Erev Shabbat / Friday, October 11th

Candle lighting	6:06 pm
Happy Minyan	5:30 pm
Minha	6:00 pm
Kabbalat Shabbat & Arvit	6:30 pm

Yom Shabbat / Saturday, October 12th

Shaharit	8:30 am
Keriat HaTorah.....	10:15 am
Sermon	11:20 am
Musaf	11:30 am
Chumash Shiur, class w/Rabbi Halevy	5:00 pm
Minha	5:30 pm
Seuda Shelisheet.....	6:15 pm
Arvit.....	7:00 pm
Havdala.....	7:08 pm

Schedule continues on p. 2

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SUKKOT

Erev Sukkot

Sunday, October 13

Children's Sukkah Party 11:30 AM

Mincha 6:00 PM

Arvit 6:30 PM

Candle Lighting 6:03 PM

Sukkot, Day I

Monday, October 14

Shaharit 8:30 AM

Keri'at HaTorah 10:30 AM

Mincha 6:00 PM

Arvit 6:30 PM

Candle Lighting 7:06 PM

Sukkot, Day II

Tuesday, October 15

Shaharit 8:30 AM

Keri'at HaTorah 10:30 AM

Mincha 6:00 PM

Arvit 6:30 PM

Havdala 7:04 PM

Hol HaMoed Sukkot

Weekdays

Wednesday-Friday, October 16-18

Shaharit 6:00 AM

Erev Shabbat

Friday, October 18

Mincha 5:45 PM

Kabbalat Shabbat & Arvit 6:00 PM

Candle Lighting 5:57 PM

Condolences

With sorrow we send our deepest condolences to the family and friends of
Batsheva Abraham, z"l

Batsheva bat Rachel. She passed away on the 22nd of Elul, September 22, 2019.

She is survived by her children

Ronnie Abraham

Ramona Harari

Rachel Weber

and her extended family including grandchildren, nieces and nephews.

She was predeceased by her husband, Abe Abraham, z"l, dear, longtime, devoted member of the Kahal Joseph community and a fixture at morning minyan.

Our thoughts & prayers go out to her family and loved ones. May they be comforted with all the mourners of Tsion. *Min hashamayim tenuhamu.*

Sponsor a Kiddush or Seuda Shelisheet!

Celebrate a family milestone!

Honor the memory of a loved one!

Share a simha with the community!

Celebrate and commemorate with your Kahal Joseph community by sponsoring a Kiddush or Seuda Shelisheet 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 October 12 to 19, 2019. We light memorial candles, donate tsedaka, and attend Shabbat services to honor the memory of our loved ones.

14 Tishrei / Sunday, October 13th

Sarah Georgina Moses *Sarah bat Simcha*

Naji Shaaya *Naji ben Shaaya*

Regina Shaby *Regina bat Haviva*

15 Tishrei / Monday, October 14th

David Sulman Aslan

Raina Murad Aslan

17 Tishrei / Wednesday, October 16th

Salim Joseph Meir *Salim ben Yoseph Meir*

Ezekiel Moses *Yehezkel ben Sassoon*

Salim Youssefmir *Salim ben Amin*

18 Tishrei / Thursday, October 17th

Jacob Ephraim *Yaacov ben Ephraim*

Rosy Hyam *Rosy bat Mazli*

Paul Hyman *Ya'akov Pesah ben Yitzhak*

19 Tishrei / Friday, October 18th

Girjee Ezra *Gurjiyee bat Sarah*

Regina Mizrahie *Regina bat Habiba*

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 • Habiba
bat Farha • Chaya Rachel bat Simcha • Ruhama 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 • David ben Tova
Reuven Halevi ben Batsheva • Shaoul ben Lulu

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!



Join us for a pink challah bake and learn the latest in women's health, cancer risk, and questions to consider for you and your family.

Kahal Joseph Congregation

Thursday, November 7th at 7pm

10505 Santa Monica Blvd, Los Angeles, CA 90025

\$18 suggested donation with proceeds to Sharsheret

RSVP to 310.474.0559 or yvettedabby@kahaljoseph.org

Hear from our panel featuring:

Dr. L. Joel Kessler, OGBYN, St. John's Health Center

Jenna Fields, MSW, MA, CA Regional Director Sharsheret



Sharsheret improves the lives of Jewish women and families living with or at risk for breast or ovarian cancer through personalized support and saves lives through educational outreach.



866.474.27
info@sharsheret.org
www.sharsheret.org

KJ Family Shabbat

Celebrate Shabbat with your kids!
Saturdays 11/9, 12/7 & 1/11 @ 10:45 am
Upstairs Synagogue with Rabbi Halevy
Sing together, learn together, pray together
Spiritual, accessible service at Kahal Joseph

Join KJ Kids Club! Earn bracelets & tokens!
Collect them for prizes during Hannuka!
Kiddush Luncheon to follow services

10505 Santa Monica Bl, LA 90025
 310.474.0559 kahaljoseph.org

KAHAL JOSEPH CONGREGATION

**TORAH CLASS WITH
 RABBI NATAN HALEVY**

October 12th 2019
Shabbat afternoon at 5:00 pm

LEARN WHAT IT REALLY MEANS
TO BECOME A BAT MITZVA

**AN INNOVATIVE, YEAR-LONG
PROGRAM FOR GIRLS AGE 11-13**

**KAHAL JOSEPH'S
BAT MITZVA
CLUB**



FIRST SUNDAY OF EVERY MONTH STARTING NOV 3
MEETINGS WILL BE FILLED WITH ENGAGING
DISCUSSIONS, ACTIVITIES, FOOD, & FUN

HOSTED BY MRS. BRACHA HALEVY
FOR INFO OR TO REGISTER:
BRACHAHALEVY@KAHALJOSEPH.ORG
516.220.2453

Kahal Joseph Congregation

**SUKKAH PARTY
for Kids & Families**

13th October 2019 • 11:30 AM

RSVP 310.474.0559 or
rabbi@kahaljoseph.org



Celebrate Simhat Torah!

Monday, October 21, 2019

Minha 5:55 pm ■ Arvit 6:25 pm

Hakafot & Celebration to follow

Friendship ♦ Family



Dancing ♦ Singing