

# KJ Happenings

23 Av 5782 | 20 August 2022

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## KJ Schedule

### Parashat Ekev

Devarim (Deut.) 7:12 - 11:25  
Haftarah: Yishayahu 49:14 - 51:3

### EREV SHABBAT

*Friday, August 19th*  
Light Candles 7:17 PM

### SHABBAT

*Saturday, August 20th*  
Shaharit 9:00 AM  
KJ Kids Korner 9:30 AM  
Minha, Seuda, Arvit 7:00 PM  
Havdallah 8: 19 PM

### Weekdays

*Sunday, August 21st*  
Shaharit 7:00 AM

*Mon-Fri, August 22-26*  
Shaharit 6:30 AM

## Membership & Sponsorship

To sponsor an event or become a member contact our office.

Call 310.474.0559, [click here to email Sarah](#), or sign up online below.

Become a KJ Member



## Guest Message



### Rabbi Jonathan Sacks, zt"l

In the early 1990s, one of the great medical research exercises of modern times took place. It became known as the Nun Study. Some seven hundred American nuns, all members

of the School Sisters of Notre Dame in the United States, agreed to allow their records to be accessed by a research team investigating the process of ageing and Alzheimer's Disease. At the start of the study the participants were aged between 75 and 102

What gave this study its unusual longitudinal scope is that sixty years earlier the very same nuns had been asked by their Mother Superior to write a brief autobiographical account of their life and their reasons for entering the convent. These documents were now analysed by the researchers using a specially devised coding system to register, among other things, positive and negative emotions. By annually assessing the nuns' current state of health, the researchers were able to test whether their emotional state in 1930 had affected their health some sixty years later. Because they had all lived a very similar lifestyle during these six decades, they formed an ideal group for testing hypotheses about the relationship between emotional attitudes and health.

AMAZON SMILE for KJ

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The results, published in 2001, were startling. The more positive emotions – such as contentment, gratitude, happiness, love and hope – the nuns expressed in their autobiographical notes, the more likely they were to be alive and well sixty years later. The difference was as much as seven years in life expectancy...What medicine now knows about individuals, Moses knew hundreds of years ago about nations. Gratitude – *hakarat hatov* – is at the heart of what he has to say about the Israelites and their future in the Promised Land. [Read more . . .](#)



## Shabbat Kiddush

is sponsored by  
Jim Berookhim & Family

in loving memory of  
**Goel ben Yitzhak, z"l**



## Congratulations

Adina Jalali &  
Ben Mashiach  
on your engagement

**Besiman Tov**  
to your parents  
Molly & Saeed Jalali  
Shelly & Eli Mashiach  
and to both families

*The community of Kahal Joseph wishes the couple and their families everything good*

**Mazal Tov**  
Erez Halevy  
on your upcoming  
Bar Mitzvah

**Besiman Tov**  
to your parents

Lemor & Daniel Halevy  
and to your entire family



## Shabbat Melodies with Hazzan Saeed Jalali



Listen to the [First Aliya of Parashat Ekev](#) and to the [Haftara](#) by Hazzan Saeed Jalali!

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# SUPPORT KAHAL JOSEPH

**Annual Days of Giving begin August 16th 2022**

Dear Members and Friends,

The past few years have been very hard on all of us, and yet we are doing our utmost to keep Kahal Joseph open and running with services and programs for our entire community. We are grateful for all your support and help. At this time, we are making a mass appeal asking each of you to be as generous as possible.

Our Annual Days of Giving will start on Tuesday, August 16<sup>th</sup>. You will be receiving a phone call from our volunteers. Any donation you make will be greatly appreciated.

This is an important appeal from Kahal Joseph in its time of need, and it depends upon your timely generosity.

The present success and growth of Kahal Joseph are the result of your bountiful support throughout the years. I look forward to your continued kindness and heartfelt donations and contributions.

May Hashem bless you and your families, and keep you healthy and safe.

Yvette Dabby,  
President

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**Beat the Rush, Donate Now!**





Norma & Sam Dabby  
**Talmud Torah**

Fall 2022 at Kahal!

First Day of Classes, August 28th

*Online Registration Deadline, August 21st*

For additional information, contact our  
Director, Molly Jalali [molly@emetek.com](mailto:molly@emetek.com)

Register NOW for Fall 2022!

Email Molly Jalali, Talmud Torah Director

# **KAHAL JOSEPH KIDS CLUB**

Directed by Menucha Halevy

**COME JOIN US EVERY SHABBAT FOR A FUN PROGRAM**  
GAMES, TEFILAH, PARSHA, HEALTHY SNACKS,  
AND TONS OF FUN!!!

**10:00 - 12:00 EVERY  
SHABBAT**

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## **Kahal Joseph Community**

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### **Notice to Our Community: Face Masks Recommended at Kahal Joseph**

Due to the increase in daily new cases of COVID, the County of Los Angeles has issued a new health recommendation, asking individuals to wear face masks in indoor public spaces regardless of one's vaccination status. We ask that you please bring your face mask and wear it when indoors at Kahal Joseph. Thank you for keeping our community safe!

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### **Refuah Shelema**

*We wish complete healing of body, mind, and soul to all those who are suffering with illness in our community, including:*

Evelyn Salem / Evelyn bat Mazal  
Modi ben Yvonne  
Zvi Moalim  
Ariella Rivka bat Tziporah  
Rylla Elias / Rahel bat Mazal  
Ben Elias / Benyamin ben Yohevet  
Latif ben Chanina

Alexander ben Yehezkiel and Chana Hai Reiza  
Shimon ben Yosef v'Leah / Simon Saul  
Shmuel ben Yaacov v'Tova / William McAbian  
Tal ben Alona Basha  
Meir Iny / Meir ben Sabiha  
Ezra ben Farha  
Sassoon Ezra  
Sylvia Cohen  
Mehry bat Miriam Hakimipour  
Yvonne Moalim  
Florice Newberry  
Aliza bat Rahel  
Aliza bat Victoria  
Chaya Chana bat Batya  
Miriam bat Yetta  
Miryam bat Malka  
Chaya Rachel bat Simcha Ruhama  
Dina bat Rahel  
Karen bat Chana Meir  
Eti Esther bat Fortuna  
Ezra ben Rahel  
Albert Nissan ben Victoria  
Reuven Halevi ben Batsheva  
David ben Tova  
Rachel Bakhash / Rahel bat Dina  
Fouad Salem / Hayeem ben Naima  
Noach Yaakov ben Tzipporah  
Ori ben Nuphar Chaia

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### **In Memoriam**

*We remember these yahrzeit anniversaries from August 20 to 27, 2022 (23 to 30 Av 5782). We light memorial candles, donate tsedaka, & attend Shabbat services to honor the memory of our loved ones.*

#### **23 Av / Shabbat, August 20th**

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

#### **24 Av / Sunday, August 21st**

*Isaac Ezra Itzhak ben Abdullah*

#### **25 Av / Monday, August 22nd**

*Matty Yaqub Simha bat Sulha Mitana*

#### **27 Av / Wednesday, August 24th**

*Lulu bat Shereen*

#### **28 Av / Thursday, August 25th**

*Goel Berookhim Goel ben Yitzhak  
Malka Isaac Malka bat Rivka*

#### **29 Av / Friday, August 26th**

*Rebecca Shamash Rivke bat Sarah*

#### **30 Av / Shabbat, August 27th**

*Visit KJ on Facebook*

**KAHAL JOSEPH CONGREGATION**

Rabbi Natan Halevy

Saeed Jalali, *Hazzan*

Sasson Ezra, *Sr. Hazzan*

Yvette Dabby, *President*

Orly Kattan, *Sr. Vice President*

Sarah Bouchoucha, *Administrator*

Penina Meghnagi Solomon, *Administrative Assistant*

Dafna Young, *Editor*

[Click here to contact us at KJ Happenings](#)

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