



Shabbat Emor

Friday May 8th: Candle Lighting: 8:01 pm
Saturday May 9th: Shabbat ends: 9:11 pm

Friday May 15th: Candle Lighting: 8:09 pm

דברי הרב

Parashat Emor

Two well known terms with modern day connotations appear in this week's Torah reading, Kiddush Hashem and Chilul Hashem, the former referring to the sanctification of G-d's name, and the latter alluding to the desecration of G-d's name. In a contemporary way, one can identify those who sanctify His name, as the medical and health care workers and first responders who are on the front lines fighting Covid-19. These people risk their lives on a daily basis fighting to preserve the lives of those afflicted with this disease. They are performing holy work in preserving the lives. Those not in their fields cannot imagine the trauma and stress suffered by these life savers.

At the same time, as many of us watch from afar these various examples of Kiddush Hashem from the sidelines, we have to realize that we are not immune from what is happening around us even without, thank G-d, suffering the physical symptoms of Covid-19. All of us are affected in one way or another by the Covid-19 disease. On the surface, we could identify at best, inconveniences, closures of important institutions such as synagogues and schools. We may experience temporary unemployment. We note the effect of Covid-19 on the economy, and on our personal financial well-being.

But we also suffer emotionally from what is happening around us. The inability to hug grandchildren and other loved ones who do not live with us, is painful. People who have to stand outside of a retirement or nursing home to look at their parents or grandparents through a window suffer immensely, as do those they come to see.

There is no doubt that many of those who died in nursing homes, did not die simply because of the effects of Covid-19 or other underlying conditions. They died of loneliness and isolation. To see a loved one behind a window and not to be able to touch that person is horrible. I cannot help but think that those who are unable to go outside and be with their relatives feel like caged animals or prisoners at best.

On a lesser scale, the closure of synagogues and schools has a deleterious effect on congregants, parents and children respectively. No matter how good Zoom is as an on-line program, it cannot replace the physical attending of a synagogue service, or a classroom setting with an interactive teacher and student body.

Those who have to say Kaddish or observe a yahrtzeit experience emotional difficulties if they feel they cannot fulfill the requirements of honouring their loved ones if there is no minyan. I have set out guidelines for those observing yahrzeits and Kaddish in these difficult times, (At the end of this essay, the guidelines will be reproduced). However, even with these guidelines, I could testify as somebody recently observing a yahrtzeit that the inability to say kaddish is traumatic.

This week, I am attending virtually the Rabbinical Council of America Unconvention being held via Zoom. Most of the sessions are dedicated to intensive pastoral counseling in light of what is happening with Covid-19 and its effects on all of us, no matter where we live, or how intensive the devastating results of this insidious disease are.

A number of points have come out of these sessions which I want to share with you. All feelings and reactions to the effects of Covid-19 are to be validated. We cannot discount somebody's thoughts and perspectives as to what is happening as a result of Covid-19, whether we are talking about an adult or a child. We are entitled to our feelings, our emotions, our anger, our fears, and it is inappropriate for others to try to persuade us not to feel the way we do.

We have to look for some positive lights even in the darkness of Covid-19. We look at the increased acts of Chesed that have pervaded our community and others. We are inspired by the numerous opportunities to increase our knowledge base in Judaism with the myriad classes given by many institutions in our community and outside. We have the opportunity in this strange environment directed by Covid-19 to explore our relationship with G-d through our taking the time to explore the beauty and message of our prayers, through our study of Torah, and our relationship with our families, our friends and our neighbours. Even when we wake up in the morning and recite Modeh Ani, we should say it with fervour and meaning that we thank G-d for each day we are alive.

Rabbi Joseph Soloveitchik, in his classic essay, Kol Dodi Dofek, warns against speculating or philosophizing as to why plagues and perceived evil occur and as to why people, innocent and pious, suffer. Nothing is accomplished by speculation and conjecture. Action, on the other hand, is not only praiseworthy, but a necessity in fighting against the onslaught of the effects of this disease.

The front line responders, medical staffs and personnel, who actively fight against Covid-19 are not speculating about why victims suffer. They take action to preserve and to extend life. By the same token, scientists around the world, from dozens of countries have banded together to discover that vaccine or medicine that will

successfully protect people in the future from Covid-19. They do not philosophize. They act, and we encourage them.

The concept of Kiddush Hashem is not simply sanctifying G-d's name in a parochial Jewish vein. Those who engage in the discoveries of new therapies and vaccines to eradicate Covid-19 are partners with G-d in creation. G-d does not intend for mankind to be speculative and navel gazing, but action oriented. As a congregant mentioned to me this week, the 'image of G-d' reflecting on the human being, is really a statement that declares: G-d creates, and man does as well. May Hashem guide those who are working around the clock to develop the mechanisms to eradicate Covid-19 to enable all to be able to resume their normal lives with their families, and the realization that we are in the hands of G-d. May He protect us.

Shabbat Shalom.

CBTO Classes

Buildings may be closed, but classes continue

If you have trouble connecting to Zoom for the following classes, please contact the instructor directly.

CLASSES WITH RABBI FINKELSTEIN

Sunday, May 10 at 11 AM- Pirkei Avot . Zoom code: 941-7285-5022
password: BeitTikvah. ([Link](#))

Sunday, May 10 at 8 PM- Contemporary Issues and Parashat Hashavua, Zoom code: 812-7935-5667 password: BeitTikvah. ([Link](#)). Topic: Lag Ba'omer and the lagging respect of the students of Rabbi Akiva toward one another.

CLASSES WITH RABBI NIMCHINSKY

Please join us for two new classes with Rabbi Nimchinsky:
Classes are open to everyone

Monday May 11 at 8:00 PM -- Navi class in Sefer Melachim Zoom code: 822-8116-3332 password: BeitTikvah. ([Link](#))

Wednesday, May 13 at 8:00 PM -- Selected Topics in Chumash Zoom code: 822-8116-3332 password: BeitTikvah. ([Link](#))

[For more classes check out our calendar](#)

Friends,

As we move on to week 9 of isolation, we are starting to see some light at the end of the tunnel. We are still a long way away from reopening our building but we are comforted with the news that both our municipal and provincial governments have relaxed some of the distancing restrictions. The promising news comes with a reminder that if you are having difficulties or need some help, you are not alone. CBTO and the entire Ottawa Jewish Community is here for you. If you are in need of ANYTHING during this time, please reach out to the shul or through one of the below institutions.

- For people who need help (e.g. counselling, financial assistance with basic necessities) - call JFS, their team is working remotely and will respond 613 722 2225
- For people who require assistance due to illness, Ten Yad will help Telephone Answering Service: 613-618-0485; Email: info@tenyad.ca
- For miscellaneous assistance (shopping help, mobility issues, etc) please see Federation's Facebook group [Jewish Ottawa Helps](#)

Our kehila is blessed with so many people who are able to help. We are looking for one special volunteer who is willing to spend 10-15 hours a week to help coordinate all of the needs of our shul and to match them with willing volunteers. This "volunteer shadchan" will help ensure CBTO is well taken care of during this tumultuous time. If you are interested, please reach out to me by email (president@cbto.org)

In health,

Bobby Wollock
President, CBTO

Stay Connected with our Upcoming Virtual Events

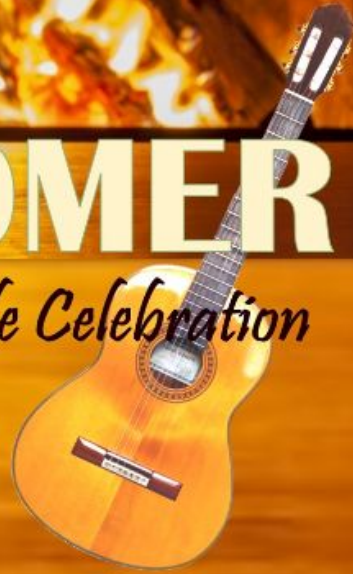
YOM YERUSHALAYIM- Thursday May 21, at 8:30 PM

Program to celebrate Yom Yerushalayim. More details and Zoom information to follow.

LAG BAOMER

Community-wide Fireside Celebration

Join us for an evening of uplifting melodies, moving tales, and inspiring thoughts, as we celebrate Lag BaOmer together in the warmth of our community.



Monday May 11 @ 7:00 PM

<https://zoom.us/j/91948086014>



CONGREGATION
MACHZIKEI HADAS



OTTAWA TORAH CENTRE CHABAD

VIRTUAL SHAVUOT @CBTO:

10:45 AM

Grade 1 Siddur Celebration
Please notify Rabbi Finkelstein if you have a child in grade 1

11:00 AM

Isru Chag Yizkor Program
Remembering our loved ones, and prayers for members of our shul who have passed on, as well as for the six million kedoshim, soldiers and citizens of Israel who were killed by terrorist attacks and war, members of the Canadian Forces who lost their lives defending Canada and freedom for all

11:15 AM

Shavuot Sermon with Rabbi Finkelstein:
"How do we resume our lives once the Covid-19 has passed us"

Sunday May 31, 2020

[Yahrzeits To Be Observed Next Week: May 10 - May 16, 2020:](#)

(Yahrzeits commence on the evenings prior to the dates listed below)

Hynda Sherwood z"l, observed on Sunday May 10
Dvora Frenkel z"l, observed on Tuesday May 12
Manny Gurevitch z"l, observed on Wednesday May 13
Norton Stevens z"l, observed on Wednesday May 13
Imre Breiner z"l, observed on Thursday May 14
Chaya Cantor z"l, observed on Thursday May 14
Samuel Copland z"l, observed on Saturday May 16

[CBTO Donations](#)

Please note that we are still accepting donations at this time, but will only be sending out e-cards. All donations will still be listed in the [Shabbat Flyer](#).

A boulder has been donated in memory of Manny Gurevitch, z"l
Paula, Jordan and Sarena Silver

Yesterday's Gemara class was sponsored in memory of Jon Braun, z"l, a friend to so many in our community
Anguch and Aberra Minywab

In memory of our mother, Hynda Sherwood, z"l

Bessie Segal and Jackie Sitwell

Mazel Tov to Rosalie and Harold Schwartz on the birth of their grandson
Marion Silver and Alan Brass
Elaine and Marten Brodsky
Erin, Ben, Raviv, Ashley and Sienna Gailor, and Ashira, Bucky and Rena Yakira Prizant
Marcia and Arie Lubienietzky
Maureen and Clary Ottman

Mazel Tov to Sol Rauch in honour of his 80th birthday
Elaine and Marten Brodsky

Mazel Tov to Magda and Peter Benedek on the recent Bat Mitzvah of their granddaughter, Nessa
Maxine and Arthur Rabinovitch

Mazel Tov to Marion Silver and Alan Brass on the birth of their grandson
Maxine and Arthur Rabinovitch

Mazel Tov to Erin and Ben Gailor on the birth of their granddaughter
Maxine and Arthur Rabinovitch

Mazel Tov to Elaine and Marten Brodsky on the birth of their grandson
Maxine and Arthur Rabinovitch

Mazel Tov to Naomi and Marvin Krym on the birth of their grandson
Maxine and Arthur Rabinovitch

Mazel Tov to Howard and Joyce Nadler on the birth of their grandson
Maxine and Arthur Rabinovitch

Mazel Tov to Deborah and Lou Davis on the birth of their grandson
Erin and Ben Gailor

Mazel Tov to Shaindel Simes on the birth of her grandson
Erin, Ben, Raviv, Ashley and Sienna Gailor, and Ashira, Bucky and Rena Yakira Prizant

Guidelines for Yahrtzeits in the absence of a Minyan

During this difficult period as our shul is closed to services, it is recommended that those who have yahrtzeit should follow these suggestions in place of kaddish which can only be said in the presence of a minyan.

- Mishnayot study in memory of the deceased- As the word, mishna and neshama (soul) have the same Hebrew letters, it is very meaningful to recite mishnayot. In regard to Mishnayot study, one can read Pirkei Avot (Ethics of the Fathers) in the Artscroll Siddur or recite the mishnayot from the tractate of Mikvaot also found on page 802 in the Artscroll Siddur followed by the special prayer in memory of the deceased on page 808. For those who are advanced, one may read mishnayot that begin with the letters of the deceased's Hebrew name. (Rabbi Finkelstein can provide the list.)
- Kel Maleh Rachamim- can be said without a minyan except during certain times of the year such as the month of Nisan. However, one can recite the Kel Maleh Rachamim on the eighth day of Pesach along with Yizkor which also does not require the presence of a minyan.
- Tzedaka- One gives charity in memory of the deceased. ([Make a donation to CBTO's Chessed fund here](#))
- Lighting a Yahrtzeit candle
- Fasting- Some fast on the yahrtzeit.
- Visiting the gravesite (as permitted)



JEWISH MEMORIAL GARDENS

21 Nadolny Sachs Private | Ottawa, ON | K2A 1R9 | 613-688-3530
Cemetery License Number | 3292049

VISITATION AT THE BANK STREET & OSGOODE CEMETERIES

The Province of Ontario has released the following policy:

"If you were planning to go to a cemetery on Mother's Day, Sunday, May 10th, 2020, please remember that many cemeteries will be closed or have strict rules about visitation and gatherings."

Provincial gathering restrictions during COVID-19 means that only five people are permitted to be together while practising physical distancing of at least two metres (six feet) apart.

Being private property, cemeteries have the right to control access and may limit numbers even further. They can also opt to close the cemetery to the public outright for safety concerns, as many cemeteries have already. The Bereavement Authority of Ontario (BAO) cannot order cemeteries to stay open to the public.

We know how difficult this is on families but unfortunately, these are necessary restrictions for everyone's safety. We hope families can find alternate ways to remember and celebrate their loved ones, such as on the phone, or video calls and conferencing available online.

Based on the above information, we will conditionally be reopening our Bank Street and Osgoode cemeteries starting Friday, May 8th, 2020. The following conditions will apply.

COVID-19 VISITATION RULES:

1. All visitors must wear gloves and masks.
2. The washrooms will remain closed.
3. Only 2 groups of five can be in one section of the cemetery at a time, and only if they are 6 metres (20 feet) apart.
4. If you arrive and see two groups in the section where you wish to visit, please wait in your car until the groups have left.
5. If there is cemetery staff working in the section, please stay 6 metres (20 feet) away at all times.
6. As there are restrictions on the numbers of people in each section, please be brief so others may enter.
7. We highly recommend those over the age of 65 or are vulnerable, stay home.
8. There is no entry to those in quarantine or suffering from COVID-19 like symptoms.
9. Visitation is at your own risk. Jewish Memorial Gardens (JMG) will not be liable for any sickness caused due to visitation.
10. Jewish Memorial Gardens reserves the right to close the Bank Street and Osgoode cemeteries at any time for any health or safety concerns whatsoever.

Shabbat Shalom and Shavua Tov!

שבת שלום ושבוע טוב

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