

THE WESTMOUNT WEEKLY

Shul Schedule: Leil Shabbos Feb. 19th:

5:00 PM	TISH & TORAH: "SECRETS OF THE 39 MELACHOS" LIVE & ZOOM					
5:35 PM	Mincha / Kabolas Shabbos / Maariv					
	Shabbos Feb. 20th:					
8:30 AM	Main Sanctuary Service - PARSHAS ZACHOR					
8:45 AM	Sefardi Minyan - PARSHAS ZACHOR					
9:45 AM	Father / Son Minyan - PARSHAS ZACHOR followed by Shiur with Rabbi Farkas					
10:45 AM	Men's Shiur with the Rabbi					
10:45 AM	PARSHAS ZACHOR - followed by Ladies Shiur with the Rebbetzin					
12:00 PM	SPECIAL 3 MINUTE PARSHAS ZACHOR READING - MAIN SANCTUARY					
5:00 PM	Mincha					
6:45 PM	Maariv / Havdalah					
Home Schedule:						
	<u>Friday Feb. 19th:</u>					
1:02 PM	Earliest Time to Say Mincha (Mincha must be finished no later than 5:44 PM)					
4:46 PM	Earliest Candle lighting / Kabolas Shabbos / Maariv					
5:35 PM	Latest Candle lighting / Kabolas Shabbos / Maariv					
6:43 PM	Repeat Shema after this time					
Shabbos Feb. 20th:						
2 TORAH READINGS: Haftorah pg. 1214						
Townsels as AAA						

•Terumah - pg. 444 •Zachor - pg. 1066

- Omit on Friday night, the 3 paragraphs after "Yayachulu" (Artscroll pg. 346)
- Omit on Shabbos morning, 2nd "Yekum Purkan" & "Mi Shebeirach" (pg. 450)
- Omit all prayers for removal & returning of Torah & Av Harachamim (pg. 454)

7:08 AM Sunrise
9:50 AM Latest Time to Say Shema on Time
10:43 AM Latest Time to Say the Amida on Time
1:02 PM Earliest Time to Say Mincha
5:53 PM Latest Time to Begin Shalosh Seudos
6:45 PM Maariv / Havdalah

PURIM is coming - February 25-26, so please take care of.....

DON'T GO TO WORK: The Talmud tells us that those who work on Purim will see NO blessings for such activity. So remember to book off that day off from work....NOW!

<u>MATANOS L'EVYONIM:</u> Every family member is required to fulfill the Mitzvah of giving charity to at least two poor people on Purim. Each gift should be substantial so that the poor person would be able to have the means to eat a hearty festive meal on Purim. Giving a minimum of \$50 in total would be enough money to fulfill this Mitzvah properly. The Rabbi collects Matanos L'evyonim for needy members of the community and dispenses it on Purim in the day, thus insuring that you fulfill the Mitzvah properly. Please contact the Rabbi ASAP with your gift to the Shul's discretionary fund so you can take part in this Mitzvah.

<u>MISHLOACH MANOS:</u> We recommend that this year one should limit Mishloach Manos and increase Matanos L'evyonim. We suggest you have your Mishloach Manos delivered.

<u>SEUDAS PURIM:</u> The Purim Seuda this year should optimally start no later than 12:30 PM, and should optimally end by 3:15 PM. The Shul Virtual Seuda will start at 12:00 PM. It can be accessed can be accessed via ZOOM ID 905-881-7485; password 728960. REGISTRATION IS NOW CLOSED. If you have not done so yet, please forward a childhood picture of yourself to enhance the entertainment at the party. We will be having an exciting Kahoot contest with those pictures. Alyssa Pilc will teach its how to mix drinks.

Davening & Learning Times February 14-19:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Earliest Beracha on Talis / Tefilin	6:14:19	6:12:49	6:11:17	6:09:45	6:08:11	6:06:36
Sunrise	7:06:55	7:05:20	7:03:44	7:02:08	7:00:30	6:58:52
Shacharis in Shul	8:00	6:30	6:45	6:45	6:30	6:30 (Sfardi)
SECOND SHACHARIS	8:15	8:00	8:00	8:00	8:00	8:00
Latest Shema	9:49	9:48	9:47	9:46	9:45	9:44
Latest Amida	10:43	10:42	10:42	10:41	10:40	10:40
Earliest Mincha	1:02	1:02	1:02	1:02	1:01	1:01
MINCHA		2:00	2:00	2:00	2:00 & 5:40	
Plag Hamincha	4:48	4:49	4:50	4:51	4:52	4:53
Mincha / Maariv	5:45					5:44
Sunset	5:56	5:57	5:58	6:00	6:01	6:02
Nightfall	6:46	6:40	6:48	6:50	6:51	6:52
MAARIV		9:15	9:15	9:15	6:40	

All classes are live in the Shul can be accessed via ZOOM ID 905-881-7485; password 728960

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
7:25-7:55 AM		TALMUD	TALMUD	TALMUD	TALMUD	
1:25 - 1:55 PM		SEFER B'YAM DARKECHA	SEFER B'YAM DARKECHA	SEFER B'YAM DARKECHA	SEFER B'YAM DARKECHA	
8:00-9:15 PM		ADVANCED PARSHA	MEGILAS ESTHER	PARSHA LIGHT		
9:30-10:00 PM	RAMBAM@ 6:30	RAMBAM	RAMBAM	RAMBAM		

SHABBOS SPONSORS:

SHACHARIS IS SPONSORED BY MARK SEGAL ON THE YAHRZEIT
OF HIS FATHER NAFTALI YECHEZKEL BEN EMMANUEL a"h
MINCHA IS SPONSORED BY STEPHEN KATZ
& BY ESTHER SCHEINBACH ON THE YAHRZEIT OF
HER BROTHER YOSEF BEN HARAV MORDECHAI a"h

ALL CLASSES ON ADAR 6 ARE SPONSORED BY RAY ADELSON ON THE YAHRZEIT OF HIS MOTHER GITTEL BAS SHLOMO a"h ALL CLASSES ON ADAR 8 ARE SPONSORED BY MARK SEGAL ON THE YAHRZEIT OF HIS FATHER NAFTALI YECHEZKEL BEN EMMANUEL a"h MAZEL TOV TO DEBBIE SINGER & EARL NUSSBAUM ON THE BIRTH OF A GRANDDAUGHTER TO THEIR CHILDREN REUBEN & BRIANA GOLDBERG

WESTMOUNT SHUL SAFETY MEASURES UPDATE - January 13, 2021:

With praises to Hashem, we are fortunate that the province of Ontario is permitting houses of worship to continue having gatherings of ten people. Please see the following link that spells out the present restrictions: https://www.ontario.ca/page/enhancing-public-health-and-workplace-safety-measures-provincewide-shutdown <a href="https://www.york.ca/wps/portal/yorkhome/health/yr/covid-19/lut/p/z1/jYfColwFMafxQeQna2l83JYuc1kgWS2mxiFNiiVEC96-iS86SLr3H3w-4cZFCJTGMHV9vetY29jfpogpPkiRQiBaUpi4GD5oqEDNYRRoc3AF-OAzL-GcAMx-vfhWMH5BHFmc1Mp3tr75rqhaV53ZwFx9HY7_5TEhyRkEWKuQF1kDlYglloYHAMSgQmoHchLvligkMKZmAmZHdfV8-t1Uua897ARbl9OA!/dz/d5/L2dBlSEvZ0FBlS9nQSEh/#.YABONsVKipq

The Shul members have overall been very compliant regarding the safety procedures, and Baruch Hashem, there have been zero transmissions since we have re-opened. The Shul has always been, and will continue to be, the safest place for all our members to serve Hashem.

At the same time, the Shul has been able to show compassion and know when relax certain stringencies, when it presents no increased health risk. We have also treated everyone as adults without being overly compulsive over adherence to safety rules.

The Shul has spared no effort to be as inclusive as possible, and, I feel, has been generally successful. The *overwhelming majority* of people are happy and eager to come to Shul and feel safe.

That being said, there is always the ongoing challenge of continuing to be vigilant, especially as the COVID numbers in Ontario are rising. We therefore, reiterate that all people attending the Shul be **especially careful** about:

- ENTERING WHEN SYMPTOM FREE
- WEARING APPROPRIATE FACE COVERINGS THAT COVERS YOUR NOSE & MOUTH
- STAYING SOCIALLY DISTANT AT ALL TIMES
- HAVING YOUR TEMPERATURE TAKEN REGARDLESS OF WHICH ENTRANCE YOU USE
- SANITIZE YOUR HANDS BEFORE & AFTER ENTERING THE BUILDING
- SANITIZING YOUR TABLE WHEN YOU LEAVE
- PROPER RESPECT FOR THE HOLINESS OF THE SANCTUARY, WHICH INCLUDES COMING ON TIME & NOT BRINGING IN CELL PHONES.

In addition, the Shul understands that there are congregants who prefer higher levels of safety precautions, which the Shul can not accommodate at the expense of overly taxing the vast majority of people.

To that end, starting **Sunday January Jan. 17**, we will be designating the VIP Fireside Lounge for the exclusive use of those people who feel more comfortable attending a prayer service with the highest safety standards possible. In addition to stricter enforcement of the above six safety rules, strict compliance regarding sign up and time arrival with zero exceptions will be in place. Attendance will be limited to only 8 people. We thank Louis Pillemer who will be monitoring all VIP attendees for compliance.

Entrance to the VIP Fireside Lounge is only for those who have asked and received specific permission from Rabbi Michalowicz, and have their names posted by its entrance.

This group will work similarly to the world NEXUS program, as people found in the lounge violating the extra safety measures, will no longer be permitted to attend the VIP Fireside Lounge service.

We hope that these newer procedures will encourage more people to attend and feel more comfortable when attending. Please contact me at yossi@rogers.com if you have any questions.

Safely Yours,

Rabbi Yossi Michalowicz

SHABBOS PARSHAS ZACHOR & PURIM GUIDELINES DURING CORONA:

- 1. The practice is to read Parshas Zachor with a minyan from a kosher Sefer Torah on the Shabbos before Purim.
- 2. Regarding Parshas Zachor, that text (Devarim, 25: 17-19) teaches us the mitzva to remember to wipe out Amalek. *Clearly, the Torah views this as an extremely important mitzva*, Thus, the tone with which the Torah tells us about this mitzva is unusually stark.
- 3. Likewise, this is one of the few Torah texts that we read in Shul twice in the course of a year both on the Shabbos before Purim, and later in the year, as part of the regular cycle of Torah reading.
- 4. Moreover, the reinforcement that comes with this doubled reading is in addition to an (almost) parallel text (Shemos, 17, 14-16). The pesukim there also speak of the importance of obliterating Amalek.
- 5. Finally, to underline the importance of our remembering what we have to do, Parshas Zachor is the only Torah reading in the entire year which we are all obliged to hear men and women in Shul as a mitzva de'oraisa (a Commandment specified explicitly in the Torah).
- 6. If one is unable to do so in Shul, they may read from a kosher Sefer Torah without a minyan (without reciting the brachos). If that is not an option, one should have in mind to fulfill this obligation with the Kriyas HaTorah on Purim morning in Shul.
- 7. Women, who are unable to hear Parshas Zachor, can rely on lenient opinions who excuse them from this Mitzvah.
- 8. When giving Machatzis Hashekel there is no need to raise the actual coins. One may fulfill the minhag of Machatzis HaShekel by placing paper money in the collection bin. We should keep in mind that this minhag is merely a "zecher l'Machatzis Hashekel" and not the actual mitzvah of Machatzis HaShekel that was performed in the days of the Beis Hamikdash.
- 9. When Purim falls on Friday, one should optimally fulfill the mitzvah of Seudas Purim starting before Halachik Mid day (12:30 PM). One should optimally complete any meal on erev Shabbos or erev Yom Tov by the beginning of the tenth halachic hour of the day (3:15 PM). Therefore, the Purim seudah should be completed on erev Shabbos by that time as well.
- 10.Due to Coronavirus concerns there are those who may be uneasy with receiving food prepared in other people's homes. Consequently, this year in particular, it is worthwhile to heed the Rambam's exhortation to spend more on Matanos L'evyonim than on Mishloach Manos.
- 11.One can fulfill the mitzvah of Mishloach Manos by sending the food through a third party. Alternatively, money may be given to a trustworthy person in advance of Purim to be distributed to individuals on Purim.
- 12. There is no distinction between men and women regarding the obligation to hear Megillah reading and women are just as obligated as men in this Mitzvah since they too were included in the miraculous salvation in the days of Mordechai and Esther. This is especially true regarding the Purim day Megillah reading which is more important than the Purim night Megillah reading.
- 13. There are places with severe restrictions on gatherings of more than ten people, requiring multiple shifts for Megillah reading. It is best to avoid reading the Megillah at night before halachik nightfall, unless there are extenuating circumstances. In a case of great need, one may read the Megillah during twilight. If there is an even greater need, one would be allowed to read the Megillah on Erev Purim after plag hamincha.
- 14.If one has no option to hear the Megillah with a minyan due to these circumstances, if they have a kosher Megillah in their possession and know how to read it correctly, they may do so on their own. If they have a Kosher Megillah, but do not know the reading, and would be able to read it correctly while listening to a recording or livestream of a slow reading from one who does know, that would also be effective. Rabbi Shlomo Miller has ruled that one does not fulfill the Mitzvah of hearing Parshas Zachor or the Megilah via ZOOM.
- 15. Eating light snacks after nightfall would be permissible for those who will be attending a later shift for Megillah reading. A full meal should not be eaten until after one hears the reading of the Megillah.

THE SHUL WILL HAVE A SPECIAL
3 MINUTE READING OF
PARSHAS ZACHOR (FOR MEN & WOMEN)
AT NOON ON FEBRUARY 20TH
FOR THOSE WHO REGISTERED

PURIM SCHEDULE - WESTMOUNT SHUL - 5781

Attendance is strictly for adult members & associate members who have signed up Sign up begins on Feb. 7th & ends on Feb. 21st - https://sugeni.us/WSZu

Thursday , February 25th:

5:48AM	Fast Begins
6:08 AM	Earliest Time to Make Beracha on Talis & Tefilin
6:15 AM	Shacharis starting from Yishtabach
7:25 AM	Talmud Berachos Class
8:00 AM	2nd Minyan starting from Berachos
2:00 PM	Mincha in Main Shul [Give 1/2 Shekel Coins]
5:40 PM	Mincha / Maariv in Moriah Room [Give 1/2 Shekel Coins] followed by Megilah for men only
6:30 PM	Megilah reading in Sfardi room for the men & women of the Sfardic community
6:37 PM	One who finds it difficult may end the fast at this time
6:40 PM	Maariv followed by Megilah Reading in Main Shul for men only
6:44 PM	One who finds it will be difficult to concentrate on Megilah reading may end the fast at this time
6:51 PM	Fast Ends for everyone
8:00 PM	Megilah reading in Sfardi room for all men & women
8:30 PM	Megilah Reading in Main Shul for women only
	Grab & Go Breaking of Fast sponsored by the Serman family
	on the 5th Yahrzeit of Leonie's mother Miriam bas Avshalom a"h

Friday, February 26th - Purim:

6:30 AM	Morning Service [Ashkenaz] in Sfardi Minyan room starting from Berachos [sunrise 6:59 AM]
7:25 AM	Megilah Reading in Sfardi Minyan room for Men only
8:00 AM	2nd Minyan in Main Shul starting from Berachos
9:00 AM	Megilah Reading in Main Shul for Men & limited seating for Women
10:30 AM	Megilah Reading in main Shul for Women only
12:00 PM	Virtual Purim Party for the Entire Shul

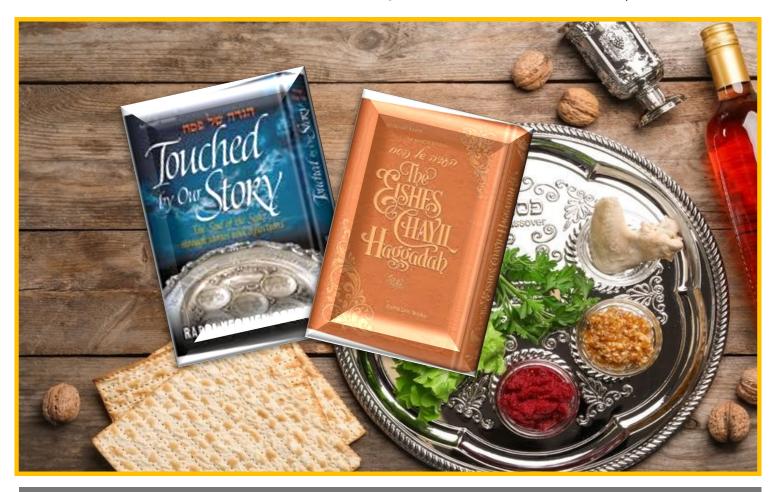
Grab & Go treats after Megilah readings sponsored by Rabbis Yossi & Mordechai Michalowicz

Optimal time for your Purim Seudah start should be no later than 12:30 PM & to finish no later than 3:15 PM

5:45 PM Mincha / Kabolas Shabbos / Maariv & Candle Lighting

6:53 PM Repeat Shema

THE SHUL WILL MAKE EVERY EFFORT TO HAVE EVERY ADULT MAN & WOMAN FULFILL THEIR OBLIGATION TO HEAR THE MEGILAH IN SHUL IN THE EVENING & IN THE MORNING WE WILL CREATE MORE READINGS IF DEMAND INCREASES



Pesach seder Preparation made Easy

ENHANCE YOUR SEDER THIS YEAR WITH ANY ONE OF THE FOLLOWING 3 FREE SEFARIM:

- AISHES CHAYIL HAGGADAH FOR WOMEN
- TOUCHED BY A STORY HAGGADAH FOR MEN
- HAGGADAH FOR CHILDREN

SPONSORED BY THE STARR EAMILY LETILLI NISHMAS FEIGE CHANA BAS YAAKON 2"H

ALL ORDERS MUST BE RECEIVED BY MARCH 1, 2021

LINK FOR ORDERING: https://sugeni.us/Wgri

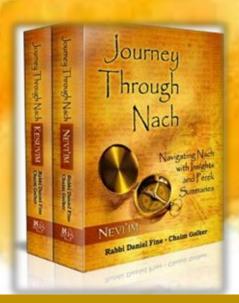
www.westmountshul.com

office@westmountshul.com Disera Dr. unit 250 Thornhill, ON 905-881-7485









NEW NACH YOMI INITIATIVE

EXCITING NEW PROGRAM BEGINS RIGHT AFTER PESACH - TUESDAY APRIL 6

"By learning a chapter a day, participants can complete the entire Nach (Nevi'im & Kesuvim) in just over two years! Nach Yomi consists of reading a synopsis of the day's chapter in text format and intermittent in-depth shiurim.

RECEIVE A FREE COPY OF THE 2 VOLUME SEFER " JOURNEY THROUGH NACH"

NO PREVIOUS HEBREW KNOWLEDGE REQUIRED.

SPONSORED BY THE STARR FAMILY

LEILUI NISHMAS FEIGE CHANA BAS YAAKOV a"h

SIGN UP HERE TO RECEIVE YOUR FREE SEFER. https://sugeni.us/WgH3

DEADLINE FOR SIGN UP MARCH 1, 2021

www.westmountshul.com office@westmountshul.com 905-881-7485







7:30 pm Breakout Room Socializing 8:00 pm Guest Speaker

WITH GUEST SPEAKER

RABBI DAVID FOHRMAN

"Purim and the Death of Devorah: A Biblical Murder Mystery."

An internationally renowned lecturer on Biblical themes and the principal educator at Aleph Beta—an initiative to bring Torah to life through engaging videos—Rabbi David Fohrman has served as an adjunct professor at Johns Hopkins University, and as a lead writer and editor for ArtScroll's Talmud translation project.

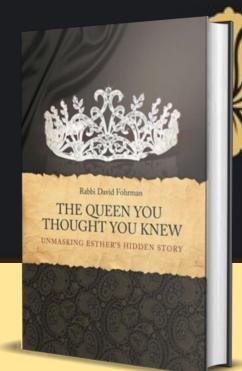
GUEST SPEAKER AND BOOKS ARE SPONSORED BY GERALD AND SHERYL HARTMAN

FREE ZOOM ATTENDANCE ID 905-881-7485; PASSWORD 728960

**A COPY OF THE BOOK "THE QUEEN YOU THOUGHT YOU KNEW"
WILL BE DELIVERED TO YOUR HOUSE ON FEBRUARY 25TH FOR THOSE MEMBERS AND
ASSOCIATE MEMBERS WHO SIGNED UP TO RECEIVE ONE.

WWW.WESTMOUNTSHUL.COM 905-881-7485 OFFICE@WESTMOUNTSHUL.COM 10 DISERA DRIVE, UNIT 250, THORNHILL, ON





WESTMOUNT SHUL PRESENTS

TORAH TALKS ON TUESDAYS

TUESDAY FEBRUARY 2 @ 8:30 PM

With ESTHER GREENBAUM, real estate agent, Hebrew teacher & personality galore. "Stories of my illustrious father, Rabbi Mordechai Alon"

TUESDAY FEBRUARY 9 @ 8:30 PM

With SHAREEN ROMI-BABANY, Torah addict, proud mom & wife.
"The month of Adar: from Half to Whole"

TUESDAY FEBRUARY 16 @ 8:30 PM

With LESLIE SELEVAN, an enthusiastic and charismatic educator who has spoken throughout North America, Israel and Europe. She recently compiled a Sefer called Torah Bites For Your Shabbat Table on Bereishit as well as Sefer Shemot for the whole family to enjoy. https://www.amazon.ca/BITE-SIZE-TORAH-SHABBAT-SHEMOT/dp/B08PLDLF2 all proceeds for the book go toward a charity for young Kallahs in Israel.

"Revealing the Mystery in the Megilla"

TUESDAY FEBRUARY 23 @ 8:30 PM

With LEAH ROTTENSTREICH, teacher limudei kodesh (jewish Studies) at Bais Yaakov of Montreal and proud mother of Tova Michalowicz

"UnMasking Esther in Covid Times."

Zoom info

Join Zoom Meeting https://zoom.us/j/6477848450

From the app: Meeting ID: 647 784 8450



FRIDAY, FEBRUARY 26 @ NOON

IN APPRECIATION TO OUR BELOVED MEMBERS & ASSOCIATE MEMBERS, THEY WILL RECEIVE A FREE* GOURMET MEAL & ALCOHOLIC BEVERAGE IN ORDER TO FULFILL THE MITZVAH OF SEUDAS PURIM & RECIEVE THE SEFER "THE QUEEN YOU THOUGHT YOU KNEW" (SPONSORED BY THE HARTMAN FAMILY)



WEARING COSTUMES A MUST!

MEN: DRINK UNTIL "AD DELO YADA" AS YOU ARE NOT DRIVING!
WOMEN: LEARN HOW TO MAKE & ENJOY MIXED DRINKS
MORE ENTERTAINMENT TBA



* (1 MEAL FOR A SINGLE MEMBERSHIP; 2 MEALS FOR A FAMILY MEMBERSHIP; ADDITIONAL MEALS CAN BE PURCHASED)

REGISTRATION @HTTPS://SUGENI.US/WGDS REGISTRATION DEADLINE FEBRUARY 21ST ZOOM ID 905-881-7485; PASSWORD 728960

HELP MIXED UP MORRIS

match the second part of the sentence to he first part to have it make sense!

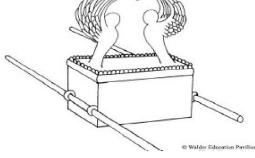
בס"ד

1)	to build בני ישראל they can give תרומה to build	precious אבנים <a>
2)	and נחשת were needed to build the	nice smelling בְּשְׁמִים
3)	תכלת, ארגמן & תוֹלעת שְׁנִי colored wool were needed to make the	boards for the walls <c></c>
4)	עצי שִׁטִים were collected to make בֵלִים and	מגדי כְּהֶנָה and curtains <d></d>
5)	Oil was needed for light and the שָׁמוּן המשׁחָה and קָּטֹרֶת needed	pure gold <e></e>
6)	Both the אַפּוֹד, worn by the כהן גדול, needed	two כרבים cf>
7)	In addition, people who were talented were asked to volunteer to help t	ake them out <g></g>
8)	'ז said: Build me a מקדשׁ and I will live amongst	the הוֹחוֹל <h></h>
9)	The עצי שטים was made of עצי שטים and covered inside and outside with	בני ישראל <i></i>
10)	The ארוֹן, which was placed in the קדשׁ קדשׁים, contained	a טשׁכן <j></j>
11)	Poles were placed in the 1178, but you could not improve our	מדות and learn more מדות k>
12)	It's cover, the בפרת, was made of pure gold and out of it came	,hooks, sockets cutains בגדי כהונה,
13)	The ארוֹן was 2.5 אמוֹת wide, 1.5 אמוֹת long and was	do the work <m></m>
14)	The half measurements teach us that we should always look to	1.5 אמוֹת high <n></n>

HELP MIXED UP MORRIS match the second part of the sentence to he first part to have it make sense!

בס"ד

1)	to build בני ישראל they can give תרומה to build	precious אבנים <a>
2)	עחשת and נחשת were needed to build the	nice smelling בְּשָׂמִים b>
3)	תכלת, ארגמן & תולעת שְׁנִי colored wool were needed to make the d	boards for the walls <c></c>
4)	עצי שִׁטִים were collected to make בֵלִים and C	and curtains <d></d>
5)	Oil was needed for light and the אָטֹרֶת and קטֹרֶת needed b	pure gold <e></e>
6)	Both the בהן גדול, worn by the בהן גדול, needed a	two כרבים f>
7)	In addition, people who were talented were asked to volunteer to help M	take them out <g></g>
8)	'ד said: Build me a מקדשׁ and I will live amongst i	the הוֹתוֹל <h>></h>
9)	The ארוֹן was made of עצי שטים and covered inside and outside with e	בני ישראל <i></i>
10)	The ארוֹן, which was placed in the קדשׁ קדשׁים, contained h	α משׁכן <j></j>
11)	Poles were placed in the Jink, but you could not g improve our :	מדוח and learn more מדוח <k></k>
12)	It's cover, the בפרת, was made of pure gold and out of it came f	, hooks,sockets cutains בגדי כהונה
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14)	The half measurements teach us that we should always look to K	1.5 אמוֹת high <n></n>



Dear friends of Jodi (also known as Jacqueline) Scutaru,

We are writing to involve you in a very special project. As you know, Jodi is a selfless person who is looking to give of herself to those around her. She contributes to her family, friends and community through acts of Chessed and warmth, always with a smile, and positive attitude. As some of you are aware, Jodi is battling with stage 4 breast cancer and is working hard to maintain her health and positive attitude. Recently she has developed chronic pain and needs your help. Physical treatment is supplied by her medical team. But we know that spiritual treatment is equally important, if not more so. The spiritual treatment I am referring to consists of Torah and Mitzvas. This is where we come in. Now is our chance to help her have a refuah shlema (complete recovery).

The Mitzvah Campaign

Every physical action in this world is responded to in kind, by Hashem. Therefore, our collective spiritual growth and development will add to Jodi's merit, and impact the Heavenly scales in her favour. Pick an area in which to grow. Whether you work on changing something small or large, every mitzvah performed makes a difference. The key is to make a genuine commitment to change for the better.

Please be aware that any mitzvah or positive change you make can be done in the merit of Jodi or anyone else that needs a speedy recovery. So, if you are inspired by this project, we would be happy for you to take something upon yourself in Jodi's merit, as well as all those you know and care about that need a refuah shlema (complete recovery).

If you wish to take part in the Jodi Scutaru Mitzvah Campaign, DO NOT HIT REPLY, but please send your name to JSMitzvahCampaign@gmail.com.

Along with the mitzvah you are taking on (sending actual mitzvah is optional).

We will be compiling a list of participants. These names will also form the mailing list where we will be sending chizuk (inspiration) emails throughout the Mitzvah Campaign.

If you would like assistance in choosing a mitzvah that is best for you or want to know how to do a particular mitzvah properly, please contact JSMitzvahCampaign@gmail.com and we will be glad to assist.

Some ideas:

- Tzedakah Remember your pushkah everyday -commit to giving tzedakah every day before you daven.
- Asher Yatzar Saying this Bracha after going to the washroom is an expression of gratitude to Hashem for the gift of a healthy, functioning body. By saying this blessing with the proper intent, we bring down Hashem's outpouring of health to the world.
- Benching Commit to eating bread once a day and benching. Benching is a wonderful conduit for sustenance for all.
- Learning 5 minutes a day on your own or with a friend. Pick a book on character development, anger management, gratitude... and share the ideas.
- Learn Torah on your way -Download torah to your phone and commit to learning in the car or on your walk. You will feel so much better for it.
- Greet everyone with a smile Havei M'Kabel Kol Ish B'sefer Ponim Yofos. Commit to greeting people with a smile. Think of Jodi and that will remind you of the power of a smile
- Gratitude Commit to counting your blessings. Think of 5 things you are grateful for before you bow down to say "Modim"
- Climb the Spiritual Ladder We all have our own personal area with which we've been struggling. Keep that "next mitzvah" whatever it is, in Jodi's merit, WE CAN DO IT!
- Recite Tehillim On your own, or as part of the Westmount Shul Tehillim Group. We pray for refuah shlema for our community as well as Shidduchim (matches).
- Recite your Bracha out loud Start to say brachas on your food. You can say quietly or our loud and have someone say amen

Please remember: do not hit "REPLY", but rather send your messages to: JSMitzvahCampaign@gmail.com.

Rebbetzin Gail Michalowicz And Sandy Clish