

Shabbat Candle Lighting

16h46 (earliest)

17h29 (latest)

Service times

Friday Mincha	17h30
Kabbalat Shabbat	17h45
Saturday Shachrit	08h30
Saturday Mincha	17h45
Shabbat Ends	18h25
Weekday Shachrit	06h45
Sunday Shachrit	08h00

Zehirot for Next Week:

Albert Codron	Saturday	29
Miryam Israel	Saturday	29
Ricca Tarica	Saturday	29
Rose Joffe	Monday	1
Hanny Fanny Segall	Monday	1
Mazaltov Aboshdid	Tuesday	2
Violette Sidis	Tuesday	2
Avram Amato	Friday	5

We wish Happy Birthday to:

Yvette Zive	Saturday	29
Alvin Pollack	Sunday	30
Diana Franco	Monday	1
Lisette Kawitsky	Tuesday	2
David Levy	Tuesday	2
Marcelle Almeleh	Wednesday	3
Carine Glass	Wednesday	3
Janette Amato	Thursday	4
Mia Varkel	Friday	5

This Week's Torah Reading: Shelach

	Hertz	Stone
Parasha	623	798
Haftarah	635	1184

We apologize for any errors or omissions

Shabbat Morning Shiur

- ☆ Please join Reviva Hasson on Shabbat morning at 10:30am for a shiur on: **"Sending spies to the land! What was Hashem thinking?"**. The shiur is open to all.

Mensch

Volunteer & Learn Once a Month 24 July – 10 Nov 2024

- ☆ Join Mensch from this July for an immersive, group volunteering experience infused with Jewish learnings and cross-cultural connections!

For more information:

mensch.org.za/volunteer-programme

Social@Sephardi

Hadroso

In Ladino this means a **show off**. Let's be proud of our achievements in life while remaining humble and understanding of others. And only show off our proud Sephardi Heritage!

Our Padel tournament last Sunday was a great success with feedback indicating that it was great to "compete" and meet our Sephardi members in a fun and sporty way. Follow us on Instagram @sephardihebct, to view the pics - comment and like, if you please.

With many of our members away, we are taking it a little slower for the next few weeks (but working behind the scenes) and are in the process of planning exciting new events and opportunities to get together. We look forward to welcoming you and sharing time together.

Email: social@sephardi.co.za

From the Desk of the Rabbi

To take responsibility or to not take responsibility; isn't that the question posed by Shakespeare all those years ago? "Being" or not "being" may be referring to this idea: taking responsibility and avoiding harping on who may have done or should have done something.

In our Torah portion this week, Parshat Shelach, the spies come back after having spent 40 days spying out the Land of Israel for the Jewish People. When they returned with the news, our entire community raised our voices in tears that night. There, our people of Israel complained against, focusing their attention on Moshe and Aharon saying:

"If only we had died in the land of Egypt, or if only we had died in this desert. Why does the Lord bring us to this land to fall by the sword; our wives and children will be as spoils. Is it not better for us to return to Egypt? They said to each other, "Let us appoint a leader and return to Egypt!" (Bamidbar 14:1-4)

We were miserable, this wasn't our plan, not going the way we wanted them to go. So what did we do? What people have been doing since time immemorial; the blame game. We focused blame on those who were responsible for our freedom...and anything else that went wrong: Moshe and Aharon.

We openly accused and spoke against two great, humble men who led us out of Egypt. We stirred up *machloket*, conflict.

Rebbe Natan of Breslov teaches that conflict is, and always has been, the bane of our existence—specifically as Jews. We forget about the good. We complain. We

whine. We stress. We stress others. We punish each other with our anger, we punish with the silent-treatment. We're so busy pointing out the bad in others in a given situation, **that we overlook the clues to our own salvation.** Our sages say that ridding ourselves of *sinat chinam*, of baseless hatred and instead put our trust in our Creator, is the key to our salvation in a situation.

Rebbe Nachman of Breslov explains that we have a lot more power over our thoughts and feelings than we give ourselves credit for. We do not **have** to give into the urge to rage, blame and give in to despair.

That's nice to say-but HOW??

Let's for a moment step into the world of "mindfulness" and breathe. Focus and pay attention to the times habitual negative thoughts, especially those that lead to conflict, make an appearance. Now breathe in, and out. Replace those negative thoughts with positive thoughts: *"They meant well. I don't have the whole picture. Nothing is worth getting embroiled in a conflict or controversy. Have faith only in the Almighty, only trust in HaShem and rely on Him.*

Be mindful regarding the conflicts in your life. Ask GD to help you truly destroy *Sinat Hinam*, baseless hatred and fill your heart with *ahavat Yisrael*, love of your fellow Jews.

May we all have a Shabbat of peace and freedom from strife.

Shabbat Shalom

Rachel, Naftali and kiddies.

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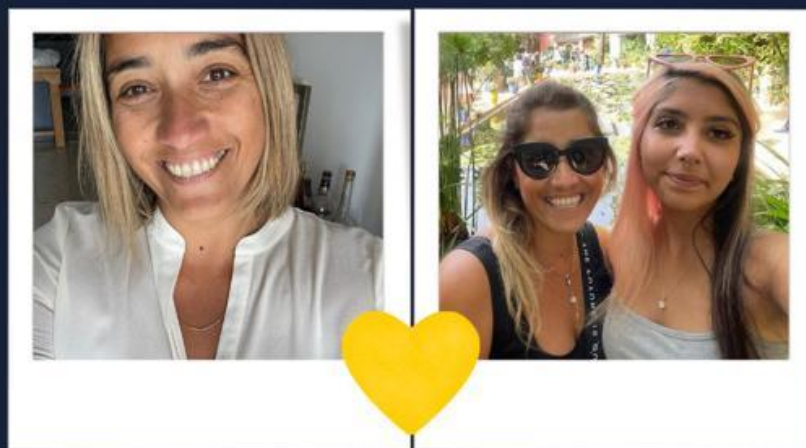
WE WILL DANCE AGAIN



WIZO Shorashim Branch

Presents Dana Ohana

Join us to hear Dana Ohana share her sister's story of surviving the **Nova Festival Massacre**



Thursday 15th August, 7:30pm

R50 donation per person (refreshments served)

**To book please use link below
or email wenerkim@gmail.com**

Venue details upon registration

Raffle prizes for him and her!

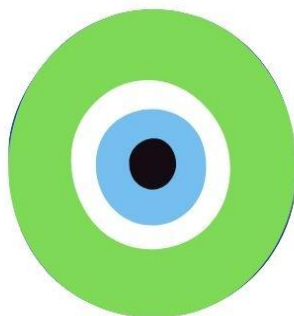
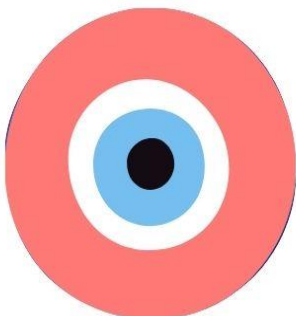


Shabbat Morning Kids Club

This week we will focus on
the Parasha **Shelach**

Tehila will entertain your children with
enthusiasm and kindness

Join US on
Saturday 29th June from 9.30am
@ The Sephardi Kehila



FILM CLUB

KADOSH

a film by Amos Gitai

קדוש



SUNDAY 14 JULY 2024

AT

6:00

PM

LIGHT REFRESHMENTS SERVED FROM 5:30PM

RSVP: SAZFEVENTS@CTJC.CO.ZA

021 464 6714

TICKET

MINIMUM R50
DONATION



SOUTH
AFRICAN
ZIONIST
FEDERATION
CAPE COUNCIL