

So... What's Nu ?

Mazel Tov!

Barmitzvah

Devan son of Hayley Bress, grandson of Jill Bress on the occasion of his Barmitzvah

Births

Selwyn and Jenni Trakman on the birth of a granddaughter
Warren and Talya Trakman on the birth of a daughter

Got A Halachic Question?

Need a quick answer
Sms or WhatsApp Rabbi Shaw on
072 6966535 or e-mail
davidshaw@sandtonshul.co.za

Our Sandton Jolly Seniors Club

Join Rabbi Shaw every Wednesday morning for a fun filled inspirational morning!

BRING YOUR FRIENDS!

Time: 10h00

Venue: Games Room



Please let the office know of anyone who is in need of our prayers
And also share with us any good news

Brocha

Are you celebrating a **Simcha** or would like to honour a loved one?
Please consider sponsoring the **Brocha** / or any amount towards the **Brocha**.
Please contact Harelle in the office on 011 8834210 or
functions@sandtonshul.co.za to make arrangements

Condolences To:

To the Silver family on the loss of their mother Mina Silver

Davening Times

Shacharit
Monday and Thursday – 06h00 & 06h45
Tuesday, Wednesday and Friday – 06h15 & 06h45
Sundays and Public Holidays – 07h00
Mincha – 17h20

Rosh Chodesh / Fast Day / Chol Hamoed

1st Minyan – Davening will commence a 05h45 throughout the week
2nd Minyan – Davening will commence at 06h30 throughout the week

SECURITY

CSO Security / Medical Emergency & Information Number: 086 18 000 18

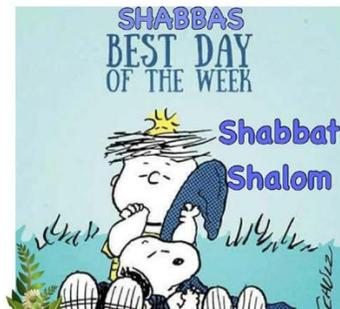
Edited by Rabbi David Shaw

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Make the Connection

ת"ב

05 May 2018

20 Ivar 5778

Candle Lighting: 5.18pm
Parsha: Emor
Mincha: 4.45pm
Havdalah: 6.08pm
Haftorah: Avron Alter



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SandtonShul

A Tribute to Rabbi Suchard

By Rabbi David Shaw

In the late 70's and early 80's I used to do locums for Sandton Shul. It was a long time ago. The Wardens still wore hats in those days. Can you imagine such a thing! I often used to do weddings with Rabbi Suchard especially out of town and in some really exotic places.

I would like to share a story about our Rabbi, that gives you an insight into just who he is. The wedding was in the country and we set off with just enough time to make it to the celebration timeously. Suddenly on the narrow country road Rabbi Suchard screeched to a halt, go out of the vehicle, it was bright yellow (I am sure that you all remember it). He walked over to a dead bird on the side of the road, took out his iconic hankie, picked up the dead bird, dug a hole with his heel, placed the bird into the hole, returned to the car, got in and drive off without a word.

Now I have seen Rabbis do some really strange stuff, but this was bizarre. I waited and waited some more for the Rov to say something but not a word. Eventually I blurted out Rebbe what were you doing? To which he replied 'that when Cain killed Abel no one buried Abel and he lay on the ground until some wild birds gathered around the body and preceded to cover it with leaves and little twigs. The Midrash says as a reward to 'bird kind' whenever we come across a dead bird we bury them. It's our way of saying 'thank you'.

Why share this episode out of a plethora of stories about our holy Rabbi? For me it epitomises our Rabbi. Meticulous to the Nth degree in carrying out G-ds will. Doing His mitzvot no matter how big or seemingly insignificant. Rabbi Suchard lives his life absolutely in accordance with the Shulchan Aruch – the Code of Jewish Law. Every jot and tittle. Never compromising on tradition. Never compromising on his faith and being a living example to all of us how to behave and to conduct ourselves in G-ds ways. Humility, Holiness, empathic and true friend and guide to us all.

Not even Sandton could negatively change Rabbi Suchard, he still dons a hat and jacket even to say a blessing, just like he did in Telze. He did not change but my G-d he did change many of us.

G-d Bless you dearest Rabbi and Rebbetzin Suchard as you embark on your newest adventure.

We respect, admire and love you! Always! All ways!

Counting of the Omer - Thursday night is 34 days which is 4 weeks and 6 days of the Omer
Friday night is 35 days which is 5 weeks

Timeless Jewish Wisdom for the Facebook Generation

by [Slovie Jungreis-Wolff](#)

The quality of our relationships has been in steady decline. 632 Facebook friends but not one true friend to call in middle of the night does not a friendship make. Anxiety has become the new depression. College kids fill the mental health clinics on campus. The former Surgeon General Vivek Murthy wrote in Harvard Business Review that patients came to see him partly because they were lonely and partly because loneliness made them sick. "The most common pathology I saw was not heart disease or diabetes; it was loneliness."

Teens spend more time alone with their phones and are less likely to go out and socialize. The more hours spent on one's screen the more reported unhappiness. It feels as if everyone is out having a party but me.

I've watched parents and children side by side not exchanging one word. Both compensate for their poor connection by mindlessly looking through their phones.

This is the time of the year that we begin to read Ethics of the Fathers. All around us the earth is stirring as nature surprisingly comes to life again. The force of renewal is alive and this same energy exists within us.

Here are six thoughts from the teachings of Ethics of the Fathers that will help us build inner peace.

1. Receive Everyone With A Cheerful Face (Ethics, 1:15)

We forget how much it means to give a smile, a happy greeting. We've become so used to texting or navigating life face down, the art of face-to-face connection has been lost. How many people really look at each other while speaking? A huge part of connecting is making eye contact, noticing the impact your words make, lifting someone's spirit with your voice or even the way you say hello.

It takes just a moment to have the people around you feel cherished. It's not really difficult.

"Receive everyone" – look up and notice people. "With a cheerful face" – and make it a habit to smile at others. Be a source of joy to the world.

2. Acquire a Friend for Yourself (Ethics, 1:6)

We are not advised to collect friends like souvenirs but rather to wisely acquire one precious friend. Whether it be socially or the connection between husband and wife, a good friend enhances our lives.

Friends are loyal. Friends share joy and sorrow so that life is sweeter. Friends don't gossip about one another. Friends give good words and encouragement. Friends listen. Friends don't look down at each other. Friendship requires time and presence. It is one of the best investments you will ever make.

3. Do Not Anger Easily (Ethics, 2:15)

We lose ourselves when we are angry. We say things we don't mean and cause pain. We do things out of anger that afterwards we cannot believe.

Someone who is easily enraged loses his peace. He ends up spending time alone because others do not want to be with him. It is not easy to control one's temper. How can we combat being quick to anger?

Pay attention to the trigger moments that set you off. Recognize the feeling that comes just before you are about to erupt. If you need to take a breath to collect yourself or excuse yourself, do it. Harness your rage. Think well before you speak from emotion. Be mindful of your tone. You will feel your inner strength grow.

4. Distant Yourself from a Bad Neighbor (Ethics, 1:7)

Our friends and companions influence us, positively and negatively. No matter how strong we believe ourselves to be, we are impacted by the people we spend time with. Their choices of language, vices, conversation and how they treat others makes a difference in our lives. Coming close to a person who makes poor moral choices is like breathing in spiritual pollution. It is toxic.

Think about who you associate with.

5. Do Not Judge Your Fellow Until You Have Reached His Place (Ethics, 2:5)

How easy is it to cast judgment on another. Look at all the spiteful comments that fill social media and the snarky remarks making fun of people. We don't realize how quick we are to speak arrogantly against another.

Our sages teach us that until we stand in someone's place we are clueless. "Reaching his place" means that we have complete understanding of his childhood, his nature, his family, and his struggles. Can anyone ever possess such a window into the life of another?

Of course not. Then how can we possibly cast judgment?

6. Who is Rich? One Who Is Happy with His Lot (Ethics, 4:1)

Watching other people's lives strips us of our joy. Comparing people's vacations, homes, families and sushi platters is a meaningless way of losing sight of one's blessings. FOMO and anxiety has become the plague of our generation. Emotions of jealousy eat at serenity.

There are superstars who live mega big lives but lose themselves to addictions, loneliness and lack of self-worth. Somehow, they are never happy.

Be content with what you have. Be grateful. Cherish the people in your life. Make the most of each day. Live with purpose. Wealth is really the appreciation of one's blessings.

We are fortunate to have this sage advice to help us live better, to be stronger. Take a few moments and look through Ethics of the Fathers. You will discover the spiritual compass that will bring you closer to a life of connection and joy.

FUNNY THINGS: Bubbie Knows Best

Rivky Adler went to spend a few weeks with her Bubbie Miriam. They had a lot of time together so Bubbie Miriam decided to teach Rivky how to sew. After the first day, having gone through a lengthy explanation of how to thread the machine, Rivky stepped back, put her hands on her hips, and said in disbelief, "Bubbie, you mean you can do all that, but you can't figure out how to use an iPhone?"