

SHABBAT ACHAREI MOT-KEDOSHIM

WHAT'S ON

Thursday 30th April, 4.30pm

Bnei Mitzvah Classes -ZOOM in -
<https://zoom.us/j/92083591617>

Friday 1st May, 6.30pm

TGIS Express Shabbat -ZOOM in -
<https://zoom.us/j/512512110>

Saturday 2nd May, 10am

Shabbat Morning Service -
ZOOM in - <https://zoom.us/j/709601912>

Sunday 3rd May, 4.45pm

PJV "How do we View God"
Session with PJV Rabbis see flyer

Tuesday 5th May

4.30pm Art & Craft Fun with
Ruth Trytell - ZOOM in -<https://zoom.us/j/95934498303>

8pm Ritual Committee Meeting

Thursday 7th May, 4.30pm

Bnei Mitzvah Classes -ZOOM in -
<https://zoom.us/j/92083591617>

Friday 8th May, 6.30pm

TGIS Express Shabbat -ZOOM in -
<https://zoom.us/j/512512110>

Saturday 9th May, 10am

Shabbat Morning Service
Bnei Mitzvah Class Siddur
Presentation -ZOOM in - <https://zoom.us/j/709601912>

Sunday 10th May, 4.45pm

PJV "Current Affairs in Israel's
Arab Society" see flyer

Monday 11th May, 2pm

'Bookworms' with Suzie Eisfelder

Tuesday 12th May Lag B'Omer

4.30PM Art & Craft Fun with
Ruth Trytell - ZOOM in -<https://zoom.us/j/95934498303>

Thursday 14th May, 4.30pm

Bnei Mitzvah Classes -ZOOM in -
<https://zoom.us/j/92083591617>

Friday 15th May, 6.30pm

TGIS Express Shabbat -ZOOM in -
<https://zoom.us/j/512512110>

Saturday 16th May, 10am

Shabbat Morning Service -
Benjamin Gonshor Bar Mitzvah

- Board Rep Beatrice Coleman
- Tech Shammas Frank Moore
- Baalat Shirah Sharon Mattatia
- Baalaat Koreh Rabbi Allison

SHABBAT ACHAREI MOT-KEDOSHIM

23rd Day of the Omer

Torah Portion Shabbat: Leviticus 16:1 - 20:27

We are reading Verses: 16:1 - 4 Page: 863 and

Verses: 19:1 - 10 Pages: 894 - 895

Haftara: Amos 9:7 - 9:1 Pages: 999 - 1000

Drash Shabbat Acharei Mot-Kedoshim Cantor David Bentley Temple Shalom, Gold Coast, QLD

Most of us are finding the demands of daily life more challenging than usual. Things feel upside down and inside out. Life is that much harder when we are frustrated, frazzled, anxious and uncertain, when it seems as if the world has gone crazy and so much is beyond our control and understanding.

Yet even amidst this turmoil, this week's parshah has something important to offer, a gem of wisdom calling to us from across the centuries.

That gem is this: *V'ahavta l're'acha kamocho*, "Love your neighbour as yourself" (Lev. 19:18).

The great early Rabbi Hillel put it this way: "Don't treat people badly unless you want to be treated that way yourself." (Very free translation!) A generation or two later, this same idea was expressed in the form that Western Society knows as the Golden Rule: Do unto others....It would help us understand how deep this instruction is, if we look first at the whole chapter.

Chapter 19, known as the Holiness Code, is a rich, wide-ranging, yet succinct list, almost a dot-point version, of how to be holy. You may recognise this passage as the Torah reading for Yom Kippur afternoon.

We are given instructions for every part of our lives. Some are more abstract, being told to treat each other with kindness, fairness, respect, compassion, and love. Others are much more practical but it's clear that they, too, speak to deeper moral values. Here are some of them: we are to avoid theft, robbery and fraud, to pay our workers on time, to use accurate weights and measures, to leave some of our crops and fruit for the needy, to give honest testimony and impose fair judgements that favour neither the rich nor the poor. Abstract ideas like honesty, charity and equality are made concrete in clear, unambiguous terms.

When we are told to rise before the aged, to avoid cursing the deaf, and to avoid putting an obstacle before the blind, we are also being told not merely to avoid these specific behaviours, but more broadly, to treat the elderly, the disabled, and the disadvantaged respectfully. Some things in Chapter 19 are hard for us to swallow in our era. It might be hard to find the underlying moral value in not shaving one's beard, and the provisions for treating slaves fairly don't sit well with us in an age when slavery is no longer considered normal and acceptable, and there are many more instructions that I have not mentioned, but the overall tenor of this chapter is unmistakable.

There is another layer just beneath the surface. Not only are we shown how to make abstract moral values into practical behaviours for daily

Weekly Announcements

Ho'da'ot



life, but we see also that the practical and the spiritual are two sides of the same coin. They support each other. When we do these things, we are holy. When we are holy, we do these things.

That says, in turn, that holiness isn't such an abstract notion and it isn't reserved for a select few. "Holy" becomes a verb. We "do" holy, if you will. We are told that we can all be holy simply by doing what holiness asks of us. It is easily within our grasp, every day. We don't need to call on others to do it for us – we need not rely on Levites or rabbis or cantors to be our holiness proxies. Not only do we not need to call on religious proxies, but we cannot, and we should not! Each and every one of us has the religious obligation to "do holy". This is the foundation of who we are as Jews, who we are as a people. And it is as simple as treating people right, as simple as dealing with people as we want them to deal with us.

Simple, but not always easy. And that brings me back to where I started. In the middle of the Holiness Code we find the instruction to love one's neighbour as oneself. In this context, "neighbour" is meant in the broadest sense, to include anyone who might be impacted by what we say or what we do.

This statement might be very brief (five words in English and only three words in the original Hebrew) but it contains much. We might see it as being made up of two parts, joined by a very important word which gives us the real clue as to the meaning of the whole thing. The first part is to love our neighbour. The second is that we should love ourselves. The two parts are joined by the word "as". This shows us that the two loves, for others and for ourselves, are meant to be the same. We shouldn't put ourselves above others, or the needs of others above our own. They are both equally important. You'll also notice that I'm using love as a verb, not a noun, just as I spoke of "doing" holy. The Torah tells us to love – but "doing" love isn't the same as "feeling" love. There aren't too many people who can summon up feelings on demand, as this instruction seems to be asking of us. But we certainly have control over the way we behave. We can act in a loving way towards people even if we despise them. Let's say your unpleasant, mean-spirited neighbour, who is on crutches after major knee surgery, gets on a crowded bus. You would normally cross the street to avoid her. Yet you can, and should, offer her your seat.

Some of us have no trouble loving ourselves and others. It comes as second nature to such people to be kind and fair and compassionate and loving to themselves and to everyone else. But we can be so concerned with treating others right, that we might forget that we need to treat ourselves right too. Then there are those people who just can't seem to find it. What does it mean to love ourselves? How do we "do" that? In part, we do it by taking the time to find things that give us joy. It could be listening to some favourite music, reading a book, watching a movie or TV show, or relaxing over a nice quiet coffee, or quietly counting our blessings for a moment before getting on with the task at hand. It also means that we strive to be the best that we can be, and take pride in our achievements. We take the time to enjoy the company of our families and friends, and to help them when we

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TGIS

THANK G-D IT'S SHABBAT!

No
megillah.

Friends.
Music.
Challah.
That's it.

**20 MIN
EXPRESS
SHABBAT**

**FRI
NIGHT
6.30**

ETZ CHAYIM

Join us on Zoom:

<https://zoom.us/j/512512110>

BYO ruach!



WANT TO BE A VIRTUAL 'HOST'? LET US KNOW! ALL ARE WELCOME.

REMEMBRANCE

THOSE WHO HAVE PASSED AWAY THIS WEEK FROM OUR COMMUNITY - Eva Lehner • Nelly Weiniger • Michael Cohen

SHLOSHIM - Hannah Forshaw • Sally Hendler • Ian Skolnick (Geoff King's Cousin) • Moshe Dinor • Alan Lang • Michael Axel • Professor Richard Harcourt • Maurice Phillips • Leila Kleiman • Henry Grebler • Walter Wagner • Pawel Spiewak

Yahrzeits Observed This Shabbat—Jacob Maltz, father of Jonathan Maltz • Louis Eisfelder, father of Horst Eisfelder

We also remember all victims of violence and terrorism throughout the world.

Join Etz Chayim's online community for our

VIRTUAL SHABBAT SERVICES

KABBALAT SHABBAT

Last Friday of the month at 6:30pm

<https://zoom.us/j/410812614>

SHABBAT MORNING

Every Saturday morning at 10:00am

<https://zoom.us/j/709601912>



Bet-Olam Planning for COVID-19 Virus Emergency - New Protocols

We are continuing with a safe and measured response to this situation. The number of people attending the family meeting is reduced to 2 and we will ensure that these meetings take place in a large and open space.

Funerals are held at the graveside and we will live stream as many as we can, limiting attendance at funerals to 7-8 people plus Rabbi and myself. Cremations are also restricted to 8 people plus Rabbi and myself and we can live stream these services as well. Social distancing and personal hygiene will be strictly adhered to.

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert/coronavirus-covid-19-advice-for-travellers>

If you wish to discuss any concerns, please call Rhonda Nirens on 9883 6237



ART & CRAFT FUN!

WITH RUTH TRYTELL

Get CREATIVE with our after-school craft activities!
A fun, new activity each week.

TUESDAYS AT 4:30PM

<https://zoom.us/j/95934498303>



Contact ruthtrytell@hotmail.com with any questions

WE RECOMMEND CREATING AN 'ART BOX'

FULL OF SUPPLIES:

Assorted A4 coloured paper
A4 white paper
Textas, pens, pencils
Sharpener, rubber, ruler
Glue sticks, PVA glue
Scissors
Hole punch
Stapler
Masking tape, sticky tape
Needle, thread
Scrap pieces of fabric
Decorations - beads, sequins, glitter, etc

Please see attached Program Flyer for a few additional supplies for upcoming special activities



ART & CRAFT PROGRAM

- 21st April: A Magical Afternoon _____ large jar, empty shoebox, smooth flat stone
- 28th April: Finger Painting _____ acrylic paints
- 5th May: Mother's Day
- 12th May: Name Fun
- 19th May: Thumb Print Characters _____ ink pad
- 26th May: Toilet Roll Characters _____ toilet rolls
- 2nd June: Sock Puppets _____ old sock





V-PJV ONLINE

VIRTUAL PROGRESSIVE JUDAISM VICTORIA
EVENTS SERIES

WEEKLY MEETING LINK:

<https://zoom.us/j/99672482477>

Meeting ID: 996-7248-2477



**MAY
03**

HOW DO WE VIEW GOD

Panel Discussion with: Rabbi Gersh Lazarow,
Rabbi Allison Conyer and Rabbi Jonathan Keren Black.

**MAY
10**

CURRENT AFFAIRS IN ISRAEL'S ARAB SOCIETY

Speaker: Issa Boursheh, Political Advisor,
US Embassy in Israel

**MAY
17**

THE ISRAELI-ARAB SALAD CONFLICT

The story of Israeli Arab relations through food
Speaker: Sefi Shalam, Netzer and PJV Shaliach
Simple and yummy recipes included!

**MAY
24**

PROGRESSIVE JUDAISM IN ISRAEL

Discussion with: Rabbi Gilad Kariv, CEO of the Israeli
Movement for Reform and Progressive Judaism

**MAY
31**

GENERATION Z - WHAT DOES TODAY'S YOUTH ACTUALLY CARE ABOUT

Discussion with: Netzer leaders and chanichim

**JUNE
07**

FROM JESUS TO BIBI - THE HISTORY OF THE JEWISH-ARAB RELATIONS IN THE HOLY LAND

Speaker: Sefi Shalam, Netzer and PJV Shaliach

Drash continued from the bottom of page 1....

can, and let them help us too. We take responsibility for our mistakes and do what we can to fix them, but we don't beat ourselves up over things that aren't our fault, and we don't give ourselves grief over things we can't do anything about. That's how we love ourselves. With the restrictions in place in many parts of the world, right now it might even mean taking the time and trouble to maintain an exercise regime even when your usual gym or local sporting club isn't open and you have to figure out another way to keep fit.

Turning to the other half of the picture, how do we "do" love for others? The Torah gives us some examples right here in this week's parshah, which I've already quoted. These days very few of us have farms so leaving enough for the needy has to be done in other ways, perhaps through charitable contributions such as the Mazon Appeal. But it also means seemingly little things like letting the pregnant woman cut in front of you at the post office, or making sure your kids know you're there in case they want help with their homework, or being willing to listen when your partner has had a hard day, even though yours was hard too.

The Lubavitcher Rebbe was once approached by a young woman who wanted to be a more caring person and didn't know where to start. His advice to her? "Pass the salt". Starting with simple acts of helpfulness were all that she needed. The key, again, is to treat people gently, with kindness, compassion. Then, when we face extraordinary situations like a cashier who won't let you buy the second pack of toilet paper (or whatever product limits are in place that week), we will respond in a caring, appropriate way, and not with anger or frustration even though that may be all we're feeling.

Loving ourselves, and loving others, go hand in hand. When we love ourselves it is easier to love others, easier to overlook or forgive their faults and mistakes. When we love others, we see more of the good in the world and it becomes easier to see the good in ourselves, to be more willing to work on our own defects, to make amends for our mistakes.

There is a symmetry or balance to this. Certainly we can do the right thing by others even if we struggle to do the right thing by ourselves. But we aren't free to ignore our own needs. Conversely, doing the right thing for ourselves, but not paying attention to those around us, isn't enough.

I quoted Hillel at the opening of this article. He captured this balance very well: "If I am not for myself, who is for me? But if I am for myself only, what am I? And if not now, when?" (Pirkei Avot 1:14).

If not now, indeed. Now, at this most difficult time in human history, we need to love ourselves and each other more than ever before. Let this week's parshah remind us of that, now and every day.

It pays to **ADVERTISE** in Hakol!

Let our community know all about your business.
Please email your camera ready art (jpg or pdf files please)
or send your copy and we will put your ad together!

Email: to admin@etzchayim.org.au

For payments, please phone Sam in the office on 9563 9208

Business card size \$25 88mm x 50mm

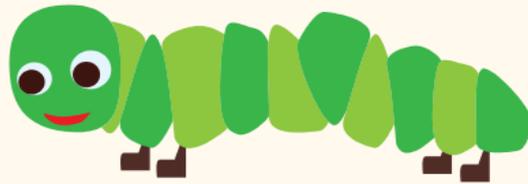
1/8 page \$40 74mm x 105mm

1/4 page \$60 105mm x 148mm

1/2 page \$75 148mm x 210mm

Full page \$135 210mm x 297





THE BOOKWORMS

EVERY MONDAY, STARTING 11TH MAY, FROM 2PM - 3PM

Via the magic of Zoom:

<https://us02web.zoom.us/j/81263518035>

The Reading Club was far too slow and has been overtaken by The Bookworms!
Join us Monday afternoons on Zoom, present a book you have been reading,
and we'll go faster than a snail as we explore each new adventure!

Please contact Suzie on limmud@suzs-space.com for more details



COVID-19 HELPLINE 8517 5555



**Mon-Fri
8:30am - 6:30pm**

 **JewishCare**
Enriching Lives

Proud
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