

ADATH תּוֹרָה

Judaism for the next generation



ROSH HASHANAH BULLETIN

Tishrei 5786 - September 2025

On behalf of our Clergy, Officers, and Staff,
we extend our heartfelt wishes for a Shanah Tovah u'metukah
to you and your loved ones.

ADATH Israel Poale Zedek Anshei Ozeroff
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DEDICATION

THIS BULLETIN IS DEDICATED
IN MEMORY OF THE VICTIMS
OF THE TRAGIC EVENTS ON
OCTOBER 7TH IN ISRAEL,
AND IN SUPPORT OF THE
IMMEDIATE RELEASE OF
THE HOSTAGES. MAY THEIR
MEMORIES BE A BLESSING,
AND MAY PEACE PREVAIL.

To receive our Shabbat Weekly Bulletin
please email
Rabbi Whitman rabbi@adath.ca.

All 'sponsorships', 'donations', and 'our
family' are accurate between
March 16 - August 31, 2025

We apologize in advance for any
errors or omissions that may have
occurred.

Please send any and all errors and
omissions to
Jacqueline; office@adath.ca

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Assistant Rabbi Alex Zwiebel — alex@adath.ca

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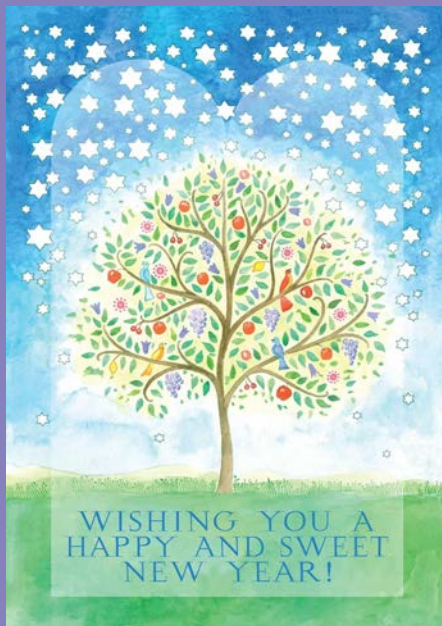
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HIGH HOLIDAY SCHEDULE - 5786

Selichot

Pre-Selichot program, **"Everything is Illuminated"**
Selichot Service

Shabbat, September 13

10 p.m.
12 Midnight

Daily Schedule

Sunday Shacharit, followed by breakfast
Monday-Friday Selichot, Shacharit, followed by breakfast
Evenings
Sunday Shacharit, September 21, followed by breakfast

Sunday-Friday, September 14-19, & Sunday, September 21

8:00 a.m.
6:15 a.m.
6:45 p.m.
7:30 a.m.

Shabbat, Parshat Nitzavim

Friday night Candlelighting/Minchah, Kabbalat Shabbat, Maariv
Shacharit
Minchah
Followed by Shalosh Seudot and Maariv
Shabbat ends

Friday-Saturday, September 19-20

6:39 p.m.
8:45 a.m.
6:30 p.m.
7:40 p.m.

Erev Rosh Hashana

Selichot, Shacharit, Annulment of Vows, Pruzbul, followed by breakfast
Candlelighting/Minchah, Maariv
Have apples and honey at home.

Monday, September 22

5:15 a.m.
6:33 p.m.

Rosh Hashana, first day

Shacharit
Torah Reading
Shofar, followed by Mussaf
Youth Groups
Rabbi Whitman's Sermon
Service Ends

Tuesday, September 23

7:30 a.m.
9:00 a.m.
9:40 a.m.
10:00 a.m.
12:15 p.m.
1:00 p.m.

Tashlich - McDowell Park, on Randall near Fleet
Minchah, Maariv
Candlelighting and preparations for Tuesday night, no earlier than
Light candles from an existing flame. Have a new fruit for Kiddush at home.

4:30 p.m.
6:30 p.m.
7:34 p.m.

Rosh Hashana, second day

Shacharit
Torah Reading
Shofar, followed by Mussaf
Youth Groups
Rabbi Whitman's Sermon
Service Ends

Wednesday, September 24

7:30 a.m.
9:00 a.m.
9:45 a.m.
10:00 a.m.
12:15 p.m.
1:00 p.m.

Minchah, Maariv
Yom Tov ends

6:30 p.m.
7:32 p.m.

Fast of Gedalia

Fast begins

Thursday, September 25

5:29 a.m.



Selichot	5:45 a.m.
Shacharit	6:40 a.m.
Minchah	6:15 p.m.
Fast ends	7:15 p.m.

Aseret Yemai Teshuvah

Friday, Sunday-Tuesday, September 26, 28-30

Friday Selichot, followed by Shacharit, breakfast	6:00 a.m.
Friday Candlelighting/Minchah, Kabbalat Shabbat, Maariv	6:25 p.m.
Sunday Selichot	7:30 a.m.
Sunday Shacharit, followed by breakfast	8:10 a.m.
Monday & Tuesday Selichot	6:00 a.m.
Monday & Tuesday Shacharit, followed by breakfast	6:40 a.m.
Minchah, Maariv	6:15 p.m.

Shabbat Shuvah

Shabbat, September 27

Shacharit	8:45 a.m.
Minchah	5:25 p.m.
Rabbi Whitman's Shabbat Shuva Drasha	5:45 p.m.
Followed by Shalosh Seudot and Maariv	
Men and women are invited, childcare is provided.	
Shabbat ends	7:26 p.m.

Plaque Dedication Ceremony

Sunday, September 28

Plaque Dedication Ceremony	7:30 p.m.
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Erev Yom Kippur, Kol Nidre

Wednesday, October 1

Selichot, Shacharit, followed by breakfast	6:30 a.m.
Minchah	2:00 p.m.
Candlelighting (<i>Don't leave lit candles unattended.</i>)	6:16 p.m.
Kol Nidre, Maariv - childcare is provided	6:15 p.m.

Yom Kippur

Thursday, October 2

Shacharit	8:15 a.m.
Youth Groups	10:00 a.m.
Torah Reading	10:20 a.m.
Rabbi's Sermon	11:40 a.m.
Then Yizkor, followed by Hineni and Mussaf	
<i>Recess, from end of Mussaf until Minchah</i>	
Minchah	4:25 p.m.
Ne'ilah - childcare is provided	5:35 p.m.
Maariv/Fast ends	7:16 p.m.

Shabbat, Parshat Ha'Azinu

Friday-Saturday, October 3-4

Friday night Candlelighting/Minchah, Kabbalat Shabbat, Maariv	6:12 p.m.
Shacharit	8:45 a.m.
Minchah	6:00 p.m.
Followed by Shalosh Seudot and Maariv	
Shabbat ends	7:16 p.m.

Lulav Shuk

Sunday, October 5

Choose your Lulav and Etrog with Rabbi Alex	5:00-8:00 p.m.
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Erev Sukkot

Monday, October 6

Shacharit, followed by breakfast	6:45 a.m.
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Candlelighting/Minchah, Maariv	6:06 p.m.
Kiddush in the Sukkah, no earlier than	7:07 p.m.

Sukkot, first day

Tuesday, October 7

Shacharit, with Lulav and Etrog, followed by Kiddush in the Sukkah	8:45 a.m.
Minchah, Maariv	6:05 p.m.
Candlelighting and preparations for Monday night, no earlier than <i>Light candles from an existing flame.</i>	7:05 p.m.

Sukkot, second day

Wednesday, October 8

Shacharit, with Lulav and Etrog, followed by Kiddush in the Sukkah	8:45 a.m.
Minchah, Maariv	6:05 p.m.
Yom Tov ends	7:05 p.m.

Chol HaMoed

Thursday-Friday & Sunday, October 9-10 & 12

Thursday & Friday Shacharit, followed by breakfast in the Sukkah	6:45 a.m.
Minchah, Maariv	6:05 p.m.
Friday Candlelighting	5:59 p.m.
Sunday Shacharit, followed by breakfast in the Sukkah	8:00 a.m.

Shabbat Chol HaMoed

Shabbat, October 11

Shacharit, Kohelet	8:45 a.m.
Followed by Kiddush in the Sukkah	
Minchah	5:45 p.m.
Followed by Shalosh Seudot in the Sukkah	
Shabbat ends	7:00 p.m.

Hoshana Rabbah, Thanksgiving

Monday, October 13

Shacharit, followed by breakfast in the Sukkah	7:00 a.m.
Candlelighting/Minchah, Maariv	5:53 p.m.

Shmini Ha'Atzeret

Tuesday, October 14

Shacharit, with Yizkor during the service	8:45 a.m.
Minchah	5:50 p.m.
Candlelighting and preparations for Monday night, no earlier than <i>Light candles from an existing flame.</i>	6:55 p.m.
Maariv, Simchat Torah celebration	7:10 p.m.
Featuring Hakafot singing, dancing, Torah Reading - celebrating our children.	

Simchat Torah

Wednesday, October 15

Shacharit	8:45 a.m.
Simchat Torah Learning for Women with Rabbi Whitman during Torah Reading	
Minchah, Maariv	5:50 p.m.
Yom Tov ends	6:53 p.m.





A MESSAGE FROM RABBI WHITMAN

Yom Kippur is about memory – God’s and ours.

Yom Kippur is about God’s memory. In what is perhaps the most moving High Holiday prayer, Unesaneh Tokef, we note: “VaTizkor Kol HaNichkachot (God remembers all forgotten things).”

Yom Kippur is about our memory. We remember our actions during the previous year. We say Yizkor to remember our mothers and fathers and other loved ones who have passed away.

But Rabbi Avi Weiss suggests there is a powerful lesson we can learn from God’s remembering to apply to our own. On Rosh HaShonah we read these loving words from the prophet Jeremiah: “Zacharti Lach Chessed Ne’urayich...” God says, I remember the kindness of the Jewish People at the beginning of our relationship, how you followed Me from Egypt into the desert, a barren and inhospitable place – simply because I asked you to.

God remembers our loyalty and trust in Him. But isn’t God’s memory a bit faulty? Yes, we did follow God into the desert for forty years. But the Biblical record shows we were not very loyal or trusting. We sinned with the Golden Calf. We disbelieved God’s promise of a homeland in favour of the spies’ warped report. We complained about the food (repeatedly), the conditions, the leadership. The rosy verse from Jeremiah appears to be a revisionist version of what actually happened. Yes, we followed God into the desert, complaining and rebelling repeatedly throughout the journey. Why does God, Who is perfect, remember imperfectly?

Rabbi Baruch Lederman tells the story of two friends walking through the desert. At some point in their journey they had an argument, and one friend slapped the other in the face. The one who was slapped was hurt, but without saying anything, he wrote in the sand, “Today my best friend slapped me in the face.”

They continued walking until they reached an oasis, where they decided to take a bath. The one who had earlier been slapped got stuck in the mud and started to drown, but his friend saved him. After he recovered from nearly drowning, he chiselled on a stone, “Today my best friend saved my life.”

The friend who had slapped and saved his best friend asked him, “Earlier you wrote in the sand, now you chisel on stone. Why?” And his friend answered, When someone hurts us we should write it

down in sand where winds of forgiveness can erase it. But when someone does something good for us, we must chisel it on stone where no wind can ever erase it."

In order for a relationship to endure, we must develop the capacity to remember selectively, or as Rabbi Weiss puts it, "to remember with mercy." "Maaver Al Middosov" or overlooking trespasses done to us, is one of the highest human traits, according to the Talmud (Megilah 28a, Yuma 23a). And we ask God to do the same. As Albert Schweitzer said, "Happiness is nothing more than good health and a bad memory."

I heard this story from Dr. Jerry Lob. His son was eighteen months old and he took him to the doctor for a shot. They were waiting in the exam room, and he was thinking, "What can I say to my son to make him understand what is about to happen?" Of course, there was nothing he could say. The nurse came in with the shot. He held his son. His son sees the shot, knows what is coming, and starts to scream. He said, "I will never forget the look on my son's face. It was as if he was saying to me, 'Daddy, are you crazy? Are you out of your mind? Not only are you not protecting me from this crazy woman attacking me with a sharp dagger, but you are conspiring with her by holding me down!'"

His son yells, has the shot, he comforts his son, and the son becomes quiet. Driving home, he thinks to himself, "How is it my son let me hold him again after the shot? How does he differentiate between me and the nurse?"

The answer is, because children get it – even if they can't express it. Yesterday, Daddy was not crazy. There is a context of a relationship of love and caring and protection. Sometimes, there are things that don't fit in – and you have to forget.

For many of us, Yizkor is a very emotional time, because of our grief and our loss. But sometimes it is also a very emotional time because of what we recall that perhaps we should not remember. On the one hand, memory is essential for self-respect, for self-identity, for taking responsibility. Sometimes a misdeed or abuse is too serious, too significant to forget, especially if it is ongoing, or it can be fixed. But on the other hand, if we remember everything, we will be stuck. On Yom Kippur, when we say Yizkor, when we go through this day of memory, we – like God – must remember with mercy. God does this for us. We should do the same for each other, for those we love.

And we should even try to do the same for God, as suggested in this poem by Dan Pagis:

"Written in Pencil in the Sealed Railway Car"

here in this carload
i am eve
with abel my son
if you see my other son
cain, son of man
tell him
that i

Shana Tova!

Michael Whitman, Rabbi
rabbi@adath.ca



PULLING TOGETHER

Presidential Greetings from **DAVID HERZ**

On Rosh Hashana, according to tradition, we commemorate the Creation of the World. Our sages teach us that the holiday does not correspond with the beginning of Creation, but rather its end - the sixth day, when humanity was created.

The Lubavitcher Rebbe explains that this is because we are not just commemorating the Creation of the World, but rather the beginning of humanity's mission to elevate and improve it. According to Judaism, the personal process of repentance that we go through on Rosh Hashana and the rest of the High-Holiday season is a vital part of this historical mission.

Noted scholar Rabbi Tzvi Freeman likens Creation to a play, of which God is the author and director. This

may lead to a mistaken impression that human beings are powerless victims of circumstance, helplessly trapped in a world over which we have no control. However, the Torah teaches us that this is not the case. While God is the author and director of Creation, we are all actors in His play. Actors, of course, have a tremendous impact on a play's success. They can make even the best script boring and insufferable, or they can elevate it to a beautiful and inspiring work of art.

The Torah teaches us that, like actors in a play, humanity's mission is to do our best to make the world a better place. The Torah also teaches us that true improvement is not accomplished through grandiose means like holy wars, violent revolutions and oppressive totalitarian programs. Rather, it is a gradual, grassroots, bottom-up process. To elevate the world, we must first improve ourselves as individuals, then improve our community, then our nation, and so on. The Torah teaches us that improving ourselves as individuals is critically important, as it's the first step to improving the whole world.

This is of course in line with Judaism's historic emphasis that every single individual is important

and has a role to play. In this context, our personal repentance and introspection on Rosh Hashana and the rest of the High Holiday season is invaluable.

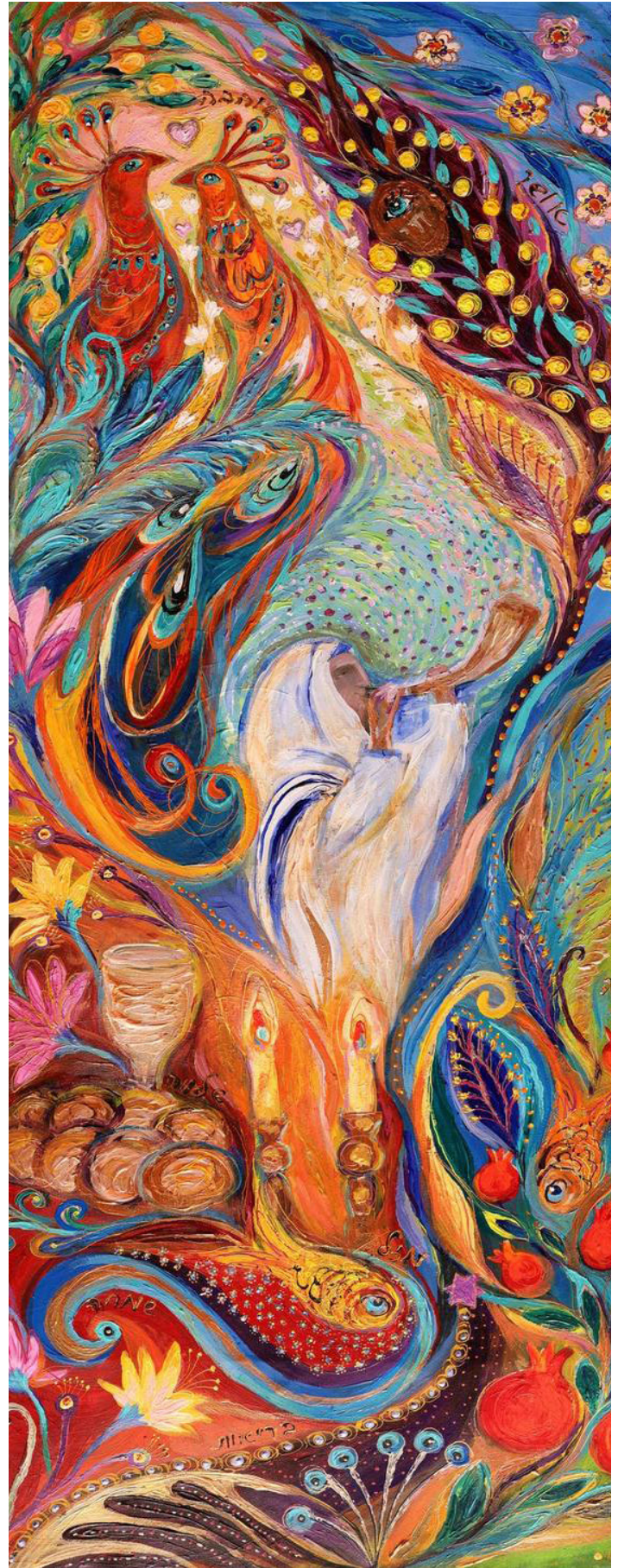
Here at Adath, we will always seek to make our community a warm, welcoming, wonderful place for everyone. Through our religious, cultural and charitable programs we will continue meeting the needs of all members of our community - body, mind and soul. Nor will we remain complacent. We will always look for new ways to serve the community.

This high holiday season marks the end of my first year as president of our wonderful synagogue. I continue to be inspired and moved by all the work that our devoted clergy, staff, volunteers, members and friends do on behalf of the community.

Every person at Adath helps make this synagogue an amazing place. And so, I'd like to thank you all and wish you and your family a fantastic new year.

Shana tova!

David Herz, President
president@adath.ca





WHAT YOU DO DEFINES YOU

A Rosh Hashanah message from [Stu Guttman](#),
our Executive Director

Every year as Rosh Hashana comes near, I
think about the big questions of life.

Questions like: Who am I? What have I
done this past year? What will my family,
friends, and community remember about
me?

Sometimes, the answers come from
the places we least expect. This year, my
thoughts were sparked by something I
have loved since I was young: Batman. I
know it may sound funny to bring up a
superhero in a Rosh Hashana message,
but hear me out...

Many of us have a favourite movie we can
watch again and again. For me, Batman
Begins is one of them. No matter how
many times I watch it, it still inspires me.
There is a moment when Bruce Wayne
is trying to figure out who he really is. He
wants to do good in the world, but he is
not sure how.

His friend tells him that: "It's not who you
are underneath, but what you do that
defines you."

That line gets me every time. Because,
in our Jewish traditions, we believe the
same thing. We don't only look at what
is hidden inside us, like our thoughts or
intentions. We look at what we actually
do. Our actions are what tell our story.

Part of what makes Batman so powerful
is that he has a troubled past. As a child,
he went through something no one
should have to experience: the sudden
loss of his parents. That pain shaped
him. It could have made him bitter. But
instead, he used it as fuel to protect
others, to help people, and to stand up
for those who could not stand up for
themselves.

In many ways, that is exactly what
Teshuva is about. It is about looking at
our story, especially the hard parts, and
asking:

How can I grow from this? How can
I use my struggles to do something
meaningful?

Rosh Hashana is our time to ask ourselves:
Did I help others? Did I give tzedakah?
Did I make time for people who matter
most?

This holiday gives us a chance to look
honestly at our choices and decide how
we want to live going forward.

Sometimes we think heroes are only
found in comic books or movies. But
the truth is, they are all around us. A
hero is someone who checks in on a
neighbour. Someone who teaches a child

to light Shabbat candles. Someone who volunteers time or gives quietly behind the scenes. These small, steady acts are what define us.

I think of Batman, watching over his city. We each have our own way of watching over the people we love. We may not wear a cape, but we all have the power to make a difference.

And no hero does it alone. Even Batman had Alfred, his loyal guide. In the same way, we need each other. When we come to shul, when we gather for holidays, when we share a Kiddush, we are building something that cannot be built alone.

Your actions matter more than you think. Maybe you do not feel like a hero. Maybe you think your efforts are too small. But every time you do something good, every time you give, help, listen, or show up, you are telling the world who you are.

This year, think about the example you are setting. If you have children or grandchildren, they are watching. They learn from how you live. They see if you care, if you show up, if you lead with kindness. Your choices teach them what it means to be part of something sacred. And remember, it is never too late to change the story.

One of my favourite lines is when Bruce's father says:

"Why do we fall? So that we can learn to pick ourselves back up."

We all fall. We all mess up. But Teshuva reminds us that we can always return. We can always begin again. We can always rise.

This Rosh Hashana, I invite you to do something that defines you: Come to shul. Even if it has been a while, let yourself feel the power of being together.

Give what you can. Your donations help us keep the lights on, teach our kids, and care for our community.

Volunteer. Lend a hand, make a call, or show up for someone who needs you. Be present. Show up for your family, your neighbours, and your people. Tell your story. Pass down what matters to you. Share your passions and positivity with the world.

At the end of the day, it is not the costume that makes Batman a hero. It is the choice he makes, again and again, to help. In the same way, we define ourselves not by what we think, but by what we do.

As we begin this new year, may we all find the courage to act on our values. May we choose kindness, generosity, and faith. May we be inspired by our own stories, even the hard chapters, and may we build lives filled with light, love, and meaning.

From my family to yours, Shanah Tovah
U'Metukah

Stu Guttman, M.B.A
Executive Director
executivedirector@adath.ca





CHOOSING LIGHT

A message from
RABBI ALEX ZWIEBEL

Dear Friends,

Our tradition teaches that the creation of the world began on the 25th of Elul. Six days later, on Rosh Hashanah, Hashem created Adam, the first human being. This was not by accident. Rosh Hashanah was chosen as the birthday of humanity, and as the day when each of us stands in judgment.

Unlike every other creature, Adam was created alone. From this we learn a powerful truth. One person has the ability to change the world. One person's actions, one person's choices, one person's voice, matter deeply.

This time of year invites us to ask some big questions. Have I lived with purpose? Have I made time for what matters? Have I grown in my learning, in my mitzvot, in my connection

with others? Have I taken steps to come closer to Hashem?

Adam was not only the first person, he was also a symbol of what each of us can become. When the animals of the world mistook him for a god, he humbly corrected them and said, "Let us bow together before Hashem, our Maker." His greatness was not in his strength, but in his ability to recognize where true strength comes from.

Rosh Hashanah reminds us that no matter where we find ourselves, we can choose to rise. Teshuva means return. We return to our best selves. We return to our values. We return to the path that brings us closer to Hashem, and closer to each other.

At ADATH, we are here to grow together. Whether you are looking to deepen your learning, bring more Yiddishkeit into your home, or just take one small step, this is the time to do it. Join us for morning minyan. Sign your child up for Bar or Bat Mitzvah lessons. Come to a class or a shiur. Ask a question. Make time for something meaningful.

The power of the individual is real. But when individuals come together in community, something even greater happens. We lift each other up. On behalf of my wife, Esty, and our family, I want to wish

you a year filled with blessing, growth, and peace. May this be a year when each of us adds more light to our homes, our shul, and our world.

Shanah Tovah U'Metukah

Rabbi Alex Zwiebel,
Assistant Rabbi - Alex@Adath.ca





BECOMING THE PRAYER WE SAY

A message from **JACQUI LEHRER**

After we stood at Sinai, Moses went up the mountain for 40 days to receive the Tablets from God. Somehow, the impatient Jewish people miscounted the number of days. In the interim they built a Golden Calf. Not our most shining moment. Needless to say, God and Moses were furious. God wanted to destroy the Jewish people at that point. Moses went down, broke the Tablets, dealt with the issue, and went up the mountain for another 40 days to beg for forgiveness. Finally, his repentance was accepted.

As many Jewish fasts are connected to sin, destruction, and repentance, we read this story in the special Torah reading for public fast days.

God gave Moshe a special formula to assuage God's anger and judgment of the people. We call this formula the 13 Attributes of Mercy. At Mincha, when we reach that point in the reading, we the congregation read this tefillah out loud. Then, a few verses later, the congregation reads out the verse "that we are forgiven based on our words"—these same words we said out loud a few verses ago.

Jonah understood the power of this formula and was discouraged by God showing his mercy at a sinful nation.

Because of their ability to sway God into looking at the sinner in a more favorable light, we have inserted this prayer in many places in the Elul and High Holiday liturgy.

However, people do not understand God and His actions. At times we perceive that we are blameless and that we have said everything, including the 13 Attributes, and yet we are being punished. How can this be? Why did saying these verses not work?

Rav Soloveitchik explains that it is not enough to just say the words but we must internalize their message. Certain mitzvot are modeled on God's own actions. Just as God visited Avraham after his circumcision, so we visit the sick. Just as God buried Moshe, our teacher, so we bury our loved ones. Just as God is merciful and slow to anger, so should we be.

Prayer doesn't just change God, but if done right, it changes us. This holiday season I encourage you to emulate God in His 13 Attributes of Mercy. Taking in all thirteen attributes at once may feel overwhelming. Instead, I recommend choosing one or two, learning about them, practicing them, and becoming them. Options include: God is slow to anger, merciful, and forgiving. If we all take on these traits, we will become closer to a kinder, more merciful time. The changes we will see will have a wide range of influence.

Shana Tovah, wishing you all health, happiness, an abundance of peace, and all good things in the year ahead.

Jacqui Lehrer,
Office Manager - Office@Adath.ca



JEWISH UNITY AND RENEWAL: RETURNING AS ONE

A message from **BONNIE CHODOS**,
Vice-president, ADATH

As we approach the Days of Awe, we will repeat the prayer, “May all form a single bond to do Your will with a whole heart.” This vision of a united people striving together toward spiritual wholeness echoes the days when the Jewish people became a nation, camping at Mount Sinai to receive the Torah. Rashi described the people standing around the mountain “as one person with one heart.” That unity remains the foundation of our strength.

Unity does not mean uniformity. Unity means a shared purpose, mutual respect, and a willingness to see beyond differences for the sacred obligation of being responsible for one another.

This collective purpose to pray for a future of peace, hope, and healing renews not only our individual souls but also our deep commitment to Am Yisrael in all its diversity.

The High Holidays give us a chance to pause, reflect, and begin again. Teshuva is not just repentance, but more accurately understood as “return.” We are invited to return to the values, relationships, and

commitments that define our authentic core.

The act of confronting our past mistakes, seeking forgiveness, and choosing a better path in the future contains the seeds of spiritual renewal. We ask forgiveness from Hashem, from one another, and from ourselves. When we acknowledge our humanity with humility and compassion, we make room for healing and growth. Although we cannot undo past mistakes, there is much to learn from them if we are courageous and pursue teshuva with persistence and faith.

The call for renewal extends from the personal to the redemption of all of Am Yisrael. We renew our passionate collective prayers for peace and healing for ourselves, our families, and our communities, both in the Diaspora and in Israel.

May this be a year of teshuva, a year of return.

This Rosh Hashanah, let us reflect not only on what we regret, but also on what we still hope for. Let us be generous and open-hearted enough to forgive and to ask for forgiveness with sincerity.

May we all be blessed with a peaceful, healthy, and happy New Year.

Gmar Chatima Tova

May you be sealed in the Book of Life with strength, clarity, and wholeness.

Am Yisrael Chai
Bonnie Chodos, Vice President, ADATH





THE HEART OF OUR COMMUNITY

A message from **SHEILA ESAR**,
Vice-president, ADATH

Some of my earliest and happiest memories are of helping others alongside my mother, Sophie Averson Katz z"l, and the wonderful women of Poale Zedek Congregation on St. Urbain Street. My grandfather, Laizer David Averson z"l, helped found that shul in 1910. More than one hundred years later, I am proud to continue that family tradition here at Adath Israel Poale Zedek Anshei Ozeroff.

Over the years, I have had the honour of serving this community in many ways. I have been Sisterhood President, Executive Secretary, Board Member, and now Vice President. Each role has brought meaning and joy, and I continue to be inspired by the kind and caring people who make ADATH so special.

I also continue to volunteer at the Cummings Centre, where I stay active with their Virtual Travel Club. Giving back has always been important to me, and I am grateful for every opportunity to stay involved and connected.

The women of Sisterhood hold a special place in my heart. Through holiday programs, games afternoons, wellness

sessions, and creative workshops, Sisterhood continues to bring people together with warmth and purpose. We share laughs, stories, and support. Together, we make our synagogue stronger.

This past year, we welcomed more adults and children into our programs. Whether they came for a chocolate sale, a brunch, a lecture, or a game of canasta or hand knee & foot. They came because ADATH feels like home. That is something we can all be proud of.

As we begin the new year, I hope we continue to grow together. Let us support one another with kindness, care, and friendship.

Let us stay connected to what matters most and keep building a community we are proud to be part of.

L'Shanah Tovah Tikatevu

May this year bring you good health, happiness, and many sweet moments.

Sheila Esar, Vice President, ADATH





A MESSAGE FROM AVI GORIN

Vice-president, ADATH

Chag Sameach,

It is nice to be back this year as your Shofar blower. Though this is not the only thing I do at our Adath. I am also one of your Vice President's and I would love to help you get some programs done for your toddlers, kids, high-school teenagers, or Cegep and University kids. Or any other program you can think of. Here at our Adath we want to build a community in which you are happy to be a part of.

If you want to learn, Rabbi Whitman has amazing classes on Zoom that you can find. If you need someone to teach your preteen Bar Mitzvah lessons Rabbi Alex is amazing and down to earth. If you are looking for something exciting let us help you get that program off the ground. We want to see your ideas grow at our Adath.

One of the other hats I wear at the shul is "chef" for the kiddushes. If you would like something different one week please come and talk with me. We are always looking for people to help cook our kiddushes and this way it can give you some experience in the kitchen. I will try and help you with knife skills and hopefully you will be able to learn some different dishes you can take home to your

family during the week.

The kiddushes at our Adath are something people enjoy not just for the food but for the camaraderie that comes from it. There are people who play board games all afternoon on a Saturday or play Mahjong or just come and chat and catch up. Whether you come for services or just for Kiddush (JFK) don't be a stranger come and join us and see what we are about.

We do not ask you to pay for this weekly kiddush but if you would like to sponsor the kiddush in honor of a loved one who has passed or a birthday, anniversary or just because we have many different levels of sponsorship available any and all are welcome, big or small.

A little bit about shofar now.

The original reason for blowing the shofar on Rosh Hashana is to frighten and expel satanic forces that may persuade an influenceable God that the Jew acted improperly and should be punished and perhaps even killed during the upcoming year, is explicitly reported in the Babylonian Talmud, Rosh Hashanah 16b. The Talmud states that the shofar is blown "to confound Satan" and to prevent him from approaching God and accusing Jewish people of past misdeeds. Long after the practice of shofar blowing began, the Talmud mentions that there are two series of synagogue shofar blowings, one during the Amidah or standing prayer and one before it. One of these series, the rabbis differ as to which one, is an integral part of the way that Rosh Hashanah came to be understood, while the other, the more ancient practice, the Talmud says, is designed to confuse Satan.

One series reflects a more advanced spiritual concept of the shofar. The other retains the ancient primitive superstitious fear of demons and the notion that Satan is involved in divine judgments and has the power to influence God's decision about the future of

a Jew's life and that humans, in turn, have the somewhat supernatural ability to confuse Satan, a heavenly being, and restrain him from carrying out his diabolical scheme to harm Jews.

There are a lot of different programs that are coming up for the little ones and for young professionals.

For the children we have our Hannukah Carnival, we will be showing a movie on Dec 24th (The Incredibles), we will have our annual Purim Carnival. So look forward to that.

For the Young Professionals we are planning the following: a board game cafe with a minimal entrance fee, we are planning a night out at the Rec Room, we are planning a paint night in the sukkah, we have backgammon on a monthly basis in conjunction with the Spanish and Portuguese young professionals group and lots more to come. If you have any more ideas please let me know.

I want to wish you a Ktiva V'chatima Tova, a Happy and Healthy New Year for you and your family.

Avi, Shira and Lev Gorin



Young Professionals'

BACKGAMMON NIGHT

Join us for some friendly competition at the backgammon board!

Thursday, October 9th at 7:30pm

Young Professionals

Free Event

Adath, 223 Harrow Crescent

All experience levels welcome! Plus an intro to the game for newcomers

Bring your backgammon board; we'll have a couple extras

Register here: <https://adath.shulcloud.com/event/backgammon-oct25>

Register here:



ADATH אדאט



ADATH JTY

Judaism for the next generation

Succah Decorating Party

with Itamar, our Shinshin

SPECIAL SUKKOT DECORATING ACTIVITY

For Kids of All Ages

Sunday, October 5, 2025
2:00 - 4:00PM

\$10 Per Immediate Family

Snacks will be served

ADATH: 223 Harrow Crescent, Hampstead - in the Sukkah (indoors if rain)
Register at www.ADATH.ca or call 514-482-4252





A MESSAGE FROM WESLEY GORIN

Continuing from previous drashas on what a Gabbai's function is - inspired by a workshop from the national Chavurah committee:

Correcting leyning (Torah reading) errors: Many people assume that one gabbai is responsible for calling people to the Torah and a second is responsible for checking the Torah reading.

This is incorrect. Both gabbaim should correct mistakes that they hear during the leyning; to have two gabbaim is to provide an extra safeguard. Sometimes it makes sense to give one gabbai the primary checking role, but the other one should still be prepared to correct any mistakes that first one misses.

- If you hear a mistake, point it out, and make sure the reader repeats the word. In some communities, it seems that the gabbaim just follow along with the reading and don't correct anything, and that's not good. If a reader is ignoring your corrections, you should remind him in between aliyot that you're not chopped liver.
- The best way to be good at this is to practice. Have someone read from a chumash and deliberately make mistakes so that you can correct them. Another thing to do is to review the Torah portion before Shabbat, just as if you were learning to leyn it. Ultimately, though, the best way

to become a good corrector is to be a good leynner; it's probably not a good idea to have people who aren't experienced leyners serving in the gabbai role.

- Knowing which errors to correct and which to let slide can be difficult. The general rule is that an error that changes the meaning of a word should be corrected, while one that doesn't does not have to be corrected. However, unless your Hebrew is very strong, it can be tricky to figure out on the spot whether an error changes the meaning. The guide below provides some guidelines; there are plenty of exceptions, but these rules of thumb should be helpful.

- Exactly how strict to be about corrections is a tricky question. There's always the possibility that too many corrections can cause a leynner to lose confidence, leading to more mistakes. Also, with certain subtle errors, some less experienced leyners may not understand what's being corrected, resulting in confusion. The real solution is to work on educating leyners so that they understand what the mistakes are.

Calling people to the Torah: This is the responsibility of the gabbai rishon (G1). See below for some details on how to do this correctly and grammatically. Calling people up efficiently is one of the best way to keep the Torah service from dragging. Here are some suggestions:

- The gabbai rishon should know who has what aliyah. If your community has someone other than the gabbai assign the aliyot, you should check in with that person before the Torah service. Granted, it can be hard to remember even if you assigned the aliyot yourself, but it's worth making an effort.
- Especially in a big room, encourage people to start coming up to the bimah or amud just before their aliyah begins. Also, a good way to get people moving quickly is to say "Ya'amod....." before they actually get

there, so that the onus is on them to move quickly.

- Hand out aliyah cards. This is a good way to prevent people from forgetting which aliyah they have.
- Be aware of any special aliyot in the Torah portion. For instance, major aliyot such as the Ten Commandments are often considered special honors. Also, the curses in Bechukotai and Ki Tavo are usually given to the leyner, the rabbi of the community, or someone else well-respected in the community; you don't want to give such an awful aliyah to a guest or someone random.
- If you know in advance that someone is getting an aliyah (e.g., the maftir, or someone celebrating an aufruf), write down that person's Hebrew name in advance so you don't need to ask for it. Some communities even keep a list of everyone's Hebrew names so that everyone can be called up easily.

We will continue this type of series discussing what rolls people can actually take during the synagogue services, but that will be for a later time.

For now, Arlene and I would like to take the opportunity to request Mechilah from everyone, and to wish you all a Shana tova u'metukah, you should all have a happy and sweet new year.

Wesley Gorin, Parnass





A MESSAGE FROM YAIR SZLAK

When we come together, our voices unite us. A special message from our partners at Federation CJA.

As we approach Rosh Hashanah, we enter a season of reflection, renewal, and resolve. This sacred moment calls us to take stock, not only of our personal journeys, but also of the collective strength and accomplishments of our community.

This past year has not been easy. However, as I zoom out and reflect on where we are in history, I strongly believe that despite the challenges we face as a Jewish community and collectively as a Jewish world, there has never been a better time to be Jewish than this very moment. Today, we possess more freedoms than ever before in our history. We have a sovereign reborn State of Israel, which is formidable, remarkable and just. And, here in Montreal, we are a strong, resilient and committed Jewish community. We have faced rising antisemitism in our streets, on our campuses, and across social media. We have endured challenges that strike at the heart of our Jewish identity.

Yet, through it all, our community has stood firm - with courage, resilience, and unity. At the centre of it all is the work Federation CJA's generous donors empower us to do on behalf of our community.

Since October 7th, the Jewish world has been rocked to its core, first by the brutality

of Hamas' attack on our family in Israel and then by the world response (or lack thereof.) Our community, long accustomed to relative security, now faces the challenge of building resilience and antifragility. It requires stronger community solidarity, diversified security measures, forceful advocacy in political and civic arenas, a confrontation of the normalization of antisemitism in society, and an end to the widespread acceptance of radical extremism in the public square. Above all, it means empowering our children and youth through renewed investment in Jewish identity and education.

This is the role of Federation CJA, yesterday, today and tomorrow. Our investments in our community continue to grow and address not only critical needs but emerging needs. That is our strategic advantage and our unique value proposition.

Rosh Hashanah asks us a simple yet profound question: What do we stand for? This year, our answer is clear. We stand for each other. We stand for security, dignity, and Jewish unity. We stand for the future of Jewish life in Montreal, Israel, and across the world.

As the shofar is sounded, may it awaken within us the courage to confront hate, the strength to protect one another, and the faith to shape a brighter Jewish future.

May the sound of the shofar inspire us with courage and conviction. May the year ahead be one of strength, renewal, and peace. And let us see our hostages released.

On behalf of Federation CJA, Shana Tova U'Metukah.

Yair Szlak
President & CEO
Federation CJA





HAMPSTEAD

BUREAU DU MAIRE
MAYOR'S OFFICE



1 Tishrei, 5786

Dear Friends,

As we gather to welcome 5786, the sound of the shofar reminds us that Rosh Hashanah is more than the turning of the calendar. It is a moment of awakening—a call to examine our lives, to return to our values, and to envision the future we wish to create together.

This past year has challenged us. Across Canada and throughout the world, we have seen a troubling rise in antisemitism. It comes in many forms—sometimes loud and violent, other times subtle and insidious. Its goal is always the same: to instill fear and to make Jewish life smaller. But history teaches us that our people have never allowed hatred to define us. From generation to generation, Jewish communities have responded with resilience, wisdom, and unwavering faith. That same strength lives within our community today. The Adath Synagogue community, through its steadfast faith, generosity, and commitment to one another, exemplifies the resilience that has always defined the Jewish people.

Still, we must not be passive. Hope alone is not enough—it must be joined with action. Just as the shofar pierces the silence, so too must we raise our voices against intolerance. We must educate those around us, stand firmly with one another, and ensure that our children inherit not a legacy of fear, but of pride. Jewish life in Canada must not only endure—it must flourish. That is our collective responsibility.

Hampstead is a community rooted in dignity, mutual respect, and courage. Together, we can be a model for what Canada aspires to be: a country where identity is celebrated, faith is lived openly, and diversity is cherished as strength.

As we enter the New Year, let us take inspiration from the enduring message of Rosh Hashanah: that renewal is always possible, that darkness can be turned to light, and that the future is written not by those who hate, but by those who choose hope and courage.

On behalf of the Town of Hampstead, I extend to you and your loved ones my heartfelt wishes for a year of peace, health, and blessings. May this be a year of strength and pride for the Jewish people, and a year of unity and compassion for all Canadians.

Shana Tova U'Metuka — Chazak v'Ematz. Be strong and courageous.

With respect, admiration, and solidarity,

Jeremy Levi

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A MESSAGE FROM ETA YUDIN

When we come together, our voices unite us. A special message from our partners at CIJA.

When Antisemitism Becomes Trendy: A Jewish Leader's Alarm

There was a time — not long ago — when human rights activism meant standing shoulder to shoulder with the vulnerable, raising one's voice against terror and tyranny, and committing to justice without exception. Today, I find myself watching in disbelief as parts of the militant left have abandoned these principles, replacing them with a single-minded, obsessive allegiance to a cause that has become unrecognizable: one that purports to support Palestinians but in reality emboldens Hamas, legitimizes terror, and fuels antisemitism.

In recent months, I have witnessed the normalization — almost the trendiness — of antisemitism in progressive spaces. It has become fashionable to villainize Israel in absolute terms, to erase the lived experience of Jews, and to romanticize groups that openly seek our destruction. The ease with which “from the river to the sea” or “globalize the intifada” are chanted in city squares, universities, and across social media reveals a chilling hypocrisy: Jews are the only people for whom self-determination has become a moral crime.

Let me be clear: the suffering of Palestinians is real. Their humanity matters. But the refusal to hold Hamas, Palestinian Islamic Jihad, and their

backers in Iran accountable for weaponizing that suffering — for turning civilian neighborhoods into military outposts, for using children as shields and hospitals as bases — is not solidarity. It is complicity. It is a betrayal of any honest struggle for Palestinian freedom. And it has nothing to do with peace.

Worse still is the near-total silence surrounding the 48 hostages who remain in Gaza — only 24 confirmed to be alive — almost two years after the atrocities of October 7. No children remain among them; the Bibas children and their mother having been slaughtered in captivity. These are civilians — women, elderly people, and men — some wounded, all held by a terror group that rapes, tortures, and murders. Their captivity is an ongoing war crime. And yet too many of those who claim to champion human rights offer no protest, no urgency, no outrage. Their suffering is not useful to the narrative, so it is erased.

In Quebec, in the rest of Canada and across North America, Jewish students are increasingly being excluded from campus life under the guise of activism and free speech. At several universities, buildings have been barricaded, classes disrupted, and school property vandalized daily with messages that erase or vilify Jewish identity.

Posters of kidnapped civilians are torn down. Student governments are hijacked to pass motion after motion supporting antisemitic boycotts or promoting messages of hate and incitement. Jewish students are told that unless they denounce Israel, their presence is unwelcome.

University administrations respond with vague calls for dialogue, asserting that antisemitism has no place — yet they fail to name it even when it is brazen and public. Reports of intimidation are dismissed; pleas for safety are met with silence or deflection. This is not a debate — it's double standard. And it leaves Jewish students feeling invisible, abandoned, and fundamentally unwelcome in institutions that claim to be inclusive for all.

This is not new, we are now watching it play out in real time and with growing boldness.

Jews have been targeted around the world: a rabbi assaulted near Paris some days ago, a synagogue firebombed in Melbourne, a young Jewish couple in Washington, D.C. murdered by an assailant shouting “Free Palestine”, and a holocaust survivor burned at an event raising awareness for the hostages in Boulder, Colorado.

Here in Canada, Molotov cocktails have been thrown at Jewish buildings, and chants glorifying terror echo through our streets. The number of people turning out to pro-Hamas protests may have decreased — but the violence, the threats, and the hatred have not. The goal remains the same: to normalize antisemitism and undermine the values that hold our democratic society together.

Perhaps no betrayal has been more glaring than the silence of feminist and human rights organizations in the face of sexual violence on October 7. The mass rapes and mutilations of Israeli women by Hamas terrorists have been documented, filmed, and confirmed. Survivors have spoken. Bodies have been exhumed. And still, the response from many in the #MeToo movement, from organizations that claim to stand for the dignity of all women, or from personalities like Francesca Albanese, the infamous UN official, has ranged from callous indifference to outright denial.

It has taken brave grassroots initiatives — like the Dinah Project and its report out for some days — to give voice to these women, to force the world to confront the double standard: that when the perpetrators are terrorists and the victims are Israeli women, their pain somehow doesn’t count.

Their trauma doesn’t trend.

In this broader moral collapse, Jewish grief is erased. Our fear is mocked. Our presence in progressive spaces is tolerated only if we are willing to disavow our history, our people, and our right to exist.

This is not a principled protest. It is the weaponization of human rights—selectively applied, cynically distorted. It reveals something even more insidious: a hierarchy of human suffering, where only certain victims are deemed worthy of empathy. Where are the marches for the women of Iran? For the Uyghurs in Chinese

camps? For the children starving in Sudan?

The truth is: human rights are either universal or meaningless. And when movements or activists that once claimed the mantle of justice now find themselves aligning with those who glorify rape, massacre, and tyranny, it is not the oppressed they are lifting — it is the values they are destroying.

Antisemitism may be having a cultural moment. But we will not go quietly into the night. We will not apologize for surviving. We will not let the world forget the hostages. We will not let the chant for our erasure echo unanswered.

And we will not let those who glorify terror pretend they are speaking for justice.

Eta Yudin
VP (Québec) of CIJA





RENEWAL FOR CRISIS-AFFECTED COMMUNITIES EVERYWHERE

*A special message from our partners at IsraAID Canada's
Executive Director, **Jennifer Ouaknine**.*

As we enter the new year, I find myself reflecting on the concept of renewal. I'm starting this year in a new professional role as Executive Director of IsraAID Canada – an international humanitarian NGO, headquartered in Israel, that provides urgent and long-term humanitarian aid to communities affected by crisis around the world. Above all, this new year offers a renewed perspective on gratitude and the meaning of abundance.

Just a few months ago, in July, I visited our humanitarian mission in Kakuma, Kenya, where IsraAID has been working since 2013. Kakuma,

which means “nowhere” in Swahili, is home to more than 330,000 refugees and hundreds of thousands of local Turkana people. But Kakuma isn't “nowhere.” It is a community of extraordinary, resilient people, working to survive under conditions that the world rarely sees or hears about.

In Kakuma, many things we take for granted are a daily struggle: Access to safe water, education, sanitation facilities, and nutrition. Kakuma has yet to recover from its worst drought in decades, which affected the entire Horn of Africa from 2021-2023. Many children are kept out of school to go search for water. They dig in dry riverbeds for hours, often returning with contaminated water that can cause waterborne illnesses.

In the village of Lokipetot, I met a mother who reminded me of myself – juggling the needs of her children, trying to give them the best chance at life. She told me her greatest hope was that her kids could go to school instead of spending their days walking to fetch water. Her words still echo in my mind: “water will give them time to learn.” As a parent, I couldn't help but feel the weight of that truth.

While we think of the new year as a time of fresh beginnings, for the community in Lokipetot, renewal is

tied to something far more basic: safe water, health, and hope for their children's future. That renewal is achievable. IsraAID has drilled three new boreholes, providing safe water to over 100,000 people across Kakuma, alongside programs that restore access to health services, sanitation facilities, education, and more.

There is no shortage of crises in the world today. It can be overwhelming and easy to feel helpless. I'm grateful to be starting this year with new perspective, hope, and a sense of purpose: We can make a difference. For people near and far – from Kenya, to Ukraine, Myanmar, Israel, and Vanuatu.

Join us in creating a sweet new year for crisis affected communities everywhere.

Shanah Tovah,

Jennifer Jennifer Ouaknine
Executive Director of IsraAID Canada
jouaknine@israaid.org





A MESSAGE FROM SHALOM ACADEMY

A note from **Randee**, Director of Shalom Academy

As the High Holidays quickly approach, I ask myself what is different this year?

Antisemitism is a serious issue. What are we supposed to do and what can we do as parents and as Jews? As a teacher, I believe it begins early. We need each child to be taught at an early age what it means to be Jewish and the values that we hold dear.

Many daycares, both public (CPE's) and private, have taught the traditions, culture and heritage. The government of Quebec, (Ministere de la famille) has now directed that this is no longer allowed in the public system. Waitlists for subsidized daycare will now be controlled completely by the government. Why is this important? Well, children learn more in the first few formative years than they do in the rest of their lifetime. A baby begins at birth as a blank canvas and almost instantly blossoms into a curious and wonderful little person that is a sponge for all knowledge. If we want to raise resilient and confident adults, who love being Jewish, we need to start early. If you can't be a stay-at-home parent, the next best thing for most is a wonderful daycare experience.

At Garderie Shalom Academy, communication, empathy and education are key. We must all take an active role in advocating for and teaching each child to achieve their fullest potential, in all the realms of development. Parents need to know what their children do every single day; what they have mastered,

what they need to work on, and what makes them happy and sad. This time of year, we are excited to still be legislated to teach Jewish content and instill Jewish values because we are a private daycare. It is crucial to keep educating and enriching our little learners with Jewish values so that they can grow and we as a community can battle antisemitism. We are privileged to be able to blow a Shofar, dip apples in honey and celebrate in the Adath sukkah with our families. We know that education is a triangle of parent-educator-child, and precisely why we communicate what each child does each day, via an electronic agenda and pictures that parents kvell over daily on our Instagram page.

I am proud to be a part of an elite level of education that is committed to enhancing Jewish life.

If you would like to learn more or have a tour of our special school, please get in touch with me and it would be my pleasure to meet with you.

Shana Tova!

Randee Blum Schneidman BA, Grad. Dip.Ed. MA
Owner/Director
randee@shalomacademy.ca - (514) 808-7918



The ADATH Bridge Club news

Once again, we give a big salute to all our wonderful bridge players for their continued support of our ADATH Bridge Club. Each week, more than 100 men and women come together to play- and that enthusiasm, we've been able to do great things for our shul.

Our most recent contribution was the renewed ramp in the lobby. Making our space more welcome and accessible. We also played a proud role in providing a petit soupper for the musicians of the Lakeshore orchestra, along with refreshments to the 400 guests who attended the concert. We are especially touched to share the words of appreciation from two of our bridge players.

Kudos to the ADATH Bridge Club may we go from strength to strength. New players are always welcome- come join the game, make new friends, and be apart of this community.

Wishing everyone a Shana Tovah and Am Yisrael Chai

The Bridge Team,

**Ruby Marovitz, Roslyn Schneidman,
and Andrea D. Elbaz**

"Bridge isn't just a game for us - it's a reason to come together every week, to laugh, to learn, and to feel part of something bigger."

"Every hand is different, but the feeling is always the same - welcome, warmth, and connection."



Come join us for
Duplicate Bridge

Mondays: Reserve by Friday
11:30 coffee, sandwich & snacks
12:30 Games begin
\$17.

Wednesdays: Reserve by Monday
11:30 coffee, sandwich & snacks
12:30 Games begin
\$17.

Reservations:
martialchagnon@hotmail.com
Ruby 514-481-9705

ADATH
223 Harrow Crescent
Hampstead, H3X 3K3



A MESSAGE FROM ADATH TEAM SISTERHOOD

Committed & Connected

There is always something exciting happening for women at The ADATH Team Sisterhood!!!

Thanks to the meticulous planning by Sheila Esar, Mah-Jong, Canasta and Hand Knee and Foot foursomes, lessons, supervised and independent games are growing in numbers with lovely ladies coming to hone their skills and socialize in our newly renovated Zuckerman Hall.

Upstairs in the Rosenbloom Hall, Roslyn Schneidman has grown the Bridge Club to over 125 players weekly and about 60 more who play again a second day. This is an astonishing success that makes The ADATH a hub for people to come and enjoy their free time in such a positive way that promotes brain health and emotional wellness in a fun and warm environment. Our monthly Yiddish Club on Zoom serves to connect people from near and far, sharing and practising our beloved Yiddish language and culture. Martine Cohen, author, life coach and Torah teacher continues to delight and enlighten us around the holidays with her unique perspective combining Torah wisdom and modern psychology. Martine's discussions always inspire us to look beyond the lessons we may have learned and delve into how they are so relatable to us today.

The Passover and Rosh Hashana Chocolate Sales have become a fundraising staple for ADATH Sisterhood, providing beautifully wrapped gift boxes and tins to offer to your family and friends for the holidays. Our Seniors' brunch featuring Cantor Benlolo and the Shira choir was a lovely partnership in celebration of Jewish Disability Awareness Month and was enjoyed by all in

ADATH TEAM SISTERHOOD

Friendship across generations

attendance. Those who came to our Purim Dinner had an enhanced Purim adding to the festivities of the day.

Our spring session was then kicked off with an art program led by Andrea Dalys Elbaz to make faux flowers and arrange them in vases for the Passover table. She returns this fall for another craft lesson creating papier mache serving dishes for the High Holidays.

Our Sisterhood Spring Woman' Wellness Program featured 4 professionals who spoke about different topics including lively discussions and comments from the participants. Exercise specialist Stephanie Hurlburt had us standing up and stretching according to the guidelines of "Essentrics" and "Aging Backwards" innovative exercise program for all ages. Women that have not exercised in years learned that this is a pleasant and fun way to maintain balance and keep ourselves limber and strong at any age. She distributed passes for free classes which some of us attended at their beautiful downtown studio. Dr.



Doris Steg touched upon many questions that doctors don't have time to answer in their offices. From differences in women's heart disease symptoms to burnout in caregivers and working moms, this session was so animated that we hope to have Dr. Doris back again soon! She is a treasured physician who has so much practical information and sees her patients as whole people! Veronique Dayan spoke about the dangers of white sugar and gave us some tips on how to beat the sweets and improve our general health with better food choices. Veronique's personal challenges with her own children's health brought out her sense of purpose and dedication to the field of nutrition. Dr. Cynthia Stolovich brought a team of 8 technicians from her Clinique Anti-Aging!! Her interesting and engaging presentation highlighted the many nonsurgical options in rejuvenating not only the face and body, but the function of some internal organs as well. It was a wonderful way to pay tribute to Dr. Cynthia's late father Arie who was a builder and pillar of The ADATH, and we were happy to see her mother Ora in attendance. We hope to bring back this series next spring with a new round up of topics!

At the conclusion of a busy and beautiful High Holiday season, keep your fingers on the registration button because we have a new and exciting four part educational series beginning October 27!! Stay tuned for ADATH Sisterhood's Financial Fitness Seminar for Women and get your tickets which as always include some delicious refreshments!! Come and learn how to take care of your savings and meet new people. We are looking forward to welcoming you!

With best wishes for a Healthy, Sweet and Wonderful New Year,
Bonnie Chodos,
Sisterhood President





A MESSAGE FROM ITAMAR GAL

Our ADATH Shinshin this year, from Israel

Rosh Hashana is a very important holiday for me, it symbolizes the idea of renewal, of inventing and discovering your self from the start, it's a time to make promises to yourself and to others around you.

The time between Rosh Hashana is what I deem to be the most important in the Jewish year.

In Rosh Hashana you start creating your new year, how you'll be, how you act towards people, what is important to you and such. And in Yom Kippur you seal the deal. You sign the deal with your self and with g*d. you are handed an blank sheet of paper and are expected to write the story of your life just as you hoped and promised your self in rosh hashana.

I want to wish you all, a year of accomplishing your goals, of putting your self to higher expectations and suppressing them. A year of stronger

connections to yourself and to the people around you, a year of peace, love and joy, A year of good deeds and happy times, a year of smiles, hugs, and laughter from wall to wall.

I'm so excited to be here and looking forward to the best year possible, Shana tova from your new shinshin, Itamar Avraham Gal.

Yalla, Shana Tova!

Warm regards,

Itamar

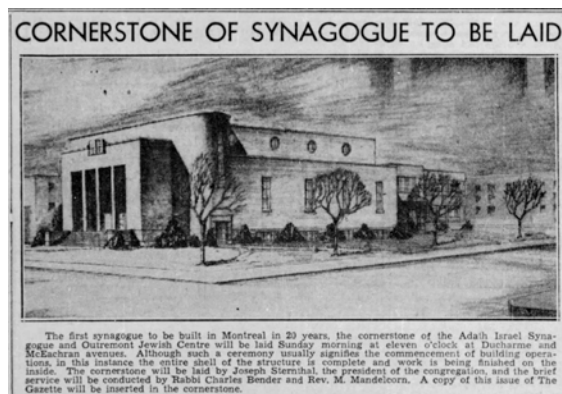
ADATH Shinshin 2025-2026



ADATH THROUGH THE GENERATIONS

Our Story Is Still Being Written

Seventy years ago, on the first day of Rosh Hashanah, The Montreal Star published an address from Adath Israel's Rabbi Charles Bender:



From The Gazette, Saturday, October 28, 1939

"Rosh Hashono is traditionally linked with the Creation of the world. But we have to remember that Creation is not something which happened thousands years ago came to a sudden stop. On the contrary, Creation is a continuous process, bringing about changes and improvements almost every day. Only a lifeless object never changes; it deteriorates. That which has life keeps on recreating itself, and though this process may be subtle and unnoticeable at times, it assumes different techniques and forms. In our daily liturgy, this is beautifully expressed in the following words: 'In His divine goodness, He renews the Creation every day, continuously.'"

ובטובו מחדש בכל יום תמיד מעשה בראשית

Rabbi Bender's words remind us that our kehilla, too, is part of an ongoing act of creation, re-shaping itself with each generation.

Though 5791 (2030) may seem like the distant future, Adath Israel's centenary is just around the corner. As we look ahead, we also look back at ten decades of community, prayer, learning, celebration, and resilience.

To prepare for this milestone year, we are gathering the materials that bring this history to life, including pamphlets, bulletins, correspondences, playbills, memorabilia, recordings, photographs, and memories from all eras of our congregation. Whether your family helped found the congregation in 1930, you attended Adath Israel School in the 60s, or you sang in a musical theatre production in the 80s, your experiences are part of the living record of Adath Israel.

*If you have materials to share or a story to tell please contact us at adathisrael100@gmail.com
Shanah tovah!*

Daniel and Hannah Zackon



Rabbi Bender in 1980, with montage of the 1939 Adath Israel Groundbreaking in Outremont. The montage now hangs in our Beit Midrash.



A MESSAGE FROM RABBI DAVID WALLACH

The Geirut program meets weekly at ADATH, guiding individuals through the conversion process with Halachic integrity and providing a path of dignity and spiritual growth.

This summer, I had the immense privilege of spending ten days in Israel. This was my first trip since 2022, and notably my first since October 7. There is truly no place in the world like Israel. I knew this already, but that feeling was amplified as I experienced the country in the shadow of October 7 and amidst an ongoing multifront war. Israelis are a resilient people like no other, continuing to live happy, enriched, and meaningful lives in spite of everything they have endured.

On my penultimate day in Israel, I had the unique opportunity to travel south to visit the Otef Aza, the Gaza border communities. These were the communities at the very heart of the October 7 attack. Visiting Kibbutz Kfar Azza felt like walking through the remains of a modern-day Holocaust. Serendipitously, we were joined there by a Montrealer who had recently made aliyah and was also visiting the south. He shared with us that he makes this trip each week to visit and support these communities, and he offered to be our personal tour guide for the rest of the day. What began as a visit planned for just a few hours stretched late into the day, ending only as the sun began to set.

On one of our stops, our ad hoc guide quoted from a book called *Im Atem Korim Et HaMilim HaEleh* (If You're Reading These Words), a collection of the final letters penned by soldiers who had fallen on and since October 7. In the single day between my visit to the south and my flight back to Montreal, I made a point to purchase this book and began reading it on the plane.

There is something both haunting and inspiring in those letters. Page after page, each story speaks to the world that each of these soldiers embodied, and to the immense loss left behind in their absence. No two stories are the same.

One of the most memorable moments of Rosh Hashanah is the blowing of the shofar, which accompanies us throughout the day. After each series of blasts during the Amidah, we recite a short prayer: *Hayom Harat Olam* — “Today is the birthday of the world.” Yet according to the Midrash, the world was not created on the 1st of Tishrei, but rather on the 25th of Elul. So what was created on the 1st of Tishrei, six days later? In the first chapter of Genesis, we read that the sixth day of creation was the day Hashem declared, “Let us make man.” The 1st of Tishrei is the birth of humanity. When we say *Hayom Harat Olam*, “Today is the birthday of the world,” we should understand it as “Today is the birthday of all humankind.”

So why does the prayer use the word *olam*, or “world,” to speak about the creation of humankind?

The Mishnah teaches that one who destroys a single life is as though they have destroyed an entire world, and one who saves a single life is as though they have saved an entire world. Each person is a world. Each person is, in a sense, the entire world.

Each Rosh Hashanah, as we blow the shofar and remind ourselves of creation, we are reminded that not only was humankind created on this day, but that

we too are given the chance at creation once more. Each year, Hashem gifts us with the opportunity to be the best version of ourselves. Each year, Hashem creates billions of worlds afresh and charges us to live up to our calling, to truly be a world.

As we hear the shofar this year, may it remind us that each of us is our own world, and that each of us can change the whole world. May we live up to this sacred calling and truly make this year a Shana Tova.

Wishing you all a Shana Tova.

Rabbi David Wallach
Coordinator, Geirut Montreal



A MESSAGE FROM JEFF BICHER

When we come together, our voices unite us. A special message from our partners at the Sylvan Adams YM-YWHA.

Dear friends,

On behalf of the Sylvan Adams YM-YWHA (the Y) community, I would like to wish you all only the best for this High Holy Days season. As the Jewish Community Centre in Montreal, we continue to relish in unapologetic Jewishness, much like the Adath. Although life continues to be difficult for our People in Israel and here, we still remember who we are and for what we stand. Ours is a community of strength, resilience, celebration, and hope. Unity, not uniformity, drives our community.

On a personal note, I would like to thank your morning minyan crew for welcoming me. It took five minutes for me to feel a part of the Adath community. The Y has the same inclusive goals. The Harry Bronfman Y Country Camp (YCC), our local Y City Camp, and other identity-formation programs like the Diller Teen Fellowship, JCC Maccabi, and our Y-Perspectives speaker series, to name a few, all have an inclusive community in mind. You are welcome to join us and build with us.

Shana Tovah U Metukah,
Jeff

Jeff Bicher,
Chief Executive Officer
Sylvan Adams YM-YWHA
Jbicher@ymywha.com



SPECIAL MOMENTS WITH SPECIAL PEOPLE

ADATH has something for everyone.
Just look at all these smiling faces!





ANNUAL LAG BA'OMER BBQ

SPECIAL THANK YOU TO THE EDERY'S FOR HOSTING OUR YOUNG PROFESSIONALS FOR AN UNFORGETTABLE EVENING



LEGACY IN SONG

A WONDERFUL EVENING OF MUSIC THANKS TO THE LAKESHORE CONCERT BAND



May we continue to go from Strength to Strength Together as a Community.



10@9 Learning

with Rabbi Whitman

EVERY MORNING
SUNDAY-FRIDAY
AT 9 A.M.
FOR 10 MINUTES OF
TORAH



**JOIN US ON SHABBAT
NEW KIDS PROGRAM
EVERY WEEK!**



Adorah kids program

run by
Josh, Tali & Zahavit

**PARASHA LEARNING
GAMES AND TOYS
SNACKS AND FUN!**

**COME FIND US!
DOWNSTAIRS**

MEMORIES AND TRIBUTE SECTION

In honour of our cherished loved ones who have passed, we've dedicated a memories section in our bulletin. These heartfelt messages and cherished photos from their dear ones serve as a tribute to their impactful lives. May their memories bring comfort and strength to us all.

Arie Stolovitz

With profound love and respect, we remember the late Arie Stolovitz - cherished husband of Ora, devoted Aba to Cynthia, Gary, and Pamela, and proud Saba to Shavaun, Ashley, Jake, Ben, Adele, Ruth, Samantha, and Leah.

True to the meaning of his name, Arie was a lion in his own right - a man of quiet strength, courage, and dignity. He lived a life rooted in deep devotion to his family, his community, and to the values he held most dear. For more than 40 years, he was a dedicated member of the Adath, where his presence and contributions left an indelible mark. His love for Israel, his unwavering faith, and his commitment to giving back were constants in his life.

Above all, Arie will be remembered as a gentle, kind, and generous soul - a man whose laughter filled every room, whose warmth made everyone feel at home, and whose light continues to shine through all who had the privilege of knowing him. His legacy is one of love, faith, and family - a legacy that will live on eternally in the hearts of those he touched.

Dianne Feigenbaum

Mother, wife, grandmother, daughter. She was kind, gentle, selfless, thoughtful, strong, and the backbone of our family. She always cared for others more than herself. As a wife she stuck by me through good times and bad. She was the kindest soul you would ever want to meet. She was loved by all and will be dearly missed.

Marcel Jagermann

Marcel Jagermann passed away on Aug. 2, 2025, in his ninety-seventh year. Marcel grew up in Romania during World War II, experiencing both hardship and resilience. His journey took him from war-torn Europe to Israel, and ultimately to Austria, where he and Edna Jagermann raised Etan and Ronni in the vibrant Jewish social scene of Vienna. In the 1980s, Marcel made Montreal his home, while continuing to enjoy time in both Vienna and Boca Raton over the following decades.

Husband of Ewa Markowicz, Marcel was a gentleman and will be deeply missed by his family and all those who knew him.

Stella Chalhon

Our mom was a woman of kindness and strength, with a heart full of love. She gave selflessly to family and all who knew her. Though she is gone, her memory lives on as a blessing in our hearts forever



ADATH FAMILY: CONDOLENCES

Condolences to the family of the late Olga Rabinovich.

Condolences to the family of the late Myrna Ramelson.

Condolences to Nancy Stephen and Ariel Chalhoun on the passing of Ariel's mother, Stella Chalhoun.

Condolences to Harrison Cutler on the passing of Harrison's sister, Marlene Rabinovitch.

Condolences to Izzy Feigenbaum and family on the passing of Izzy's wife, Dianne Feigenbaum.

Condolences to Sam Goldbloom and family on the passing of Sam's wife, Beverly Goldbloom.

Condolences to Sheila Greenwald, Susan and Neil Crème, Ian and Shelley Greenwald, and Robert and Marnie Greenwald on the passing of Sheila's husband, Herb Greenwald.

Condolences to Adeena Wisenthal and Ronald Huberman on the passing of Ronald's mother, Charlotte Huberman.

Condolences to Etan and Marla Jagermann, Ewa Markowicz, and the entire family on the passing of Etan's father, Marcel Jagermann.

Condolences to Orly and Nathan Kuperstok on the passing of Nathan's mother, Paula Kuperstok.

Condolences to the Pesner and Lang families on the passing of Marilyn Pesner Lax.

Condolences to David Rabin and family on the passing of David's wife, Maureen Rabin.

Condolences to Danielle and Eddy Rogozinsky on the passing of Danielle's father, Raphaël Rouimi.

Condolences to Lee and Eddy Sabbah on the passing of Lee's father, Asher Omer.

Condolences to Betty and Sam Stein on the passing of Betty's sister, Shirley Shwartz.

Condolences to Ora Stolovitz and family on the passing of Ora's husband, Arie Stolovitz.

Condolences to Gary Vinegar and family on the passing of Gary's sister, Beverly Goldbloom.

“Every soul that leaves this world leaves behind a legacy of light. In the laughter they shared, the lessons they taught, the kindness they gave – they are with us still.

*Though we may not see them, we carry them.
In every act of love, they live on.”*

May you be comforted among the other mourners of Zion and Jerusalem.





BIRTHS

Eyal Maier Bordan

parents Ahava and Daniel Bordan
siblings Nava and Leor
grandparents Tima and Greg Bordan and Shawna Magence and Jeremy Magence
great-grandparents are Sylvia and Jack Bordan, Helen and Hy Bergel, and Phyllis Sadwin
Sadly missed at this time are great-grandparents Rabbi Yitzchak and Chana Petrushka, and Meir Sadwin.

Jack Azriel Eliyahu Horowitz

parents Elana (Lawrence) and Eitan Horowitz
grandparents Valerie Schneidman and Jay Lawrence
great-grandmother Roslyn Schneidman
Sadly missed at this time is Leonard Schneidman.

Emilia Skye Kerzman

parents Alexa Burak and Eitan Kerzman
sister Yael Rose
grandparents Debbie and Howard Burak, and Essie and Kopel Kerzman
great-grandparents Joe

Weinberger and Clara Sheftman, and Idel Kerzman, and Zoya Mansharov
Sadly missed by "Bubby Rose" Rosalinde Weinberger.

Charlotte Leighton Kraus

parents Lauren Finkelstein and Daniel Kraus
sister Brielle Sophie
grandparents Harriet and Jimmy Finkelstein, and Tobi and Perry Kraus
great-grandmother Marcia Tripp.

Elijah Samuel Kraus

parents Sabrina Aberman and Jonathan Kraus
grandparents Tobi and Perry Kraus, and Jillian and Jordan Aberman
great-grandmother Marcia Tripp.

Sabrina Amelia Lash

parents Erica & Jesse Lash
brother Gideon
grandparents Elaine and Elliot Melamed
great-grandparents Barbara and Abe Rogozinsky

Yael Malz

parents Naomi Suissa and Brandon Malz
grandparents Sandra and Maurice Suissa and Ruth and Reuven Malz
great-grandparents Tina and Moshe Eskenazi, Sarah Gray, and Irachmel Malz

MARRIAGES

Julia Recker & Devon Weinberger

parents Danny Weinberger, and Kerry Kaufman
grandparents Clara and Joe Weinberger, and Ellen and Norm Kaufman
Sadly missed at this time are grandparents Rosalinde Weinberger & Wendy Kaufman.

Mira Shuman & Jason Blaichman

parents Myrna and Isaac Blaichman and Sandy and Jerry Shuman.

Clair Wirtschafter & Avi Meaurette

parents Nicole and Martin Wirtschafter, and Carolin McCadden and Cory Meaurette.

ANNIVERSARIES

(5-YEAR MILESTONES)

Susan and Arthur Cytrynbaum
Nancy and Jack Cooperberg
Ellyn and Alvin Delovitch
Marissa and Neil Dubrofsky
Harriet and Jimmy Finkelstein
Arlene and Wesley Gorin
Gloria and Rick Leckner
Miriam and Dr. Peter Safran

BIRTHDAYS

(5-YEAR MILESTONES)

Stefanie Rosenblatt-Bergman
Tina Eskenazi
Jack Feinberg
Adir Gorin
Sapphira Gorin
Shimon Gorin
Aubey Laufer
Irwin Lesniak
Morty Minc
Rhonda Rubinfeld
Irving Saffran
Roslyn Schneidman
Judy Skolnik
Marilyn Ward
Danny Weinberger
Fred Wenger
Goldie Zackon

SHARING IN SIMCHA

Mazal Tov to our Shalom
Academy graduates.

Rabbi Tzvi Zwiebel on his
Smicha from Mayanot Yeshiva
in Israel.



Lulav & Esrog Shuk

Thursday, October 2
5:30 - 7:30PM

&

Sunday, October 5
2:00 - 7:00PM

Come and choose from ready-made
lulav & esrog sets or order in advance.
Deliveries can be arranged upon request.

The perfect way to prepare for Sukkot!

For information or to place your order,
call Rabbi Alex 514-212-5157 - Alex@Adath.ca

ADATH JTV
Judaism for the next generation

BAR MITZVAHS

Gabriel Jay Rodier

parents Jen and Ben Rodier
siblings Jack and Sydney
grandparents Denise and
Mony Schinasi, and Brenda
and Steve Rodier.

Sadly missed at this time are
great-grandparents Golda and
Benzion Retik, Ruth and Jack
Rodier, Jeanette and Gabriel
Schinasi, and Odette and
Edward Sutton-Khafif.

Emet Seliger

parents Karen Szlamkowicz
and Jonathan Seliger
grandparents Dale and Sam
Szlamkowicz, and Eve and
Islon Seliger.

Emet Seliger



Gabriel Jay Rodier



**BOOK YOUR SIMCHA WITH US
REACH OUT TO RABBI ALEX OR OUR TEAM SO WE
CAN SHARE IN YOUR JOY!!!**

The Officers, Executive, Board of Directors and professional staff extend our heartfelt gratitude to Federation CJA and its generous donors for their vital support of the Community Security Network. Their contributions have been instrumental in ensuring the safety and well-being of our community. We are deeply thankful for their commitment to keeping us all secure.

**IF YOU SEE SOMETHING, SAY SOMETHING.
In case of emergency, please immediately call 911,
and report all incidents to the
Community Security Network hotline at 514-343-4343**



SPONSORSHIPS

BREAKFAST

The ADATH Breakfast Club

In honour of Greg Luger's 65th birthday

Margaret Aster and family

In memory of Margaret's husband Martin Aster

Pamela Bokser and family

In memory of Pamela's father Berel (Benny) Bokser

Edita and Ken Cieply

On the completion of shloshim for Edita's mother Eva Friedman

Helene and David Donath

In memory of David's father Frederick Donath

Sheila, Lori, and Jonathan Esar and families

In memory of their beloved husband, father, and zaidie Benji Esar, in remembrance of his 20th yahrtzeit

Archie Etcovitch

In memory of his father, of blessed memory

Israel Feigenbaum

On the occasion of the shloshim for his wife Diane

Doris and Dave Gandell

In memory of Dave's father Sam Gandell

Sheila Rothstein Glasser, Howard Rothstein, and Stephen Rothstein

In memory of their mother Sylvia Rothstein

Sheila Rothstein Glasser, Howard Rothstein, and Stephen Rothstein

In memory of Sheila's husband Gerry Glasser

The Gurman family

In memory of husband, father, and grandfather Abe Gurman, on the occasion of the shloshim

Shelly Hershon

In memory of Shelly's father Aaron Hershon

Shelly Hershon

In memory of Shelly's mother-in-law Many Libman

Myron Karls

In memory of Myron's grandfather Prosper Messod Sebag

Nicki Lang and family

In memory of Nicki's wife Helen Lang

Florine and Earl Powell, and Cookie Lang

In memory of Earl's mother Sarah Powell

Florine and Earl Powell, and Cookie Lang

In memory of Earl's sister and brother-in-law Debbie Powell Rubenstein and Rabbi Jake Rubenstein

Jen and Ben Rodier

In honour of the Bar Mitzvah call up of their son Gabriel Rodier

Judy and Issie Rubinfeld

In honour of Rabbi Tzviki becoming a Rabbi and receiving smichah

Miriam and Dr Peter Safran

In honour of their anniversary

Miriam and Dr Peter Safran

In appreciation for their grandchildren Shane and Sarah Safran arriving from Israel to visit family

Schwartz-Malinoff family

In memory of Bernie's grandmother Etty Schwartz

Schwartz-Malinoff family

In memory of Bernie's grandfather Joseph Schwartz (Chaim Yosef ben Harav Nissim z"l), on the occasion of his yahrtzeit, 27 Nissan

Shoshana and Arthur Steckler

In memory of Arthur's mother Mary Steckler

Nicole Fhima and Martin Wirtschafter

In memory of Martin's father André Wirtschafter

Michael, Marvin, and Jerry Zigman

In memory of their mother Ethel Zigman

Sharon Zigman

In memory of Sharon's father Gerald Cohen

Esther and Andre Zoldan

For the Firstborn Fast Siyum

Esther and Andre Zoldan

In memory of Andre's mother Margaret Zoldan

Esther and Andre Zoldan

In memory of Andre's grandparents Blima and Aharon Zoldan, and their three children

KIDDUSH

Arlene and Wesley Gorin

in honour of their 44th wedding anniversary

ADATH Bridge Club

in honour of Roslyn Schneidman's special birthday

Bill Cleman

in memory of Bill's father George Cleman

Stephanie and Shimon, Janna, and Sapphira Gorin

in honour of Adir's birthday

Cheryl and David Herz, Muriel and Mayer Sasson, and Nicole Fhima and Martin Wirtschafter

in honour of the Maghen Avraham ADATH Shabbat

Nicole Fhima and Martin Wirtschafter and family

in honour of the upcoming wedding of their daughter Claire Anna Wirtschafter to Avraham Mendel Meausette

Susan and Arthur Cytrynbaum

in honour of Arthur's birthday

KIDDUSH CO-SPONSOR

Diller Teen Fellows

in honour of the Shinshin Shay Bar Margolin

Greg Luger

in memory of Greg's mother Judith (Pearl Raizel) Luger

Judy and Issie Rubinfeld

in memory of Issie's father Leon Rubinfeld on his 10th yahrtzeit

Danny Weinberger

in honour of the marriage of Danny's son Devon to Julia Recker

JUST DESSERTS SPONSORS

in honour of Daniella Daniyal's recent birthday.

Susan and Arthur Cytrynbaum

in honour of their anniversary

Hannah and Daniel Zackon

in honour of their daughter Goldie's first birthday

SEUDAT SHLISHIT

Mel Felsher and family

in memory of Mel's father Mendel ben Yacov Aron Felsher

Phil Schlimper and Sheldon Schlimper

in memory of their mother Anna Schlimper

PURIM DINNER

ADATH Sisterhood**Louisa and Gerry Bernstein****Bonnie Chodos****Fanny and Jack Edery****Cheryl and David Herz**

SHAVUOT

ADATH Sisterhood**Cora Cohen**

in memory of Cora's mother Mildred Nusselman Cohen

Esther and Andre Zoldan

in memory of Andre's grandparents Rosa and Andor Schwartz and their children who perished in Auschwitz

SPECIAL THANKS

Mayer Sasson

for sponsoring wine to celebrate the new partnership between the Adath and Maghen Avraham



*Join us in celebrating the newest additions to our community with joy and warmth!
Mazal Tov to the families welcoming these precious bundles of joy into their lives.*



Eyal Maier Bordan



Emilia Skye Kerzman



Jack Azriel Horowitz

We invite you to share in the joy of our community by sending us your photos and wonderful news about your family's newest additions! - Please email office@adath.ca

CONTRIBUTIONS



ALIYAH FUND

Edita and Ken Cieply, and Adam Cieply

Larry Kessler

David Levi

Mayer Sasson

Maurice Bijo Tarazi

BETTY VINEBERG MEMORIAL FUND

in memory of **Betty Vineberg**

BREAKFAST FUND

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Maurice Bijo Tarazi

in honour of the birth of his son

Avrom Gomborg

Ruth Najman and Steven Spodek

in honour of Meir Fried

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in appreciation to Arlene and Wesley Gorin

Reuben Arbeiter

Mazal Tov to Noemie Elfassy and Daniel Negreany on their marriage

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in appreciation to Rabbi Whitman

Judy and Steven Bramson

Chodos Family Foundation

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in appreciation

Pat McDowell and Bill Cleman

in honour of Miriam and Peter Safran's anniversary

Dr. Anca Eckert

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Betty and Jack Feinberg

in honour of his birthday

Sophie Fernier

in appreciation to Rabbi Whitman

Gail and Jimmy Garfinkle

Elliot Gimple

Wendy Baran and Michael Goldwax

in honour of their anniversary and in honour of their daughter Megan's marriage

Ellen and Abe Guralnick

in honour of March of the Living Shabbat

Jamie and Marc Hadid

Ruby Heft

condolences to the Fisher family on the passing of Marilyn and Al Fisher

Valerie Schneidman and Jay Lawrence

in honour of the birth of their grandson

Robin Mader

wishing Marci Whitman a speedy recovery

Joan Morris

Mazal Tov to Myrna and Isaac Blaichman on the marriage of their son Jason to Mira Shuman.

Shannon Pearson

Myra Rappaport

wishing Arlene and Wesley Gorin a Happy Purim

Ruth Najman and Steven Spodek

in memory of Ivan Berggrun

Johanne and Norman Sternthal

Helen Vaupshas

Sheila Wimisner

The following people gave in honour of Roslyn Schneidman's special birthday

Vivian Konigsberg and Lawrence Bergman

Bonnie Chodos

Ruth Drazin

Barbara and Mair Fried

Valerie Schneidman and Jay Lawrence

Rikee Madoff

Elaine and Leon Monaker

Barbara Geyer Prupas and Clifford Prupas

Betty and Sam Stein

HOLIDAY FUND

Louisa Caplan and Gerry Bernstein

Rikee Madoff

Carole Schwartz and Bernie Malinoff

Elaine and Leon Monaker

in memory of Leon's father Dr. Jacob Monaker

Nicole Fhima and Martin Wirschafter

KIDDUSH FUND

Louisa Caplan and Gerry Bernstein

wishing Wesley Gorin a Speedy Recovery

KOL NIDRE

Bonnie and Barry Bultz

Arieh Gomolin and family

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Louisa Caplan and Gerry Bernstein

Sandie Birenbaum

Bonnie Chodos

Laura Cohen

Shimon Dolnikov

Corina Shaffran Kuperhause

Recia and Sheldon Liebman

Terry and Lorne Lipkus

wishing Stu Guttman a mazal Tov on his prestigious award

Jeannine Lumbroso

Benny Perez

Jack Rudski

Daniel Shahrabani

Rosette Solnica

Dorothy Stober

David Youdim

The following people gave in honour of the Legacy in Song Concert

Yael Abramov

Reuben Arbeiter

Allan Becker

Joanne Bercovitch

Morris Berger

Lawrence Bergman

Dida Berku

Carole and Howard Blank

Eta Blitzer

Susan Bloom

Fanny Brender

Eileen Burbela

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Carole Cohen

Riva Cohen

Michael Concister

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Sigal and Jerry Derkson

Veronique Didier

Rhoda Dubin

Sheila Esar

Rosalie and Harvey Faigan

Blanca Gaon

Arlene and Wesley Gorin

Rosalie and Bill Greenberg

Gerald Greenblatt

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Tishrei 5786 — September 2025

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Brenda Kaufman

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Vivian Kujavsky

Gita Lackman

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Suzanne and Irwin Lesniak

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Heather Leckner and Howard Liebman

Sharon Lipson

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Gloria Pascal

Rhona Pinsky

Irving Rabinovitch

Myrna Rabinovitch

Bev and Sid Rath

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Baila Aspler

Wishing the Whitmans a Happy Passover

Edita and Ken Cieply

wishing Marci Whitman a speedy recovery

Paul Gazin

Gloria and Rick Leckner

in memory of Gloria's father David Labow

Gloria and Rick Leckner

in memory of Gloria's mother Pearl Labow

Gloria and Rick Leckner

in memory of Rick's father Edward Hyman Leckner

Gloria and Rick Leckner

in memory of Rick's mother Shirley Leckner

Pam Bokser and Coby Melnick

wishing Marci Whitman a speedy recovery

Dejan Ristic

Mayer Sasson

The following people gave in appreciation to Rabbi Michael Whitman

Myriane Beland

Tima and Gregory Bordan

Leah Cohen

Michele Lecker Gryfe

Peggy Niloff

Jewel Shoham

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Reesa and Marc Assaraf

in memory of Reesa's father Abraham Pomerantz

Margaret Aster

in memory of Margaret's husband Martin Aster

Joanne and Hon. Ronald Berger

in memory of Ronald's father Abraham Berger

Joanne and Hon. Ronald Berger

in memory of Ronald's mother Freda Berger

Kathy Berggrun Parnass

in memory of Kathy's mother Edith Berggrun

Kathy Berggrun Parnass

in memory of Kathy's brother Ivan Berggrun

Kathy Berggrun Parnass

in memory of Kathy's father Sam Berggrun

Kathy Berggrun Parnass

in memory of Kathy's grandmother Margit Dobsinsky

Kathy Berggrun Parnass

in memory of Kathy's grandfather William Dobsinsky

Kathy Berggrun Parnass

in memory of Kathy's aunt Helena Gregor

Kathy Berggrun Parnass

in memory of Kathy's uncle Joseph Gregor

Myrna and Isaac Blaichman

in memory of Myrna's mother Bessie Guralnick

Myrna and Isaac Blaichman

in memory of Myrna's father Jack Guralnick

Cheryl and Elliot Brott

in memory of Cheryl's father Joseph Waxman

Cheryl and Elliot Brott

in memory of Cheryl's mother Phyllis Waxman

Pamela and Martin Chasen

in memory of Pamela's mother Joyce Mayerowitz

Jacqueline Chocron

in memory of Jacqueline's husband Sam Chocron

Roslyn Cohen

in memory of Roslyn's mother Anne Sederoff

Lottie Copoloff

in memory of Lottie's husband Sidney Copoloff

Lottie Copoloff

in memory of Lottie's father Louis Gurevitch

Lottie Copoloff

in memory of Lottie's mother Sema (Sonia) Gurevitch

Harrison Cutler

in memory of Harrison's wife Eleanor Cutler

Harrison Cutler

in memory of Harrison's father Phil Cutler

Joanne Cutler

in memory of Joanne's mother Eleanor Cutler

Ruth Drazin

in memory of Ruth's sister Pearl Deutch

Ruth Drazin

in memory of Ruth's father Sam Fried

Rosalind and Gordon Elkin

in memory of Rosalind's mother Dorothy Sailer

Rena Entus

in memory of Rena's husband Edward Entus

CONTRIBUTIONS

Tishrei 5786 — September 2025

Mark Farovitch

in memory of Mark's mother-in-law Sarah Greenberg

Betty and Jack Feinberg

in memory of Betty's brother Alex Konigsberg

Betty and Jack Feinberg

in memory of Betty's father Bernard Konigsberg

Betty and Jack Feinberg

in memory of Betty's mother Ethel Konigsberg

Betty and Jack Feinberg

in memory of Betty's brother Max Konigsberg

Melvyn Felsher

in memory of Melvyn's aunt Bessie Barnett

Melvyn Felsher

in memory of Melvyn's brother Edward Felsher

Melvyn Felsher

in memory of Melvyn's mother Leah Felsher

Deborah and Marvin Fenster

in memory of Marvin's father Chaim Fenster

Mary and Leonard Flanz

in memory of Leonard's mother Molly Balacan

Naomi Friedman

in memory of Naomi's mother-in-law Dora Friedman

Naomi Friedman

in memory of Naomi's father-in-law Hyman Friedman

Naomi Friedman

in memory of Naomi's husband Phil Friedman

Naomi Friedman

in memory of Naomi's father David Schnarch

Naomi Friedman

in memory of Naomi's mother Ethel Schnarch

Gail and Jimmy Garfinkle

in memory of Gail's father Harvey Rosenbloom

Gail and Jimmy Garfinkle

in memory of Gail's mother Marilyn Rosenbloom

Sheila Rothstein Glasser, Jennifer, and Jordan

in memory of Sheila's husband and their father Gerry Glasser

Anita and Robert Glazer

in memory of Robert's mother Josephine Olesker Glazer

Anita and Robert Glazer

in memory of Robert's father Louis Glazer

Sandra Glenns

in memory of Sandra's husband Burton Glenns

Sandra Glenns

in memory of Sandra's mother Doris Winer

Sandra Glenns

in memory of Sandra's father Joe Winer

Wendy Baran and Michael Goldwax

in memory of Wendy's father Julius Baran

Wendy Baran and Michael Goldwax

in memory of Michael's father Martin (Bruno) Goldwax

Sheila Greenwald

in memory of Sheila's mother Jessie Fine

Sheila Greenwald

in memory of Sheila's father Sol Fine

Etty Grosz

in memory of Etty's mother-in-law Frida Grosz

Etty Grosz

in memory of Etty's sister Anne Liebman

Stacy Zipkin Gurman and Barry Gurman

in memory of Stacy's brother Bradley Zipkin

Marta Katz Hauptman

in memory of Marta's mother Anna Katz nee Asztalos

Marta Katz Hauptman

in memory of Marta's father Geza Katz

Lydia Haziza

in memory of Lydia's husband Albert Haziza

Libby and Joseph Hecht

in memory of Joseph's father Marcus Hecht

Adeena Wisenthal and Ronald Huberman

in memory of Adeena's mother Dorothy Rayner Wisenthal

Adeena Wisenthal and Ronald Huberman

in memory of Adeena's father Hyman Wisenthal

Paula Kadaner

in memory of Paula's husband Jack Kadaner

Zeela Kaufman

in memory of Zeela's father Abe Kaufman

Zeela Kaufman

in memory of Zeela's grandfather Abraham Novick

Zeela Kaufman

in memory of Zeela's grandmother Sadie Novick

Nicole and Mitchell Kendall

in memory of Nicole's mother Daisy Douek

Nicole and Mitchell Kendall

in memory of Mitchell's brother Howard Kendall

Larry Kessler

in memory of Larry's father David Kessler

Larry Kessler

in memory of Larry's mother Elsie Kessler

Shirley Kimel

in memory of Shirley's husband Louie Norman Kimel

Sandra Kofsky

in memory of Sandra's father-in-law Jack Kofsky

Vivian Konigsberg

in memory of Vivian's father-in-law Bernard Konigsberg

Vivian Konigsberg

in memory of Vivian's father Seymour Tissenbaum

Beverly Kornbluth

in memory of Beverly's mother Ruth Mitnick

Linda and Harvey Kravitz

in memory of Linda's mother Eileen Waxman Bernstein

Linda and Harvey Kravitz

in memory of Linda's father Issie Bernstein

Corina Shaffran Kuperhause

in memory of Corina's father Iona Ceausu

Corina Shaffran Kuperhause

in memory of Corina's grandmother Rachel Rabinovici

Corina Shaffran Kuperhause

in memory of Corina's mother Sara Rabinovici

Corina Shaffran

in memory of Corina's husband Norman Shaffran

Orly and Nathan Kuperstok

in memory of Nathan's father Frank (Ephraim) Kuperstok

Randi Gitnick and Denis Kurdi

in memory of Randi's mother Natalie Lecker Gitnick

Judy and Jack Lavy

in memory of Judy's mother Clara Farkas

Bluma and Ted Lebovics

in memory of Ted's father Daniel Lebovics

Bluma and Ted Lebovics

in memory of Ted's mother Matild Neuman

CONTRIBUTIONS

Tishrei 5786 — September 2025

Suzanne and Irwin Lesniak

in memory of Irwin's sister Grace Lesniak

Beatrice and Lew Lewis

in memory of Lew's grandfather Ben Karpman

Beatrice and Lew Lewis

in memory of Lew's grandmother Sophie Karpman

Beatrice and Lew Lewis

in memory of Lew's father Dr. Reginald Lewis

Beatrice and Lew Lewis

in memory of Lew's mother Ethel Lewis

Beatrice and Lew Lewis

in memory of Lew's grandmother Rose Lewis

Beatrice and Lew Lewis

in memory of Beatrice's mother Helen Mletchkovitch Mars

Beatrice and Lew Lewis

in memory of their sister-in-law Helen Mars

Beatrice and Lew Lewis

in memory of Beatrice's father Max Mletchkovitch Mars

Pauline Lewis

in memory of Pauline's husband Herbert Seymour Lewis

Pauline Lewis

in memory of Pauline's father Abbe H. Wolman

Susan and Bennett Little

in memory of Susan's aunt Sarah Pollock

Susan and Bennett Little

in memory of Susan's grandfather Jacob Rabinovitch

Susan and Bennett Little

in memory of Susan's uncle Sam Rabinovitch

Elaine Madoff

in memory of Elaine's father Charles Etzkovitch

Rikee Madoff

in memory of Rikee's sister Faige bat Yosef Hillel

Susan and Gerry Maldoff

in memory of Susan's father Harvey Rosenbloom

Susan and Gerry Maldoff

in memory of Susan's mother Marilyn Rosenbloom

Ruby Marovitz

in memory of Ruby's father Aaron Hendler

Pam Bokser and Coby Melnick

in memory of Pam's father Benny Bokser

Elaine Wisenthal Milech and Sid Milech

in memory of Sid's father Abraham Milech

Elaine Wisenthal Milech and Sid Milech

in memory of Sid's mother Ester Milech

Elaine Wisenthal Milech and Sid Milech

in memory of Elaine's mother Dorothy Rayner Wisenthal

Elaine Wisenthal Milech and Sid Milech

in memory of Elaine's father Hyman Wisenthal

Marilyn Miller

in memory of Marilyn's mother Kate Manus

Susan Shore and Marvin Millman

in memory of Susan's father Joe Shore

Linda and Judge Morton Minc

in memory of Morton's father Kalman Minc

Linda and Judge Morton Minc

in memory of Morton's mother Mirla Krawiec Minc

Dr. Sorana Marcovitz and Edmond Miresco

in memory of Sorana's mother Liza Marcovitz

Sue-Ellen and Isaac Moneit

in memory of Sue-Ellen's mother Rita Etcovitch

Sue-Ellen and Isaac Moneit

in memory of Isaac's father Moses Moneit

Joan Morris

in memory of Joan's husband Arnold Morris

Eva and Paul Nadler

in memory of Paul's grandfather Abraham Reuben Nadler

Rhoda Neudorf

in memory of Rhoda's husband Peter Neudorf

Ethel and Morton Pearl

in memory of Morton's mother Fay Pearl

Elaine and Murray Pecker

in memory of Murray's mother Dora Pecker

Howard Pedvis

in memory of Howard's mother Brenda Pedvis

Barbara and Cliff Prupas

in memory of Barbara's uncle Martin Abrams

Barbara and Cliff Prupas

in memory of Cliff's mother Claire Prupas

Barbara and Abraham Rogozinsky

in memory of Abraham's mother Bluma Rogozinsky

Barbara and Abraham Rogozinsky

in memory of Abraham's father Samuel Rogozinsky

Rosalee Rohr

in memory of Rosalee's father Morris Fleishman

Linda Rosenbloom

in memory of Linda's father Harvey Rosenbloom

Linda Rosenbloom

in memory of Linda's mother Marilyn Rosenbloom

HeathCliff Rothman

in memory of HeathCliff's mother Micki Muriel Rothman

Fran and Dr. Howard Rottenberg

in memory of Howard's father Harry Rottenberg

Fran and Dr. Howard Rottenberg

in memory of Fran's mother Toby Shapiro

Frima Ruby

in memory of Frima's father Phillip Shaffer

Carole and Murray Sang

in memory of Murray's father Karl Sang

Denise and Solomon Schinasi

in memory of Solomon's father Gabriel Schinasi

Genevieve and Jack Schmelz

in memory of Jack's father Henry Schmelz

Jay Sederoff

in memory of Jay's father Sydney Sederoff

Debbie Sheiner

in memory of Debbie's mother Minnie Averson Sheiner

Ruthie Dobsinsky Sherman and Ricky Sherman

in memory of Ruthie's mother Alice Dobsinsky

Miriam and Howard Shiff

in memory of Miriam's mother Rywka Fleischman

Miriam and Howard Shiff

in memory of their son Daniel Shiff

Miriam and Howard Shiff

in memory of Howard's mother Lillie Shiff

Mireille and Arnold Shostak

in memory of Mireille's mother Odette Khafif

Arlene Shrier

in memory of Alene's father Mac Shrier

Arlene Shrier

in memory of Arlene's mother Sylvia Shrier

Myra Siminovitch

in memory of Myra's father Jack Siminovitch

Barbara and Jack Singer

in memory of Jack's mother Tema Singer

Barbara and Jack Singer

in memory of Barbara's mother Betty Woolf

Judy Skolnik

in memory of Judy's sister Miriam Denbow

Ruth Najman and Steven Spodek

in memory of Ruth's mother Esther bat Rachel v'Baruch Brauner-Klamka

Ruth Najman and Steven Spodek

in memory of Ruth's grandmother Rachel bat Dov Ber v'Liba

Dr. Doris Steg

in memory of Doris's father Nathan Steg

Jackie Stelman

in memory of Jackie's sister Bertha Engel

Jackie Stelman

in memory of Jackie's brother Bob Rayner

Jackie Stelman

in memory of Jackie's father Isadore Rayner

Jackie Stelman

in memory of Jackie's mother Millicent Rayner

Jackie Stelman

in memory of Jackie's sister Dorothy Rayner Wisenthal

Lidia and David Stelzer

in memory of David's brother Abraham Stelzer

Marla and Irwin Stermer

in memory of Irwin's father Sam Stermer

Claire Stern and family

in memory of Claire's mother-in-law Ann Stern

Claire Stern and family

in memory of Claire's father-in-law Charles Stern

Claire Stern and family

in memory of Claire's husband Herschel Stern

Faye and Meier Stein

in memory of Faye's father Herschel Stern.

Judy and Stanley Sternthal

in memory of Judy's father Gerald Zavalkoff

Judy and Stanley Sternthal

in memory of Judy's mother Molly Zavalkoff

Hymie Surkis

in memory of Hymie's father Jean Pierre Surkis

Murielle Surkis

in memory of Murielle's father Jean Pierre Surkis

Murielle Surkis

in memory of Murielle's mother Liliane Surkis

Rhona Surkis

in memory of Rhona's husband Matthew Surkis

Sheila and Dr. Moise Sutton

in memory of Moise's mother Odette Sutton Khafif

Andrew Tencer

in memory of Andrew's grandmother Anna Tencer

Andrew Tencer

in memory of Andrew's grandfather Moishe Tencer

Gerry Weiser

in memory of Gerry's mother Sarah Weiser (Tziry bat Shmaryahu)

Bryan Weiss

in memory of Bryan's grandfather Jean Srulovitz

Joan and Arnold Zidulka

in memory of Arnold's father Louis Zidulka

Esther and Andre Zoldan

in memory of Andre's mother Margaret Zoldan

Fred Zummer

in memory of Marga's father Joseph Lift

Fred Zummer

in memory of Fred's mother Rachel Zummer

Lynne and Stephen Zwirek

in memory of Marilyn Maita Cutler

Lynne and Stephen Zwirek

in memory of Stephen's great grandmother Eva Kestenbaum

Lynne and Stephen Zwirek

in memory of Stephen's mother Jean Zwirek

MEMORIAL PLAQUES**Edita and Ken Cieply**

in memory of Edita's mother Eva Friedman

Sheila Greenwald

in memory of Sheila's husband Herbert Greenwald

Brenda Schafer

in memory of Brenda's mother Rita Morris Leiner

Ora Stolovitz

in memory of Ora's husband Arie Stolovitz

TREE OF LIFE**Harriet and Jimmy Finkelstein**

in honour of the birth of their granddaughter Charlotte Kraus

THANK YOU'S

In every corner of our synagogue and every moment of community, we see the quiet work of kindness. These gestures remind us that it's the small acts, done with care, that make the biggest difference.

Bonnie Chodos

For the gift of a defibrillator, given in memory of her beloved husband, Ted Cohen. A gift that may one day save a life.

Alan Goldstein

For donating soaps, cleaners, and everyday items that help keep our space welcoming and cared for.

Shelley and George Stern

For quietly supporting our security needs, helping everyone feel safe and at ease.

Esther and Andre Zoldan

For tending to the memorial wall in the Rothstein chapel after the flood and updating it with care and love.

Gewurtz family foundation

For helping us welcome a guest speaker who offered light, learning, and meaning.

Corina Shaffran Kuperhause

For bringing in a voice that helped us learn, reflect, and grow together.

Issie Rubinfeld and his team

For taking the time to hang artwork on our lower level - transforming walls into stories, while filling our hallways with colour and life.

Roslyn Schneidman

For all that you do, seen and unseen. Thank you. Your dedication to building a more welcoming and accessible ADATH is a reflection of true leadership. By helping lead the way for our new wheelchair ramp, you are helping ensure that everyone, not just the Bridge Club, feels at home at ADATH.

Miriam and Dr. Peter Safran

Thank You for your deep love of music, of synagogue life, and of culture.

You remind us that a synagogue is not just a place of prayer, but a place of beauty, meaning, and belonging. Your quiet dedication brings life to our spaces and soul to our community.

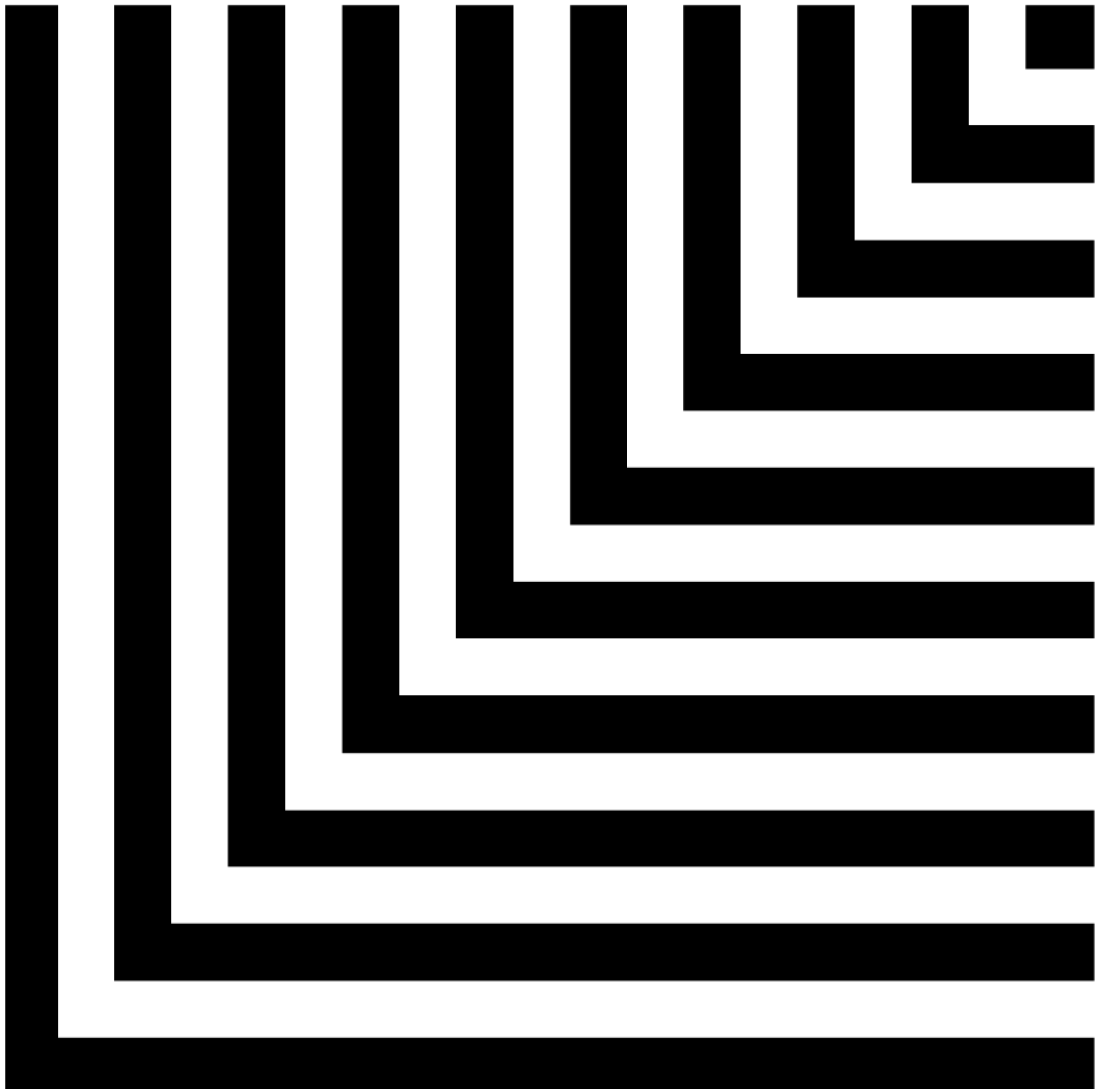
From supporting the arts to strengthening our traditions, your care is felt in every note sung, every gathering held, and every heart touched. We are so grateful.

SIMCHAT TORAH Celebrations

Wednesday, October 15, 2025

- Hakafot with Magen Avrohom (pending).
- Junior Hakafot during aliyot.
- Lunch: Registration required.
- Price TBD.

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L A M O U R



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Chanukah Carnival

****FUN FOR THE WHOLE FAMILY****



Bouncy Castles
Cookie Making
Latke Making
Scavenger Hunt
Donut Filling
and More!!!

**\$36 /
Immediate
Family**
\$40 / (at door)
or \$10 per person

Sunday, December 14, 2025

2:00 PM

Ends with Candle Lighting for First Night Together

223 Harrow Crescent, Hampstead

www.ADATH.ca



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with Crystal Baran

Thursday Nights
5:30 - 6:30PM
\$150 for 10 Classes
Grades K-3
****Starting Oct. 16****

WWW.ADATH.CA



HIGH HOLY DAY CAMPAIGN 5786-2025

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As we bring in the High Holy Days, we look to our synagogue communities to rise with courage, conviction, and unity.

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Hampstead

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Sunday | Dimanche

**23 NOVEMBER
23 NOVEMBRE**

From | De

**10 AM – 4 PM
10H À 16 H**

\$25 A TABLE FOR RESIDENTS/\$35 FOR NON-RESIDENTS

25\$ PAR TABLE POUR LES RÉSIDENTS/35 \$ POUR LES NON-RÉSIDENTS

*Come and support local artists!
Venez supporter les artistes locaux!*

www.hampstead.qc.ca



MENU

LES CLASSIQUES / THE CLASSICS

MR. POTATO

L'original qui a tout commencé. Nous cuisons lentement nos oignons jusqu'à ce qu'ils soient parfaits et prêts pour leur union avec la pomme de terre.

The original that started it all. We slow cook our onions until perfect and ready for their union with the potato.

MADAME LA TOUTE

Le goût de l'assaisonnement "tout garni" fera claquer vos papilles gustatives et en redemandera.

The taste of everything bagel" seasoning will smack your taste buds senseless and wanting more.

COUSIN VINNIE

Un petit goût d'Italie. Assaisonné avec notre mélange d'assaisonnements italiens

A little taste of Italy. Seasoned with our blend of italian seasoning

"HAAA" GARLIC

Si vous êtes fan d'ail, n'en dites pas plus. Non sérieux, ne parle pas.

If you're a fan of garlic, say no more. No, seriously, don't speak

OPEN SESAME

Notre Mr. Potato mélangé avec nos graines de sésame grillées maison. Dites simplement ouvrir le sésame et laissez le notre knish dire le reste.

Our Mr. Potato mixed with our in house toasted sesame seeds. Just say open sesame and let the our knish say the rest.

'CAUSE OUR KNISH IS ON YOUR LIST

514.862.0022 / KNISHERIE@GMAIL.COM



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Tuesday's & Thursday's - 10:15 AM
Friday's - 11:30 AM

\$20 a
session

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Crescent, Hampstead
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LA FONDATION COMMUNAUTAIRE JUIVE DE MONTRÉAL
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NECHAMA

A JEWISH GRIEF SUPPORT &
HEALING NETWORK

Because grief doesn't end after shiva.

Nechama is a new program from ADATH, supported by the Jewish Community Foundation. It offers comfort, connection, and ongoing support for those grieving the loss of a loved one.

Whether you're marking a recent loss, approaching a yahrzeit, or simply need a hand to hold - we are here.

**You don't have to
go through it alone.
We're here.**

**Want to learn more or
connect privately?**

Rabbi Michael Whitman
rabbi@adath.ca

WHAT WE OFFER:

- ✓ Free Service to the Community
- ✓ Check-ins & peer mentorship from those who've walked this road
- ✓ Milestone support at key moments; shiva, shloshim, yahrzeit
- ✓ Healing gatherings rooted in Jewish ritual and reflection
- ✓ Private, confidential support - no judgment. no pressure



MINING THE RICHES OF THE PARSHA

with Rabbi Whitman



zoom

**EVERY THURSDAY
AT 7:00 PM**

GAMES AFTERNOON

CANASTA, HAND-KNEE-FOOT & MAH-JONG
MONDAYS AT ADATH - 1:00 - 4:00 PM

**SEPTEMBER 29,
OCTOBER 20, 27,
NOVEMBER 3, 10, 17 & 24
\$6 PER SESSION
REGISTRATION REQUIRED**

\$42 FOR 7 SESSIONS

SISTERHOOD@ADATH.CA

ADATH TV
Judaism for the next generation

Family Movie Night!



THE INCREDIBLES



Wednesday, December 24, 2025 - 6:00PM

\$5 Per Child - \$10 Per Adult - Max \$30 per family in advance - \$40 at the door
Chinese Food, Popcorn, Cotton Candy & Fun!
223 Harrow Crescent

A close-up photograph of several Mah Jong tiles scattered on a green, textured mat. The tiles are white with various symbols, including circles, dots, and Chinese characters. The background of the entire poster is a light blue watercolor wash.

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TEAM
חברות
SISTERHOOD
Friendship across generations

Supervised Mah-Jong

*Enhance
Your Skills*

with Bryna Frankel

Thursday Mornings
10:00AM - 12:00PM
October 9, 16, 23 & 30
\$60 Per Person
Sisterhood@adath.ca

NOW AND ALWAYS, WE STAND WITH THE PEOPLE OF ISRAEL!

תפילה לשלום המדינה

אָבינו שֶׁבִּשְׁמַיִם, צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ, בְּרַךְ אֶת מְדִינַת יִשְׂרָאֵל, רִאשִׁית צְמִיחַת גְּאֻלָּתֵנוּ. הִגֵּן
עָלֶיהָ בְּאַכְבֶּרֶת חֶסֶדְךָ וּפְרִשׁ עָלֶיהָ סֶכֶת שְׁלוֹמְךָ וּשְׁלַח אוֹרְךָ וְאַמְתָּךְ לְרִאשִׁיָּהּ, שְׂרִיָּה וְיוֹעֲצִיָּה,
וְתִקְנֶם בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ. חֲזַק אֶת יְדֵי מַגְנֵי אֶרֶץ מְדִינָתֵנוּ, וְהַנְחִילֵם אֶל-לִקְיָנוּ יְשׁוּעָה וְעֹסֶרֶת
נִצָּחוֹן מִעֲשָׂרָם, וְנִתֵּן שְׁלוֹם בְּאֶרֶץ וְשִׁמְחַת עוֹלָם לְיוֹשְׁבֶיהָ. וְאֵת אֲחֵינוּ כָּל בֵּית יִשְׂרָאֵל, פֶּקֶד-נָא
בְּכָל אֲרָצוֹת פְּזוּרֵיהֶם, וְתוֹלִיכֶם מִהֲרָה קוֹמְמִיּוֹת לְצִיּוֹן עִירְךָ וְלִירוּשָׁלַיִם מְשׁוֹכְן שְׁמֶךָ, כִּכְתוּב
בְּתוֹרַת מֹשֶׁה עֲבָדְךָ: אִם יִהְיֶה נִדְחָךְ בְּקֶצֶה הַשָּׁמַיִם, מִשָּׁם יִקְבָּצֶךָ ה' אֶל-לִקְיָךְ וּמִשָּׁם יִקְחֶךָ:
וְהִבִּיאֶךָ ה' אֶל-לִקְיָךְ אֶל הָאָרֶץ אֲשֶׁר-יִרְשׁוּ אֲבֹתֶיךָ וִירְשָׁתָהּ, וְהִיטִבְךָ וְהִרְבֶּךָ מֵאֲבֹתֶיךָ: וְיַחַד
לִכְבֹּנוּ לְאַהֲבָה וּלְרֵאָה אֶת שְׁמֶךָ, וְלִשְׁמֹר אֶת כָּל דְּבָרֵי תוֹרָתְךָ, וּשְׁלַח לָנוּ מִהֲרָה בּוֹ-דָוִד מְשִׁיחַ
צִדְקָה, לְפָדוֹת מִחֲפֵי קֶץ יְשׁוּעָתְךָ. הוֹפֵעַ בְּהֵדָר גָּאוֹן עֲזָרָה עַל כָּל יוֹשְׁבֵי תֵּבֵל אֲרָצָה, וְיֹאמֶר כָּל
אֲשֶׁר נִשְׁמָה בְּאִפּוֹ: ה' אֶל-לִקְיִי יִשְׂרָאֵל מֶלֶךְ וּמְלֻכוֹתוֹ בְּכָל מְשָׁלָה, אָמֵן סֵלָה.

PRAYER FOR THE STATE OF ISRAEL

Our Father in Heaven, Rock and Redeemer of Israel, bless the State of Israel, the first flowering of our redemption. Shield it with Your lovingkindness, envelop it in Your peace, and bestow Your light and truth upon its leaders, ministers, and advisors, and grace them with Your good counsel. Strengthen the hands of those who defend our holy land, grant them deliverance, and adorn them in a mantle of victory. Ordain peace in the land and grant its inhabitants eternal happiness. Lead them, swiftly and upright, to Your city Zion and to Yerushalayim, the abode of Your Name, as is written in the Torah of Your servant Moshe: "Even if your outcasts are at the ends of the world, from there the L-rd your G-d will gather you, from there He will fetch you. And the L-rd your G-d will bring you to the land that your fathers possessed, and you shall possess it; and He will make you more prosperous and more numerous than your fathers." Draw our hearts together to revere and venerate Your name and to observe all the precepts of Your Torah, and send us quickly the Mashiach son of David, agent of Your vindication, to redeem those who await Your deliverance. Manifest yourself in the splendor of Your boldness before the eyes of all inhabitants of Your world, and may everyone endowed with a soul affirm that the L-rd, G-d of Israel, is king and His dominion is absolute. Amen, Selah.

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