



THE WESTMOUNT WEEKLY — IN PROGRESS

Friday, October 9 - Friday, October 16, 2026

Parshas Bereishis | Shabbos Mevarchim Cheshvan | 5787

We're so excited about Shabbos, we couldn't wait to share the bulletin! It's still in progress. If you notice anything that needs to be added, please email the Rabbi at rabbimichalowicz@gmail.com.

FRIDAY NIGHT | OCTOBER 9

6:01 PM	Shir HaShirim
6:26 PM	Mincha / Kabbolas Shabbos / Maariv Candle lighting

SHABBOS DAY | OCTOBER 10

8:00 AM	Rav's shiur - Main Shul Wanting to Be Close: Why the Moon Had to Become Small Link to the class for those who won't be there
8:30 AM	Sephardi Shacharis - this week only Bar mitzvah and Torah reading by Aaron Eliezer Judah
8:45 AM	Main Shul Shacharis
8:50 AM	Repeat of the Rav's shiur - Moriah Room
9:30 AM	Moriah Room Shacharis Dads' class with David Fihrrer follows during Kiddush
After davening	Congregational Kiddush and Rav's drash Bereishis and the Calculations That Hold Us Back Link to the class for those who won't be there
5:45 PM	Mincha
6:15 PM	Shalosh Seudos When the Raven Teaches Kindness Link to the class for those who won't be there
7:32 PM	Maariv / Havdalah - Shabbos ends

For those who will not be in shul: read this week's Torah at westmountshul.com/bereishis-5787. If you plan to attend, please save that teaching for the live shiur or drash.



DAVENING & LEARNING

Sunday, October 11 - Friday, October 16

Rosh Chodesh Cheshvan: Sunday and Monday

	SUN 11	MON 12	TUE 13	WED 14	THU 15	FRI 16
First Shacharis	8:00	Holiday	6:30	6:30	6:15	6:30
Kitzur class	-	7:25	7:25	7:25	7:25	7:25
Second Shacharis	-	8:00	8:00	8:00	8:00	8:00
Madreigas HaAdam	-	1:25	1:25	1:25	1:25	-
Mincha	2:00	2:00	2:00	2:00	2:00	6:14 PM
Maariv	9:15	9:15	9:15	9:15	9:15	-
Sefer Chareidim	8:45	9:30	9:30	9:30	-	-

MONDAY ROSH CHODESH BREAKFAST

Join everyone for a celebratory breakfast after the 8:00 AM minyan on Monday, October 12, Rosh Chodesh Cheshvan and Thanksgiving.

SPONSOR NEEDED - Please contact the Rav to sponsor.

EVENING CLASSES

MON 8:00 Parsha HaShavua - Rabbi Yossi Michalowicz
Parshas Noach

MON 8:30 Mishnah Berurah - Mordy Michalowicz

TUE 8:15 Talmud: Maseches Megillah - Rabbi Yossi Michalowicz

TUE 8:30 Mishnah Berurah - Mordy Michalowicz

THU 8:00 **Smichas Chaver resumes October 15**
Hafrashas challah and terumos u'maasros

THU 9:30 Chassidus on the Parsha - Rabbi Tsvi Heber

Friday, October 16: Shir HaShirim 5:49 PM; Mincha and candle lighting 6:14 PM.



KIDDUSH & COMMUNITY

Shabbos Bereishis | October 10, 2026

CONGREGATIONAL KIDDUSH

Sponsored by:

Josey Frieberg, commemorating the yahrtzeits of her father, **Eliezer ben Yitzchak, a"h** (26 Tishrei), and her aunt, **Hana bas Yosef, a"h** (30 Tishrei).

Benny and Shula Judah, in honour of the bar mitzvah of their grandson, **Aaron Eliezer Judah**, son of **Avishai and Jackie Judah**.

Shlomo Talkar and family, in part, as their yearly participation in the Shabbos Bereishis Kiddush.

Ernest and Judy Greenfield, in part, commemorating the upcoming yahrtzeit of Ernest's mother, **Dvorah bas Yitzchak, a"h**, on 1 Marcheshvan.

DADS' CLASS & KIDDUSH

David Fihrer will give this week's Dads' class in the Moriah Room during Kiddush after davening. Thank you to David for sponsoring the Dads' class Kiddush.

KIDDUSH MENU

Fresh salad; gefilte fish; zucchini dip, hummus, baba ganoush and red eggplant dip with crackers; cabbage rolls; fleishig cholent with plenty of meat; potato kugel; a variety of cookies and fresh fruit for dessert.

MAZEL TOV

Mazel tov to **Benny and Shula Judah** and their family on the bar mitzvah of their grandson, **Aaron Eliezer Judah**, son of **Avishai and Jackie Judah**.

MAZEL TOV TO RIVKA & MECHEL ITTLEMAN ON THE BIRTH OF A GRANDDAUGHTER, DAUGHTER OF SHLAIMA & ARIEL ITTLEMAN.

THE WEEK AHEAD

Peace of Mind: Our IDF guests will be here from October 11 through October 18.



Join over 5,500
participants
worldwide
who are learning
the same
Halachos.



Semichas Chaver

REVOLUTIONIZE YOUR TORAH LEARNING!

Learn and remember
for years to come
the most common
halachos that arise daily.

New Zman New Topic!

Hafrashas Challah,
Terumah & Ma'aser

OPENING CLASS AT WESTMOUNT SHUL

Thursday Night, October 15 • 8:00 PM

We warmly thank the families hosting the visiting soldiers:

Esther Greenbaum & Shmuel Steinbach

Gerald & Sheryl Hartman

Susan & Sheldon Glowinsky

Howard & Claire Glowinsky

Snir & Laurene Ghosalkar

Romiel & Sinnora Moses

Reeve & Caron Serman

Rick & Natalie Naor

Shareen & Jaykee Romi-Babani

Stephen & Jodi Katz

Ian Raskin

Scutaru family

We also thank those helping cover the visiting soldiers' flights:

Susan & Sheldon Glowinsky • Gerald & Sheryl Hartman • Aaron Kingsbury Family • Russell Gottschalk

Howard & Claire Glowinsky and family • Reeve & Caron Serman • Josey Frieberg

Mechel & Rivka Ittleman • An anonymous sponsor

Additional support for the soldiers' flights is still welcome. Please contact Rabbi Michalowicz.



Peace of Mind at The Westmount Shul

Supporting Our Veterans. Strengthening Our Community.

Peace of Mind, a nine-month therapeutic program of the Metiv Israel Psychotrauma Center, supports released IDF combat veterans in their transition to civilian life. Many of these veterans have experienced significant combat, including on October 7th and most serve in reserve duty to this day. Despite the well-known image of the resilient Israeli soldier, long-term effects of veterans' exposure to stress from combat are well documented. While not a PTSD program, Peace of Mind helps these young men unload the psychological burdens of combat, strengthen their emotional well-being, and foster healthier, more fulfilling lives.

*Community.
Connection.
Support.
Stronger
Together.*



SHABBOS KIDDUSH LUNCHEON FOLLOWING DAVENING OCTOBER 17TH

Join us for a special Kiddush Luncheon and hear directly from the Peace of Mind Canada participants about their experiences, their journeys, and the impact of this important program.



If you are interested in carpooling with the group, please contact Felicia Gopin, National Executive Director, Peace of Mind Canada
✉ fgopin@pomcanada.com

*Facilitating the emotional and
psychological healing of IDF combat veterans*



Write a Note From the Heart

Join Ameinu4Israel in sending love and strength from Canada

Please write a personal note to an Israeli soldier or to a mother who has just given birth.

Since October 7, 2023, Ameinu4Israel volunteers have lovingly made hats, neck warmers and kipot for our heroes in Israel. We also make baby blankets and handcrafted toys for mothers whose husbands are serving or have passed away. Every gift is sent with a personalized note, and thousands of handmade items have already reached Israel.

Need an idea? Here are a few examples:

- *Thank you, dear soldier, for looking after us. We love you. Your family in Canada.*
- *Keep strong, dear soldier, and thank you for everything you are doing for us. We love you. Your family in Canada.*
- *We love you very much and thank you for everything you are doing for us. Lots of love, your family in Canada.*
- *Mazel tov on the birth of your baby. Sending warmest wishes from Canada.*

These are only suggestions - please write from your heart.

Please place your notes together in an envelope or package and drop them off at:

Rebbetzin Michalowicz | 452 Springate Blvd

Mailbox in the enclosure

Kathy Vertesi | 255 Rosedale Heights Drive, Thornhill

Black mailbox outside the screen door

Thank you very much. Wishing you a Shana Tovah and G'mar Chatimah Tovah!

STAY CONNECTED WITH WESTMOUNT SHUL

OUR NEW WEBSITE



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westmountshul.com

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Bulletins | Classes | Timely Notifications

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ADARABA

Reserved for this week's new page 1

ADARABA

Reserved for this week's new page 2