

SHABBOS SHUVA SCHEDULE

FRIDAY, SEPTEMBER 18	5:25 PM Shir HaShirim	5:50 PM Mincha / Kabbalas Shabbos / Maariv	6:05 PM Earliest candle lighting	7:04 PM Latest candle lighting
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SHABBOS, SEPTEMBER 19 - PARSHAS HAAZINU

SHABBOS MORNING

- 8:00 AM** **CLASS - WHAT CAN SHABBOS
GIVE YOM KIPPUR?**
- 8:45 AM** Shacharis - Main Shul & Sfardi
Minyan
- 8:50 AM** **REPEAT CLASS - MORIAH ROOM**
What Can Shabbos Give Yom
Kippur?
- 9:30 AM** Shacharis - Moriah Room
- 10:30 AM** Youth Programs until 12:30 PM
- 10:30 AM** Ladies' Class given by **Esther
Greenbaum**

KIDDUSH & AFTERNOON

Moriah Room following Shacharis:
Class given by **Louis Pillemer**

**11:15 AM CONGREGATIONAL KIDDUSH &
DRASH**
WHEN LETTING GO IS SO HARD

Kiddush farewell tribute:
Tony & Marilyn Simkover

5:30 PM SHABBOS SHUVA DRASH
THE FIRST SHABBOS SHUVA
**HOW TESHUVAH TURNS THE NIGHT INTO
LIGHT**

6:30 PM Mincha
7:00 PM Shalosh Seudos
THE JOY ON THE OTHER SIDE OF SIN
8:04 PM Maariv / Havdalah

FOLLOWING WEEK - SEPTEMBER 22-25

SCHEDULE	TUE 9/22	WED 9/23	THU 9/24	FRI 9/25
EARLIEST TALLIS / TEFILLIN BRACHA	6:05:21	6:06:33	6:07:46	6:08:58
SHACHARIS	6:30	6:30	6:15	6:30
SECOND MINYAN	8:00	8:00	8:00	8:00
KITZUR CLASS	7:25	7:25	7:25	7:25
MADREIGAS HA'ADAM	1:25	1:25	1:25	-
MINCHA	2:00	2:00	2:00	6:51
MAARIV	9:15	9:15	9:15	-
SEFER CHAREIDIM	9:30	9:30	-	-

AIR CONDITIONING IS NOW WORKING!

We apologize that the shul was uncomfortably warm over Rosh Hashanah. The air conditioning has now been repaired, and we look forward to a cool and comfortable Shabbos Shuva and Yom Kippur.

YOM KIPPUR SCHEDULE

SUNDAY, SEPTEMBER 20	YOM KIPPUR - MONDAY, SEPTEMBER 21
7:45 AM Selichos followed by Shacharis	8:00 AM Shacharis in the Sfardi Minyan
1:10 PM Halachic midday - preferred earliest time for men to go to the Mikveh	8:00 AM Shacharis in the Main Shul
3:00 PM Mincha in the Main Shul for all options	9:00 AM Shacharis in the Moriah Room
6:02 PM Earliest candle lighting	10:30 AM Yizkor - Main Shul (approximately) THE SECOND LETTER: WILL OUR PARENTS RECOGNIZE US?
7:00 PM Latest candle lighting - FAST BEGINS PLEASE LIGHT AT HOME BEFORE COMING TO SHUL	11:00 AM Yizkor - Moriah Room (approximately)
7:00 PM Kol Nidrei for all minyanim DRASH: THE THREE LETTERS WHAT MUST END TONIGHT	10:30 AM Youth Programs until 12:30 PM
8:30 PM Class in the LOUNGE WHOSE RULES ARE ENGRAVED IN YOU Ladies' class during Maariv	12:00 PM CLASS IN THE LOUNGE FORGIVEN AND STILL BECOMING
	After Musaf SPECIAL AFTERNOON CLASS - MAIN SHUL ARE YOU READY FOR THE FINAL EXAM?
	5:00 PM Mincha / Neilah - Main Shul
	5:30 PM Mincha / Neilah - Moriah Room & Sfardi Minyan
	8:07 PM Shofar blast for all minyanim; Maariv - FAST ENDS

BREAKING THE FAST

Sponsored by **Arthur Lampert** in memory of Rachel bas Shlomo a"h, and by **Sharon Millstein** in memory of her husband, Larry a"h.

FULL HALACHAH GUIDE AND ALL TEN PRINTABLE TEACHINGS

westmountshul.com/this-shabbos

BRING THE TORAH HOME

If you miss a class or drash, print it before Shabbos or Yom Kippur and bring the Torah home. All ten teachings are gathered at westmountshul.com/this-shabbos.

SHABBOS SHUVA - FOUR TEACHINGS

8:00 AM EARLY MORNING CLASS**WHAT CAN SHABBOS GIVE YOM KIPPUR?****CONGREGATIONAL DRASH****WHEN LETTING GO IS SO HARD****SHABBOS SHUVA DRASH****THE FIRST SHABBOS SHUVA**
HOW TESHUVAH TURNS THE NIGHT INTO LIGHT**SHALOSH SEUDOS****THE JOY ON THE OTHER SIDE OF SIN**

YOM KIPPUR - SIX TEACHINGS

KOL NIDREI DRASH**THE THREE LETTERS**
WHAT MUST END TONIGHT**NIGHT CLASS FOR LADIES****WHOSE RULES ARE ENGRAVED IN YOU****YIZKOR DRASH****THE SECOND LETTER**
WILL OUR PARENTS RECOGNIZE US?**12:00 PM CLASS IN THE LOUNGE****FORGIVEN AND STILL BECOMING**
WHAT YOM KIPPUR BEGINS**AFTER-MUSAF CLASS****ARE YOU READY FOR THE FINAL EXAM?**
CLASS PDF AND ONE-PAGE CHART**NEILAH DRASH****THE THIRD LETTER**
TAKE THE ANGEL HOME**READ OR PRINT BEFORE SHABBOS OR YOM KIPPUR**
westmountshul.com/this-shabbos**YOM KIPPUR HALACHAH GUIDE**
How to Celebrate Yom Kippur 5787
Click to read or print the complete guide.**FINAL AFTERNOON CLASS MATERIALS**
Are You Ready for the Final Exam?

The complete class and the one-page Ten Sefiros chart will be posted together.

L'HITRAOT - WITH GRATITUDE

THANK YOU FOR HONOURING TONY & MARILYN SIMKOVER



Our congregational Kiddush on Shabbos Shuva is held in honour of Tony and Marilyn as we wish them brachah and hatzlachah upon their permanent Aliyah. We gratefully thank all those who helped sponsor this tribute.

Jacob Friedlander Family	Friedman Family
Glowinsky Family	Goldberg Family
Greenfield Family	Jacob Hacker
Katz Family	Minde Kingsbury
Lampert Family	Lasarow Family
Lerner Family	Mann Family
Rabbi Yossi & Gail Michalowicz	Moses Family
Naor Family	Oppenheimer Family
Orelowitz Family	Pillemer Family
Plotkin Family	Polster Family
Raskin Family	Reeve-Serman Family
Reuben Family	Ruderfer Family
Sarah Scutaru	Shaulkar Family
Singer-Nussbaum Family	Skosowski Family
Starr Family	Talkar Family

SPONSORSHIPS - WITH GRATITUDE

Shalosh Seudos is sponsored by **Sharon Isaac** as a zechus for a refuah shleimah for the Rebbetzin.

And by the **Goldberg Family** on the yahrzeit of Arlene's father, Shalom ben Avraham (Sidney Marmelstein) a"h.

And by **Esther Greenbaum** on the yahrzeit of her father, Harav Mordechai ben Moshe a"h.

And by the **Moses Family** on the yahrzeit of Sinnora's mother, Leah bas Sippora v'Shlomo a"h.

All learning on Monday, Tzom Gedaliah, September 14, was sponsored by **Michael Korolnek** for the yahrzeit of his mother, Raizel bas Simcha a"h.

THE TEN-DAY JOURNEY - THE FINAL STRETCH

CONGRATULATIONS. If you are still travelling with us, you have reached the final days of the journey. Keep going through Yom Kippur and the two concluding readings that follow.

DAY 7 - CHESED	FRIDAY, SEPTEMBER 18	Do one act of chesed today before you are asked.
DAY 8 - BINAH	SHABBOS, SEPTEMBER 19	Pause before reacting and try to understand the other person.
DAY 9 - CHOCHMAH	EREV YOM KIPPUR, SUNDAY, SEPTEMBER 20	Before one decision, ask: What does Hashem want from me?
DAY 10 - KESSER, PARTS I & II	YOM KIPPUR, MONDAY, SEPTEMBER 21	Practise one middah of mercy with one person today.
CONCLUDING READING 1	MOTZAEI YOM KIPPUR - THE HOLINESS OF THE HOUR	Begin Motzaei Yom Kippur with a mitzvah.
CONCLUDING READING 2	BEFORE SUKKOS - ARE YOU PREPARED FOR THE FINAL EXAM?	Choose one middah to carry with you into the year.

NOT YET ON THE JOURNEY?

It is not too late. Are You 'Only Human?' can be read and lived at any time of the year. Begin when you are ready, and take the journey one day at a time.

MAKE THE JOURNEY LAST

REVIEW Look back at the middah that challenged you most.	CHOOSE Select one change that is small enough to keep.	CONTINUE Return to the sefer whenever you need to begin again.
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HOLIDAY KIDDUSH & LUNCHEON GUIDE

KIDDUSH	SHABBOS SHUVA - SEPTEMBER 19	Regular congregational Kiddush and farewell tribute to Tony & Marilyn Simkover.
BREAKING THE FAST	YOM KIPPUR - SEPTEMBER 21	Breaking the fast follows Maariv. Sponsorship information appears on the Yom Kippur schedule.
NO LUNCH	SUKKOS - SEPTEMBER 26-27	No Kiddush or luncheon; the shul does not have a sukkah.
BOTH DAYS	SHEMINI ATZERES & SIMCHAS TORAH - OCTOBER 3-4	Kiddush will be served on both days.

Please keep this guide handy throughout the remaining Yom Tov season.

COMMUNITY ANNOUNCEMENTS

MAZEL TOV! To Rabbi Yossi & Rebbetzin Gail Michalowicz on the birth of a grandson on the first night of Rosh Hashanah. Proud parents: Menachem & Malka Michalowicz. The bris will, im yirtzeh Hashem, take place in Yerushalayim on Shabbos Shuva.

ARBA MINIM SALE: Tuesday, September 22, 7:30-9:30 PM.

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Westmount Shul & Peace of MindCanada

ד"ר

October 11-18
2026

An initiative to host IDF veterans



SPONSORS

\$50,000 Full sponsor
\$25,000 Co-Sponsor
\$2500.00 Chayal Sponsor
Hosts for soldiers inc. room, board & some transportation **



Combat trauma doesn't end
when military service is over.

In fact, it is often just the beginning.

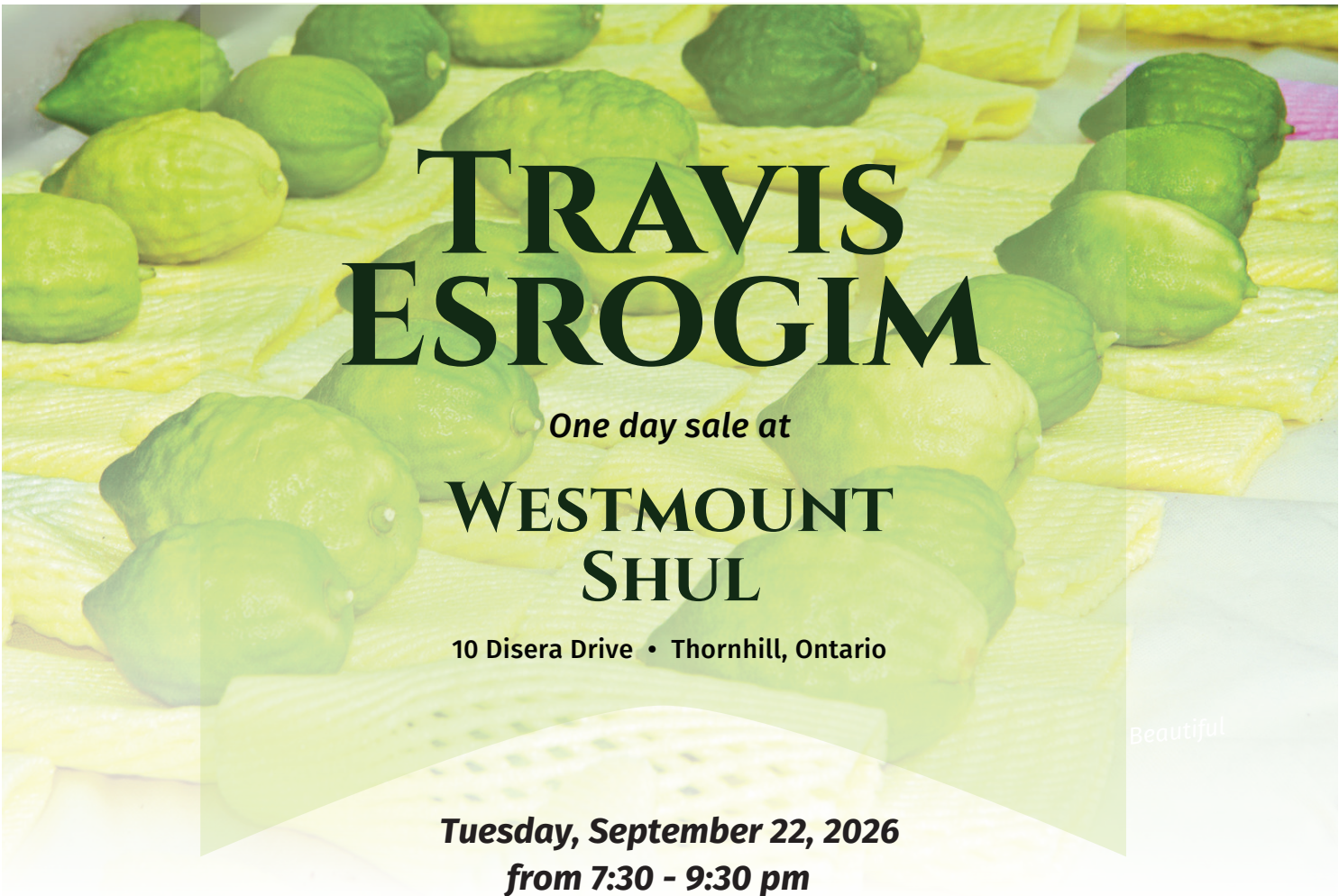
Peace of Mind provides its participants with 65 hours of group counseling, plus individual therapy as needed. The distance from Israel, and support of Jewish communities overseas, plays a key role in creating a safe, quiet, and supportive environment. Through hosting the veterans for the most intense phase of Peace of Mind, Jewish communities play an active role in shaping society by promoting a healthy transition to civilian life.

*For sponsorship/hosting opportunities & questions
please email: office@westmountshul.com
** Sponsors get priority in hosting*

*For more info about the programme:
<https://www.pomcanada.com/>*



TOGETHER WE WILL KEEP THOSE WHO DEFEND ISRAEL STRONG



TRAVIS ESROGIM

One day sale at

WESTMOUNT SHUL

10 Disera Drive • Thornhill, Ontario

Tuesday, September 22, 2026
from 7:30 - 9:30 pm

ARBA MINIM SETS

INCLUDE

- *beautiful Esrogim*
- *prepackaged Derry Lulavim*
- *prepackaged Hadassim*
- *prepackaged Aravos*

\$69

\$79

\$120

Preorder for easy pick up at the sale

Text/Whatsapp
848-245-4347

Email
atravisesrog@gmail.com

Subject Title: Westmount Sale



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!

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Shabbos
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SHABBOS SHUVAH ISSUE 103

SHABBOS PARSHAS HA'AZINU 5787

Please treat this newsletter with proper respect.
Please do not read during davening or Krias HaTorah.

How Do I Fix This?

My sister-in-law Mindy has a quirky personality that rubs me the wrong way. Since she's sweet and well-meaning, I know this animosity is really undeserved, but it comes out in a sort of hidden *loshon hora* when Mindy's name comes up. I'll make a joke or some kind of seemingly helpful comment that also points out how clueless she is—without actually saying anything negative. Is there any way to do *teshuvah*? And if someone *has* picked up a negative impression of her from me, is there a way to do *teshuvah* for that?

—Layala

What's the Psak?

Do you know the halachah?

A Yes.

You can do *teshuvah* in all these situations, but the requirements differ.

B No.

You can never do *teshuvah* for *loshon hora* because it's like scattering feathers in the wind.

C No.

Teshuvah isn't necessary because you haven't said anything that is actually negative, nor have you caused Mindy any harm.

Who's Been Wronged?

Loshon hora is a sin between man and his fellow as well as between man and Hashem. In Layala's case, she knows that making sly, negative comments about Mindy without anyone picking up on them is an *aveirah* between herself and Hashem. The way to repent for such an *aveirah* is to admit the error verbally, regret it sincerely, and resolve never to repeat the sin.¹ If Mindy has not been harmed, Layala does not need to seek *mechilah* from her.²

If Layala realizes that someone *did* pick up on her subtle negative comments and now thinks less of Mindy, the Chofetz Chaim says that Layala should go back to the person or people who heard her comments and try to undo the damage. She could say that she misunderstood something or that she mistakenly gave the wrong impression.³

Answer: The halachah is A.

Reviewed by Rabbi Moshe Mordechai Lowy

Rav Pam, zt"l, advised great caution when presenting halachic scenarios to the public, as each situation is unique. This *shailah* is for discussion only; actual halachic decisions should be made by a *rav* or halachic expert on a case-by-case basis. **The Shmiras Haloshon Shailah Hotline: 718-951-3696 2-3PM / 9-10:30 PM**

WHAT IF I DON'T KNOW WHERE MY LOSHON HORA WENT?

Like the famous *mashal* of feathers in the wind, **how can we ever possibly do *teshuvah* for *loshon hora*?** The Chofetz Chaim says that if we've spread *loshon hora* and don't know where it's gone, **we can do *teshuvah* by spreading the mitzvah of Shmiras Haloshon.** There are numerous ways to do this. Here are three possibilities: Start a *machsom l'fi*. Organize a daily conference call to learn the halachos. Or, bring Shmiras Haloshon Yomi to your shul, office, or extended family.

TESHUVAH DRASHAH BY RABBI EPHRAIM WACHSMAN

MOTZAEI SHABBOS, SEPTEMBER 19 • 10 PM
CALL CHAZAK: 718.258.2008 OR 646.726.9977



Chavi's* dream had come true! There she was at her *l'chaim*, engaged to Aharon* who, in her eyes, was just perfect. The next day she immersed herself in her *kallah* shopping—a wedding dress, housewares, *sheitels*, and a million other items.

And two weeks later, she was immersed in agony; her *chassan* broke the engagement. A while later, Boruch, a local *askan*, stepped in. He knew it was important that the parties sign a *shtar mechilah*, forgiving each other for any hurt or loss suffered.

Boruch took on the difficult job of convincing Chavi to be *mochel*. He spoke to

Chavi at length about the benefits of starting a new chapter without resentment weighing on her heart. But Chavi wasn't ready to forgive.

Forgive Him for Her Sake

The next day, in shul, Boruch overheard a story about a man who had experienced a miraculous *yeshuah* when someone else had forgiven as a *zechus* for him. This instantly gave Boruch an idea.

He called Chavi back. "I want to ask you a great favor" he said. "My daughter has been married for close to ten years, and she still doesn't have children. I'd like to ask for a personal favor. You know,



when a person is *mevater* as a *zechus* for someone else's *yeshuah*, it's very powerful. Would you consider signing the *shtar mechilah* as a *zechus* for my daughter to have a child?"

"Let me think about it," Chavi said. Two days later, she called Boruch and agreed to grant *mechilah* to Aharon as a *zechus* for Boruch's daughter. A short while later, there was good news to share—Boruch's daughter was expecting a baby.

Now is the time for *mechilah*. Maybe it's very difficult for you to forgive someone, but we all know people who are desperately in need of a powerful *zechus*. Forgive for their sakes, and—*middah keneged middah*—may the mercy you show by forgiving someone as a *zechus* for another person return to you through a year of abundant *brachah*!

*All names have been changed.



Loshon hora spreads; I may never know how far it went. So how can I ever do *teshuvah*?

But, though you may never know where the *loshon hora* went, if the victim forgives you—that works! So, if we all forgive each other, we can solve the problem on both an

individual and communal level.

That's where *Tefillah Zakah* comes in. With this *tefillah*, said before

Kol Nidrei, we forgive everyone who wronged us, and we pray

that they might forgive us as well.

But very often *Tefillah Zakah* is said

in a rush or not at all. So, a number of *rabbanim* have suggested that, just to be sure you get to it, **you can say part of the *tefillah* right now, at your Shabbos table.** After all—you are an Aderaba family. Help yourself and your neighbor, even the one who hurt your feelings, and greet Kol Nidrei this year with a clean slate. For you and everyone. Choose life!

Note: You should still say the entire *Tefillah Zakah* in shul.

Tefillah Zakah: The Best Life Insurance

תפילה זכה

Behold, I forgive completely anyone who has sinned against me or harmed me, whether physically or monetarily, or who has gossiped about me or even slandered me—except for money that I wish to claim and that I can recover by law, and except for someone who sins against me and says, "I will sin against him and he will forgive me."... And just as I forgive everyone, so may You (Hashem) grant me favor in every person's eyes so he or she will grant me complete forgiveness.

וְהִנֵּנִי מוֹחֵל בְּמַחִילָה גְמוּרָה, לְכָל מִי שֶׁחָטָא נִגְדִי, בֵּין בְּגוּפוֹ וּבֵין בְּמָמוֹנוֹ, אוֹ שֶׁדָּבַר עָלַי לְשׁוֹן הָרַע, וְאֶפְלוּ הוֹצֵאת שֵׁם רַע, וְכֵן לְכָל מִי שֶׁהִדִּיק לִי בְּגוּפִי אוֹ בְּמָמוֹנִי, וְלְכָל חֲטָאת הָאָדָם אֲשֶׁר בֵּין אָדָם לְחֵבֶר, חוּץ מִמָּמוֹן אֲשֶׁר אֲנִי יָכוֹל לְהוֹצִיא עַל פִּי דִין, וְחוּץ מִמִּי שֶׁחָטָא בְּנִגְדִי וְאוֹמֵר, אֲחָטָא לוֹ וְהוּא יִמְחַל לִי, וְחוּץ מֵאֵלּוּ אֲנִי מוֹחֵל בְּמַחִילָה גְמוּרָה; וְלֹא יַעֲנֹשׂ שׁוֹם אָדָם בְּסִבְתִּי. וְכֵשֶׁם שֶׁאֲנִי מוֹחֵל לְכָל אָדָם, כֵּן תִּתֵּן אֶת חַנּוּי בְּעֵינֵי כָל אָדָם שֶׁיִּמְחַלוּ לִי בְּמַחִילָה גְמוּרָה.

DEDICATIONS

L'ilui nishmas Shaul ben Bolisa z"l and Jene bat Salha a"h • לע"נ בת שבע רחל ע"ה בת ר' שמעון יב"ח"ט

As a *zechus* for a *refuah sheleimah* for Chana Rivka bas Yosefa • לע"נ חיים יחיאל מיכל בן רפאל פיינזעל שניאור ז"ל

L'ilui nishmas Shimon Yehuda ben Chaim Yeshaya Shlomo—Shimon Stern z"l. Dedicated by Mrs. Leah Stern and family

