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## IN THIS NEWSLETTER:

- \* Photo of the week
- \* What's happening at ARK Centre
- \* Rosh Chodesh Adar - Feb 9th
- \* Jewish History Discovery Course - Feb 14th
- \* Save a Child's Heart Shabbat Dinner (stories of Israel)- Feb 16th
- \* First Aid Training - Feb 21st
- \* Hachnaset Sefer Torah - Welcoming of the new Torah - Feb 23
- \* Tzohar event - Feb 27th
- \* B'nei Program 2024 - **First week just started**
- \* Message from Rabbi Gabi
- \* Yahrzeits
- \* Happy Birthday
- \* Candle Lighting
- \* Community Initiatives

## PHOTO OF THE WEEK

Pola Better's 90th Birthday



Rabbi Gabi with Pola & Harry Better celebrating Pola's 90th birthday.

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WHAT'S HAPPENING AT ARK

Rosh Chodesh Adar

**Tomorrow morning - 7.30am**

PLEASE JOIN US FOR  
**ROSH CHODESH**

**ADAR**

**TOMORROW  
MORNING!**

Friday 9th February / 30th Shevat

Time: 7.30am - 8.15am

Enjoy light refreshments afterwards



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Jewish History Discovery Course



## 4 WEEK JEWISH HISTORY COURSE

*Uncover biblical stories, the  
rise and fall of empires.  
Embark on a voyage through  
thousands of years of Jewish  
history. Discover the land, the  
people & the spirit  
with guest lecturer Bev Sacho*

**STARTING WEDNESDAY  
FEBRUARY 14  
7:30-8:30PM**

Free to ARK Members

Registrations via the link below:

<https://www.trybooking.com/COQHJ>

More information

Register here

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Save a Child's Heart Shabbat Dinner





Save a Child's Heart  
together with  
ARK Centre



invite you to Shabbat Dinner

**Friday 16th February 2024**

*Hear from the following people sharing their stories of Israel through unique experiences.*

***Dr Stella Mongella*** - paediatrician from  
Tanzania who was trained in Israel by  
Save a Child's Heart

***Rabbi Gabi*** - his recent visit to Israel

***Bettina & Andrew Schwartz*** - having a child  
currently serving in Israel on the front line



Please click on the  
link below to book

Service to commence at 6.15pm

Followed by dinner at 6.45pm

**Cost for dinner :**

- \$60 ARK members
- \$75 non-members
- Children under 10 free

**<https://www.trybooking.com/CONSB>**

Background on Dr Stella Mongella

Register here

# First Aid Training



Community First  
Responders Australia



## Community CPR and First Aid Training

In the case of a cardiac arrest there are only 4 minutes to act. Teaming up with Ambulance Victoria and GoodSAM, Community First Responders Australia is working to build community and save lives by increasing the number of GoodSAM responders across the community.

Join us on the 21st February 2024 at 7pm at the Ark Centre to either:

- Obtain your CPR and/or First Aid Accreditation for school/work\* OR
- Learn and practice the skills needed to respond to a cardiac arrest and other medical emergencies (unaccredited)

All participants will have the opportunity to join GoodSAM and have access to ongoing skills training.

Cost: from \$60 per person (accredited training incurs an extra fee)  
To book: <https://www.trybooking.com/COQBD>

**The Community Lifeline**  
[info@cfra.com.au](mailto:info@cfra.com.au) | [www.cfra.com.au](http://www.cfra.com.au)

SCAN HERE  
TO BOOK



Nationally Recognised Training and Assessment is delivered on behalf of Alesis Training Pty Ltd - RTO 90909

Scan QR code to register

## Hachnasat Sefer Torah



# HACHNASAT SEFER TORAH

5.30pm Friday 23rd  
February

Dancing, singing and a lavish kiddush to welcome  
a new Sefer Torah



Tzohar Event



**The ARK Centre**

has pleasure inviting you to an evening to hear

**Adam Segal**

Director of International Strategy and Development for Tzohar

**Israel - Can there be Harmony in Discord?  
Navigating Disunity and Bridging the Religious-Secular Divide  
Before, During and Beyond 7th October**

The unprecedented disunity, bordering on civil war, that was Israel's reality on 6 October was replaced by unprecedented unity on 7 October. Three months later, sadly, the cracks are already beginning to reappear. Tzohar is at the forefront of uniting the Jewish people across Israel. Adam will bring you the latest from Israel with his personal insights and the impact of the war on this important issue. He will explain how Tzohar, a household name across Israel, provides programs to connect Secular Israelis to their heritage and Jewish practise - from enabling Jewish marriages and Bnei Mitzvah opportunities to providing services from Kabbalat Shabbat activities to festivals and much more. Hundreds of thousands of Secular Israelis have deepened their connection to Jewish tradition with thanks to Tzohar. Importantly, Adam will share his and Tzohar's hopes and aims for the future.

**Tuesday - 27 February - 7:30pm**

To book and details: <https://www.trybooking.com/COQGD>

Address to be provided upon registration

**This is not a fundraising event and there is no charge.**

Booking is essential



R E S P E C T Z O H A R E L E V A N C E

[Register here](#)



## B'nei Program 2024

**IT'S NOT TOO LATE TO REGISTER. CALL 8658 4044 OR  
EMAIL [OFFICE@ARKCENTRE.COM.AU](mailto:OFFICE@ARKCENTRE.COM.AU)**



**2024**  
**BNEI**  
**MITZVAH**  
**PROGRAM**

**COMMENCING TUESDAY**  
**6TH FEBRUARY**

BAR/BAT MITZVAH  
ARK STYLE

**RABBI GABI & REBBETZIN MUSHKA WILL  
TAKE YOU ON A JOURNEY OF  
LEARNING & FUN!**

Term 1 Dates ; 6/2/24 - 16/4/24  
Term 2 Dates: 7/5/24 - 25/6/24  
Cost per term: ARK Members -\$250  
Non members \$300

*For further information, please contact  
the office @ 8658 4044 or email  
[manager@arkcentre.com.au](mailto:manager@arkcentre.com.au)*

LIGHT REFRESHMENTS PROVIDED

**Request further information**

**A MESSAGE FROM RABBI GABI**



This week's Parsha, Mishpatim, marks a shift in the story of the Jewish people. In the weeks leading up to Mishpatim, the Book of Shemot retells the story of the exodus from Egypt. Each week we build up in anticipation, as we hear about the rise of the new Pharaoh, who didn't remember Yoseph and the Jewish people who had helped the Egyptians survive the global famine, and become the centre of the world's commerce.

We read about the enslavement of the Jewish people from the lowest depths of slavery, and each week we read the increasing despair of the Jewish people. We hear of Moshe's genesis being raised in the home of the Pharaoh, to being an exile living in Midyan. And finally we read about the plagues, the miraculous Exodus from Egypt finishing with the Jewish people becoming a nation, and receiving the Torah at Har Sinai.

And then, all of a sudden, after weeks of anticipation and becoming a nation, the Torah suddenly shifts, and Parshat Mishpatim arrives with details of many laws that the Jewish people are required to adhere to, without much narrative given.

Why does the Torah do this? Of course, there's the famous expression that there is no beginning or end to the Torah, and we don't expect it to go in order, but at the same time, nothing in the Torah is random. So there is significance in each part of how the Torah is compiled, including which sections follow each other.

The way I like to think about it is that the Jewish people are required to live their values. While knowing our origin story is crucially important, the practice of how we behave as a moral community is also important. It's like digging up a fossil, sure, you can tell a lot about society, its history, probably with recent scientific advances you may be even able to tell what the person from thousands of years ago ate and what their health was like.

But answering basic questions about what they did, how they behaved, and what kind of person they were is impossible. That information is not recorded anywhere. Yet with Jewish people the exact opposite is true.

We have existed as a people for thousands of years. Judaism is the foundation from which so many values are incorporated into the world's legal systems. And we can point exactly to what kinds of people our ancestors were, and what their behaviour was like. The Torah in this week's Parsha outlines Jewish values. The way Jewish people are required to live in order to conduct a moral life, how we are

to interact with each other, and precise outlines of what G-d expects from each and every one of us.

This beautiful message is an enduring one. We are the people of the Book, because our book contains our origin story, but also our values and ethics code which into the 21<sup>st</sup> century not only endures but evermore retains its relevance!

Shabbat Shalom

Rabbi Gabi


## A PRAYER FOR PEACE

### Oseh Shalom a prayer for peace

עוֹשֶׂה שָׁלוֹם בְּמִרְמָיו הוּא  
יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל וְאָמְרוּ: אָמֵן

*Oseh shalom bimromav, hu'yaseh shalom  
aleinu, va'akol yisrael. Vimru: amen.*

May the One who creates peace in  
the heavens bring peace to us and to  
all of Israel. And we say: Amen.

 my JEWISH LEARNING

## Yahrzeit



We wish a long life to the following people who are observing yahrzeit next week;

Michael Cohen on the yahrzeit of his wife **Mary Cohen**

Marilyn Cohen on the yahrzeit of her mother **Mary Cohen**

Phillippe Zimet on the yahrzeit of his mother in law **Mary Cohen**

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Wishing long life to all those affected by the tragedy in Israel.

## HAPPY BIRTHDAY



**Happy Birthday** to these members of our community for the upcoming week;

Jonny Orelowitz  
Blake Golden  
Joel Kuperholz  
Jacob Teperman  
Terri Green  
Nathan Held  
Susie Ivany

## CANDLE LIGHTING





### **Kabbalat Shabbat**

Service commences approx. 6.15pm concludes by 6.45pm.  
Kiddush commences at 6.00pm

### **Shabbat Morning**

Service commences at **10.00 am** sharp.

### **Candle Lighting**

Friday 9th February (Shevat 30, 5784) at **8.08pm**

### **Shabbat Ends**

Saturday 10th February (Adar I 1, 5784) at **9.07pm**

## **Parasha : Mishpatim**

## COMMUNITY INITIATIVES

### **JEAP APP**

CSG & Hatzolah App



JEAP is the Jewish Emergency Application giving you instant access to the two Victorian Jewish Community First Response groups.

At the push of a button, access CSG for security-related incidents and Hatzolah for medical emergencies to obtain fastest response 'when every second counts'.

**We encourage all our members to download this App and hope that you never need to use it.**

Download App

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## The SOCIAL BLUEPRINT



THE SOCIAL BLUEPRINT

## Jewish Connections Through Community | Business | Social

**TheSocialBlueprint.org.au**

The Social Blueprint offers real connections, real help and real benefits for all Victorian Jewish community needs in order to unlock the potential of our community.

Visit The Social Blueprint to see:

Community Events

Videos & Blogs

Over 600 organisations

Aid | Health | Jewish Life | Businesses



Sign Up on line to receive our newsletters



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