

\*What do we do now!? Three steps that way

Qu'est-ce  
qu'on fait!?



TROIS PAS  
PAR LÀ\*



## Did you know it?

"Noahide" comes from Noah, the famous Noah of the Flood. According to tradition, at the exit from the ark, G.d transmitted 7 precepts to Noah in order to rebuild humanity. Shem, one of his sons, founded a yeshiva in which all the patriarchs of Judaism have studied. Nearly 500 years later, shortly before matan Torah, the 4<sup>th</sup> day of Sivan, while Bnei Israel were getting some rest at Marah, **Moses taught** the respect of parents, the laws of Shabbat, the laws of the red heifer and... the **Noahide laws** ( the mitzvot and all their halakhot)<sup>1</sup>. **From that moment, Israel was intended not only to "do and listen to" the Torah, but also to be the official agent of the Noahide Laws, a light to the Nations.** Crushed for a long time by exile and persecution, Israel is finally ready to take back its role as lighthouse.

<sup>1</sup> Parsha Mishpatim 24.3 where Rashi refers to midrash Mekhilta of parsha Yitro 19.14 to 15.

**"Her ways are ways of pleasantness, and all her paths are peace." (Proverbs 3,17)**

For most people, God may only be a question of vocabulary as long as Man lives in peace and harmony with the world! This is perfectly fine, but how is it possible to concretely embody love and peace in a crazy world where the strongest have the upper hand?

Moral and spiritual convictions are worth little when they remain mere aspirations. Even then, they must descend into our material world and into us.

**There is the head. There is the body.**

### **The head**

Wisdom ('Hokhmah), Understanding (Binah) and Knowledge (Daat) are the three traditional intellectual functions that make up the crown of the head. This is precisely what Judaism suggests to explore through the Torah – the understanding and recognition of the Creator, the role and finality of creation, and the importance of each creature's unique mission.

But did you know that you need not be Jewish or wish to become a Jew in order to study with a Rav? In fact, courses on Bnei Noah are given in several Canadian and foreign cities.

### **The body, a vehicle of action**

We could ask what the head would do without the body, its vehicle of action? Among the Bnei Noah in particular (who are not specifically tasked with studying the Torah and spreading its teachings), Israel's tradition relies on the concrete. How can we improve ourselves? How can we improve our relationships with others and the change world for the better? Just like the head, there is a crown of three attributes to be fully perfected

- **Loving-kindness ('Hesed)**

Loving-kindness is to give unconditionally, without expecting something in return. It can easily be mistaken for kindness, but a true loving-kindness act could – and should – be accomplished without any motive.

- **Judgement (Gevurah)**

Judgement is what governs the world and maintains order. It balances mankind's tendencies through laws. According to Jewish tradition, there are seven laws for humanity, all of which are always valid irrespective of the era or context.

- **Harmony (Tiferet)**

Harmony unites all. Situated between Loving-Kindness and Judgement, it makes everything whole and brings peace. It creates a union between seemingly opposing forces. That is why Noahide Canada focuses on the relationship between Jews and Noahides, which has the potential to bring perfect harmony to the world. Find out who you are. Discover your mission. Enjoy and savour it, then appreciate what differentiates you from others. Strive for harmony, because we are a whole!

Hesed Canada is a non-profit organization that promotes a healthy lifestyle that includes spirituality balanced and adapted to the proper nature of each individual.

**The relation:** Hesed Canada is also a gathering place for

Hesed Canada, which also has a close connection to justice, righteousness and love, is often opposed to the principle of loving-kindness (Hesed).

Why should two opposing forces work together? Will they not undermine their efforts? Ben Shimon gave the example of a watch making

Loving-kindness ('Hesed), or benevolence, is different from charity (Tzedakah, or literally "justice"). Loving-kindness must include selflessness, since it is imperative to expect nothing in return. It can also be conveyed through actions rather than donations, and it is not limited to duties to the poor.

**1 Lend (without charging interest!)**

*Nothing truly belongs to us – even our life is loaned to us. Give generously what was granted freely.*

**2 Comfort the sick**

*No matter what happens, kind and positive encouragements heal those who surround us.*

**3 Bury the dead and comfort those who grieve**

*Lending an ear is sometimes more comforting than the best advice.*

**4 Provide hospitality**

*"My home is your home." Be welcoming, even if only with a warm smile.*

**5 Rejoice the betrothed**

*Give courage to couples to overcome obstacles and avoid adding obstacles (seduction, etc.).*

**6 Dress those who have nothing to wear**

*Show compassion and attempt to soothe people.*

**7 Facilitate reconciliation**

*Do not take sides. Instead, offer advice and rally people.*



Noachide Canada is a non-profit organization that promotes a healthy lifestyle that includes spirituality balanced and adapted to the proper nature of each individual.

**The solution:** Noachide Canada is also a gathering place to

**Rigor** (Gevurah), which also has a close connection to justice, righteousness and force, is often opposed to the principle of loving-kindness ('Hesed).

Why should two opposing forces work together? Will they not undermine their efforts? Rav Dessler gave the example of a watch mechanism containing two forces, a priori opposed: one that pushes the motion forward and one that holds it back. However, it should be noted that the perfect and harmonious union of these two opposing forces gives us accurate time! The watch mechanism perfectly fulfils its purpose because of the wisely calibrated union.

Rigor represents the force that holds back. It is the structure that allows loving-kindness to be distributed in proper proportions.



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**The relationship between Jews and Noahides has the potential to bring perfect harmony to the world.**

Noahide Canada is also a gathering place to pool resources to undertake, together, inspirational projects for our society.

## Visits to Schools

In partnership with the Québec City Jewish Community, visits to schools are arranged to talk about Judaism and Noah's tradition.



▽ Spiritual life with or without religious rituals, with family and friends.



△ Presentation on Noah's Ark in a preschool class in Charny (Lévis) as a part of the Ethics and Religious Culture course.

## Community and Spiritual Life

Many activities are organized following the Hebrew calendar, such as community meals, trips, group purchasing, crafts, and other activities for the young and not so young. In addition, numerous courses are offered on a regular basis (paracha, kabbalah, Hebrew, etc.)



Community meal. △

◁ Ben Noah studying.



◁ Cultivation and sale of vegetables to benefit the "Fondation de l'école primaire des Méandres" and build a new playground.

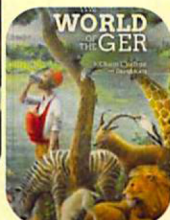


△ Production of video clips about Judaism in Québec City for the "Mémoires vives" project and for the Ethics and Religious Culture course's class-museum at the Polyvalente de l'Ancienne-Lorette.

## Projects and Support to Citizen Initiatives

Noahide Canada is involved in its community through projects that reflect its values. Citizen initiatives assure the vitality and success of our society.

▽ Event planning, book publishing, etc.



[www.NOAHIDECANADA.com](http://www.NOAHIDECANADA.com)



# HESSED GUEVOURA TIFERET

Bonté - Justice - Harmonie  
Kindness - Justice - Harmony