

# קול ישראל

# KOL JESHURUN

B'nai  
Jeshurun  
בני ישראל

**RABBIS:**

J. Rolando Matalon • Marcelo R. Bronstein • Felicia L. Sol

**HAZZAN & MUSIC DIRECTOR:** Ari Priven

**BJ RABBINIC FELLOWS:** Jonah Geffen • Adam Roffman

**CANTORIAL INTERN:** Shoshi Rosenbaum

**EKEV**

**TORAH: ANNUAL** Deuteronomy 7:12 - 11:25

**TRIENNIAL** Deuteronomy 9:4 - 10:11

1: 9:04 - 9:10

2: 9:11 - 9:14

3: 9:15 - 9:21

4: 9:22 - 9:29

5: 10:1 - 10:5

6: 10:6 - 10:8

7: 10:9 - 10:11

Maftir: 10:9 - 10:11

**HAFTARAH** Isaiah 49:14 - 51:3

NEXT WEEK: **RE'EH**

**ROSH HODESH ELUL**

**TORAH: ANNUAL** Deuteronomy 11:26 - 16:17

**TRIENNIAL** Deuteronomy 12:29 - 14:29

**HAFTARAH** Isaiah 66:1-24, 23

## August 10-17, 2012

22-29 Av, 5772

### FRIDAY, AUGUST 10

**Kabbalat Shabbat Service**

7:00 PM – 88th St. Sanctuary

### SATURDAY, AUGUST 11

**Shabbat Morning Services**

9:30 AM – 88th St. Sanctuary

**Children's Services**

10:45 AM – 88th St. Frankel Hall

### SUNDAY, AUGUST 12

**Morning Services**

9:30 AM – 88th St.

**Hike with 35-55s**

10:30 AM – Van Cortlandt Park  
(SEE P.2)

### MONDAY, AUGUST 13

**Morning Minyan**

7:30 AM – 88th St.

### TUESDAY, AUGUST 14

**Morning Minyan**

7:30 AM – 88th St.

### WEDNESDAY, AUGUST 15

**Morning Minyan**

7:30 AM – 88th St.

### THURSDAY, AUGUST 16

**Morning Minyan**

7:30 AM – 88th St.

**Judith Bernstein Lunch Program**

12:00 PM – 88th St. Frankel Hall

**Outdoor Happy Hour with 35-55s**

6:00 PM – Empire Hotel (SEE P.2)

### FRIDAY, AUGUST 17

**Morning Minyan**

7:30 AM – 88th St.

**Bim Bam**

9:30 and 10:30 AM – 88th St. Frankel Hall



**SOCIAL ACTION/SOCIAL JUSTICE  
OPPORTUNITY OF THE WEEK**

**• 3rd Annual Governors Island Ride with  
the BJ Revolutionaries**

**Sunday, August 12, 10:00AM-4:00PM, 88th Street:**

The BJ Revolutionaries are pleased to announce the 3rd annual ride to Governors Island. We will gather at BJ and then ride the Greenway down to the Ferry terminal to catch the free ferry to Governors Island, which has wonderful views of Manhattan and the Statue of Liberty. We will picnic together, enjoy a ride around the island, and head back on the ferry to bike back up to the synagogue. The ride is mostly very level, so it should be manageable to anyone who can ride down the Greenway. A HELMET IS REQUIRED. We recommend you bring water, lunch, and a towel to sit on. Feel free to bring friends! For any questions or to R.S.V.P. contact Mark Lipy at remark1@gmail.com or Gil Kulick at gil\_kulick@yahoo.com.

**• Membership and High Holy Day Information**

Please join us as a BJ member. New and renewing membership applications are available online at [www.bj.org](http://www.bj.org). You'll also find High Holy Day information for 2012. Entrance cards are being mailed throughout August. Contact Lisa Friedman at [lfriedman@bj.org](mailto:lfriedman@bj.org) for more information.

To register for classes and events, please visit [www.bj.org](http://www.bj.org).

SYNAGOGUE: 257 W. 88th St. • OFFICE: 2109 Broadway (Ansonia), Suite 203, New York, NY 10023 • TEL: 212.787.7600 • FAX: 212.496.7600 • WEBSITE: [www.bj.org](http://www.bj.org) BJ

BJ's Ner Tamid at 88th St. is powered by the light of the sun.

## ANNOUNCEMENTS

### MAZAL TOV

To the following members and their families:

- Dana Kalfas on her engagement to Jesse Bodine.
- Bernice and Nadia Todres on the birth of their grandson and nephew, Benjamin Isaac Todres.

## COMMUNITY ACTIVITIES

### • Hike with 35-55s

**Sunday, August 12**, 10:30AM, Van Cortlandt Park, The Bronx: Join the Yet to be Named group for people approximately 35-55 years of age for an approximate 5-mile hike in beautiful Van Cortlandt Park. Mostly flat with one very easy hill and one a bit tougher. Bring your own lunch. A group will meet at BJ on 88th Street to travel to the Bronx together or take the #1 subway to the last stop (242nd Street). R.S.V.P. to coordinator and hike leader Craig Rosenberg at crosenberg6@optonline.net. Event will be canceled if it rains.

### • Outdoor Happy Hour with 35-55s

**Thursday, August 16**, 6:00-9:00PM, Empire Hotel (44 West 63rd Street): The Ytbn group (for ages 35-55) will be enjoying happy hour on the rooftop deck of the Empire Hotel. Across from Lincoln Center, the rooftop deck showcases beautiful views of our city. Refresh yourself with a cool cocktail and meet others from the group. We'll meet on the west side of the rooftop. Dress code is business casual, please. R.S.V.P. to ytbn.rsvp@gmail.com by Wednesday, August 15.

### • BJ 101

**Saturday, August 18**, following Shabbat morning services, 88th Street Frankel Hall: Beat the heat in the cool and comfortable Frankel Hall to learn about what makes BJ so unique. You'll hear from seasoned members about fascinating BJ traditions. Bring friends (non-members welcome) and bring questions. R.S.V.P. to Lisa Friedman at lfriedman@bj.org.

### • Tea and Topics

**Tuesday, September 4**, 2:00-3:00PM, 88th Street Frankel Hall: Join Mekusharim for our next Tea & Topics—an event in which BJ members share their special talents and accomplishments. BJ member Anne Millman will speak on "One Life—Three Careers," her evolution from teacher to professional writer to union activist. Enjoy an afternoon sharing the experiences of your extraordinary Mekusharim peers. Tea and pastry will be served. R.S.V.P. to Belinda Lasky at blasky@bj.org by Monday, September 3.

### • Shabbat Afternoon Picnic in the Park with 35-55s

**Saturday, September 8**, 1:00-3:00PM, Central Park, southwest corner of the Great Lawn behind Ballfield #1: Don't you love to picnic with friends? If you're approximately 35-55, come meet new people for an afternoon in the park. Bring blankets and a kosher vegetarian snack or drinks to share. R.S.V.P. to ytbn.rsvp@gmail.com by September 6.

### • Tekiah! Daily Reflections for Elul

Each morning in Elul, the shofar's call reminds us not only of the approach of the Yamim Nora'im, but also evokes within us a sense of urgency for the spiritual work necessary for teshuvah, a return to our better selves. To provide us with guidance, focus, and intention in this often challenging process, service leaders each morning at minyan and on Friday night will offer a specific kavannah, or reflection, throughout the month. Reflections will also be posted daily at [www.bj.org](http://www.bj.org).

### • Selihot—Why Don't People Ever Seem to Change? (and How We Can)

**Saturday, September 8**, teaching at 9:00PM followed by coffee hour at 10:30PM and the Selihot service at 11:00PM, 88th Street: The teaching will be facilitated by Rabbi Shai Held, Co-Founder and Chair in Jewish Thought at Mechon Hadar. Contemporary culture gives us many mixed messages. On the one hand, we're told that free will is an illusion; on the other hand, we're told that we're so malleable even our brains are "plastic." A mature spirituality recognizes that it's extremely hard to change who we are and that we're nevertheless obligated to work on doing just that. With the help of Jewish sources in conversation with contemporary psychology, we'll explore both obstacles and opportunities personal growth.

### • Join Rabbi Roly Matalon on a Study Visit to Israel

**November 11-17**: Learn about interesting developments in the area of prayer and spirituality: traditional, liberal, Ashkenazic and Sephardic. Study text with wonderful teachers, meet the leaders of our partner communities, attend the rabbinic ordination at Hebrew Union College of Esteban Gottfried, co-founder and spiritual leader of Tel Aviv's Beit Tefillah Israeli (BTI), and celebrate Shabbat with BTI. Cost per person: \$2,000/double \$2,850/single occupancy. This includes lodging, breakfast, Shabbat meals, study sessions and materials, and transportation from Jerusalem to Tel Aviv. Airfare, other meals and in-city transportation are not included. To reserve one of 20 spaces on the trip, contact Monique Rucker at [mrucker@bj.org](mailto:mrucker@bj.org).

### • Do you know how to work a video camera?

**Ongoing**, flexible dates and times: The Capturing Our Stories team is recording the personal narratives of BJ members on video. We are in need of volunteers of all ages who are comfortable using a home video camera to partner with the interviewers. If this describes you, please be in touch with Belinda Lasky at [blasky@bj.org](mailto:blasky@bj.org).

### • Dedicate a Mahzor for the High Holy Days

Rosh Hashanah and Yom Kippur will once again feature the High Holy Day prayer book *Mahzor Lev Shalem*, which debuted last year to great praise. A \$36 donation to BJ will defray the cost of one mahzor, which will be dedicated with a bookplate, acknowledging your gift and honoring or memorializing a loved one. You may dedicate a mahzor at [www.bj.org/mahzor](http://www.bj.org/mahzor). Dedications made by August 15 will be included before this year's services.

**SOCIAL ACTION/SOCIAL JUSTICE**

• **Hazon Bike Ride: Join the BJ Revolutionaries**

**Friday, August 31-Monday, September 3**, Isabella Freedman Jewish Retreat Center: Set a goal this summer: join the BJ Revolutionaries to get back on your bike and help make the world healthier and more sustainable. All levels of cycling ability welcome. The ride starts with a beautiful relaxing Shabbat retreat at Isabella Freedman Jewish Retreat Center in the Berkshires. There's a place for you in our warm, inclusive and diverse community — we can't wait to see you on Labor Day! Register at [www.hazon.org/nyride](http://www.hazon.org/nyride). For more information contact Mark Lipsy at [remark1@gmail.com](mailto:remark1@gmail.com).

• **Mitzvah in Your Sleep: Become a Shelter Sleepover Volunteer**

**Any evening, Sunday through Thursday**, 9:00PM-7:00AM, 86th Street Social Hall or 88th Street: We are looking to add new sleepover volunteers to our shelter roster. This is a great opportunity to fulfill the mitzvah of providing hospitality with dignity, all while sleeping through the night. It's easy to sign up for once a month or even once every other month. We would love to add you to the rotation! To volunteer or learn more, please contact Larissa Wohl at [lwohl@bj.org](mailto:lwohl@bj.org) or call x272.

• **Become a Shelter Food Donor this Summer**

Looking to give back this summer? The BJ/SPSA Homeless Shelter is in need of food donors, individuals or families, to prepare light meals for our guests. There are many options with open dates Sunday through Thursday from now through August. To find out more or to receive a list of available dates please contact Larissa at [lwohl@bj.org](mailto:lwohl@bj.org) or call x272.

**TZE'IRIM: 20s/30s**

• **Tze'irim Cooks for the Shelter**

**Monday, August 13**, 6:00-7:30PM, 88th Street Kitchen: Join us as we make dinner for the BJ/SPSA Homeless Shelter. We'll meet at 6:00PM downstairs in the kitchen (88th Street between Broadway and West End). As usual, there is a suggested donation to help cover the cost of groceries (\$6-10), and no cooking experience is necessary. R.S.V.P. at [www.bj.org/tzeirim](http://www.bj.org/tzeirim) by Sunday, August 12.

• **Serving Sunday Lunch and Socializing with Seniors**

**Sunday, August 26**, 12:00-2:30PM, Metropolitan Council on Jewish Poverty: Join Tze'irim as we make an inter-generational impact socializing and serving kosher lunch to low-income seniors. This is a great way to serve the community and have fun with your peers. After the event, we can nosh together. R.S.V.P. to the SA/SJ committee at [tz.bnaijeshurun@gmail.com](mailto:tz.bnaijeshurun@gmail.com) by Thursday, August 23.

**UPCOMING LIMUD** Please visit [www.bj.org](http://www.bj.org) for more information and to register.

• **Preparation for Yamim Nora'im 2012**

**BJ Rabbinic Fellows Adam Roffman and Jonah Geffen**

**2 Wednesdays** (September 5 and 12), 7:00-8:30PM, 88th St. Frankel Hall: During the Yamim Nora'im the Jewish people conduct a "heshbon hanefesh/accounting of the soul." This is a difficult task, but the expectations of our tradition are accompanied by wisdom and practices that guide and inspire us to meet this challenge. Accordingly, Elul is set aside as a period of prayer and introspection that inspires the High Holy Days to come. Together we can establish the pathways to the soul that make the Yamim Nora'im a time of great depth and transformation. Register at [www.bj.org](http://www.bj.org).

Hamalakh hago-el oti mikol-  
 yevarekh et-hane'arim veyikare vahem shemi  
 veshem avotai Avraham veYitzhak  
 veyidgu larov bekerev ha-aretz.

— Genesis 48:16

The Angel who has redeemed me from all harm  
 Bless the lads. In them may my name be recalled,  
 And the names of my fathers Abraham and Isaac,  
 And may they be teeming multitudes upon the earth.

הַמַּלְאָךְ הַגֹּאֵל אֶתִּי מִכָּל רָע  
 יְבָרֵךְ אֶת־הַנְּעָרִים וַיְקַרֵּא בְהֵם שְׁמִי  
 וַיִּשֶׂם אֲבֹתַי אַבְרָהָם וַיִּצְחָק  
 וַיִּדְגּוּ לְרֵב בְּקִרְבֵּי הָאָרֶץ :

## WELCOME TO B'NAI JESHURUN!

• **Membership at B'nai Jeshurun:** We invite you to become a member of our living, thriving community. The simple act of joining BJ is transformative. It is an acknowledgement that BJ is your community, its rabbis are your rabbis, and its sanctuary is your space. Our fair share dues system ensures no one will be turned away based on financial reasons. For more information, contact Lisa Friedman, Membership Associate, at x250 or lfriedman@bj.org.

• **A Note From the Ushers:** To prepare for the comfort and security of all, doors open 30 minutes before services begin. Both kippot and tallitot are available in the back of the Sanctuary. Photography, cell phone use, writing and food are not permitted in the Sanctuary. Damaged books may be brought to the back of the Sanctuary.

• **Scent-Free Policy at Services:** In consideration of the many people who have adverse respiratory reactions to the smells of perfume, cologne, and other chemicals, please refrain from wearing perfume or strong cologne to services.

• **Assistive Listening Devices for Services at BJ** are available during services at both 88th and 86th Streets. Ask an usher if you need one and please return the device when you leave.

• **Expand Your Social and Professional Network on LinkedIn and Facebook!** Hundreds of BJ members connect with each other through LinkedIn and Facebook. Become a member of the private "B'nai Jeshurun - New York City" LinkedIn group and benefit from your connection to this large community. You can share your professional information, post jobs, and be part of ongoing discussions. "Like" BJ's Facebook page, "B'nai Jeshurun NYC," and stay up-to-date with what's happening in the community.

**JOIN US AT THE BJ MORNING MINYAN:** Find current Morning Minyan information at [www.bj.org/minyan](http://www.bj.org/minyan). To receive a weekly minyan schedule by email, contact Ari Priven at [apriven@bj.org](mailto:apriven@bj.org).

Ana bekhoah gedulat yeminkha tatir tzerura  
Kabel rinat amekha sagevenu taharenu nora  
Na gibor dorshei yehudkha kevavat shomrem  
Barkhem taharem rahamei tzidkatkha tamid gomlem  
Hasin kadosh berov tuvekha nahel adatekha  
Yahid ge-e le'amekha pene zokhrei kedushatekha  
Shav'atenu kabel ushma tza'akatenu yode'a ta'alumot

Barukh shem kevod malkhuto le'olam va'ed

אָנאַ בְּכַח גְּדוּלַת יְמִינְךָ תִּתִּיר צָרוּרָה.  
קַבֵּל רִנַּת עַמְּךָ, שְׂגִיבֵנו טְהוּרָנוּ נוֹרָא.  
נָא גִבּוֹר, דּוֹרְשֵׁי יְחִוּדְךָ, כְּבַבְתָּ שְׂמֵרֵם.  
בְּרַכֵּם טְהוּרֵם רַחֲמֵי צְדָקָתְךָ תְּמִיד גְּמִלֵם.  
חֲסִין קְדוּשׁ בְּרוּב טוֹבְךָ נִהַל עֲדָתְךָ.  
יְחִיד גְּאֵה לְעַמְּךָ פְּנֵה זֹכְרֵי קְדוּשָׁתְךָ.  
שׁוּעָתֵנוּ קַבֵּל וּשְׁמַע צַעֲקָתֵנוּ יוֹדֵעַ תַּעֲלוּמוֹת.  
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Please, with Power  
Please, with the power of Your great right hand  
free the bound.  
Accept the song of Your people, empower us,  
make us pure, Awesome One!  
Please, Mighty One, the seekers of Your unity,  
watch them like the pupil of an eye.  
Bless them, make them pure,  
have mercy on them; Your justness  
bestow upon them always.  
Tremendous Holy One, in Your abundant  
goodness lead Your community.  
Unique One, Exalted One, face Your people  
who remember Your holiness.  
Accept our prayer, hear our cry,  
Knower of secrets.  
Blessed is the name  
of the Glory of the Kingdom

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ASL Interpreter available upon request.

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