

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

NOAH

TORAH: ANNUAL Genesis 6:9 -11:32

TRIENNIAL Genesis 11:1 - 1:32

- 1: 11:1 - 11:4
- 2: 11:5 - 11:9
- 3: 11:10 - 11:13
- 4: 11:14 - 11:17
- 5: 11:18 - 11:21
- 6: 11:22 - 11:25
- 7: 11:26 - 11:32
- Maftir: 11:29 - 11:32

HAFTARAH Isaiah 54:1 - 55:5

NEXT WEEK: **LEKH LEKHA**

TORAH: ANNUAL Genesis 12:1 -17:27

TRIENNIAL Genesis 16:1 - 17:27

HAFTARAH Isaiah 40:27 - 41:16

October 19-26, 2012

3-10 Heshvan, 5773

FRIDAY, OCTOBER 19

Reach for Shabbat Retreat

Kabbalat Shabbat Service

6:30 PM – 88th St. Sanctuary

SATURDAY, OCTOBER 20

Reach for Shabbat Retreat

**Hakhanah laTefillah—Preparing for Prayer
Shabbat Morning Services**

8:45 AM – 86th St. Chapel (SEE P.2)
9:30 AM – 86th St. Sanctuary

Bat Mitzvah

Binah Schatsky

Bar Mitzvah

Curtis Motulsky

Junior Congregation

10:30 AM – 86th St. Social Hall

Children's Services

10:45 AM – 86th St.

Community Kiddush

Following Services – 86th St.

Sacred Music Playshop

4:00 PM – 86th St. Chapel and Parlor
(SEE P.2)

SUNDAY, OCTOBER 21

Reach for Shabbat Retreat

Morning Minyan

9:30 AM – 88th St.

Mekusharim High Line Tour and Brunch

11:00 AM

MONDAY, OCTOBER 22

Morning Minyan

7:30 AM – 88th St.

BJ Hebrew School

4:00-6:00 PM

Limud: Introduction to Judaism

7:00 PM – BJ Office (SEE P.3)

TUESDAY, OCTOBER 23

Morning Minyan

7:30 AM – 88th St.

Limud: Great Jews and Their Writings

8:30 AM – 88th St. (SEE P.3)

Limud: Service of the Heart: A Study of

6:30 PM – 88th St. (SEE P.3)

Maimonides' Laws of Prayer

WEDNESDAY, OCTOBER 24

Morning Minyan

7:30 AM – 88th St.

THURSDAY, OCTOBER 25

Morning Minyan

7:30 AM – 88th St.

Judith Bernstein Lunch Program

12:00 PM – 88th St. Frankel Hall

Limud: Stories of the Talmudic Rabbis

12:30 PM (SEE P.3)

BJ Hebrew School

4:00-6:00 PM

Limud: Contemplative Practice Classes:

7:00 PM – 89th St. Chapel (SEE P.3)

Creating Space for Quiet

Limud: Davening 101

7:00 PM – BJ Office (SEE P.3)

FRIDAY, OCTOBER 26

Morning Minyan

7:30 AM – 88th St.

Bim Bam

9:15, 10:15, and 11:15 AM –
88th St. Frankel Hall

! SOCIAL ACTION/SOCIAL JUSTICE OPPORTUNITIES OF THE WEEK

• **Join BJ in Volunteering with**

Habitat for Humanity

Sunday, October 28, 9:15AM-4:30PM, 830 Jefferson

Avenue, Brooklyn: We have been invited to join Habitat for Humanity in rehabbing eight green, affordable condominiums for families in a four-story walk up building. This project is part of Habitat-NYC's 100 Homes in Brooklyn initiative to improve an iconic neighborhood through both new construction and rehabilitation of affordable homes. It is the perfect opportunity to bring a friend and get your hands dirty for a great cause. For more information or to sign up, contact Larissa at lwohl@bj.org or call x272.

• **Explorations in Caregiving and Care**

Receiving—Part 3 Workshop 3:

Aging Wisely Education Series

Tuesday, November 13, 7:00-9:00PM, 88th Street:

Join us for round table discussions to address the complexities and changing nature of being a caregiver for family members and/or friends. We will hear from BJ members about their personal experiences with caregiving and receiving. This is a wonderful opportunity to come together, share our stories, hear from others, and work through our questions and challenges as a community. Doors will open at 6:30. Register for the workshop at www.bj.org/aging3.

To register for classes and events, please visit 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 BJ

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

ANNOUNCEMENTS

HA-MAKOM YENAH'EM

The community of B'nai Jeshurun extends sincere condolences to the following members and their families:

- Paula and Maya Rackoff on the death of their mother and grandmother, Florence Lessch Rackoff.

MAZAL TOV

To the following members and their families:

- Binah Schatsky, her parents David Schatsky and Susan Bodnar, her brother Ronen, and her grandfather Sam Schatsky on Binah becoming a Bat Mitzvah.
- Curtis Motulsky, his parents Wendy Nacht and John Motulsky, and his siblings Margo and Reed on Curtis becoming a Bar Mitzvah.

TODAH RABBAH

- This week's Community Kiddush is co-sponsored by Susan Bodnar and David Schatsky in honor of Binah becoming a Bat Mitzvah, and by Wendy Nacht and John Motulsky in honor of Curtis becoming a Bar Mitzvah.

B'RUKHIM HABA-IM

- Rabbis Dennis and Sandy Sasso and Confirmation Class, Congregation Beth-El Zedeck, Indianapolis, Indiana.
- Rabbi Brett Krichiver and Confirmation Class, Indianapolis Hebrew Congregation, Indianapolis, Indiana.
- Joan Lorber and 6th Grade Religious School class, Temple Emanuel, Kensington, Maryland.
- Courtney Anthony and Confirmation Class, Temple Rodef Shalom, Falls Church, Virginia.
- Rabbi Bruce Lustig, Rabbi Susan Shankman, Rabbi Noah Fabricant and Confirmation Class, Washington Hebrew Congregation, Washington, DC.
- Rabbi Michael Feshbach and Confirmation Class, Temple Shalom, Chevy Chase, Maryland.

COMMUNITY ACTIVITIES

• Hakhanah laTefillah: Preparing for Prayer

Saturdays (October 20, November 3, November 24, December 8 and December 22), 8:45-9:20AM, 86th Street Chapel: Please join Rabbi Roly Matalon to prepare the soul and open the heart for Shabbat morning prayers through the singing of piyutim and reflections on kavannah.

• Sacred Music Playshop

Saturday, October 20, 4:00-7:00PM, 88th Street Frankel Hall: Join us for a unique awakening and healing journey blending sacred chant, movement and interactive meditation rooted in Kabbalistic, Sufi and other practices with Gabriel Meyer, musician and co-founder of Sulha Peace Project. We will practice flexibility, presence and courage. No previous experience necessary. If you can breathe, you are welcome! Gabriel travels the globe performing his music, leading sacred music workshops and is currently at work on his first solo album.

• New Member Shabbat Dinner

Friday, October 26, following the 6:30PM service, 88th Street: If you are a new member, experience the joy and warmth of Shabbat with us at BJ! Meet other new members who will later join you at the New Member Orientation Program. R.S.V.P. to lfriedman@bj.org by Friday, October 19.

• Special Needs Havdalah Service

Saturday, November 3, 5:45-7:00PM, 88th Street: Join BJ spiritual leaders and musicians for an interactive, warm, and inviting musical Havdalah service that will include Sam Antar becoming a Bar Mitzvah. As a demonstration of our commitment to inclusion, this will be an accessible Havdalah service, sensitive to children and young adults with physical and intellectual disabilities. Everyone is welcome, including members and non-members. R.S.V.P. is essential, as we will provide preparatory materials in advance. Please contact Hilary Schumer at hschumer@bj.org to R.S.V.P. or with any questions.

• Hebrew Marathon

Sunday, November 4, 11:00AM-3:00PM, 88th Street: Want to feel more comfortable in the prayer service but feel inhibited because you can't read Hebrew? Have you been meaning to learn the language but somehow never seemed to have the time? This unique seminar is perfect for you. Come for an intensive Hebrew marathon with teacher Michal Nachmany that will leave you wanting more. Learn the letters and vowels, and by the end of the day you will be reading Hebrew. Cost: \$60 for members. Registration required at www.bj.org.

• Something New: Yozma Shabbat Dinner for 35-55s

Friday, November 9, 8:00PM, 88th Street Frankel Hall: You've been hearing about the "Yet To Be Named" group for 35-55s... we now have a name! Please join us for a dinner to mark the official launch of Yozma (meaning "new initiative," something different and exciting). Share Shabbat with friends new and old as we celebrate this season of transition and Thanksgiving. Cost: \$36 members/\$46 non-members. Register at www.bj.org by Monday, November 5.

• Book Reading and Discussion with Ellen Schecter— *Fierce Joy: A Memoir*

Saturday, November 10, 1:00PM, 86th Street Chapel: Join the BJ Book Group in a discussion with BJ member Ellen Schecter, author of *Fierce Joy: A Memoir*, a medical mystery, a spiritual adventure, and a love story. When Ellen was diagnosed with a rare, potentially fatal disease, she lost the career she loved, found her way to BJ, and rediscovered her soul. Co-sponsored with Bikkur Holim.

• Contemplative Living Rooms

Mondays (November 12, December 10, January 14, February 11, March 11, April 8 and May 13) 7:00-8:30PM, at members' homes: There will be a contemplative Arvit service on the second Monday of the month starting November 12 with Rabbis Marcelo Bronstein and Rachel Cowan. Registration is first come, first served. Location will be given upon registration at ngoodhart@bj.org.

• Eat. Pray. Schmooze.

Havdalah Event for B'nai Jeshurun Members 35-55

Saturday, November 17, 5:00-7:00PM, 88th Street Frankel Hall: Please join us for Havdalah services and light refreshments. This is a wonderful opportunity to spend time with old and new friends. Catered snacks will be provided. Open to BJ members only. R.S.V.P. at www.bj.org is required by Wednesday, November 14.

• Thanksgiving Package Delivery with Dorot and the 35-55s

Sunday, November 18, 10:00AM-1:00PM, meet at Congregation Rodeph Sholom, 7 West 83rd Street, 5th floor: Visit seniors in their homes and bring a gift package of traditional foods and holiday items. Volunteers will travel in groups of 2-3 to individual senior homes on the Upper West Side and Upper East Side. R.S.V.P. at www.bj.org by Friday, November 9.

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COMMUNITY ACTIVITIES *(continued from page 2)*

• **Mekusharim Book Swap: Bring a Book/Browse a Book/Take a Book**
Sunday, November 18, 11:00AM, 88th Street: Bring up to three gently used books you loved; no textbooks. Browse and take home as many as you donated. It's a simple, eco-friendly way to replenish your library and meet fellow book-lovers. Refreshments, socializing, and even a prize. Open to the entire BJ community! R.S.V.P. encouraged to Belinda Lasky at blasky@bj.org.

• **Qigong Workshop**
Sunday, December 2, 9:00AM-1:30PM, 88th Street: The BJ Contemplative *Hevra* and Rabbi Marcelo Bronstein invite you to an introduction to Qigong, an ancient Chinese healing art that involves easy physical movements, gentle breathing and a relaxed meditative state of mind with Master Anthony Korahais, the director of the Flowing Zen Center in

Florida. We'll start and end with Jewish meditation. Please arrive on time and wear comfortable clothing. There will be snacks available. Registration is required at www.bj.org. Contact Naomi at ngoodhart@bj.org with questions.

• **BJ Contemplative Retreat In Nature—Costa Rica, January, 2013**
Sunday, January 20–Sunday, January, 28, Costa Rica: During a week of simple living in the rich ecology of the Costa Rican rain forest we will explore Jewish Contemplative Practice as a way to connect more deeply with our soul, our truest values, and with God and God's creation. Each day we will pray, meditate, set a *kavanah* (intention), follow integrative body movement practices and experience nature. This retreat is being led by Rabbi Marcelo Bronstein, Rabbi Rachel Cowan, Sol Gonzalez and local nature guides. Learn more and apply at www.bj.org/costarica.

CREATING KEHILLAH

YOUTH AND FAMILY EDUCATION

• **Hanukkah Children's Chorus**
Sundays, October 28–December 9, 9:30-10:30AM and 10:30-12:00PM, 88th Street Frankel Hall: Children in grades K-5 are invited to participate in a new Hanukkah program led by musician and Purim Spiel composer Jerry Korman. Children will attend weekly Sunday rehearsals (grades K-2, 9:30-10:30AM; grades 3-5, 10:30-12:00PM) leading up to multiple performances for the BJ community the week of December 9.

No audition necessary; all are welcome! For more details, email Kristen at kkersey@bj.org.

• **4th Grade B'nai Mitzvah Parent Orientation Meeting**
Wednesday, November 7, 7:00PM, 88th Street: Parents of children in 4th grade, or whose birthdates fall between September 2002 and December 2003, are invited to an informational meeting that will detail each step of the B'nai Mitzvah planning process. Though this meeting is optional,

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UPCOMING LIMUD Please visit www.bj.org for more information and to register.

• **Service of the Heart: A Study of Maimonides' Laws of Prayer**
Rabbi J. Rolando Matalon
Part I, 3 Tuesdays (remaining classes October 23, 30)
Part II, 4 Tuesdays (November 27, December 4, 11, 18)
6:30-8:00PM, 88th Street Sanctuary: We will examine the Rambam's approach to prayer in his legal code *Mishneh Torah—The Book Of Love (Sefer Ahavah)* and his invaluable teachings about the development of Jewish prayer, including: prayer as fulfillment of the commandments to serve God and to love God; the role of *kavannah*; what is the place of contemplation?; how can we reconcile spontaneous prayer and mandatory prayer?; can we petition God?; can prayer shape our character and influence our actions? Free of charge; registration required at www.bj.org.

• **Stories of the Talmudic Rabbis**
Rabbi J. Rolando Matalon
Part I, 3 Thursdays (remaining classes October 25, November 1)
Part II, 4 Thursdays (November 29, December 6, 13, 20),
12:30-1:30PM Lunch and Learn (please bring your own lunch), Midtown location provided upon registration: We will study stories that reflect the concerns and struggles, fears and fantasies, even the dark side of our Talmudic sages. We will attempt to look at ourselves in the mirror of the Talmud in order to understand and confront our own nature. No knowledge of Hebrew is required. Free of charge; registration required at www.bj.org.

• **Contemplative Practice Classes: Creating Space for Quiet**
Rabbis Rachel Cowan and Marcelo Bronstein
5 Thursdays (remaining classes November 8, 15, 29, December 6, 13),
7:00-9:00PM, 89th St. Chapel: At the core of many religions is a contemplative practice involving meditation, reflection, deep listening and cultivation of loving-kindness, compassion, truthfulness and *larity*. BJ has been in the forefront of renewing this tradition in the synagogue setting. This class combines regular practice for

experienced meditators with instruction suitable for beginners. Free: registration required at www.bj.org.

• **Introduction to Judaism**
Adam Roffman, BJ Rabbinic Fellow
Mondays (through May 13), 7:00-9:00PM, BJ Office, Conference Room: This course offers an overview of the core beliefs, practices, and history of Judaism and the Jewish people. We hope to deepen the understanding of those just beginning to explore Jewish life as well as of those who would like to participate more fully in the life of the Jewish community. No prior knowledge or experience necessary. Registration required at www.bj.org. Cost: individuals \$420/\$636, couples \$630/\$945.

• **Great Jews and Their Writings**
Rabbi Hillel Friedman
Tuesdays (through June 11), 8:30AM, 88th St. Sanctuary: We will study the lives and works of Jews from different periods of our history, and examine their contributions to our understanding of Judaism today. Rabbi Hillel Friedman, a longtime member of our community, has been teaching adult courses at BJ for the past nine years. Registration required: members \$100/non-members \$150 at www.bj.org.

• **Davening 101**
Jonah Geffen, BJ Rabbinic Fellow
Thursdays (through May 30), 7:00-8:30PM, BJ Office, Conference Room: The *siddur* is the guidebook of *tefillah*, and though central to our practice of prayer, the *siddur* is all too often difficult or impossible to access. Its structure is a mystery, its words foreign, its relevance to our own experience unclear. And yet, it is entirely knowable. Together we will explore the deep meaning of the words of our people's prayers, gain greater understanding of the structure of services, and learn the techniques and choreography of *tefillah*. Registration encouraged at www.bj.org.

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. To receive a weekly minyan schedule by email, contact Ari Priven at apriven@bj.org.

CREATING KEHILLAH (continued from page 3)

we highly encourage all parents to attend. There will be an opportunity to ask questions. Date applications (which will be received in the mail along with date/service selection information) may be turned in at that time. For more information contact Arlene Brandon at arabandon@bj.org or x223.

TZE'IRIM: 20s/30s

• Tze'irim Cooks for the Shelter

Monday, October 29, 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. by Sunday, October 28 at www.bj.org/tzeirim.

• Tze'irim's First Catered Shabbat Dinner of 5773

Friday, November 16, 8:00PM, 88th Street Frankel Hall: Looking to have Friday night Shabbat dinner with 75-100 of your closest friends? Join Tze'irim for our first catered kosher meal of the new year. Bring your friends or come to make new ones. Either way, you do not want to miss this event. Seating is limited. Cost for BJ members is \$29 and cost for non-members is \$39. Registration is now open at www.bj.org/tzeirim.

INTERFAITH

• Interfaith Committee Presents Father Michael Lapsley

Wednesday, October 31, 7:00-8:30PM, 88th Street: The Interfaith Committee welcomes you to join us for a dialogue and interfaith text study with Father Michael Lapsley of the Institute for Healing of Memories. An

Anglican priest who was active in the struggle against apartheid in South Africa, Father Lapsley lost both hands and an eye opening a letter bomb in 1990. He will share his courageous tale and inspiring efforts as well as highlights from his book *Redeeming the Past: My Journey from Freedom Fighter to Healer*. R.S.V.P. to Belinda Lasky at blasky@bj.org.

• Interfaith Storytelling Feast

Sunday, November 11, 5:00-7:30PM, 86th Street Social Hall: We'll join our Christian and Muslim friends to hear storytellers from our traditions and write stories together over a vegetarian potluck dinner. Space is limited and preregistration required; priority given to BJ members. R.S.V.P. by Sunday, October 28 to storyfeast@earthlink.net (preferred) or x379. Please provide all names and your phone number. There is no charge. Registration is not complete until you receive confirmation.

EVENTS OF INTEREST

• Mindful Parenting: Tips for Raising Joyful, Balanced Children

Wednesday, October 24, 7:30-9:00PM, Beit Rabban, 8 West 70th Street: Finding a balance in life and being aware of what's going on inside and learning to slow down are just a few of the lessons you'll take away from this session with Larry Schwartz, Board President of the Institute for Jewish Spirituality. Parents develop a deeper connection with their kids and kids develop a better appreciation of themselves and greater compassion toward others. Contact parenting@beitrabban.org for more information. Cost: \$10 suggested donation for non-Beit Rabban parents.

Ana Bekhoah

Ana bekhoah gedulat yeminkha tatir tzerura
Kabel rinat amekha sagevenu taharenu nora

אָנאַ בֵּכּוּחַ גְּדוּלַת יְמִינְךָ תַּתִּיר צְרוּרָה.
קִבֵּל רִנַּת עַמְךָ, שְׂגִבְנוּ טַהֲרָנוּ נוֹרָא.

Please visit BJ online at www.bj.org for more information: Membership at BJ • Class and Event Registration • BJ Publications • Calendar of Events
ASL Interpreter available upon request.

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