

קול ישראל

KOL JESHURUN



RABBIS:

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

HAZZAN & MUSIC DIRECTOR: Ari Priven

BJ RABBINIC FELLOWS: Alex Braver • Sarit Horwitz

BJ STUDENT HAZZAN: Shoshi Rosenbaum

NOAH

ROSH HODESH HESHVAN

TORAH: ANNUAL Genesis 6:9 - 11:32

TRIENNIAL Genesis 6:9 - 8:14

1: 6:9 - 6:16

2: 6:17 - 6:19

3: 6:20 - 6:22

4: 7:1 - 7:09

5: 7:10 - 7:16

6: 7:17 - 7:24

7: 8:1 - 8:14

Maftir: Numbers 28:9 - 28:15

HAFTARAH

Isaiah 66:1 - 24; 23

NEXT WEEK: **LEKH-LEKHA**

TORAH: ANNUAL Genesis 12:1 - 17:27

TRIENNIAL Genesis 12:1 - 13:18

HAFTARAH Isaiah 40:27 - 41:16

October 4-11, 2013

FRIDAY, OCTOBER 4

Tot Shabbat and Dinner
Preparing for Shabbat With Song
Kabbalat Shabbat Service

SATURDAY, OCTOBER 5

Shabbat Morning Services

Bat Mitzvah

Junior Congregation
Shabbat Discovery and Children's Service Options

Community Kiddush
Saying Yes in the Emptiness:
Rosh Hodesh Heshvan Women's Group

"And Now Israel, What Does Adonai
Your God Ask of You": The Teachings
of These Yamim Nora'im

Minha Service
Bar Mitzvah

SUNDAY, OCTOBER 6

Morning Minyan

MONDAY, OCTOBER 7

Morning Minyan

BJ Hebrew School
Limud: Introduction to Judaism

TUESDAY, OCTOBER 8

Morning Minyan
Limud: Great Jews and Their Writings
Limud: The Language of Truth

Life After Nursery School

WEDNESDAY, OCTOBER 9

Morning Minyan
Limud: Contemplative Classes:
Creating a Personal Prayer Practice

THURSDAY, OCTOBER 10

Morning Minyan
BJ Hebrew School
Judith Bernstein Lunch Program
Limud: Stories of the Talmudic Rabbis
Limud: Sparks: Hassidic Thoughts on the
Weekly Torah Portion

FRIDAY, OCTOBER 11

Morning Minyan 7:30 AM - 88th St.
Bim Bam

30 Tishrei-7 Heshvan, 5774

ROSH HODESH HESHVAN

5:15 PM - 88th St. Sanctuary
6:15 PM - 88th St. Sanctuary
6:30 PM - 88th St. Sanctuary

ROSH HODESH HESHVAN

9:30 AM - 86th St. Sanctuary
Molly Fraser
10:30 AM - 86th St. Social Hall
10:30 AM - 86th St. Parlor, Chapel,
and 2nd Floor
Following Services - 86th St. Social Hall
12:30 PM - 86th St. Chapel (SEE P.3)

5:30 PM - 89th St. Reception Room
(SEE P.3)

6:15 PM - 88th St.
Milo Truppinn

9:30 AM - 88th St.

7:30 AM - 88th St.

4:00-6:00 PM
7:00 PM - BJ Office (SEE P.3)

7:30 AM - 88th St.
8:30 AM - 88th St. (SEE P.3)
12:30 PM - BJ Office (SEE P.3)

6:00 PM - 88th St. (SEE P.3)

7:30 AM - 88th St.

7:00 PM - 88th St. (SEE P.3)

7:30 AM - 88th St.
4:00-6:00 PM
12:00 PM - 88th St. Frankel Hall
12:30 PM (SEE P.3)

7:00 PM - BJ Office (SEE P.3)

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



FALL SERVICE SCHEDULE

PLEASE NOTE CHANGE OF TIME! Beginning Friday, October 4, the Kabbalat Shabbat service will start at 6:30PM.



SOCIAL ACTION/SOCIAL JUSTICE OPPORTUNITY OF THE WEEK

• **BJ Hazorim CSA Community Shabbat Dinner Friday, November 1,** 88th St. Frankel Hall, 7:45-10:00PM (after the Kabbalat Shabbat service): Join us as we end our season with a delicious meal prepared by CSA members using organic produce from our partners at Free Bird Farm and area farmer's markets. Our dinner will celebrate our commitment to sustainability and our composting initiative, new this season. We will be joined by a farmer from Free Bird Farm. Bring your friends and family—you won't want to miss out. Register at www.bj.org by Monday, October 21. Questions? Contact Larissa, lwohl@bj.org, or call x272.

To register for classes and events, please visit www.bj.org.

SANCTUARY: 257 W. 88th St. • 89TH ST. COMMUNITY HOUSE: 270 W. 89th St. • OFFICE: 2109 Broadway (Ansonia), Suite 203, New York, NY 10023 • TEL: 212.787.7600 • FAX: 212.496.7600

WEBSITE: www.bj.org

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

ANNOUNCEMENTS

HA-MAKOM YENAHM

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

- Gary Langer, Catherine Rice, Gavriela and Eliana Langer on the death of Gary's father, Stephen V. Langer.
- Stephanie Weiner, Lawrence, Ethan, and Arielle Geismar on the death of Stephanie's father, Irwin M. Weiner.

COMMUNITY ACTIVITIES

• "And Now Israel, What Does Adonai Your God Ask of You":

The Teachings of These Yamim Nora'im

Saturday, October 5, 5:30PM, 89th St. Reception Room: Join Rabbis Matalon, Bronstein and Sol for a study of the primary texts and a discussion about their teachings during the High Holy Days. We will study, sing zemirot, share a light se'udah shelishit (the third meal of Shabbat), and conclude with Havdalah.

• Hakhanah laTefillah: Preparing for Prayer

2 Saturdays each month (reminding sessions Oct. 12 and 26; Nov. 16 and 23; Dec. 7 and 21), 8:45-9:25AM, 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.

• Yozma Fall Foliage Hike

Sunday, October 20, 9:00AM, meet in Grand Central Station by the round information booth: Join Yozma for a hike providing majestic views of the Hudson River and the Palisades. There are 5- and 8-mile options beginning in Riverdale, then over the Spuyten Duyvil bridge into Manhattan and along the greenway, ending at BJ. Meet in Grand Central Station at 9:00AM to ride to Spuyten Duyvil station in Riverdale. Hike is mostly flat, with an initial steep set of stairs. Bring your own lunch. R.S.V.P. to Craig Rosenberg at crosenberg6@optonline.net by Thursday, October 10.

• Come See *Soul Doctor* with Rabbi Marcelo Bronstein

Thursday, October 24, 5:00-10:00PM, 89th Street Middle Room and Circle in the Square, 1633 Broadway: *Soul Doctor* is the Broadway sensation that tells the story of Shlomo Carlebach and his contributions to modern Jewish music. If you've wondered how soul, gospel, jazz and popular American music formed the music we sing at BJ, you must see this show! Join Marcelo for a pizza dinner and chat about Carlebach at 89th Street at 5:00PM before heading down to the theatre together. The show begins at 7:00PM. Tickets are \$77 and registration is required by Monday, October 14 at www.bj.org. *Only 10 tickets still available!*

• New Member Shabbat Dinner

Friday, October 25, following the 6:30PM service, 88th Street Frankel Hall: Come experience the joy and warmth of Shabbat at BJ with your new community! Once services are over, head downstairs to Frankel Hall for a fully catered meal. Enjoy the opportunity to mingle in a relaxed atmosphere with your fellow new members, who will also join you at the New Member Orientation Programs in November and January. R.S.V.P. to Monty Miller by Friday, October 18 at mmiller@bj.org.

• Performance: Voices of Our Mothers

Sunday, November 10, 3:00-5:00PM, West End Collegiate Church, 245 West 77th Street: Breathing life into ancient texts and told from the point of view

MAZAL TOV

To the following members and their families:

- Molly Fraser, her parents Larry and Deborah Fraser, and her sister Rebecca Fraser on Molly becoming a Bat Mitzvah.
- Milo Truppín and his mother, Andrea Truppín, on Milo becoming a Bar Mitzvah.
- Eileen Lowenstein and Gary Fass on their engagement.
- Rachel Rosenthal and her entire family on her being honored as Kallat Bereishit at Darkhei Noam.

of the women, "In The Voice of Our Mothers" reveals the intimate and powerful narratives of our Biblical matriarchs. Performed by Miriam's Well, we see generations of women, learning, risking, and loving in all its complicated forms. The performance lasts 90 minutes followed by a 30-minute discussion. BJ proudly co-sponsors this powerful performance event with our interfaith partners: Muslim Consultative Network, Intersections International, and West End Church. Tickets are \$10; register at www.bj.org.

• MonoTasking: The Art of Being Present

January 19-26, 2014, Costa Rica: Join Rabbi Marcelo Bronstein, Rabbi Rachel Cowan, Sol Gonzalez and local nature guides for a week of simple living in the rich ecology of the Costa Rica rain forest and the rustic elegance and organic fine cuisine of La Montaña Azul Center. We will explore Jewish Mindfulness Practice as a way to connect more deeply with our soul, our truest values and with God's creation, of which we are an integral part. Learn more about the trip and how to register at www.bj.org/costarica2014.

New in 5774, Three Gateways to Shabbat!

Join us for one of three different Kabbalat Shabbat services on the second Shabbat of every month, beginning on Friday, October 11.

■ Family Kabbalat Shabbat Service

Rabbi Felicia Sol and Hazzan Ari Priven

6:00PM • 89th Street 3rd Floor

This new family-friendly Friday night service geared towards families with children in grades K-12 will last about an hour and will be followed by a delicious dinner (register at www.bj.org for dinner).

■ Alternative/Mindfulness Kabbalat Shabbat

Rabbis Marcelo Bronstein and Rachel Cowan, and

Student Hazzan Shoshi Rosenbaum

6:30PM • 89th Street Middle Room

This service will involve meditation, reflection, deep listening and personal engagement with the parashah.

■ Kabbalat Shabbat Service

Rabbi Roly Matalon and Lizzie Kraiem

6:30PM • 88th Street Sanctuary

For those who wish to come 15 minutes early, we will begin with spiritual preparation by singing beautiful Shabbat melodies.

We look forward to welcoming and celebrating Shabbat together with you.

CREATING KEHILLAH

YOUTH AND FAMILY EDUCATION

• Life After Nursery School: The Manhattan Public School

Admission Process

Tuesday, October 8, 6:00-8:30PM, 88th Street Sanctuary: Robin Aronow, Ph.D., BJ member and founder of School Search NYC will discuss the options, processes and deadlines for applying to a variety of NYC public school programs including zoned, district and citywide general education choice, charter, magnet, dual language and gifted and talented. R.S.V.P. at www.bj.org and email Kristen at kkersey@bj.org with any questions.

• Family Kabbalat Shabbat Service

Friday, October 11, 6:00PM, 89th Street Gym: We invite families to a new family-friendly Friday night service. Children in grades K-12 and their families will join the BJ spiritual leaders in welcoming Shabbat as a community. The service will last about an hour, followed by dinner at 89th Street. Register at www.bj.org to join us for dinner, and email Kristen at kkersey@bj.org with questions or dietary needs.

TZE'IRIM: 20s/30s

• Volunteer with Met Council's Family Violence Services

Sunday, October 6, 10:30AM-2:30PM, 130 East 59th Street: Learn about the painful and complex issue of domestic violence, which spans all ages and backgrounds. Come together with Tze'irim as we make and distribute domestic violence awareness kits to heavily trafficked NYC areas. We promise that this will be a meaningful and interesting experience. Even if you can only volunteer for an hour, R.S.V.P. at www.bj.org.

• Help Assemble Emergency Go-Kits

Sunday, October 13, 2:00-4:30PM, 120 West 106th Street: Join Tze'irim as we assemble emergency go-kits for the residents of Jewish Home Lifecare and seniors in Met Council's low-income housing sites. Be a life-saver and have fun, all at the same time. Having an emergency go-kit is a key element of disaster preparedness and can make a big difference in an emergency, particularly for vulnerable populations such as the elderly. R.S.V.P. by Wednesday, October 9 at www.bj.org.

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

• Great Jews and Their Writings

Rabbi Hillel Friedman

Tuesdays (through June 10), 8:30AM, 88th Street 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 Friedman is a longtime member of our BJ community. Registration required at www.bj.org: Members \$100/ Non-members \$150.

• Saying Yes in the Emptiness: Rosh Hodesh Heshvan Women's Group

Rabbi Felicia L. Sol and Sarit Horwitz, BJ Rabbinic Fellow

Saturday, October 5, 12:30-2:00PM, 86th Street Chapel: With the new year of 5774, we are granted the opportunity to build again. Join us in welcoming the month of Heshvan, the month of emptiness following the holiday-filled month of Tishrei. We will study midrashim about Rosh Hodesh as a holiday granted to women, which served as the basis for the building of women's ritual groups in the 20th century and on, and discuss in what other empty spaces rituals need to be built. Please bring a dairy/vegetarian contribution to our potluck lunch to share.

• Introduction to Judaism

Sarit Horwitz, BJ Rabbinic Fellow

Mondays (October 7-May 19), 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 by October 6 at www.bj.org: individuals \$420/\$636; couples \$630/\$945.

• Lunch and Learn: The Language of Truth: The Gerer Rebbe's Commentary on Parashat HaShavua (The Weekly Torah Portion)

Rabbi Felicia L. Sol

9 Tuesdays (October 8-November 19, December 3 and 10), 12:30-1:45PM, BJ Office, Conference Room: Study the weekly parashah through the commentary of the Sefat Emet, Rabbi Yehuda Leib Alter of Gur. Join Rabbi Felicia L. Sol for an exploration of this Hassidic commentary to delve deeper into the richness of our tradition while explor-

ing our own spirituality through these texts. Participants are encouraged to come for the entirety of the class, but each class will stand alone so new participants are always welcome. No prior knowledge is expected. All texts will be translated. Free of charge. Please register at www.bj.org.

• Contemplative Classes: Creating a Personal Prayer Practice with Rabbis Rachel Cowan and Marcelo Bronstein

7 Wednesdays (October 9, 16, 23, 30, November 6, 13 and 20), 7:00-9:00PM, 88th St Sanctuary: At the core of many religions is a contemplative practice involving meditation, reflection, deep listening and cultivation of loving-kindness, compassion, truthfulness and clarity. 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 of charge. Registration required at www.bj.org.

• Lunch and Learn: Stories of the Talmudic Rabbis

Rabbi J. Rolando Matalon

7 Thursdays (October 10, 17, 24, November 14, 21, December 5, 12), 12:30-1:30PM, location provided upon registration (please bring your own lunch): 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 for this class is now closed.

• Sparks: Hassidic Thoughts on the Weekly Torah Portion

Alex Braver, BJ Rabbinic Fellow

Thursdays (October 10-May 22), 7:00-9:00PM, BJ Office, Conference Room: Known for their interpretive creativity and theological daring, the Hassidic masters of 18th-early 20th century Europe believed that a hidden divine spark could be found in everything, from each individual letter in the Torah to our everyday thoughts and actions. Together, we will learn some of their teachings on the weekly Torah portion, and explore the ways in which their words might affect us each in a deeply personal way. Registration required by October 9 at www.bj.org. Free of charge.

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 sliding scale dues system ensures no one will be turned away based on financial reasons. For more information, contact Belinda Lasky, Assistant Executive Director, at x224 or blasky@bj.org.

• **"BJ Speak" Glossary:** Do you have questions about commonly used words and phrases at BJ? We have the answer: a BJ Speak Glossary. Visit the back of the 88th Street Sanctuary for a laminated sheet filled with definitions and explanations of everything you want to know. Brought to you by the Education and Communications Team.

• **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.

• **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: The morning minyan is an opportunity to experience BJ tefillah in a more intimate setting and a wonderful way to get to know one another better. Please make every effort to attend so our members are able to say kaddish with the required minyan and in a supportive environment. Learn more and find the current schedule at www.bj.org/minyan.

Ana Bekhoah

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 תַּתִּיר צָרוֹרָה.
קַבֵּל רִנַּת עַמְּךָ, שְׂגִבְנוּ טְהַרְנוּ נוֹרָא.
נָא גִבּוֹר, דּוֹרְשֵׁי יְהוּדָךָ, כְּבַבְתָּ שְׂמַרְם.
בְּרַכֶּם טְהַרְם רַחֲמֵי צְדִקְתְּךָ תְּמִיד גְּמֻלָּם.
חֲסִין קְדוּשׁ בְּרוּב טוֹבְךָ נְהַל עֲדָתְךָ.
יְחִיד גֵּאָה לְעַמְּךָ פִּנְה זֹכְרֵי קְדוּשַׁתְּךָ.
שׂוֹעֲתֵנוּ קַבֵּל וּשְׁמַע צַעֲקוֹתֵנוּ יוֹדֵעַ תַּעֲלוּמוֹת.
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֵד.

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