

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

LEKH-LEKHA

TORAH: ANNUAL Genesis 12:1 - 17:27

TRIENNIAL Genesis 12:1 - 13:18

1: 12:1 - 12:3

2: 12:4 - 12:9

3: 12:10 - 12:13

4: 12:14 - 12:20

5: 13:1 - 13:4

6: 13:5 - 13:11

7: 13:12 - 13:18

Maftir: 13:16 - 13:18

HAFTARAH

Isaiah 40:27 - 41:16

NEXT WEEK: VAYERA

TORAH: ANNUAL Genesis 18:1 - 22:24

TRIENNIAL Genesis 18:1 - 18:33

HAFTARAH II Kings 4:1 - 4:23

October 11-18, 2013

7-14 Heshvan, 5774

FRIDAY, OCTOBER 11

Three Gateways to Shabbat—see sidebar for more information:

Family Kabbalat Shabbat Service and Dinner 6:00 PM – 89th St. Third Floor

Preparing for Shabbat With Song 6:15 PM – 88th St. Sanctuary

Kabbalat Shabbat Service 6:30 PM – 88th St. Sanctuary

Alternative Mindfulness Kabbalat Shabbat Service 6:30 PM – 89th St. Middle Room

SATURDAY, OCTOBER 12

Hakhanah laTefillah—Preparing for Prayer 8:45 AM – 86th St. Chapel (SEE P.2)

Shabbat Morning Services 9:30 AM – 86th St. Sanctuary

Shabbat Discovery and Children's Service Options 10:30 AM – 86th St. Parlor, Chapel, and 2nd Floor

Community Kiddush Following Services – 86th St. Social Hall

Speaker: 12:30 PM – 86th St. Chapel

Rabbi Miriam C. Berkowitz, Executive Director

Kashovot: Advancing Pastoral Care in Israel

Special Needs Havdalah 5:45 PM – 88th St. Frankel Hall (SEE P.4)

SUNDAY, OCTOBER 13

Morning Minyan 9:30 AM – 88th St.

MONDAY, OCTOBER 14

Morning Minyan 7:30 AM – 88th St.

BJ Hebrew School

Limud: Introduction to Judaism 7:00 PM – BJ Office (SEE P.3)

TUESDAY, OCTOBER 15

Morning Minyan 7:30 AM – 88th St.

Limud: Great Jews and Their Writings 8:30 AM – 88th St. (SEE P.3)

Limud: The Language of Truth 12:30 PM – BJ Office (SEE P.3)

WEDNESDAY, OCTOBER 16

Morning Minyan 7:30 AM – 88th St.

Limud: Contemplative Classes: 7:00 PM – 88th St. (SEE P.3)

Creating a Personal Prayer Practice

THURSDAY, OCTOBER 17

Morning Minyan 7:30 AM – 88th St.

BJ Hebrew School 4:00-6:00 PM

Judith Bernstein Lunch Program 12:00 PM – 88th St. Frankel Hall

Limud: Stories of the Talmudic Rabbis 12:30 PM (SEE P.3)

Limud: Sparks: Hassidic Thoughts on the 7:00 PM – BJ Office (SEE P.3)

Weekly Torah Portion

FRIDAY, OCTOBER 18

Reach for Shabbat Retreat (through Sunday)

Morning Minyan 7:30 AM – 88th St.

Bim Bam 9:15, 10:15, and 11:15 AM –

88th St. Frankel Hall

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.

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 YENAH'EM

The Community of B'nai Jeshurun mourns the death of our member Elie Housman, and we extend our sincere condolences to his wife, Elaine Housman, and their entire family.

B'RUKHIM HABA-IM

• Benjamin Frandsen and youth group, Church of Jesus Christ of Latter-day Saints, New York, New York.

COMMUNITY ACTIVITIES

• Hakhanah laTefillah: Preparing for Prayer

2 Saturdays each month (remaining 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.

• Shira Yoga: An Integrated Practice for Body and Soul

Shuli Passow and Dan Nadel

One Saturday a month (first session Saturday, October 19 at 5:15PM), begins 90 minutes before the end of Shabbat, 89th Street Middle Room: Bring voice, breath and body together in these sessions that will combine two devotional practices: Asana Yoga and Piyut (Hebrew liturgical poetry). Each week we will study a new piyut, sing and chant together, and explore the piyut's theme through an embodied yoga practice. We will have a limited number of yoga mats available; please bring your own if you have one. No experience necessary, all are welcome. Please register at www.bj.org.

• Yozma Fall Foliage Hike

Sunday, October 20: 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.

• Yozma Karaoke Night

Thursday, October 24, 6:30-8:30PM, Karaoke Duet 53 (900 8th Avenue at 53rd Street): For everyone who loves to sing, eat, drink or generally have fun, Yozma has booked a private karaoke room at a rocking mid-town karaoke club. The cost is \$14/person. We can accommodate approximately 20 people so please register early. You can bring your own food to the club. A full cash bar is available. Make sure to bring ID. It should be a great time. Come one, come all, and get your song on. For more information, contact Jed Aber at jed.aber@gmail.com. Register at www.bj.org by Wednesday, October 23.

• 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.

• "Hannah's Prayer": A BJ-Drisha Learning Session in Memory of Elga Stulman (z"l)

Saturday, October 26, 4:30PM, 88th Street Sanctuary: The biblical Hannah, through her fervent prayer in the opening chapter of the Book of Samuel, became a role model of prayer for the Talmudic rabbis. We will study both the biblical text as well as a section in the Talmud in which important principles of Jewish prayer are learned from Hannah. This learning session led by Rabbi David Silber of the Drisha Institute and Rabbi Roly Matalon is in memory of Elga Stulman's (z"l) 10th yearzeit.

• Community Conversation About Postpartum Depression

Wednesday, October 30, 7:00-8:30PM, 88th Street Frankel Hall: Many women experience mild mood changes during or after the birth of a child. As many as 15 to 20% of women experience more significant symptoms of depression or anxiety. Join Rabbi Felicia Sol and two leading experts, Sonia Murdock and Dr. Shari I. Lusskin, who will speak about identifying and treating postpartum depression. Registration suggested, but not required, at www.bj.org. This program is presented in loving memory of BJ member Cindy Wachenheim.

• Are You A New Member of BJ?

Monday, November 4 and Thursday, November 14, 6:30-9:00PM, location provided upon registration: Have you joined B'nai Jeshurun in the past year? If so, we have a hand-crafted experience just for you. Our New Member Orientation Programs (NMOPs) are the best way to get all of the insider info you need to know about BJ. Now is your chance to learn about our shared history and schmooze with our rabbis, hazzan, and other new members. The NMOP is a 2-session series and we encourage you to attend both sessions. R.S.V.P. to Monty Miller at mmiller@bj.org by Monday, October 28.

• 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 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.

• Keys to Unlocking and Passing Along Family Values

Tuesday, November 19, 6:30-9:00PM, 88th Street Sanctuary: How do you want loved ones to remember you? What values do you want to pass along to them? For answers, join this intergenerational workshop led by Sharna Goldseker, an expert on how values are passed from one generation to the next. By examining a series of stirring photocards, you can find which ones speak to you. Then, through discussion in small groups, you can uncover why. This is a journey of self-discovery you won't want to miss. Refreshments served. Free; registration required 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.

SOCIAL ACTION/SOCIAL JUSTICE

• **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.

YOUTH AND FAMILY EDUCATION

• **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.

• **Special Needs Havdalah Service**

Saturday, October 12, 5:45-7:00PM, 88th Street Frankel Hall: Join Rabbi Marcelo Bronstein and BJ musicians for an interactive, warm, and inviting musical Havdalah Service. 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.

(continued on page 4)

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

• **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 exploring 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 (remaining classes October 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 (remaining classes October 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.

• **Introduction to Judaism**

Sarit Horwitz, BJ Rabbinic Fellow

Mondays (through 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 is required at www.bj.org: individuals \$420/\$636; couples \$630/\$945.

• **Sparks: Hassidic Thoughts on the Weekly Torah Portion**

Alex Braver, BJ Rabbinic Fellow

Thursdays (through 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 is at www.bj.org. Free of charge.

• **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.

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.

CREATING KEHILLAH (continued from page 3)

TZE'IRIM: 20s/30s

• 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 lifesaver 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. at www.bj.org.

EVENTS OF INTEREST

• Havdalah and Presentation by Shoshannah Nambi of Abayudaya Community in Uganda

Saturday, October 12, 8:00-9:30PM, West End Synagogue (190 Amsterdam Avenue): As part of the Kulanu (an organization which supports isolated and emerging Jewish communities) speaking tour, West End Synagogue will be welcoming Shoshannah Nambi. A leader of the Abayudaya Jewish community of Uganda, she will be speaking about the changing lives of women in her community, give a presentation about the programs supported by Kulanu, and sing traditional Abayudaya music.

Haḥamah merosh ha-ilanot nistaleka
bo-u venetze likrat shabbat hamalkah.
Hineh hi yoredet hakedosha, haberukha,
ve'imah mal-akhim tzva shalom umnuḥah.
Bo-i, bo-i, hamalkah, bo-i, bo-i, hakalah.
Shalom aleikhem mal-akhei hashalom.

Kibalnu penei shabbat birnanah utfilah,
habaitah nashuva, belev male gilah.
Sham arukh hashulḥan, hanerot ya-iru,
kol pinot habayit yizraḥu, yazhiru.
Shabbat shalom umvorakh, shabbat shalom umvorakh,
bo-akhem leshalom, mal-akhei hashalom.

הַחֶמֶה מֵרֹאשׁ הָאֵילָנוֹת נִסְתַּלְקָה
בָּאוּ וְנִצְאָ לְקִרְאֵת שַׁבַּת הַמַּלְכָּה.
הִנֵּה הִיא יוֹרֶדֶת הַקְּדוּשָׁה, הַבְּרוּכָה,
וְעִמָּהּ מַלְאָכִים צָבֵא שְׁלוֹם וּמְנוּחָה.
בּוֹאִי, בּוֹאִי, הַמַּלְכָּה, בּוֹאִי, בּוֹאִי, הַכֶּלֶה.
שְׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁלוֹם.

קִבַּלְנוּ פְּנֵי שַׁבַּת בִּרְנַנָּה וְתִפְלָה,
הַבַּיִתָּה נִשׁוּבָה. בְּלֵב מָלֵא גִילָה.
שָׁם עָרוּךְ הַשְּׁלַחַן, הַנֵּרוֹת יִאִירוּ,
כָּל-פְּנוֹת הַבַּיִת יִזְרְחוּ, יִזְהִירוּ.
שַׁבַּת שְׁלוֹם וּמְבֻרָךְ, שַׁבַּת שְׁלוֹם וּמְבֻרָךְ,
בְּאַכְּם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם.

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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