

RABBIS:

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

HAZZAN & MUSIC DIRECTOR: Ari Priven

BJ RABBINIC FELLOWS: Alex Braver • Sarit Horwitz • Bryan Wexler

BJ STUDENT HAZZAN: Shoshi Rosenbaum

LEKH LEKHA

TORAH: ANNUAL Genesis 12:1 - 17:27

TRIENNIAL Genesis 14:1 - 15:21

- 1: 14:1 - 14:9
- 2: 14:10 - 14:16
- 3: 14:17 - 14:20
- 4: 14:21 - 14:24
- 5: 15:1 - 15:6
- 6: 15:7 - 15:16
- 7: 15:17 - 15:21
- Maftir: 15:17 - 15:21

HAFTARAH Isaiah 40:27 - 41:16

NEXT WEEK: **VAYERA**

TORAH: ANNUAL Genesis 18:1 - 22:24

TRIENNIAL Genesis 19:1 - 20:18

HAFTARAH II Kings 4:01 - 4:23

October 31–November 7, 2014

7–14 Heshvan, 5775

FRIDAY, OCTOBER 31

Reach for Shabbat Retreat (through Sunday, Nov. 2)

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

SATURDAY, NOVEMBER 1

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

Childcare (Ages 2-6) 9:30 AM – 86th St. Parlor

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

Bat Mitzvah Ella Rubin

Children's Services 10:45 AM – 86th St. Chapel, Parlor and 2nd Floor
Community Kiddush Following Services – 86th St. Social Hall

Special Needs Havdalah Service 5:30 PM – 88th St. Frankel Hall (SEE P.2)

SUNDAY, NOVEMBER 2

Morning Minyan 9:30 AM – 89th St. Chapel

MONDAY, NOVEMBER 3

Morning Minyan 7:30 AM – 89th St. Chapel

BJ Hebrew School 4:00-6:00 PM

TUESDAY, NOVEMBER 4

Morning Minyan 7:30 AM – 89th St. Chapel
Limud: Great Jews and Their Writings 8:30 AM – 89th St. 1st Floor (SEE P.3)
Creative Play Studio 10:15 and 11:15 AM – 89th St.

Limud: The Language of Truth 12:30 PM – 89th St. (SEE P.3)
Afternoon Play Studio 3:30 PM – 89th St.
Keshet 4:00 PM – 89th St.
KesheTOT 4:00 PM – 89th St.

Movie Screening and Discussion: *Bipolarized* 7:00 PM – 88th St. Sanctuary (SEE P.2)

WEDNESDAY, NOVEMBER 5

Morning Minyan 7:30 AM – 89th St. Chapel

Limud: Introduction to Judaism 7:00 PM – 89th St. 2nd Floor Conference Room
Limud: Mindfulness Classes: 7:00 PM – 89th St. Chapel (SEE P.3)

Creating a Personal Prayer Practice
B'nai Mitzvah Parent Orientation Meeting 7:00 PM – 88th St. Sanctuary

THURSDAY, NOVEMBER 6

Morning Minyan 7:30 AM – 89th St. Chapel
Limud: Behind the Headlines in Israel 8:30 AM – 89th St. (SEE P.3)

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: When the End of Life Arrives: An Exploration of Death and Mourning 6:30 PM – 89th St. Reception Room (SEE P.3)
Limud: Avodat Ha-Lev: Exploring Prayer and the Siddur 7:00 PM – 89th St. 2nd Floor Conference Room (SEE P.3)

FRIDAY, NOVEMBER 7

Morning Minyan 7:30 AM – 89th St. Chapel
Bim Bam 9:15, 10:15, and 11:15 AM – 88th St. Frankel Hall

SOCIAL ACTION/SOCIAL JUSTICE OPPORTUNITY OF THE WEEK

• **CSA Farm Fresh Community Shabbat Dinner**
Friday, November 7, 7:45-10:00PM (following the Kabbalat Shabbat service), 88th Street Frankel Hall. Join us for the BJ Hazorim CSA's 4th annual Farm Fresh Community Shabbat Dinner. Each year, we end our season with a delicious meal prepared by CSA members using organic produce from our partners at Free Bird Farm and area farmers' markets. Bring your friends and family—you won't want to miss out. Register at www.bj.org. Contact Larissa at lwohl@bj.org with any questions, or call x272.

2014 Kabbalat Shabbat Services

Join us on Friday night—choose from one of our many service options listed below. Check www.bj.org/services or this KJ (pages 2-3) for details.

First Friday of the Month

Tot ShabbatNov. 7, Dec. 5

Second Friday of the Month

MindfulnessNov. 14, Dec. 12
and

Family ShabbatNov. 14, Dec. 12

Third Friday of the Month

Bo-i KallahNov. 21, Dec. 19

Fourth Friday of the Month

Hitoreri (Teen) ShabbatJan. 23, 2015

Every Friday: Kabbalat Shabbat

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

SANCTUARY: 257 West 88th Street • OFFICE: 270 West 89th Street, New York, NY 10024-1705 • TEL: 212.787.7600 • FAX: 212.496.7600 • WEBSITE: www.bj.org

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

ANNOUNCEMENTS

MAZAL TOV

To the following members and their families:

- Ella Rubin, her parents Perri Kipperman and Ron Rubin, and her sister Evan Rubin on Ella becoming a Bat Mitzvah.
- Eileen Loeb and Russell Shapiro on the birth of their daughter, Sasha Dylan Loeb Shapiro.
- Nicole Duclos and Alan Roemer on the birth of their son, Noah Eli Roemer.

COMMUNITY ACTIVITIES

• Hakhanah laTefillah—Preparing for Prayer

5 Saturdays (remaining sessions: November 1, 15, 29, December 13), 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.

• Special Needs Havdalah Service

Saturday, November 1, 5:30-7:00PM, 88th Street Frankel Hall: Join Rabbi Marcelo Bronstein and Student Hazzan Shoshi Rosenbaum for an interactive, warm and inviting musical Havdalah service. As a demonstration of our commitment to inclusion, this will be an accessible experience, sensitive to children and young adults with physical and intellectual disabilities. Everyone is welcome, including members and non-members.

• Movie Screening: *Bipolarized*, Starring Ross McKenzie

Tuesday, November 4, 7:00-9:00PM, 88th Street Sanctuary: Diagnosed with bipolar disorder, Ross McKenzie embarks on a journey to treat his symptoms through alternative treatments. The film uses Ross' personal experiences to tell a larger story about psychotropic medication and its effects. Rabbi Marcelo Bronstein will engage in dialogue with Ross at the end of the screening. Free admission. For questions, contact Sandra at sghiorzo@bj.org.

• New Member Shabbat Dinner

Friday, November 7, 8:00-10:00PM, following Kabbalat Shabbat services, 89th Street Middle Room: Come experience the joy and warmth of Shabbat at BJ with your new community! Once services are over, take a walk around the corner to the 89th Street Community House 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 Program on Wednesday, December 3. R.S.V.P. to agreenstein@bj.org by Wednesday, November 5.

• 8th Annual Other Israel Film Festival

Thursday, November 6–Thursday, November 13, times vary, JCC in Manhattan, 334 Amsterdam Avenue at 76th Street, and other locations: The Other Israel Film Festival provides a dynamic and inclusive forum for exploration of, and dialog about, minority populations in Israeli society. The Festival also includes films and engaging discussion panels. Information and tickets: www.otherisrael.org. Special code for BJ members: EFZBJ. The BJ Hebrew Literature group will attend *The Dove Flyer* on Wednesday, November 12. Tickets: www.bj.org/israelevents.

• Audrey Sieger, Larry Drath, Dalia Levy and Carl Cunow on the birth of their grandson and son. We also extend a Mazal Tov to Ari, Nina, Aaron, Mariel and Sofia Priven.

TODAH RABBAH

This week's Community Kiddush is supported by Perri Kipperman and Ron Rubin in honor of Ella becoming a Bat Mitzvah.

• The Art of Expanding Our Inner Awareness: Presentation by Rabbi Yoel Glick—Open To All

Wednesday, November 5, 7:00-9:00PM, 89th Street Reception Room: Rabbi Marcelo Bronstein and the Mindfulness Hevra invite you to Rabbi Glick's presentation. We will explore the five main forms of meditation: stilling the mind, visualization, concentration, mantra chanting and contemplation. We will also practice meditations for each of these techniques, and explore the inner changes that they set into motion. Registration not required.

• Mindfulness Kabbalat Shabbat Service

Friday, November 14, 6:30PM, 89th Street Reception Room: Led by Rabbis Bronstein and Cowan, Student Hazzan Shoshi Rosenbaum and special guest Karina Zilberman, this service involves meditation, reflection and personal engagement with the parashah. Contact Sandra at sghiorzo@bj.org for additional information.

• More Shabbat

Friday, November 14–Saturday, November 15: What is *More Shabbat*? Shabbat is about choosing restoration, delight and healing. Spend an entire Shabbat with your BJ community from sundown on Friday, November 14 until Havdalah on November 15. Step away from routine and engage in learning, playing, schmoozing, meditating, praying and singing. Stay tuned for details about this special 24-hour event.

• The Global Day of Jewish Learning

Sunday, November 16, 9:45AM-5:00PM, Drisha Institute, 37 W. 65th St., 5th Floor: This event brings the Jewish people together for community-based learning. This year's theme is "Heroes, Villains, Saints, and Fools: The People in the Book." Rabbinic Fellow Bryan Wexler will teach during this extraordinary day of learning. For more information, visit drisha.org/globalday.php.

• Celebrate the Ethiopian Sigd at BJ—Save The Date

Sunday, November 16, 88th Street Sanctuary: Come eat, sing and rejoice with the local Israeli Ethiopian community and spiritual leaders, Keso, from Israel for the Sigd (Amharic for prostration). 50 days after Yom Kippur, the festival is about yearning for Jerusalem. This event is co-sponsored by Chassida Shmella and the Israeli Consulate in NY. Dinner will be served. \$30 BJ members, \$40 non-members, \$45 at the door. Register at www.bj.org/israelevents. For more information, contact Orli Moss at omoss@bj.org.

(continued on page 3)

SAVE THE DATE

Night of 100 Dinners

Saturday, January 10, 2015

Great Food • Great Company • Great Raffles • Great Fun

... and a great way to support BJ!

COMMUNITY ACTIVITIES *(continued from page 2)*

• Bo-i Kallah—A Monthly Kabbalat Shabbat Service

Fridays (November 21, December 19), 6:30PM, 89th Street Reception Room: Rabbi Roly Matalon and musician Dan Nadel will lead an alternative Kabbalat Shabbat service on the third Friday evening of each month. With the help of soulful melodies, verses of Shir haShirim (Song of Songs), liturgical poems and Psalms, we will transition gently and with full kavannah from hol to kodesh—leaving the ordinary work week consciousness in order to enter holy time and welcome Shabbat.

• Israeli Literature Book Group Is Back

6 Mondays (remaining sessions: December 8, January 12, February 23, March 30, and May 4), 7:30-9:00PM, 89th Street Community House: What can books teach us about Israeli society that we don't learn from the newspaper headlines? Led by BJ member Ellen Bender and Orli Moss, we will read books that provide insight and provoke conversation. Our next book will be *Suddenly a Knock on the Door* by Etgar Keret. Register at www.bj.org/israelevents. For more information, contact Orli Moss at omoss@bj.org.

CREATING KEHILLAH

YOUTH AND FAMILY EDUCATION

• B'nai Mitzvah Parent Orientation Meeting

Wednesday, November 5, 7:00PM, 88th Street Sanctuary: Parents of children in 4th grade, or whose birth dates fall between September 2004 and December 2005, are invited to an informational meeting that will detail each step of the B'nai Mitzvah planning process, including date applications. We highly encourage all B'nai Mitzvah candidate parents to attend. For more information, contact Beth Tarson at btarson@bj.org.

• Tot Shabbat

Friday, November 7, 5:15PM, 88th Street Sanctuary: Families will enjoy a kid-friendly Kabbalat Shabbat service filled with singing and dancing, followed by a dinner at 5:45PM (downstairs in Frankel Hall) complete

with Shabbat blessings and songs. Vegetarian options will be available; dietary laws observed. Cost is \$25/members and \$32/non-members; thanks to a generous donation, all children eat free. Register at www.bj.org/events. Contact Allison Kapusta at akapusta@bj.org with any questions.

• PJs and Havdalah

Saturday, November 15, 4:15-5:30PM, 89th Street Community House: Families with children ages 5 and under are invited to explore Havdalah, the ceremony that marks the end of Shabbat, through art, song, and story. Kids are encouraged to come in pajamas to help create a warm and cozy atmosphere as we say goodbye to Shabbat and look forward to the week ahead.

(continued on page 4)

UPCOMING LIMUD/TEACHING Please visit www.bj.org for full course descriptions and more information.

• Great Jews and Their Writings

Rabbi Hillel Friedman

Tuesdays (through May 19), 8:30AM, 89th Street 1st Floor: We will study excerpts from the Books of Samuel and Job. In their very unique ways, both books raise questions regarding standards for communal leadership and those factors that we struggle with in order to find meaning in life. Rabbi Friedman is a longtime member of our BJ community. Register at www.bj.org/events. Members \$100; non-members \$150.

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

Rabbi Felicia L. Sol

7 Tuesdays (remaining classes: November 4, 11, 18 and 25, December 2 and 16), 12:30-1:45PM, 89th Street Middle 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. Each class is stand-alone and free of charge. Please register at www.bj.org/events.

• Adonai, Open My Lips—אֲדֹנָי שִׁפְתַי תִּפְתָּח

Rabbi J. Rolando Matalon

7 Tuesdays (remaining classes: November 18, December 2, 16, January 13, 27, February 10), 6:30-8:30PM, 89th Street Middle Room: How do I open my heart to prayer? What happens when I pray? Who do I pray to? What/Who do I pray for? How do I find my own voice in prayer? Together with Rabbi Roly Matalon, we will open and examine these and other prayer-related questions through personal reflection, text study, discussion and practice. Free of charge. Register at www.bj.org/events.

• Mindfulness Classes: Creating a Personal Prayer Practice

Rabbis Rachel Cowan and Marcelo R. Bronstein

7 Wednesdays (remaining classes: November 5, 12 and 19, December 3, 10 and 17), 7:00-9:00PM, 89th Street Chapel: Why do we pray? Where can prayer take us? How could it change us? In this class, we will utilize meditation, contemplative text study, music and reflection to meaningfully connect to prayer as a spiritual practice. Free of charge. Register at www.bj.org/events.

• Behind the Headlines in Israel

5 Thursdays (remaining classes: November 6, 20, December 4, 18), 8:30-9:15AM, 89th Street Community House: What headlines are Israelis waking up to? Start the day with an overview of Israeli news in four key areas: politics, society, culture and Middle East events. To join over the phone, please dial 866-672-5590, conference code 975 5145 531. Led by Dr. Jonathan Cummings, political analyst and scholar of Israel and the Middle East. Free of charge. Registration required at www.bj.org/israelevents.

• Lunch and Learn: Stories of the Talmudic Rabbis

Rabbi J. Rolando Matalon

5 Thursdays (remaining classes: November 20, December 4, 11, 18), 12:30-1:30PM, 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. Please bring your own lunch. Free of charge. Register at www.bj.org/events.

• When the End of Life Arrives: An Exploration of Death and Mourning

Rabbi Felicia L. Sol

3 Thursdays (remaining classes: November 6, 13), 6:30-8:00PM, 89th Street Reception Room: Join us for study and conversation on the rituals, customs and beliefs that our tradition offers at this most vulnerable and holy time. Free of charge. Registration encouraged at www.bj.org/events.

• Avodat Ha-Lev: Exploring Prayer and the Siddur

Alex Braver, BJ Rabbinic Fellow

Thursdays, through December 18; **Mondays**, January 5-May 11, 7:00-9:00PM, 89th Street 2nd Floor Conference Room: The rabbis of the Talmud call prayer "avodat ha-lev" (the service of the heart). Yet how can our hearts be in it when we don't understand what we're saying? Together we will study the language of the siddur in Hebrew, English and transliteration, along with biblical, rabbinic, mystical and modern texts on tefillah. Come deepen your understanding of the prayer book, and develop a more personal connection with Jewish prayer. Free of charge. Register at www.bj.org/events.

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. Contact the Membership Department at x224 for more information.

• **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 sanctuaries (88th Street and 86th Street). Ask an usher if you need one, and please return the device when you leave.

• **"BJ Speak" Glossary:** Do you have questions about commonly used words and phrases at BJ? Find the answers in our "BJ Speak" glossary. Visit the back of the 88th Street Sanctuary for a laminated sheet filled with definitions and explanations of everything you need to know.

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. We'll have coffee waiting for you! Please help us make a minyan so our members can say kaddish for their loved ones in a supportive environment. Learn more and find the current schedule at www.bj.org/minyan.

CREATING KEHILLAH (continued from page 3)

EVENTS OF INTEREST

• **Jewish Bereavement and Support Groups**

Draw strength, solace and support from one another and from Jewish spiritual resources. Various support groups are co-led by a rabbi and a social worker this fall. Meetings are held in NYC for Jews of all backgrounds and affiliations. If you have lost a loved one and would like

more information about these groups, contact the Shira Ruskay Center at (212) 632-4608. If someone you love has lost someone they love, contact Amy Warren at (212) 632-4693. Pre-registration is required for all groups. Sponsored by UJA/Federation and the Jewish Board of Family and Children's Services

אֵין כְּאֱלֹהֵינוּ, אֵין כְּאֲדֹנָינוּ, אֵין כְּמִלְכֵנוּ, אֵין כְּמוֹשִׁיעֵנוּ.

*Non como nuestro Dio, non como nuestro Señor,
non como nuestro Rey, non como nuestro Salvador.*

מִי כְּאֱלֹהֵינוּ, מִי כְּאֲדֹנָינוּ, מִי כְּמִלְכֵנוּ, מִי כְּמוֹשִׁיעֵנוּ.

*Quien como nuestro Dio, quien como nuestro Señor,
quien como nuestro Rey, quien como nuestro Salvador.*

נֹדֶה לְאֱלֹהֵינוּ, נֹדֶה לְאֲדֹנָינוּ, נֹדֶה לְמִלְכֵנוּ, נֹדֶה לְמוֹשִׁיעֵנוּ.

*Loaremos a nuestro Dio, loaremos a nuestro Señor,
loaremos a nuestro Rey, loaremos a nuestro Salvador.*

בְּרוּךְ אֱלֹהֵינוּ, בְּרוּךְ אֲדֹנָינוּ, בְּרוּךְ מִלְכֵנוּ, בְּרוּךְ מוֹשִׁיעֵנוּ.

*Bendicho nuestro Dio, bendicho nuestro Señor,
bendicho nuestro Rey, bendicho nuestro Salvador.*

אַתָּה הוּא אֱלֹהֵינוּ, אַתָּה הוּא אֲדֹנָינוּ, אַתָּה הוּא מִלְכֵנוּ, אַתָּה הוּא מוֹשִׁיעֵנוּ.

*Tu sos nuestro Dio, tu sos nuestro Señor,
tu sos nuestro Rey, tu sos nuestro Salvador.*

אַתָּה הוּא שְׁהַקְטִירוּ אֲבוֹתֵינוּ לְפָנֶיךָ אֶת-קְטָרֶת הַסַּמִּים.

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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