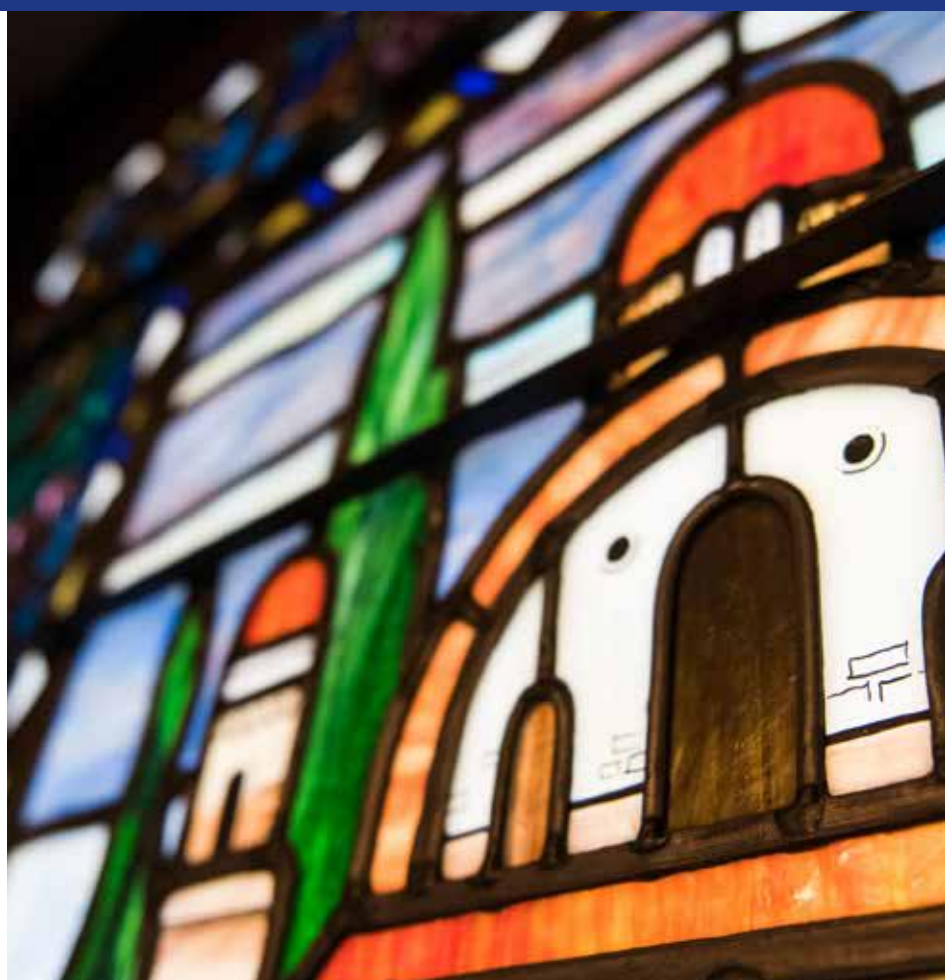


KOL JESHURUN קול ישרון
The Voice of BJ This Week

B'naiJeshurun
בני ישרון



July 17-24, 2015 • 1-8 Av, 5775

WELCOME TO BJ! We build our kehillah kedosha—sacred community—with creativity and intention to present a compelling, energizing, and transformational vision of Judaism in the 21st century.

PLEASE JOIN US:

- **Prayer & Spirituality**
- **Limud / Learning**
- **Youth & Family**
- **Community Events**
- **Tzedek & Hesed / Justice and Acts of Loving-Kindness**
- **Israel Programming**

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

HAZZAN: Ari Priven

SENIOR RABBINIC FELLOW: Rabbi Sarit Horwitz

BJ RABBINIC FELLOW: Alex Braver

SANCTUARY: 257 West 88th Street • **OFFICE:** 270 West 89th Street, New York, NY 10024-1705
TEL: 212-787-7600 • **FAX:** 212-496-7600 • **www.bj.org** • **facebook.com/bjnyc** • **Twitter:** @bjnyc

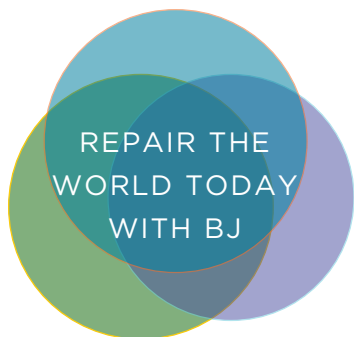
OUR COMMUNITY

HA-MAKOM YENAHEM / CONDOLENCES

The community of B'nai Jeshurun extends our sincere condolences to Shari Gelber and Adam Ratner, and their daughter, Samantha Ratner; Rabbi Lisa Gelber and her daughter, Zahara Gelber; and their entire family, on the death of Shari and Lisa's father, Jules Gelber.

B'RUKHIM HABAIM / WELCOME

Welcome to all who are visiting us for the first time! If we haven't approached you already, come say hi to one of the rabbis, a staff member, or an usher, and we'll introduce you to the people who make BJ a warm, transformative, and open place.



WHAT YOU CAN DO:

● **Summer Food Donors and Volunteers Needed for Shelter Monday and Tuesday**, 88th Street Frankel Hall, and **Sunday, Wednesday and Thursday**, 86th Street Social Hall: Be a sleepover volunteer; prepare a light meal for 10-12 people; donate to our food fund. Contact Larissa at lwohl@bj.org x272 to sign up or for more information.

WHAT YOU CAN BRING:

● **Help BJ Grow Our Library of Jewish Children's Books!** We are collecting new/gently used Jewish children's books to use at BJ. Books can be dropped in the bin in the 89th Street Community House lobby or brought to the 4th floor. Contact Allison at akapusta@bj.org for information.

We hope you enjoy our new, vibrantly colored Kol Jeshurun! Please note that this version is more cost efficient, and we hope you agree that it presents information more clearly and holistically than before.

Register Now: ISRAEL FAMILY TRIP: VISIONS OF ISRAEL, Dec. 23, 2015-Jan. 2, 2016

Register Now: BJ MINDFULNESS TRIP IN NATURE, Costa Rica, Jan. 17-24, 2016

Save the Dates: BJ GOES TO ARGENTINA, April 6-12, 2016

We hope you love your Kol Jeshurun and will take it home. If you choose not to do so, we kindly ask that you leave it on your chair.

THIS WEEK AT BJ

FRIDAY, JULY 17 | ROSH HODESH AV

● **Minḥa Service** 6:40 PM – 88th St. Sanctuary

● **Kabbalat Shabbat Service** 7:00 PM – 88th St. Sanctuary

SATURDAY, JULY 18

● **Shabbat Morning Services** 9:30 AM – 88th St. Sanctuary

● ● **Children's Services** 10:45 AM – 88th St. Frankel Hall

SUNDAY, JULY 19

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

MONDAY, JULY 20

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

TUESDAY, JULY 21

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

WEDNESDAY, JULY 22

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

THURSDAY, JULY 23

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

● **Judith Bernstein Lunch Program** 12:00 Noon – 88th St. Frankel Hall

FRIDAY, JULY 24

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

● **Bim Bam** 9:15, 10:15, and 11:15 AM – 88th St. Frankel Hall

ET DODIM

Et dodim kala bo-i legani
parḥa hagefen henetzu harimonim.
Neranena nezamera,
Et simḥa ve'et ahava bo-i legani.

עַת דּוֹדִים כָּלָה בּוֹאֵי לְגַנִּי
פְּרַחַה הַגֶּפֶן הַנִּצּוֹר הַרְמוֹנִים.
נֶרְנְנָה נְזַמְרָה,
עַת שִׂמְחָה וְעַת אַהֲבָה בּוֹאֵי לְגַנִּי.

*The time for love has come, my bride; come to the garden, the vine is blooming
and the pomegranate is budding.*

WHAT'S NEXT

● **Volunteers Needed for Hesed: Shabbat Connections**

We need your help to connect with members of the BJ community who are homebound, lonely, or in need of some extra care, with regular and consistent phone calls. Please contact Joni Brenner at ShabbatConnections@bj.org for more information.

● **Women Alone, But Not Lonely: A Program for Single, Aging Women**

Thursday, July 30, 6:00-7:30PM, 89th Street Reception Room, and **Thursday, August 20**, 12:30-2:00PM, 89th Street Reception Room: Dealing with the unique challenges of living alone in New York as a woman over 55 can be overwhelming. Join the BJ social workers, Ruth Kobrin and Shira Felberbaum, and your fellow BJ members for conversation and support at one or both of these sessions.

● **Canvass for Environmental Change in Our City**

Tuesday, August 4, 6:30-8:00PM, location given upon R.S.V.P.: Join members of the Environmental Justice Hevra in canvassing business owners on the Upper West Side to gather information on commercial-waste collection for the Transform Don't Trash NYC Campaign. Training is provided. For more info and to sign up, email lesjudd@aol.com.

● **Rooftop Shabbat with Tze'irim**

Friday, August 7, following Shabbat evening services, 89th Street Rooftop: Join Tze'irim for Kabbalat Shabbat in our usual spot (right side, beneath the windows) before heading around the corner for beer/wine open bar and hor d'oeuvres. R.S.V.P. at www.bj.org by Thursday, August 6.

● **Early Childhood and Parenting Center—Fall 2015**

Our Early Childhood Center will support young children—from birth to 5 years—and their parents in developing lifelong connections to Judaism through music, storytelling, and play. See schedule and register at www.bj.org/learning/young-families.

● **Register for 2015-2016 BJHS and JJP Program**

Registration for the 2015-2016 school year is now open! Please visit www.bj.org to learn more and to register. Email Esther at ebedolla@bj.org with any questions.

TISHA BE'AV / FAST OF THE NINTH OF AV

On Tisha Be'Av (9th day of Av) we commemorate the destruction of both the First and Second Temples, and numerous other Jewish tragedies, and we mark brokenness and spiritual exile with a day of mourning and fasting.

Join us for a day of reflection, a commemoration of sorrow, and a start of the journey from despair to joy.

SCHEDULE OF SERVICES:

Saturday, July 25

Erev Tisha Be'Av

Join us for Ma'ariv and the reading of Eikhah. Please bring a flashlight, as the service will take place in dimmed lights.

Fast begins at 8:19PM

Ma'ariv Service, 88th Street 9:00 PM

Sunday, July 26

Tisha Be'Av

Morning Service, 88th Street 9:30 AM

Minḥa Service, 88th Street 6:00 PM

Fast ends at 8:49PM

A TASTE OF TORAH

If a person makes a vow to Adonai or takes an oath imposing an obligation on themselves, they should not break their pledge; they must carry it out as it came from their mouth. —Numbers 30:3

אִישׁ כִּי-יָדַר נֶדֶר לַיהוָה, או-הִשָּׁבַע שְׁבַעַה לְאִסֹּר אֶסֶר עַל-נַפְשׁוֹ-לֹא יַחַל, דְּבָרוֹ:
כָּכֵל-הֵיצֵא מִפִּי, יַעֲשֶׂה.

If a person takes a vow they will certainly not break their word, but merely keeping the word is not enough. They are commanded: “Carry it out as it came from their mouth” — that they must fulfill the vow with the same passion as at the time that they took the vow. In most cases, when a person takes a vow they do so in a flush of enthusiasm, whereas the fulfillment of the vow is done without passion, as if they are forced to do so. The Torah therefore stresses: “you will do it—as you swore.” (Deuteronomy 23:24)

—Rabbi Tzvi Hersh of Vidislav



We often talk about shehehiyanu moments marking the beginning of something important to us, or a siyyum (completion ceremony) that marks the completion of a special project. Saying shehehiyanu can spiritually propel us forward leaving us with a feeling of inspiration and excitement for what's to come. And a siyyum celebration acknowledges hard work and can

instill in us tremendous pride in what we've accomplished. But how could we similarly ritualize moments along the way? How can we find ways to imbue the fulfillment of our commitments with the same excitement we had when committing ourselves in the first place? Ritualizing these moments could offer us a meaningful touch-point, a way of connecting us back to our passions. How could you honor these moments with a personal berakhah (blessing)? What are ways that you could ritualize obligations as a reminder of your own excitement and the potential holiness in each moment?

—Rabbi Sarit Horwitz

“The old shall be renewed and the new shall be made holy.”

—Rabbi A.Y. Kook

RENEW YOUR MEMBERSHIP FOR 2015-2016

www.bj.org/renew

Questions? Call Membership at 212-787-7600 x302

OPEN HEARTS

Community starts with a single connection. In this spirit, we invite you to turn and introduce yourself to those seated nearby—you will be amazed at the connections and common threads you'll find as you reach out to both those you know and those you don't yet know. Fostering the closeness of community to which we aspire starts with each of us.

OPEN DOORS

BJ is committed to being an ever more inclusive and supportive community. We ask everyone already comfortable with our services to actively support newcomers, so that we may all share the beauty and holiness of Shabbat together. Please be ready to help someone find a kippah, follow along in the siddur, or understand the layout of the service. And for those who are new to our community, please do not hesitate to ask an usher or the person sitting next to you!

OPEN MINDS

We greatly value empathy and understanding at BJ, and acknowledge that openness to the differences and perspectives of others is a key driver of these. As we engage together, we encourage everyone to embrace differences of background, Jewish knowledge, and opinion. We all come to BJ from different places and from diverse backgrounds, and this is part of our strength. We are here to be part of something larger than ourselves.

SUPPORT BJ

Please visit www.bj.org/donate to make a monetary gift to B'nai Jeshurun. Every shekel counts! Shop without guilt: help support the community with AmazonSmile. Portions of your Amazon purchase can support BJ. Simply go to smile.amazon.com and select B'nai Jeshurun. The AmazonSmile Foundation will donate 0.5% of your purchase price to BJ.

We hope you love your *Kol Jeshurun* and will take it home. If you choose not to do so, we kindly ask that you leave it on your chair.

TORAH PORTION

THIS WEEK: MATOT-MAS'EI

Torah: Annual Numbers 30:2 - 36:13

Triennial Numbers 32:1 - 33:49

1: 32:1 - 32:4

2: 32:5 - 32:19

3: 32:20 - 32:27

4: 32:28 - 32:42

5: 33:1 - 33:10

6: 33:11 - 33:36

7: 33:37 - 33:49

Maftir: 33:47 - 33:4

Haftarah Jeremiah 2:4 - 2:28; 3:4; 4:1 - 4:2

NEXT WEEK: DEVARIM

Torah: Annual Deuteronomy 1:1 - 3:22

Triennial Deuteronomy 2:2 - 2:30

Haftarah Isaiah 1:1 - 1:27

Coffee not delivering its usual zing? **Come to morning minyan** and get a spiritual jolt to start your day. Develop a daily Jewish practice, meet new people in an intimate setting, and help us make a minyan so our members can say kaddish for their loved ones. **Visit www.bj.org/minyan.**

 Printed on Recycled Paper

BJ RECYCLES AND COMPOSTS. Please look for bins throughout our spaces.

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

