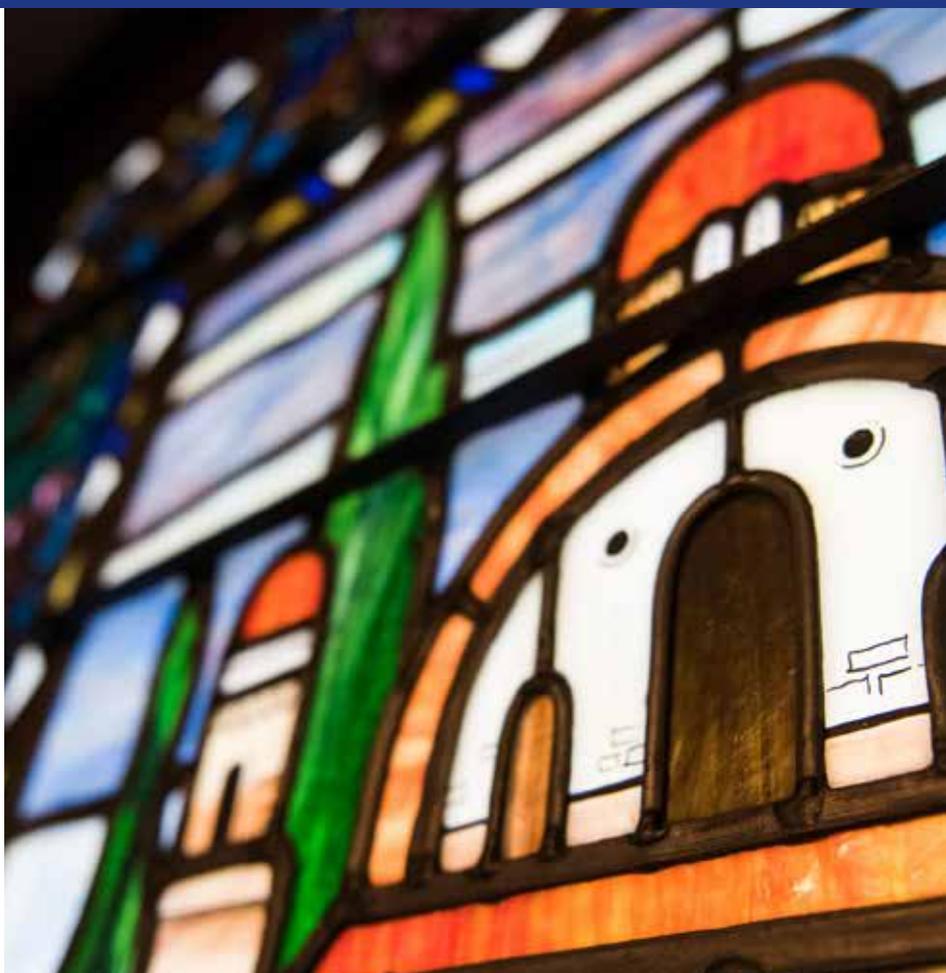


KOL JESHURUN קול ישרון
The Voice of BJ This Week

B'nai Jeshurun
בני ישרון



January 1-8, 2016 • 20-27 Tevet, 5776

WELCOME TO BJ! We build our kehillah kedoshah—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 & 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 FELLOWS: Alex Braver • Arielle Rosenberg

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OUR COMMUNITY

HA-MAKOM YENAHM / CONDOLENCES

The community of B'nai Jeshurun mourns the death of our member, Irving Litt, and we extend sincere condolences to his wife, Dorothy Litt; their son Andy and their daughter-in-law Sara; their grandchildren, David and Rebecca; and the entire Litt family.

MAZAL TOV / CONGRATULATIONS

To the following members and their families:

- Nancy and Paul Freireich and Diana Mattson on the upcoming wedding of their children, Jessica Freireich and Geoffrey Mattson.

B'RUKHIM HABA'IM / 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:

● Volunteer Over MLK Weekend

Friday, January 15-Monday, January 18: BJ is partnering with Repair the World and Habitat for Humanity to offer volunteer opportunities to engage people of all ages. Check out www.bj.org/MLK for the full list

WHAT YOU CAN BRING:

● Feeding Our Neighbors: An Interfaith Response

Help distribute 1 million meals to hungry New Yorkers by donating nonperishable food items. You can drop them off in the labeled bins at 89th Street. For a list of recommended items, contact Larissa at lwohl@bj.org or x272.

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.

Please note: For detailed class descriptions and to register for classes, please visit www.bj.org/learning/classes. All classes are free of charge except where noted.

“Spiritual problems cannot be solved by administrative techniques. The problem is not how to fill the buildings [synagogues] but how to inspire the hearts. And this is a problem to which techniques of child psychology can hardly be applied. The problem is not one of synagogue attendance but one of spiritual attendance. The problem is not how to attract bodies to enter the space of a temple but how to inspire souls to enter an hour of spiritual concentration in the presence of God. The problem is time, not space.”

—Rabbi Abraham Joshua Heschel

“The Spirit of Jewish Prayer” in *Moral Grandeur and Spiritual Audacity*

PARTICIPATE IN OUR YEARLONG COMMUNITY HESCHEL STUDY

Join a study group: Contact Billie at bdistefano@bj.org or x264.

Watch the latest webinar: Visit www.bj.org/decemberheschelwebinar.

Participate this month's webinar: Go to www.bj.org/januaryheschelwebinar on Wednesday, January 13 at 12:00PM.

For more info, visit www.bj.org/heschel.

THIS WEEK AT BJ

FRIDAY, JANUARY 1

BJ office closed

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

SATURDAY, JANUARY 2

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

Aliyat Hatan veKallah

Geoffrey Mattson and Jessica Freireich

- ● **Children's Services** 10:45 AM – 86th St. Chapel, Parlor, and 2nd Floor

- ● **Community Kiddush** Following Services – 86th St. Social Hall

SUNDAY, JANUARY 3

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

MONDAY, JANUARY 4

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

- **TefilLab: Bakashot** 7:00 PM – 89th St. Chapel

We continue our study of Bakashot, liturgical poems set to haunting Arabic melodies. Join Rabbinic Fellow Arielle Rosenberg and musician Dan Nadel for an evening of songs of yearning and heartfelt learning. Free of charge. R.S.V.P. to arosenberg@bj.org.

TUESDAY, JANUARY 5

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

- **The Book of Genesis** 8:30 AM – 89th St. 1st Floor

- **Keshet & KesheTOT** 4:00 PM – 89th St.

- **Va-Ani Tefilati Lekha: 6 Sessions on Prayer** 6:30 PM – 89th St.

Rabbi J. Rolando Matalon: Deepen your understanding of and enhance your capacity for meaningful prayer in one or more sessions. We will strengthen bonds of community by sharing a meal and singing together. Free of charge and open to BJ members at any level of learning or practice. Contact Leah at lmichelson@bj.org to register. Upcoming sessions: 2/2, 3/1, 4/5.

WEDNESDAY, JANUARY 6

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

- **College Student Gathering** 7:00 PM – 88th St. Frankel Hall

College students and high school seniors join together for dinner over winter break. Hear about life on campus, reflect on the past semester, and catch up with your BJ friends! Contact Ayala at awasser@bj.org to R.S.V.P.

- **Introduction to Judaism (registration is closed)** 7:00 PM – 89th St. 2nd Floor Conference Room

THURSDAY, JANUARY 7

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

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

FRIDAY, JANUARY 8

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

- **Bim Bam Spring Session** 9:15, 10:15, and 11:15 AM – 89th St. Chapel

WHAT'S NEXT

● Explore Jewish Argentina with Rabbi Marcelo Bronstein: Registration Reopened!

Wednesday, April 6–Tuesday, April 12, 2016: Enjoy this opportunity to see Argentina in all its complexity through a uniquely Jewish lens. Extension trip to Patagonia: Explore the spectacular glaciers of El Calafate, Sunday, April 3–Wednesday, April 6. Visit www.bj.org/argentina.

● ● Calling All Cyclists

We are expanding our BJ Revolutionaries bike group to include all cyclists at BJ who are interested in going on rides throughout the year. All levels are welcome! If you are interested in joining the email list, contact Larissa at lwohl@bj.org or call x272.

● Mindfulness Kabbalat Shabbat Service

Friday, January 8, 6:30PM, 89th Street Reception Room: Led by Rabbi Marcelo Bronstein, Rabbi Rachel Cowan, and Karina Zilberman, this service involves meditation, reflection, deep listening and personal engagement with the parashah. Contact Leah at lmichelson@bj.org with any questions.

● ● Family Kabbalat Shabbat Dinner

Friday, January 8, following the Kabbalat Shabbat service, 88th Street Frankel Hall: Families are invited to enjoy a delicious Shabbat dinner with other BJ families following the service. Please register at www.bj.org or email ebedolla@bj.org with any questions.

● Hakhanah laTefillah: Preparing for Prayer

Saturday, January 9, 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.

● Mindfulness Minhā Experience

Saturday, January 9, 4:00-6:30PM, 89th Street 3rd Floor Gym: Join us for a mindfulness experience including Minhā and Havdalah, meditation and study. Please read "The Spirit of Jewish Prayer" from Heschel's book *Moral Grandeur and Spiritual Audacity* before attending. Free and open to everyone. Register at www.bj.org.

● Spoonful of Hesed: Cook and Deliver Meals to BJ Members

Sunday, January 10, 11:00AM, 88th Street Kitchen: We will gather to cook healthy, delicious meals and deliver them to other BJ members in need of a little extra care and a warm sense of community. Want to volunteer or receive a meal? Contact Billie at x264.

● Sunday Brunch with Author Stephen Silverman: "The Catskills: Its History and How It Changed America"

Sunday, January 10, 11:30AM-2:00PM, location T.B.A.: Stephen Silverman will read from his lively and informative new book on America's first great vacationland, revealing the diverse aspects of the Catskills and how they impacted American life. \$18 for brunch and reading. Register at www.bj.org/catskills.

● ● The Israeli Book Club

Sunday, January 10, 5:00-6:30PM, location given upon registration: Join us for an intimate encounter with Israeli culture, society and politics. In the second meeting of this season, we will discuss *Neuland* by Eshkol Nevo. Sign up at www.bj.org/israelprograms.

● ● Teen Rosh Hodesh and Parent Learning: Our Daughters, Ourselves

Sunday, January 10, 5:15-7:00PM, 88th Street Sanctuary: Girls in 6th-12th grade and their mothers/female relatives are invited to January's joint Rosh Hodesh gathering. Rabbi Felicia Sol will lead an open discussion about in whose image we are raising our daughters. Contact awasser@bj.org to R.S.V.P.

● New Orleans Pre-Trip Meeting

Monday, January 11, 6:15-7:15PM, 89th Street 2nd Floor Conference Room: Join us for team building, a review of our itinerary, learning, and more! Trip participants are required to attend this pre-trip meeting. Teens should arrive at 6:15PM, and parents are invited to come at 6:45PM. Bring questions! R.S.V.P. to Ayala at awasser@bj.org.

WHAT'S NEXT *continued from panel 3*

● **Upcoming Economic Justice Hevra Meeting**

Monday, January 11, 6:30-8:30PM, 89th Street Middle Room: Join us as we continue our work to support the Justice for Farmworkers campaign to ensure that laborers who produce the food we depend on in NYS can have the dignity and equality they deserve. For questions and to R.S.V.P. contact Larissa at lwohl@bj.org.

● ● **Identity and Family Building in the 21st Century: Single Parents by Choice**

Thursday, January 14, 6:30-8:00PM, 89th Street Reception Room: The "21st Century Family" can mean different things to different people as new family constellations emerge. Share your thoughts in supportive conversation facilitated by the BJ social workers. Contact Billie at x264 to R.S.V.P. Free and open to the public.

● **Bo-i Kallah—A Monthly Kabbalat Shabbat Service**

Friday, January 15, 6:30PM, 89th Street Reception Room: Join Rabbi Roly Matalon and musician Dan Nadel 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 from hol to kodesh—leaving the ordinary workweek consciousness in order to enter holy time and welcome Shabbat.

● **Tze'irim Heschel Session**

Wednesday, January 20, 8:00PM, location given upon R.S.V.P.: Join Rabbi Sarit Horwitz, along with others in their 20s and 30s to reflect on this month's essay, "The Spirit of Prayer," as a part of our community-wide exploration of Heschel. Please read the essay beforehand. R.S.V.P. to shorwitz@bj.org

● **Teaching in Memory of Shira Palmer-Sherman, with Author Shulem Deen**

Saturday, January 16, 4:00PM, 89th Street Reception Room: J=Shulem Deen is the author of *All Who Go Do Not Return*, a memoir about growing up in and then leaving the Hasidic Jewish world. For more information, contact Billie at x264. Free and open to the public, no registration necessary.

WHAT'S LATER

● ● **Hitoreri: Kabbalat Shabbat and Dinner for Teens**

Friday, January 22, 7:30PM, 88th Street Frankel Hall: Join the BJ teens for our teen-only Kabbalat Shabbat service and dinner for a service full of singing, teen-led kavannot, mindfulness, and spirit. Dinner will follow services. This evening is just for teens! Register by Wednesday, January 20 at www.bj.org.

● **Backwards Scavenger Hunt (3rd-6th Grades)**

Saturday, January 23, 5:45-7:30PM, 89th Street Community House: Creativity, enthusiasm, and random objects are all you need to participate in our Backwards Scavenger Hunt! Bring a pillowcase with 5-7 objects. Pizza will be served; Havdalah at 5:45PM. Contact Ayala at awasser@bj.org to R.S.V.P.

● ● **Family Tu Bishvat Extravaganza**

Sunday, January 24, 10:30AM, 88th Street Sanctuary: Families with children ages 3-10 celebrate Tu Bishvat, the Jewish birthday of trees. Experience the sights and sounds of Israel through an interactive play and visit our fair where you can make art, plant trees, and enjoy snacks. Contact awasser@bj.org or msamuels@bj.org.

● ● **Third IDI Israel Education Session: Sorting Through Multiple Narratives**

Monday, January 25, 7:00-9:00PM, 89th Street Community House: This panel discussion will explore Labor Zionist, Religious Zionist, and Palestinian narratives of the creation of Israel as well as their role in shaping the modern-day state, their impact on the Israeli-Palestinian conflict, and their vision for the future of Israel. Visit www.bj.org to register.

A TASTE OF TORAH: SHEMOT

וַיֹּאמֶר אֵל תִּקְרַב הֵלֶם שֶׁל נַעֲלֶיךָ מֵעַל רַגְלֶיךָ כִּי הַמָּקוֹם אֲשֶׁר אַתָּה עוֹמֵד עָלָיו אֲדָמָת קֹדֶשׁ הוּא :

And God said, "Do not come closer; take off your shoes from your feet, for the place where you stand is holy ground."
—Exodus 3:5

The world is always full of sharp objects and stones. When one wears shoes, he can easily step on the small stones lying on the way, almost without feeling them. However, when one walks barefoot, she feels every small thing lying on the ground, every thorn, every painful stone. God said to Moshe, "take off your shoes," because the leader needed to feel the pain of the people and realize what is bothering them, then be led towards action.
—Keli Yakar

Moshe did not yet know that he would be the leader of the Israelite people and help bring them towards redemption. He had begun to realize that something was wrong, leading him to kill the Egyptian taskmaster, but he didn't yet internalize the depth of the work ahead of him. In order to feel it, he had to sense every stone and thorn symbolizing their plight, then he had to lift them up. Moshe had shoes. He could have ignored their pain and he could have ignored God's calling. How often do we stay a little too comfortable with our shoes on? Where could we be leaders, if only we were to understand someone else's experience? The call for us to take our shoes off is always present; we can choose to listen, take them off, and be moved by the calling of the thorns
—Rabbi Sarit Horwitz

OPEN HEARTS, DOORS, MINDS

Community starts with a single connection. In this spirit, we invite you to turn and introduce yourself to those seated nearby. To foster an inclusive and supportive community, please be ready to help a newcomer find a kippah, follow along in the siddur, or understand the layout of the service. 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.

TORAH PORTION

SHEMOT

Torah: Annual	Exodus 1:1 - 6:1
Triennial	Exodus 4:18 - 6:1
1:	4:18 - 4:20
2:	4:21 - 4:26
3:	4:27 - 4:31
4:	5:1 - 5:5
5:	5:6 - 5:9
6:	5:10 - 5:14
7:	5:15 - 6:1
Maftir:	5:22 - 6:1

Haftarah Isaiah 27:6 - 28:13,
29:22 - 29:23

NEXT WEEK: VAERA

Torah: Annual	Exodus 6:2 - 9:35
Triennial	Exodus 8:16 - 9:35
Haftarah	Ezekiel 28:25 - 29:21

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 energy of the sun.



Visit us at www.bj.org

