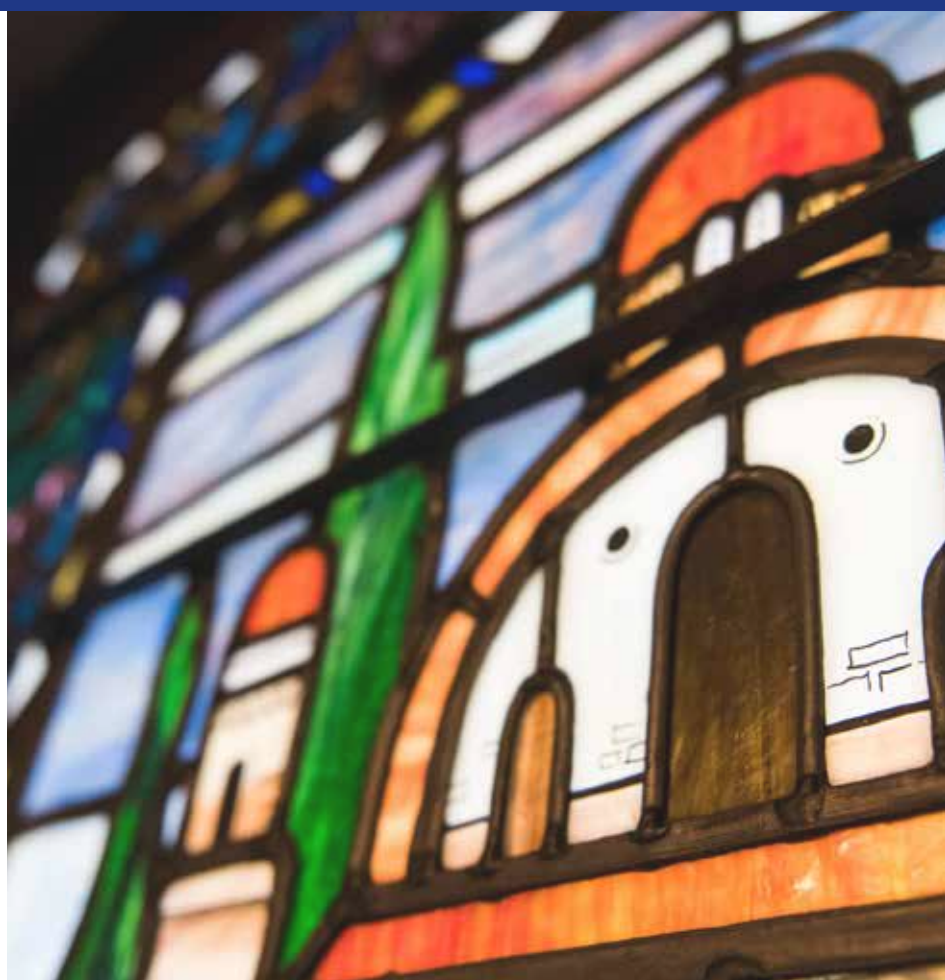


KOL JESHURUN קול ישרון
The Voice of BJ This Week

B'nai Jeshurun
בני ישרון



July 1-8, 2016 • 25 Sivan-2 Tammuz, 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 FELLOW: Arielle Rosenberg

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OUR COMMUNITY

HA-MAKOM YENAHM / CONDOLENCES

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

- Lisa K. and Larry Davidoff, and their children, Benjamin, Hannah, and Michael, on the death of Lisa's mother, Sally Schoen Bergman.
- Nancy Ramsey and Steve Brand, and their son, Caleb Ramsey Brand, on the death of Nancy's father, John B. Ramsey, Jr.

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 BRING:

● Summer Shelter Food Donors and Volunteers Needed

Mondays and Tuesdays, 88th Street Frankel Hall

Sundays, Wednesdays and Thursdays, 86th Street Social Hall

Help us fill our meal gaps this summer! Prepare a light meal for 10-12 people at the synagogue, the church, or at home. We also need additional sleepover volunteers. To sign up or learn more, email lwohl@bj.org or call x272.

WHAT YOU CAN DO:

● BJ: A Caring Community

We can all help make BJ a caring community. Here's a simple way for us to take care of each other: Whenever you're at BJ, look around and notice who you see. If someone is missing who is usually there, please reach out to them. If your fellow BJ member needs support, or if you need support, let us know. Contact the rabbis at rabbis@bj.org or call us at x264.

SAVE THE DATES! Contact Billie at bdistefano@bj.org for more information:

MINDFULNESS RETREAT IN COSTA RICA, January 15-22, 2017

Registration open now at www.bj.org/CR17

PRAYER RETREAT, March 19-22, 2017

WOMEN'S RETREAT, May 19-21, 2017

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.

THIS WEEK AT BJ

FRIDAY, JULY 1

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

SATURDAY, JULY 2

- **Shabbat Morning Services** 9:30 AM – 88th St. Sanctuary
- ● **Children's Services** 10:45 AM – 88th St. Frankel Hall
- **Light Kiddush** Following Services – 88th St. Frankel Hall

SUNDAY, JULY 3

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

MONDAY, JULY 4 | Independence Day

BJ Office closed

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

TUESDAY, JULY 5

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

WEDNESDAY, JULY 6 | ROSH HODESH TAMMUZ

- **Morning Minyan** 7:30 AM – 89th St. Chapel
- **Membership Open House** 4:00-8:00 PM – 89th St.

Do you have questions about BJ membership, but don't know who to ask? Need assistance filling out the membership forms? Want to meet other community members? We'll have light snacks, drinks, and answers to all your questions! Members and non-members welcome.

THURSDAY, JULY 7 | ROSH HODESH TAMMUZ

- **Morning Minyan** 7:30 AM – 89th St. Chapel
- **Judith Bernstein Lunch Program** 12:00 Noon – 88th St. Frankel Hall

FRIDAY, JULY 8

- **Morning Minyan** 7:30 AM – 89th St. Chapel
- **Bim Bam** 9:15 and 10:15 AM – 89th St. Chapel

WHAT'S NEXT

● Tze'irim 20s and 30s Shabbatluck Dinner

Friday, July 15, 8:30PM, 89th Street: After Kabbalat Shabbat services, join other BJ folks in their 20s and 30s for a potluck Shabbat dinner. Make new friends and eat good food. Visit www.bj.org/shabbatluck or contact Rabbi Sarit Horwitz at shorwitz@bj.org to sign up.

● BJ Marches for a Clean Energy Revolution

Sunday, July 24, Philadelphia, PA: Join with BJ as part of the Interfaith Contingent the day before the DNC when thousands will demand that our leaders justly transition to 100 percent renewable energy from fossil fuels. We will have a bus going from Brooklyn and the UWS. Sign up by emailing the Jewish contingent, jewsforcleanenergy@gmail.com.

● Register for Jewish Education at BJ

September 2016-May 2017, 4:00-6:00PM, 89th Street: Registration for the 2016-2017 school year is open. For more information, please go to www.bj.org/learning/hebrew-school.

WHAT'S LATER

● Tribe Ride: Bike with BJ

Sunday, July 31, 8:45AM-5:00PM, NJ Transit—Penn Station: Register at www.bj.org/hazon. Contact bjrevolutionaries@gmail.com for more information.

EIN KELOHEINU

אין כְּאֱלֹהֵינוּ, אין כְּאֲדוֹנֵנוּ,
אין כְּמִלְכֵנוּ, אין כְּמוֹשֵׁעֵנוּ.

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

מִי כְּאֱלֹהֵינוּ, מִי כְּאֲדוֹנֵנוּ,
מִי כְּמִלְכֵנוּ, מִי כְּמוֹשֵׁעֵנוּ.

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

נוֹדָה לְאֱלֹהֵינוּ, נוֹדָה לְאֲדוֹנֵנוּ,
נוֹדָה לְמִלְכֵנוּ, נוֹדָה לְמוֹשֵׁעֵנוּ.

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

בְּרוּךְ אֱלֹהֵינוּ, בְּרוּךְ אֲדוֹנֵנוּ,
בְּרוּךְ מִלְכֵנוּ, בְּרוּךְ מוֹשֵׁעֵנוּ.

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

אֲתָה הוּא אֱלֹהֵינוּ, אֲתָה הוּא אֲדוֹנֵנוּ,
אֲתָה הוּא מִלְכֵנוּ, אֲתָה הוּא מוֹשֵׁעֵנוּ.

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

אֲתָה הוּא שְׁהַקְטִירוּ אַבּוֹתֵינוּ
לְפָנֶיךָ אֶת-קְטָרֶת הַסַּמִּים.

RENEW YOUR MEMBERSHIP FOR 2016-2017

www.bj.org/renew

Questions? Call Membership at 212-787-7600 x240

MEMBERSHIP AT BJ MEANS:

- **Finding** your spiritual home
- **Becoming** part of a vibrant, lively Jewish community
- **Supporting** the meaningful social justice and community-building work of this congregation
- **Receiving** guidance in times of joy and sadness from BJ rabbis and fellow members
- **Joining** an active Hesed (lovingkindness) community to provide support in times of need
- **Nourishing** a lifelong relationship with Judaism through young families programs, Hebrew School, and youth/teen activities

In addition, BJ members:

- Receive entrance cards for High Holy Days services
- Get discounted rates for classes, dinners, retreats, and programs
- Participate in special new member events

ANA BEKHOAH

Ana bekhoah gedulat yeminkha tatir tzerura

Kabel rinat amekha sagevenu taharenu nora

אָנאַ בֵּכּוּחַ גְּדוּלַת יְמִינְךָ תִּתִּיר צָרוֹרָה.

קַבֵּל רִנַּת עַמְּךָ, שְׂגַבְנוּ טַהֲרֵנוּ נוֹרָא.

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!

A TASTE OF TORAH: SHELAH-LEKHA

וְהָאֲנָשִׁים אֲשֶׁר-עָלוּ עִמּוֹ, אָמְרוּ, לֹא נוֹכַח, לְעֹלֹת אֶל-הָעָם: כִּי-חֹזֵק הוּא, מִמֶּנּוּ. וַיִּצְיֵאוּ דְבַת הָאָרֶץ, אֲשֶׁר תָּרוּ אֹתָהּ, אֶל-בְּנֵי יִשְׂרָאֵל, לֵאמֹר: הָאָרֶץ אֲשֶׁר עָבְרָנוּ בָּהּ לְתוֹר אֹתָהּ, אָרֶץ אֲכָלֶת יוֹשְׁבֶיהָ הוּא, וְכָל-הָעָם אֲשֶׁר-רָאיִנוּ בְּתוֹכָהּ, אֲנָשִׁי מְדוֹת. וְשָׁם רָאיִנוּ, אֶת-הַנְּפִילִים בְּנֵי עֲנָק--מִן-הַנְּפִילִים; וַנְּהִי בְעֵינֵינוּ כְּחַגְבִּים, וְכֹן הָיִינוּ בְּעֵינֵיהֶם.

But the men that went up with [Caleb] said: "We are not able to up against the people, for they are stronger than us." And they spread an evil report of the land which they had spied out to the Children of Israel, saying, "The land that we traversed and scouted is one that devours its settlers. All the people that we saw in it are people of great size! And there we saw the giants, the children of Anak of giants; and we were in our own eyes like grasshoppers, and so we were in their eyes."
—Numbers 13:31-33

We were in our own eyes like grasshoppers, and so we were also in their eyes. That was the sin of the spies. One can understand their statement, "we were in our own eyes like grasshoppers," for that was the way they really saw themselves. However, what right did they have to say, "and so we were in their eyes?" What difference should it make how we appeared to them?
—Rabbi Menahem Mendl of Kotzk

After Moshe sends 12 spies into Canaan to scope out the land, 10 of them return with a negative report. These 10 spies report back that the land is uninhabitable—the people there too powerful, the cities too fortified. Caleb, one of the other two spies, then made his voice heard: The Israelites should go up and take possession of the land! Yet, after he made his opinion known, the others continued, spreading rumors throughout the nation, adding that the land devours its inhabitants. They also added an important psychological and emotional element. Not only did these 10 spies feel small and powerless compared to those that were in the land, but they added that they also seemed small in the eyes of those that were there.

The Kotzker Rabbi asks the question of what difference it makes. He focuses on the importance of how we view ourselves, what our own estimation of our self worth is, not the value that others might place on us. He speaks to the reality of our own self-consciousness. We often focus on what others think of us and use that to inform how we feel about ourselves. But the deeper element of this truth is that we often make conjectures about what others think about us. The 10 spies that reported "we were grasshoppers in their eyes" had nothing but their own insecurities on which to base this view. They felt like they wouldn't be able to conquer the land, so they projected those insecurities onto the "giants" that lived in the land.

When we feel a lack of confidence, we also often make guesses about what others think of us. We convince ourselves that these conjectures are accurate and they further affect how we feel about ourselves. "They must think I'm stupid." "They don't like me." "She doesn't think I'm hard working." How many stories do we tell about what others think about who we are, and how do they help or hurt the stories we tell about ourselves? What are the ways that we can become more like Caleb and Josha, individuals who saw a challenge in front of themselves and still had confidence?
— Rabbi Sarit Horwitz

TORAH PORTION

SHELAH-LEKHA

Torah: Annual	Numbers 13:1 - 15:41
Triennial	Numbers 15:8 - 15:41
1:	15:8 - 15:10
2:	15:11 - 15:16
3:	15:17 - 15:21
4:	15:22 - 15:26
5:	15:27 - 15:31
6:	15:32 - 15:36
7:	15:37 - 15:41
Maftir:	15:37 - 15:41

Haftarah Joshua 2:1 - 2:24

NEXT WEEK: KORAH

Torah: Annual	Numbers 16:1 - 18:32
Triennial	Numbers 17:25 - 18:32
Haftarah	I Samuel 11:14 - 12:22

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.

