

KOL JESHURUN קול ישרון
The Voice of BJ This Week

B'nai Jeshurun
בני ישרון



August 19-26, 2016 • 15 -22 Av, 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 mourns the death of our member Rabbi Alan Miller, and we extend our sincere condolences to his wife, Naomi Miller, and their entire family.

The community of B'nai Jeshurun extends our sincere condolences to Jack Widman and Ruth Feldman, their son Samuel Widman, and their entire family on the death of Jack's mother, Joyce Widman.

MAZAL TOV / CONGRATULATIONS

To the following members and their families:

- Daniel Galron and Clair Seager on their upcoming wedding.

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:

● Community Composting Initiative at BJ

Join us in our first community compost drop off program. Collect your food scraps at home and bring them to 89th Street whenever the building is open. For more information, visit www.bj.org/compost.

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 212-787-7600 x264.

Shabbat Morning Services: PLEASE NOTE CHANGE OF LOCATION!

Beginning **Saturday, September 10**, Shabbat morning services will start at 9:30AM at 86th Street. Children's services will start at 10:45AM at the 86th Street Chapel, Parlor, and 2nd Floor.

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

REACH FOR SHABBAT RETREAT, October 28-30, 2016

THIS WEEK AT BJ

FRIDAY, AUGUST 19

- ● **The Orchard: A Pre-Shabbat Gathering for 20s and 30s** 5:30 PM – 89th St. Roof (6th Floor)
Get Shabbat started early at the Orchard. We'll meet on BJ's roof before Kabbalat Shabbat for niggunim (wordless songs), good conversation, and time with friends old and new. Free for members and non-members. Contact Rabbinic Fellow Arielle Rosenberg at arosenberg@bj.org with questions.

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

SATURDAY, AUGUST 20

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

Aliyat Hatan veKallah Daniel Galron and Clair Seager

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

- ● **Light Kiddush** Following Services – 88th St. Sanctuary

SUNDAY, AUGUST 21

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

MONDAY, AUGUST 22

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

TUESDAY, AUGUST 23

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

WEDNESDAY, AUGUST 24

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

THURSDAY, AUGUST 25

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

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

- **Mosaic: Israeli and Local Art Come Together—Art and Judaica Sale at BJ** 5:00-9:00 PM – 88th St. Sanctuary

Purchase your art and Judaica needs before the High Holy Days while supporting Israeli and BJ artists. This show hosts 24 artists presenting works in various media: jewelry, pottery, wall art (oil, watercolor, prints, collage), fabric, and weaving (Including tallitot and kippot). Free of charge. Payment for art by cash or check only.

FRIDAY, AUGUST 26

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

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

WHAT'S NEXT

● **DCRally4Refugees**

Sunday, August 28, 9:00AM-2:00PM (rain or shine), The Washington National Monument, Washington, DC: In the midst of the greatest refugee crisis since WWII, volunteers and advocates from across the country will gather to raise awareness, encourage advocacy and U.S. action, and stand in solidarity with refugees and displaced people worldwide. Let us know if you are interested in going at www.bj.org/refugee.

WHAT'S LATER

● **Tot Shabbat**

Friday, September 9, 5:15-7:00PM, 88th Street Sanctuary: Families enjoy a kid-friendly Kabbalat Shabbat service followed by dinner at 5:45PM in Frankel Hall complete with Shabbat blessings and songs. Register at www.bj.org/young-families.

● **Bim Bam**

Fridays, September 9-December 16, 9:15-10:00AM and 10:15-11:00AM, 89th Street Chapel: Children ages 3 and under explore Shabbat through Hebrew and English songs, stories, and traditions such as lighting candles, saying Kiddush, and giving tzedakah. Registration is now open at www.bj.org.

● **Bim Bam: Hebrew Immersion**

Fridays, September 9-December 16, 11:15AM-12:00PM, 89th Street Chapel: Experience Shabbat in Hebrew! Children ages 3 and under explore Shabbat through stories, songs, and rituals in a class run entirely in Hebrew. Registration is now open at www.bj.org.

● **The Wisdom Matrix: Norman Fischer and Rabbi Marcelo Bronstein**

Monday, September 12, 7:00-8:30PM, The Rubin Museum of Art, 150 West 17th Street: Cost and registration information can be found at rubinmuseum.org.

● **Day of Mindfulness Walk**

Sunday, September 18, 11:00AM-1:00PM, Little Stony Point, 3011 Route 9D, Cold Spring, NY: Cost: \$40 per person. Please register at www.bj.org.

● **Register for B'nai Jeshurun Hebrew School**

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

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 (loving kindness) 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

RENEW YOUR MEMBERSHIP FOR 2016-2017

www.bj.org/renew

Questions? Call Membership at 212-787-7600 x302

UNLOCK THE GATE: PREPARE FOR THE YAMIM NORA'IM



The Yamim Nora'im ask us to not only show up in shul to daven, but to do the spiritual preparations beforehand that enhance our davening and ultimately the year ahead. The spiritual work this time of year, heshbon hanefesh, or literally, accounting of the soul, pushes us to take a deep dive into who we are, what the past year has been like, and where we'd like to go.

This past year in particular is one where we've acutely felt the pain of the world. We've experienced a sense of despair and we long for a 5777 that will bring relief, transformation, and growth. And in times when things feel hard, we reach to those around us so we

don't have to be alone. We join together in community to grow together, each in our own ways, supported by those around us. As we seek to live in a transformed world, we each know that we have our own work to do to transform ourselves. And little by little, when we each try to be the best version of ourselves, we hope to build a world that is the best version of itself, as well.

This year, several community members will lead us in our own heshbon hanefesh. These home-hosted gatherings will take place in the three weeks leading up to Rosh Hashanah and will provide several different avenues for doing this soul work. In the context of an intimate space and community, we hope you'll find the session that's right for you. Each will explore heshbon hanefesh in a different way: a group for parents, one using writing, one through song, chanting, or meditation. Some groups will use formal texts for study and some will use the texts of our souls. We have over 20 different groups meeting to offer many different ways to prepare for these High Holy Days. Please sign up at www.bj.org/prep for one of these sessions. In order to maximize participation, we ask that BJ members sign up for only one session per person.

ANI YESHENA

Ani yeshena velibi er kol dodi dofek pithi li אָנִי יֵשְׁנָה וְלִבִּי עֵר כּוֹל אֲדוּדַי דּוֹפֵק פֶּתִי לִי
Ahoti, ra'yati, yonati, tamati אַחֲתִי רַעְיָתִי יוֹנָתִי תַמָּתִי
Sheroshi nimla-tal kevutzotai resisei laila. שְׂרָאשִׁי נִמְלֵא־טַל כְּבֻצּוֹתַי רִסְיִסִּי לַיְלָה.

I sleep, but my heart is awake; My beloved knocks: "Open to me!"
My sister, my love, my dove, my pure one;
For my head is filled with dew; My locks with the drops of the night.
— Song of Songs 5:2

A TASTE OF TORAH: VA'ETHANAN

The first experience of the Israelites hearing the Ten Commandments is in the book of Shemot, soon after they have left Egypt and arrive at Mount Sinai. This week, in Parashat Va'ethanan, we hear the Ten Commandments again. Moshe, through repeating the Ten Commandments, is reminding the Israelites of God's expectations of them as individuals as a nation. While the text is not presented verbatim, most of the changes are relatively insignificant, except for the commandment regarding Shabbat observance. I've highlighted the differences between them below:

Shemot 20:7-10

זְכוֹר אֶת-יּוֹם הַשַּׁבָּת, לְקַדְּשׁוֹ. שֵׁשֶׁת יָמִים תַּעֲבֹד,
וַעֲשִׂיתָ כָּל-מְלֹאכְתֶךָ. וַיּוֹם, הַשְּׁבִיעִי—שַׁבָּת, לַיהוָה.
לֹא-תַעֲשֶׂה כָל-מְלֹאכָה אֹתָהּ וּבְנֶה וּבָתֶּךָ,
עֶבֶדְךָ וְעַבְדְּךָ וְנִשְׁאָמְתְּךָ וּבְהֵמָתְךָ, וְגֵרְךָ, אֲשֶׁר בְּשַׁעְרֵיךָ.
כִּי שֵׁשֶׁת-יָמִים עָשָׂה ה' אֶת-הַשָּׁמַיִם וְאֶת-הָאָרֶץ,
אֶת-הַיָּם וְאֶת-כָּל-אֲשֶׁר-בָּם, וַיָּנַח, בַּיּוֹם הַשְּׁבִיעִי;
עַל-כֵּן, בֵּרַךְ ה' אֶת-יּוֹם הַשַּׁבָּת—וַיְקַדְּשֶׁהָ.

Remember the sabbath day and keep it holy. Six days you shall labor and do all of your work, but the seventh day is a sabbath of Adonai your God; you shall not do any work—you, your son or daughter, your male and female slaves, or your cattle, or the stranger who is within your settlements. **For in six days Adonai made heaven and earth and sea, and all that is in them, and God rested on the seventh day; therefore Adonai blessed the sabbath day and made it holy.**

Devarim 5:11-15

שְׁמוֹר אֶת-יּוֹם הַשַּׁבָּת, לְקַדְּשׁוֹ, כַּאֲשֶׁר צִוָּךְ, ה' אֱלֹהֶיךָ. שֵׁשֶׁת יָמִים תַּעֲבֹד, וַעֲשִׂיתָ כָּל-מְלֹאכְתֶךָ. וַיּוֹם, הַשְּׁבִיעִי—שַׁבָּת, לַיהוָה אֱלֹהֶיךָ: לֹא תַעֲשֶׂה כָל-מְלֹאכָה אֹתָהּ וּבְנֶה וּבָתֶּךָ וְעַבְדְּךָ-וְנִשְׁאָמְתְּךָ וְשׂוֹרְךָ וְחִמְרְךָ וְכָל-בְּהֵמָתְךָ, וְגֵרְךָ אֲשֶׁר בְּשַׁעְרֵיךָ—לִמְעַן יָנוּחַ עֶבְדְּךָ וְנִשְׁאָמְתְּךָ, כַּמִּוֶּדֶד. וְזָכַרְתָּ, כִּי עֶבֶד הָיִיתָ בְּאֶרֶץ מִצְרַיִם, וַיִּצְלָךְ ה' אֱלֹהֶיךָ מִשָּׁם, בְּיַד חֲזָקָה וּבְרָעַע נְטִיחָה; עַל-כֵּן, צִוָּךְ ה' אֱלֹהֶיךָ, לַעֲשׂוֹת, אֶת-יּוֹם הַשַּׁבָּת.

Observe the sabbath day and keep it holy, as **Adonai your God commanded you**. Six days you shall labor and do all your work, but the seventh day is a sabbath of Adonai your God; you shall not do any work- you, your son or daughter, your male or female slave, **your ox or your ass**, or any of your cattle, or the stranger in your settlements, **so that your male and female slave may rest as you do**. Remember that you were a slave in the land of Egypt and Adonai your God freed you from there with a mighty hand and an outstretched arm; therefore Adonai your God has commanded you to observe the sabbath day.

In Shemot, Shabbat is primarily about stopping. It's about refraining from work and creating because God ceased to create on the seventh day of creation. In fact, this is how we often conceive of Shabbat: we mimic God's behavior in order to be holy and therefore we also stop, imposing restrictions on our behavior. In Devarim, we read the same injunction of refraining from labor, but the reasoning is entirely different and therefore situates us in a different mode. We are also mimicking God's behavior in the version of Shabbat, but it's a different behavior. God commanded us to stop working, and to give those that work for us a break, because we remember what it's like to have to work non-stop. We hold precious that feeling of being released from slavery, and on a small scale, want to ensure that all those who work get that feeling on Shabbat.

This second mode asks us to cultivate a posture of compassion and understanding around Shabbat. How can Shabbat be used to make the world around us more compassionate?
— Rabbi Sarit Horwitz

TORAH PORTION

VA'ETHANAN

SHABBAT NAHAMU

Torah: Annual Deuteronomy 5:1 - 7:11

Triennial Deuteronomy 5:1 - 7:11

- 1: 5:1 - 5:18
 - 2: 5:19 - 5:24
 - 3: 5:25 - 6:3
 - 4: 6:4 - 6:9
 - 5: 6:10 - 6:19
 - 6: 6:20 - 6:25
 - 7: 7:1 - 7:11
- Maftir: 7:09 - 7:11

Haftarah Isaiah 40:1 - 40:26

♻️ 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.



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.**