

KOL JESHURUN קול ישרון
The Voice of BJ This Week

B'nai Jeshurun
בני ישרון



September 7-14, 2018 • 27 Elul, 5778-5 Tishrei, 5779

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**
- **Family Life & Learning**
- **Community Events**
- **Tzedek & Hesed / Justice & Acts of Loving-Kindness**
- **Israel Programming**
- **High Holy Days 5779**
- **Sukkot through Simhat Torah**

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

HAZZAN: Ari Priven

MARSHALL T. MEYER RABBINIC FELLOWS: Tobias Divack Moss • Margo Hughes-Robinson • Abi Weber

EXECUTIVE DIRECTOR: Colin A. Weil

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/bnai.jeshurun** • **Twitter:** @bjnyc

OUR COMMUNITY

HA-MAKOM YENAHEM / CONDOLENCES

The community of B'nai Jeshurun mourns the death of our member Rabbi Rachel Cowan. We extend our sincere condolences to her children, Lisa Cowan and Jonathan Spear, and Matt Cowan and Diane Alvarez; her grandchildren, Jacob Cowan, Tessa Spear, Dante Cowan, and Miles Cowan; her entire family; and all her loved ones.

MAZAL TOV / CONGRATULATIONS

To the following members and their families:

- Noa Lauren Glezer, her parents, Ronnet and Ayal Glezer, and her brother, Ethan Glezer, on Noa becoming a Bat Mitzvah.
- Jessica, Fernando, and Ezra Rodas on the naming of their daughter and sister, Samara Rey Rodas.
- Lilli Platt on the birth of her grandsons, Henry Eli Weinger and Cooper Benjamin Doggett.

TODAH RABBAH / THANK YOU

- This week's Community Kiddush is supported by Jessica and Fernando Rodas in honor of the naming of their daughter, Samara Rey Rodas.
- Thank you to the BJ Board of Trustees for serving as our Friday night greeters this week. Please approach any of this week's greeters to learn more about the BJ Community.

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 the warm, transformative, open place that it is.

Friday Evening Services: PLEASE NOTE CHANGE OF TIME!

Beginning **this Friday, September 7**, Kabbalat Shabbat services will start at 6:30PM.

Note: from October 5 through the winter, services will begin at 6:15PM.

Seeking a meaningful way to prepare for the Yamim Nora'im?

It's as easy as opening your email. From the beginning of Elul through Yom Kippur, keep an eye on your inbox for daily kavannot from BJ community members on the transformative power of teshuvah. Start the season by reflecting on how you, too, can return home to the purest version of yourself.



WHAT YOU CAN DO:

● Help Our Friend in Sanctuary at SPSA

Debora Barrios and her daughter are living at SPSA while seeking a stay of deportation. Our communities have done an incredible job of helping them with basic tasks including providing dinner, laundry, and grocery shopping, and we need more volunteers. Sign up here: my.lotsahelpinghands.com/community/spsasanctuary.

We are happy to share BJ's services with those unable to attend in person through automated recording and livestreaming, available on our website and on our YouTube channel. The camera will be focused on the bimah and areas in front of the Ark. Your presence in those areas indicates your consent to your image appearing on the livestream. Tune in live—and to watch previously streamed services and programs—at www.bj.org/live.

THIS WEEK AT BJ

FRIDAY, SEPTEMBER 7

- **Kabbalat Shabbat Service** 6:30 PM – BJ Sanctuary

SATURDAY, SEPTEMBER 8

- **Shabbat Morning Services** 9:30 AM – BJ Sanctuary

Bat Mitzvah **Noa Glezer**

Naming **Samara Rey Rodas**

- ● **Family Service (0-Pre-K/K-Grade 2)** 10:45 AM – BJ Middle & Reception Rooms

- ● **Community Kiddush Welcoming Rabbi Erin Glazer** Following services – BJ Community House 3rd Floor

- ● **Hilkhot Teshuvah: Pathways Towards Transformation** Following Kiddush – BJ Chapel

Join us for an exploration of Hilkhot Teshuvah, taught on alternating weeks by Cantor Dave Mintz and Rabbi Shuli Passow. Together we'll learn how we can return to the best versions of ourselves in preparation for the Yamim Nora'im.

SUNDAY, SEPTEMBER 9 | 1st EVENING ROSH HASHANAH

- ● **Selihot Prayers** 9:15 AM – BJ Chapel

- **Morning Minyan** 9:30 AM – BJ Chapel

- ● **First Evening Service** 6:30 PM – BJ Sanctuary

MONDAY, SEPTEMBER 10 | 1st DAY & 2nd EVENING ROSH HASHANAH

BJ Office closed

- ● **For the Rosh Hashanah schedule of services at all locations, including Mindfulness, Children's, and Family services, and Tashlikh at Riverside Park, please see your entrance card or www.bj.org/hhd.**

- ● **Tashlikh on the Upper East Side** 5:30 PM – Carl Schurz Park Promenade at 86th Street

Upper East Side members are invited to join us for tashlikh closer to home. Together, we will symbolically let go of harmful behaviors by casting pieces of bread into the East River. Sign up now at www.bj.org/uestashlikh.

TUESDAY, SEPTEMBER 11 | 2nd DAY ROSH HASHANAH

BJ Office closed

- ● **For the Rosh Hashanah schedule of services at all locations, including Children's, Family, and Kulanu services, please see your entrance card or www.bj.org/hhd.**

WEDNESDAY, SEPTEMBER 12

- ● **Selihot Prayers** 7:15 AM – BJ Chapel

- **Morning Minyan** 7:30 AM – BJ Chapel

- ● **Hatanu Lefanekha: Tuning Our Souls for Teshuvah** 6:30 PM – BJ Chapel

Led by Rabbi Roly Matalon and Music Director Dan Nadel, this three-part poetical and musical experience featuring Sephardic and Mizrahi melodies will engage us in the spiritual journey from Selihot to the Yamim Nora'im. Upcoming session: 9/12. Free of charge, open to all.

THURSDAY, SEPTEMBER 13 | Primary Election Day

- ● **Selihot Prayers** 7:15 AM – BJ Chapel

- **Morning Minyan** 7:30 AM – BJ Chapel

FRIDAY, SEPTEMBER 14

- ● **Selihot Prayers** 7:15 AM – BJ Chapel

- **Morning Minyan** 7:30 AM – BJ Chapel

WHAT'S NEXT

● **Apply to Become an Ozer(et)**

Accepting applications through September 15: Applications to work as an ozer(et) (assistant teacher) in Kadima@BJ and/or for our monthly youth group programming are now open for all members in 8th-12th grade! For more information and to apply, visit www.bj.org/ozeretapplication.

● **BJ Mindfulness Retreat in Nature**

Register now for January 20-27, 2019, Costa Rica: Spend a week in the Costa Rican rainforest exploring Jewish mindfulness practice with Rabbi Marcelo Bronstein. Connect more deeply with your soul, our truest values, and with God's creation. Find out more at www.bj.org/costarica19, or contact Kristen at kkersey@bj.org or x255.

● **Hakhanah laTefillah**

Saturday, September 15 (Shabbat Shuvah) and then every other Saturday beginning October 5, 8:45-9:25AM, BJ Chapel: 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. This series is open to all, no registration necessary.

● **The Mindful Calendar Series: Forgiveness Workshop with Rabbi Shuli Passow**

Saturday, September 15, following kiddush, BJ Chapel: This series blends personal reflection, mindfulness, and text study to bring deeper meaning to significant moments throughout the year. In preparation for Yom Kippur, this workshop will explore ways to forgive ourselves and others. All welcome, no registration required. More information at www.bj.org/forgiveness.

● **Community Break-Fast**

Wednesday, September 19, following Ne'ilah services, Frankel Hall: Join us at a delicious Community break-fast, generously sponsored by Helena Diamant Glass in cherished memory of her beloved parents, Regina Landwirth Diamant and Karl Diamant. Register now at www.bj.org/breakfast2018.

● **Aviv: 20s and 30s Break-Fast**

Wednesday, September 19, following Ne'ilah services, location given upon registration: Join us for a delicious 20s and 30s break-fast following Ne'ilah services! The event is free for members, but registration is required at www.bj.org/20s30sbreakfast.

● **Fall Teen Retreat**

Friday, September 21-Sunday, September 23, Hands In 4 Youth, 256 Macopin Road, West Milford, NJ: 8th-12th graders, join us for a meaningful Shabbat away from the city. Connect with friends old and new while enhancing your connection to the BJ community. Register now at www.bj.org/fall2018teenretreat.

● **Bim Bam in the Fall!**

Fridays, September 21-December 14, 10:15-11:00AM, 11:15AM-12:00PM, BJ Chapel: Bim Bam gives children under 3 a space to explore Shabbat through songs and stories. The 10:15AM session features English and Hebrew, while the 11:15AM session is full Hebrew immersion. For more information, visit www.bj.org/fallbimbam.

● **Sliding into Sukkot: Family Breakfast**

Sunday, September 23, 10:15-11:30AM, BJ Community House Sukkah: Join us for a family breakfast in the sukkah! Sing holiday tunes, shake the lulav, and create festive decorations. The cost is \$10 per family for BJ members and \$18 per family for non-members. Register at www.bj.org/familysukkahbreakfast.

● **Family Pre-Service Oneg**

Friday, September 28, 5:45PM, BJ Community House Sukkah: Families are invited to enjoy appetizers and wine before Kabbalat Shabbat services. Connect with friends and get to know new families, then we will head to the sanctuary to enjoy services together. Sign up now at www.bj.org/sukkahoneg.

continued on panel 4

WHAT'S NEXT *continued from panel 3*

● **Community Shabbat Potluck in the Sukkah**

Friday, September 28, following the kabbalat Shabbat service, BJ Community House Sukkah: Bring something delicious to share, grab a bottle of your favorite kosher vino, and get ready to bring in Shabbat the BJ way. Sign up now at www.bj.org/sukkahpotluck.

WHAT'S LATER

● **Aviv: 20s and 30s Havdalah and Sukkah Hop**

Saturday, September 29, 6:30PM, BJ Community House Sukkah: Join us for havdalah in the Sukkah, followed by drinks and snacks! Meet new friends and mingle with 20s and 30s in the community as we check out sukkahs on the UWS. Sign up now at www.bj.org/sukkahhop.

● **Moving Traditions 2018-2019**

Sundays (monthly), September 30, 2018–April 28, 2019, 5:00-7:00PM, location TBD: Rosh Hodesh (Sisterhood) and Shevet (Brotherhood), are small, single-gender, single-grade groups in which teens can find their own Jewish community in a safe, relaxed space. Register now at www.bj.org/movingtraditions1819.

● **Aviv: 20s and 30s Simḥat Torah Pre-Gathering**

Monday, October 1, 7:30PM, BJ Reception Room: Grab dessert and a drink, and mix and mingle with other 20s and 30s in our community. Then, at 8:30PM, we will move to the sanctuary to celebrate the holiday. Sign up now at www.bj.org/20s30ssimhattorah.

● **Economic Justice Hevra Meeting**

Thursday, October 4, 6:30PM, BJ Middle Room: Get involved in the Justice for Farmworkers Campaign. Together, we will expand understanding of ethical consumption and ensure farm laborers get the dignity and equality they deserve. To R.S.V.P., contact Lisa at lisazucker@gmail.com.

● ● **Tot Shabbat**

Friday, October 5, 5:15-7:30PM, BJ Sanctuary and Frankel Hall: Families enjoy a Kabbalat Shabbat service filled with singing and dancing, followed by a dinner complete with Shabbat blessings and songs. While adults are finishing their meal, children engage in play and exploration. Register now at www.bj.org/totshabbat28

● **Hebrew Ulpan Classes** אולפן עברית

Mondays beginning October 8, 5:00-7:00PM and 7:00-9:00PM, BJ Community House: Join other members of the BJ community in a small group environment to build and improve your Hebrew conversational skills. Register now at www.bj.org/hebrewulpan.

● **An Evening with Human Rights Lawyer Bryan Stevenson**

Wednesday, October 10, 7:00-10:00PM, BJ Sanctuary: Join us for a discussion with human rights lawyer Bryan Stevenson, who will share his perspectives on the American justice system and the social, racial, and economic divides currently affecting our country. Register now at www.bj.org/bryanstevenson.

● ● **Teen Civil Rights Journey to Georgia and Alabama**

Thursday, January 17–Monday, January 21, 2019, Birmingham and Montgomery, Alabama, and Atlanta, Georgia: 8th and 9th graders, join us as we venture south to learn about the Civil Rights movement and why Jews must care and act when others are oppressed today. Register by October 5 at www.bj.org/alabamageorgia2019.

Hesed at BJ

Do you need help getting to a doctor's visit, or to BJ services? Would you like a regular visit or phone call from a Hesed volunteer? If you or someone you know would like support, please reach out at: hesed@bj.org.

A TASTE OF TORAH: SHABBAT NITZAVIM

שְׁלוֹם יִהְיֶה-לִּי כִּי בְּשִׂרְרוֹת לִבִּי אֶלֶף

“There will be peace for me, for I follow the will of my heart.”

—Deuteronomy 29:18

The quote above from Parashat Nitzavim reads almost like a mantra or teaching from the mouth of a sage. In our text, however, it's associated with a tendency toward idolatry, and the most severe and feared of divine punishments. Most of us, indeed, rely on our hearts alone at this time of year in our journey of teshuvah, of repentance. We may list our sins and waken our hearts with a gentle tap as part of our liturgy, but a guide to self-examination is conspicuously absent. Instead, we reflect on what we've done, who we are, and who we hope to be by squaring these measures away with what ultimately “feels right” in our “hearts.” But just as quickly as we may be able to state the ways in which our hearts have led us to paths of goodness, we can likely also state the ways in which our hearts have led us astray, to decisions and actions that “felt right,” but that, in retrospect, were very clearly wrong. How can we use our hearts to guide us in our process of teshuvah, if our hearts can just as quickly betray us?

I would like to suggest a framework for two types of teshuvah—one that I'll call *teshuvah of transaction*; the other *teshuvah of practice*. We engage in *teshuvah of transaction* when we pay and apologize for the vase we broke—either by accident, or perhaps because we chose an unhealthy way to discharge our anger. I relate this type of teshuvah to the goat in the temple ritual of Yom Kippur, which is sacrificed as a sin offering: the offense, sin at large; the price, one goat. But whole, complete teshuvah does not one goat take.

There is, of course, a second goat whose fate is less predictable—one sent to wander in the wilderness. This goat, I relate to *teshuvah of practice*, one in which we commit to challenging our own natural tendencies toward behaviors that are harmful to ourselves and to others—for example, through religious engagement, meditation, therapy, or reflective service. If we simply ground ourselves more firmly in our hearts, we may find ourselves justifying our negative behaviors—or even worse, canonizing them as correct. *Teshuvah of practice* is like a physical stretching—something that we cannot force lest we become discouraged, but must return to daily if we are to make progress (it is notable that in Ezekiel 11:19, God declares that She will remove our hearts of stone and replace them with hearts of “basar”—which can easily be read as “muscle”). It is difficult, endless, countercultural work—but necessary if we are to truly change.

As we prepare to renew ourselves with the upcoming year, may we commit to the most difficult but critical practice of teshuvah that stretches our hearts and allows for true transformation, as a people dedicated to Truth, service, and radical acts of love.

— Rabbi Michael R. Boino, LMSW

TORAH PORTION

NITZAVIM

Torah	Deuteronomy 29:9 - 30:20
1:	29:9 - 29:11
2:	29:12 - 29:14
3:	29:15 - 29:28
4:	30:1 - 30:6
5:	30:7 - 30:10
6:	30:11 - 30:14
7:	30:15 - 30:20
Maftir:	30:15 - 30:20
Haftarah	Isaiah 61:10 - 63:9

NEXT WEEK: VAYELEKH

Torah	Deuteronomy 31:1 - 31:30
Haftarah	Hosea 14:2 - 14:10, Micah 7:18 - 7:20

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. **Please join us to hear the shofar each morning during the month of Elul. 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 BJ Sanctuary is powered by the energy of the sun.



AVAILABLE AT SERVICES & PROGRAMS
IN THE BJ SANCTUARY

