

BETH ISRAEL JUDEA BULLETIN



BIJ - Your Community for Life

WELCOME TO BIJ

In This Issue:

Board of Trustees.....	3
From the Rabbi’s Study.....	4
The Musical Musings.....	5
Youth & Family Education—B3.....	7
Preparing for the High Holy Days	8
Adult Education.....	10
Shabbat	11
High Holy Days Schedule.....	12
High Holy Days Children’s Services.....	14
Festivals.....	14
BIJ Community	15
Sisterhood - The Women of BIJ	17
Tikkun Olam	20
Community.....	21
Gifts, Donations & Our Volunteers.....	22

The BIJ Bulletin

The BIJ Bulletin is published in January, March, May, July, September and November each year by Congregation Beth Israel Judea. Original articles and reviews are appreciated, but we cannot guarantee publication. Submit ideas by email to: bulletin@bij.org in simple Microsoft Word format or in the body of your email. **Deadline** for the upcoming November / December issue is: **Thursday, October 1.**

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Tuesday, Wednesday, Thursday: 10 AM to 5 PM

Friday: 10 AM to 3 PM

CLOSED Mondays and also:

**TUESDAY, SEPTEMBER 15TH, 2ND DAY
ROSH HASHANAH**

**AT NOON, TUESDAY, SEPTEMBER 22ND,
EREV YOM KIPPUR**

**TUESDAY, SEPTEMBER 29TH, FOR 2ND DAY
SUKKOT**

**TUESDAY, OCTOBER 6TH, FOR SIMCHAT
TORAH**

BOARD OF TRUSTEES

From the Co-Presidents by Nancy Greenberg & Deborah Schweizer

As the summer wanes and we approach our Jewish New Year (Rosh Hashanah) and Day of Atonement (Yom Kippur), many things are brought to mind. We look to the past – reflecting on how quickly time seems to have returned us once more to this season. We make note of what we accomplished, ponder the things we did not quite get around to and lament things we wish we could undo. We wonder about the future—will it be a year of triumph, security or joy? Will we know deep sorrow, challenge or strife? Will we do better, have more patience, be kinder? Will we have strength to meet adversity? Will we improve our world for future generations? Will our lives matter?

Nancy's reflections for the upcoming High Holidays were penned in Hawaii:

“As I write this, I am sitting on a lanai in the beautiful Ko Olina resort on the island of Oahu. Yesterday I hiked up to Diamond Head. As I look at the exquisite view of mountains and sky, lush green trees, lagoons and ocean and the chirping of birds I don't know the names of, I am left with the thought that someone (God) left this for me to enjoy, a legacy.

We are here with 22 of Marty Segol's relatives for a family reunion and his 80th birthday celebration. As you read this, we will be approaching the High Holy Days, a time of reflection, a time for forgiveness, a time for dedicating ourselves to do better in the future. I will make the analogy to Marty's family, the senior members (the past), the children (the present) and the grandchildren (the future). We pass down our values from generation to generation. All of us need to think about how we can leave to others in our BIJ family the gifts of the synagogue.

At this year's BIJ Annual Meeting, we were told about two very generous legacy gifts. The generosity of these people allowed us to have a balanced budget for the past year. So what are these gifts, why should we do it? A legacy gift is money set aside in a variety of ways that comes to the synagogue at the end of your life. When you think about it, what you are doing is preserving something very precious for future generations, a legacy. A legacy gift can fulfill the synagogue's current financial needs.

In addition to legacy gifts, I would encourage you to think of the synagogue in moments of good fortune. What I mean is, if you are fortunate to realize financial gains from the sale of stock, sale of a home, a bonus from your job, please think of the synagogue and perhaps make a contribution commensurate with your good fortune. Such gifts sustain our community and allow us to create the legacy for future generations to come.”

Deborah's thoughts for the High Holy Days came as she stared out at her City by the Bay:

“As I look out my window and see San Francisco splayed out before me, it is easy to feel as if I am but a speck. The news of the day speaks of issues and world problems that are beyond what I know how to affect and even my passion for voting makes me wonder at times whether one person does truly make a difference. Then words from the Mishnah recently said to me (in a BIJ Community Participation Plan Task Force meeting) give me clarity and hope, "It is not incumbent upon you to complete the work, but neither are you at liberty to desist from it." (Avot 2:21.)

I watch members of our BIJ community step in to help and I realize that by living up to this obligation, we can and do make a difference. When we come together at times of life cycle events, (baby namings, B'nai Mitzvah, weddings, burials), festivals, services and learning, to make sandwiches, discuss a new film, hear a comedy show, or make gefilte fish, we are sharing our tradition, giving vitality to our Jewish identity and weaving a connection that binds us together. All parts are necessary to form the pattern and make the fabric strong. When I see members of our community volunteer to help set up for Friday night services, greet people on High Holy Days, usher, send out thank you letters, bring food for Onegs, prepare the service sheet, work on Project Day, assist in the office, put together the Bulletin, stuff envelopes and do mailings, give rides to members, contact those who are sick, and lend a hand in hundreds of other ways, I no longer feel as if the individual cannot matter. You, dear members of my community, make me realize all the time that each of us matters. And you give me hope as I watch you improve our world around us.

*L'Shanah Tovah Tikatevu,
May you be inscribed and sealed for a good year,*

Nancy Greenberg and Deborah Schweizer

As in prior years, you may be asked to show your High Holy Day tickets when you enter the building. This is important for our security, and we ask for your cooperation and understanding.



FROM THE RABBI'S STUDY

The New Year will be New this Year...

By Rabbi Danny Gottlieb



A story is told of the great Chassidic master, the Baal Shem Tov:

"The Baal Shem Tov (Besht) came to a certain city before Rosh Hashanah. He asked the inhabitants who was their Reader during the Service on the Solemn Days. The reply was, 'The Rabbi of the city.' Thereupon, the Besht asked, 'What is his custom during his prayer?' They replied, 'He weds all the Confessions of Yom Kippur to joyful melodies.' The Besht sent for the rabbi and asked him, 'Why do you recite the Confession so joyfully?' The Rabbi replied, 'When a royal slave removes unsightly things from his master's courtyard, he is happy because he has done it out of love for him. Similarly do I rejoice when I remove objectionable things from my heart, for thereby I give pleasure to the King of Kings.' Then the Besht replied, 'May my portion be with you.'"

...on the Bimah

This year, Ricki Weintraub will join me on the bimah as our Cantorial Soloist for the High Holy Days. And while we will all, no doubt, have the bittersweet experience of hearing echoes of David's voice in the familiar melodies, Ricki and I will try to make it our custom to "wed all of the Confessions to joyful melodies," giving honor to David's memory and pleasure to the Holy One of Blessing, each an expression of our love.

...on the Second Day

This year, we will celebrate the second day of Rosh Hashanah (which falls on Tuesday, September 15th) together with our Southside Collaborative partners, B'nai Emunah, Ner Tamid and Or Shalom. There will be four choices from which to choose: 1) Second Day Rosh Hashanah service, similar to the one we have held at BIJ in the past. This service will take place at B'nai Emunah, led by Rabbi Mark Melamut and Cantor Linda Semi. 2) Symposium on "The Meaning of Life," with a presentation by Rabbi Ed Zerlin and discussion moderated by Rabbi Moshe Levin. The symposium will take place at Ner Tamid. 3) A Contemplative Shofar Service - chant, meditate, and hear the shofar blasts, led by Rabbi Katie Mizrahi and David Cohen-Tzedek. This service will be held at Ocean Beach. 4) High Holy Day Hike with Prayer, Readings and Song, led by Rabbi Gottlieb and

Ricki Weintraub. The hike will begin at the Pacifica Pier. Each of these programs is designed to end so that participants may join in a picnic lunch at Ocean Beach, followed by tashlich. (Please see page 12 for details.)

...in our relationships

The High Holy Days, which will be upon us in just a week or two, are a time of personal renewal and return (*teshuvah*). This is the time of year to look back upon our thoughts, our words and our actions in the year that is ending. It is the time to approach those whom we may have hurt by word or deed, and to ask for their forgiveness, as we have learned, "For transgressions against God, the Day of Atonement atones; but for transgressions of one human being against another, the Day of Atonement does not atone until they have made peace with one another."

And so: "To all those whom I might have hurt or offended by word or deed, whether knowingly or unwittingly during this past year, please accept my sincere apology as the New Year approaches, that each of us might know a good, sweet and prosperous year of blessing." And if there is any "unfinished business" between us, of which I am not aware, please approach me in these days leading up to Yom Kippur.

...and in the community

There will be many new faces among us as we worship together over the High Holy Days. Please take a moment to introduce yourself to people you do not know. Many of those you will encounter will be people who are not yet members of our congregation. Please help them to feel welcome at Beth Israel Judea, and let them know that they are welcome to join us throughout the year. Think of yourself as an ambassador of our BIJ family, and help to extend the warmth and fellowship of our community to others, as we continue to reach out to our friends in the various neighborhoods and communities in which our members live.

Ricki and I join in wishing each of you and your loved ones a Good and Sweet New Year!!

L'shanah tovah u'm'tukah!

Rabbi Danny Gottlieb

MUSICAL MUSINGS

Intonement and Atonement – Preparing for the Days of Awe

By Cantorial Soloist Ricki Weintraub

Many thanks to my friend, Aryell Coben, Music Director at Temple Sinai in Los Angeles for his inspiration in describing the High Holy Days as a musical symphony.

A symphony is a series of melodic themes, subsequent development, recapitulation and perhaps a coda. Our High Holy Day services beginning, with Rosh Hashanah and continuing through the final blast of the shofar at Yom Kippur's Ne'ilah service, are similarly constructed. Our *Yamim Nora'im*, the Days of Awe, are a liturgical, theological and musical symphony.

As fall approaches, Jews throughout the world prepare for a unique ten-day period of prayer, self-examination, fasting and repentance. These High Holy Days (notice I did NOT say HOLIDAYS) are preceded by a month of reflection: the Hebrew month of Elul (1 Elul = Sunday, August 16, 2015).

Selichot: Prelude to the Prelude

Selichot, a Hebrew word meaning "forgiveness," refers to the special penitential prayers recited by Jews during the High Holy Day season. The Selichot liturgy contains some of the finest Jewish religious poetry ever composed. Selichot provides a solemn and fitting preparation for ten days of reflection and self-examination.

Rosh Hashanah Evening: The Grand Prelude

Rosh Hashanah (literally, "Head of the Year") is the celebration of the Jewish New Year, observed on the first day of the Hebrew month of Tishrei. It marks the beginning of a ten-day period of prayer, self-examination and repentance, culminating on the fast day of Yom Kippur. Special customs observed on Rosh Hashanah include: the sounding of the shofar, usng round challah, and eating apples and honey for a sweet new year.

The themes of the High Holy Days — renewal, repentance, forgiveness, and redemption — are slowly introduced. The High Holy Day "*nusach*" (special melodies) are presented one by one beginning with the prayer *Hinini*. *Hinini* invokes the solemnity of the Days of Awe. It establishes a dynamic in the relationship with God of HUMILITY in the face of JUDGEMENT. *Hinini* marks the official beginning of the Days of Awe. It is a prayer of petition to God sung by the cantor on behalf of the congregation. The cantor prays that God will enable him/her to act as a holy vessel for the prayers of the Jewish people. "Behold me, of little merit, trembling and afraid, as I stand before you to plead for Your People." The melody weaves through emotional passages which pull at the heart and ignite the promise of repentance within the listener.

Candlelighting, Kiddush, Bar'chu, Mi Chamocha

All these melodies reflect the "*nusach*" or mode, which distinguishes High Holy Day music from the rest of the year. Through

the special motifs, which repeat again and again, we are reminded of the ancient melodies, handed down for generations, which connect us to our peoples' ancient musical heritage.

Amidah: Avot/Zochreinu/G'vurot

During the High Holy Days, the *Avot* ends with the *Zochreinu*. This melody is said to be "*Mi Sinai*" or passed down from Mt. Sinai. That attests to the generations of Jews who have sung the melody in this same way since before anyone can remember. The prayers reach their crescendo on Erev Rosh Hashanah with the words and music of *Avinu Malkeinu*. "*Avinu Malkeinu*, hear our prayers and be gracious to us." The melody and words are familiar. As we sing we are flooded by emotion. The High Holy Days have arrived and our symphony continues. This prayer sends our pleas to God for blessing in the Book of Life. Max Janowski, the composer of the heart-wrenching *Avinu Malkeinu*, was a prolific 19th century German-born writer of American Jewish music who lived in the Chicago area. His musical arrangements for the High Holy Days have become standards around the world.



Rosh Hashanah Day: The Birthday of the World

Our morning service begins with two sections acting as a spiritual "warm-up." Just as we warm up our bodies before exercise, the Morning Blessings (*Bircbot HaShachar*) and Psalms of Praise (*Pesukei d'Zimrah*) warm us up spiritually. *Kedushat HaYom*, the centerpiece of the morning tefillah, is the prayer exclaiming the special nature of Rosh Hashanah. It is here we chant *Un'taneh Tokef* and *B'rosh Hashanah*.

Un'taneh Tokef suggests predetermination of our fate. The idea of the *Sefer Chayim*, the Book of Life, is presented and the theological premise of God as Judge is reinforced in these prayers. But the liturgy assures us we can "temper the decree" with "*t'filah, t'shuvah, u-tzedakah*," "with prayer, repentance and *tzedakah*."

These ancient texts remind us another year has passed and we have an opportunity to change. This theme will be heard over and over. This motif in our symphony reoccurs as part of the Yom Kippur service.

The ancient sound of the shofar transports us through the ages and links us to all the generations before us and all that will come after us. In the Shofar Service we are reminded of God's sovereignty, God's abiding presence, and God's continual revelation as a part of our existence.

Continued next page
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MUSICAL MUSINGS (CONTINUED)

On Rosh Hashanah afternoon, we go to a body of water and symbolically cast away our sins in the ceremony of Tashlich. This ritual actually acts as a liturgical precursor to the confessions of Yom Kippur.

Kol Nidre: All Vows

Yom Kippur, the "Day of Atonement," is the annual Jewish observance of fasting, prayer and repentance, considered to be the holiest day in the Jewish calendar. In three separate passages in the Torah, the Jewish people are told, "the tenth day of the seventh month is the Day of Atonement. It shall be a sacred occasion for you: You shall practice self-denial." (Leviticus 23:27). Fasting is seen as fulfilling this biblical commandment.

For many, the sacredness of Kol Nidre is unparalleled. It is an evening when hearts are opened and souls transformed.

The evening service of Yom Kippur is named Kol Nidre after the prayer of the same name. The prayer is hauntingly beautiful. The congregation is somber, a full fast has begun and hearts are heavy and often mournful. The Kol Nidre prayer is a legal formula absolving us of vows or oaths made under duress. It probably developed in medieval times and the melody we hear is equally as old.

Kol Nidre, is repeated three times, increasing in volume with each repetition, moving from melancholic remorse to assertive confidence.

Our evening service introduces the confession, "*Al Cheyt.*" As the service comes to a conclusion we plead, "*Sh'ma Koleinu* - hear our voice. Be compassionate and hear our prayers."

Yom Kippur Morning: Choose Life

The Yom Kippur morning service is similar to Rosh Hashanah morning, but the mood and feeling is completely different. On Rosh Hashanah we asked to be inscribed, on Yom Kippur we ask to be sealed in the Book. Our confession of communal sins continues and we implore "For all these sins, oh God of mercy, forgive us, pardon us and grant us atonement." (*V'al kulam...*)

Yom Kippur Afternoon: Sacred Community

The Yom Kippur afternoon service is a continuation of the morning's prayers but greatly intensified. The *Vidui* is said a number of times on Yom Kippur. This is the famous prayer which lists all the sins that a person may or may not have committed. *Ashammu* and *Al Cheyt* are the two best-known prayers in the *Vidui*. In saying the *Vidui* aloud, we pray as individuals and as a community for forgiveness.

The *Vidui* begins, "On the New Year our destiny is written down and on the Day of Atonement it is sealed... who shall live and who shall die, who shall live out the full measure of his days and who shall pass away before it..."

Although the prayer describes all the punishments that may await those who have 'missed the mark,' our tradition teaches that there is always hope of redemption. The prayer concludes, "But penitence, prayer and charity avert the severe decree!"

As we recall with great sadness all those martyred for no reason other than that they were Jews, our symphony is despondent, the music is mournful.

Yizkor: Memorial Prayers

The Yom Kippur liturgy provides us with an opportunity to mourn for those members of our families and community who have died. The contemporary Yizkor service also acknowledges the six million Jews killed in the Holocaust, as well as all the martyrs of our people. Our hearts ache, and even the most beautiful melodies and most sincere words cannot express our grief. Our tears are intermingled, as we mourn both for personal loss and communal tragedy. Yizkor concludes with the words of Psalm 126: "Those who sow in tears, will reap in joy..." With these words we move from the depths of sadness to the concluding service of the Day of Atonement and a glimmer of hope.

Ne'ilah: Liturgical Epilogue

The word "Ne'ilah" means "to lock" and refers to the locking of the gates of heaven. Many of the prayers are the same that we pray earlier in the day, but the melodies have an urgency and desperation that seem to implore God to listen to our prayers. Once again the melody of *Sh'ma Koleinu* asks God to not turn away from us.

Then, the GREAT *ALEINU*.... The High Priest goes into the Holy of Holies three times: once for himself, once for his family and the third time for all Israel. Our re-enactment of this ritual is to prostrate ourselves before the Holy Ark.

Like the crash of a cymbal in an orchestral symphony, the shofar's call – *Tekiah Gedola* - awakens us. Through prayer, song, and the blessing of community we are spiritually reborn. A New Year has begun, the symphony concludes and we pray to have the opportunity to hear it again next year.

We conclude our day with *Havdalah*: the separation. The Shabbat of all Shabbats.

May the musical symphony on these High Holy Days open our hearts and transform our souls!

L'shanah tovah u'm'tukah,

Ricki

YOUTH & FAMILY EDUCATION - B³

Sin, Forgiveness, Technology and What's Coming Up by Rebecca Goodman, RJE; Director of Education

I'm writing this article on the eve of Jewish Heritage Night at the Giants. I can tell you that the Giants beat the Brewers 4-2 and many in our community went home with Giants Kiddish Cups. Thus, looking forward to September and October is a little challenging and there will be some updates that are not ready to share as of this writing, but will be made available as Rosh Hashanah, Yom Kippur, and the start of the B³ program get closer.

Technology is a wonderful tool that you can use to enhance your Jewish experiences! As the High Holy Days approach we look at our lives and the things we've done that hurt others. On Yom Kippur we ask for forgiveness. Mishna Yoma 8:9 teaches us that for sins committed *ben adam l'makom* (between a person and God), Yom Kippur will atone. However, for sins committed *ben adam l'chavero* (between a person and another person), Yom Kippur does not atone for them until one has appeased the other. Therefore, we are obligated to ask that individual for forgiveness.

So, where does technology fit in? BIJ once again is participating in the eScapegoat launched by G-dcast. If you're not familiar with the Jewish tradition of absolving yourself of sin through a scapegoat, I encourage you to look it up – or email me and I will provide additional information. Please note: you should still approach those that you harmed and ask them for forgiveness directly.

BIJ has its own mini goat where you, members of our community, can virtually confess your sins. Together, just as we do on Yom Kippur, we will share each other's *teshuvah* (repentance) and support one another as we seek forgiveness. We even have our own eScapegoat webpage: <http://bij.escgoat.com/> and you can start confessing today!

Technology also enables us to stay up to date on all the events for B³ this year. The calendar on the BIJ App (available for iPhone/iPad and Android) and on the BIJ website always includes B³ programs and High Holy Day children's program dates/times. To sign up for B³ or any of our programs in the fall, please go online: <http://bij.org/events-donations/registration>.

B³, as many know, stands for Beth Israel Judea + B'nai Emunah = B'yachad (together). Sharing space with Or Shalom provides opportunities for our education program to join with theirs. We've already created a new and vibrant program on the First Friday of the month: **Shabbat Shelanu (Our Shabbat)**. If you haven't had a chance to check it out, join us on September 4 and October 2.

New elements of Shabbat Shelanu this year include communal cooking of the main dish. What a wonderful way to meet new people and help our community prepare for Shabbat!

In general, the communal cooking will take place at BIJ on the Thursday evening before Shabbat Shelanu. September will be a vegetarian Moroccan Tagine main dish that will be served for dinner on Shabbat. The October Shabbat Shelanu takes place during Sukkot; the main dish is yet to be determined. Suggestions are welcome! Please RSVP contact Johanna Gendelman at JohannaGendelman@gmail.com or 415.652.0474 if you would like to cook with us and for exact dates/times.



Just as families around the world prepare for Shabbat, we will do so as well – as a community! We're asking families to bring side dishes to complete the meal. The meal will remain veggie/dairy (no meat, please). Please RSVP if you will be attending Shabbat Shelanu dinner.

SHABBAT SHELANU

5:45 pm Tot Shabbat Service

6:30 pm Dinner

(RSVP <http://bij.org/events-donations/registration>)

7:15 pm Family Friendly Musical Service

We'll have more opportunities to work with Or Shalom this year; stay tuned for information about specific events. Our first B³ field trip takes place on Sunday, October 18. We're headed to Urban Adamah in the East Bay and enrollment in B³ is required for anyone participating in the field trip. Sign up online: <http://bij.org/events-donations/registration>! I look forward to learning with you this year!

Please see page 14 for information regarding children's programming on the High Holy Days, Sukkot and Simchat Torah. And remember, the first day of B³ is Erev Sukkot, September 27!

L'shanah Tovah,

Rebecca



PREPARING FOR THE HIGH HOLY DAYS & FESTIVALS

From Rabbi Danny Gottlieb

The High Holy Days (Rosh Hashanah and Yom Kippur) and the Fall Festivals (Sukkot and Simchat Torah) represent a period of almost one month when many of us are as “Temple-focused” as at any time throughout the year. Even those who do not attend services with any regularity at other times respond to the call of the Shofar and feel compelled to join the community in study and in prayer, in song and in celebration during these Days of Awe and Festivals of Rejoicing.

But the observance of these days is not fulfilled by synagogue attendance alone. Rather, the observance begins at home, with a festive meal prior to the evening service, and the recitation of blessings appropriate for each evening. To help you fulfill the mitzvot of home observance, you will find home services for each of the High Holy Days and Festivals accompanying this edition of the Bulletin. Please feel free to make as many additional copies as you need for your household, and pass them on to your extended family and friends. And may your household be enriched by your observance, and come to know many blessings and celebrations in the year ahead.

There will be many new faces among us as we worship together over the High Holy Days. Please take a moment and introduce yourself to people you do not know. Many of those you will encounter will be people who are not yet members of our congregation. Take the opportunity to welcome them to BIJ, tell them about your own connection to our synagogue, and let them know that they are welcome to join us throughout the year.

Preparing in Advance – Elul and Selichot

The rabbis teach that we must prepare for the High Holy Days through study and prayer, and that this preparation needs to begin well in advance of Rosh Hashanah. The month of Elul, which is the month leading up to Rosh Hashanah, began on August 16th this year. Traditionally, the shofar is blown at weekday morning services throughout the month of Elul in anticipation of Rosh Hashanah. The sound of the shofar calls us to repentance and awakens within us a spirit of renewal for the year ahead. Join us for Friday evening services throughout the month of Elul (from now until Rosh Hashanah). Just before we light the candles to welcome Shabbat, we will blow the shofar to remind ourselves of the task at hand. This is the beginning of our preparation.

Study is another way to prepare for the New Year. Once again this year we are holding an Elul study series, in collaboration with B’nai Emunah, Ner Tamid and Or Shalom. The series continues on Tuesday evenings, September 1 and 8 as we study together in preparation for the New Year. Details are below. Don’t worry if you can’t attend all of the sessions. Each session stands alone. Come as often as you can.



Please join us for the final two parts of the series in preparation for the High Holy Days

Exploring the Sacred Texts of the High Holy Days

Our Rabbis probe the central texts of the High Holy Day season. These stand-alone sessions are designed to prepare us to enter Rosh Hashanah and the New Year with a deeper understanding of the words we will encounter over these Days of Awe.

Tuesday evenings 7:00 - 8:30 PM

September 1 - R. Moshe Levin: “The Akedah - The Binding of Isaac in Jewish and Moslem Traditions” at BIJ

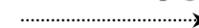
September 8 - R. Danny Gottlieb: “Vidui - I Confess!!” at B’nai Emunah

All are welcome!

The Southside Jewish Collaborative

And then, one week before Rosh Hashanah, we complete our preparation for the introspection, repentance, joy and celebration of the High Holy Days with a moving and inspiring evening, September 5 at 7:00 pm. The evening will include a classical music concert, writing a letter to oneself, memories of those who have passed this year, and cantorial selections from the Selichot service. This is an exceptionally beautiful and powerful moment in time, and an experience that readies us for the Days of Awe that follow. Details on facing page.

Continued next page



PREPARING FOR THE HIGH HOLY DAYS & FESTIVALS

ELUL
A Time To Reflect

Selihot
classical music
concert



The talented and popular Camellia Rodriguez-SackByrne, on flute with violin and cello accompaniment, playing

“Classics of the Renaissance”

Mozart • Haydn • Bach

Saturday evening, September 5, 7pm

Join us for a moving and inspiring evening as we usher in the High Holy Days
Special Project: “Writing a Letter to One’s Self”

hosted by Congregation Ner Tamid, 1250 Quintara Street, SF, 415-661-3383

in conjunction with the Southside Jewish Collaborative Synagogues:
Beth Israel Judea • Congregation B’nai Emunah • Ner Tamid

Dessert Buffet sponsored by Beverlee Hassid in memory of Sandy Goldbrener

No Charge but RSVPs Requested before September 2nd for Planning Purposes
Dedication of Memorial Plaques

Cantorial Selections from the Selihot Service ~ Concluding at 9:30pm

Preparing Ourselves – Seeking & Offering Forgiveness

The High Holy Days are also a time of personal renewal and return (*teshuvah*). This is the time of year to look back upon our thoughts, our words, and our actions in the year that is ending. It is the time to approach those whom we may have hurt by word or deed and to ask for their forgiveness. The following prayer may be of help to you in preparing for your own renewal and return.

L’shanah tovah tikateyvu—
May you be inscribed for a
good New Year!!



ETERNAL ONE, WITNESS now that I forgive anyone who hurt or upset me or who offended me -- damaging my body, my property, my reputation or people that I love; whether by accident or purposefully; with words, deeds, thoughts or attitudes.

I forgive every person who has hurt or upset me. May no one be punished because of me. May no one suffer consequences for hurting or upsetting me.

Help me, Eternal One, to keep from offending You and others. Help me to be thoughtful and not commit outrage by doing what is evil in Your eyes.

Whatever sins I have committed, blot out, please, in Your abundant kindness, and spare me suffering or harmful illnesses. Help me become aware of the ways I may have unintentionally or intentionally hurt others, and please give me guidance and strength to rectify those hurts and to develop the sensitivity to not continue acting in a hurtful way. Let me forgive others, let me forgive myself, but also let me change in ways that make it easy for me to avoid paths of hurtfulness to others.

I seek peace, let me be peace. I seek justice, let me be just. I seek a world of kindness, let me be kind. I seek a world of generosity, let me be generous with all that I have. I seek a world of sharing, let me share all that I have. I seek a world of giving, let me be giving to all around me. I seek a world of love, let me be loving beyond all reason, beyond all normal expectation, beyond all fear that giving too much love will leave me with too little. And let me be open and sensitive to all the love that is already coming to me, the love of people I know, the love that is part of the human condition, the accumulated love of past generations that flows through and is embodied in the language, music, recipes, technology, literature, religion, agriculture, and family heritages that have been passed on to me. Let me pass that love on to the next generations in an even fuller and more explicit way.

Source of goodness and love in the universe, let me be alive to all the goodness that surrounds me. And let that awareness of the goodness and love of the universe be my shield and protector. Hear the words of my mouth and may the meditations of my heart find acceptance before You, Eternal One, who protects and frees me. Amen.

ADULT EDUCATION

Mindfulness Meditation

Friday Mornings, 8:30-9:30 AM



Mindfulness meditation is a spiritual practice that allows us to create for ourselves an extended period of silence in which to focus on our inner self without the distractions of life's constant noise. It is a gift that we can give to ourselves, for getting in touch with our inner self and strengthening our spirit. We allow time to sit together quietly in silent Jewish practice, before heading off to our work or daily routine. This is a flexible work-in-progress, welcoming suggestions and open to evolving.

Adult Hebrew Lessons for Beginning & Intermediate Learners

September 3, 17; October 1, 15, 29

Aleph Bet 6:00-6:30 PM

Continuing Students 6:30-7:30 PM

Are you interested in learning to read Hebrew? For those interested in reading the Hebrew Aleph Bet (alphabet), here is your opportunity to make that happen! An intermediate Hebrew course follows, where we are working on improving reading skills, developing the building blocks of Hebrew grammar and increasing our vocabulary. Beginning students are encouraged to stay for both classes. We meet bi-weekly. \$10/session. Contact Ricki Weintraub for more information: ricki.weintraub@me.com



Learn to Lead a Shabbat Service

Would you like to learn how to lead a Shabbat morning service? Rabbi Gottlieb is looking for members who would be interested in learning how to lead the Shabbat morning prayers, both to assist him on Shabbat mornings and to lead the service on occasion when he is away. The learning will be in a small group or private tutorial setting, depending on the number of students. A reading knowledge of Hebrew and familiarity with the morning service is required.

Please let Rabbi Gottlieb know if you are interested, by email to rabbigottlieb@bij.org.

Golden Thursdays: Lunch & Learn with Rabbis Gottlieb, Levin, Melamut, and Mizrahi PLUS Sandwich Making

NO Lunch & Learn in September

October 15, 12:00 NOON at BIJ



Designed for people with flexible schedules who would like to come to the synagogue for a bite, learn with the Rabbis, and socialize. The Lunch & Learn sessions usually take place the third Thursday of the month, are led by Rabbis Gottlieb, Levin, Melamut, and Mizrahi and rotate among all three locations. A light lunch is provided, followed by sandwich making at 1:30 pm with our Tikkun Olam Hunger Relief Project.

Sunday Study Circle: Tanach

NO Tanach Study in September

October 11, 25

10:00 AM-12:00 PM

On the second and fourth Sunday mornings of the month, all are invited to join the Sunday Study Circle. The Study Circle meets for an exploration of the Tanach, the Hebrew Bible. The study is interactive, with lots of discussion. The group is led by members of Or Shalom, with occasional participation from our rabbis, and will meet in the Brandeis Library in October. The Study Circle is taking a break over the High Holy Days and Festivals.

Learn the Torah Tropes

November TBA

Has it been a while (years?) since you last read from the Torah? Perhaps you never learned to read the Torah but would like to do so? Would you like to occasionally read the Torah in our service on Shabbat mornings? What about being able to chant an aliyah when your child is becoming Bar/Bat Mitzvah? Are you interested in strengthening your Hebrew understanding and fluency? If so, then consider joining our upcoming adult Torah trope class. Please let the BIJ Office know if you're interested.



SHABBAT

Shabbat Mornings

8:45 AM Torah Study / 10:00 AM Service

Join Rabbi Gottlieb each Shabbat morning at 8:45 for an accessible Torah study session, and then be right on time for Shabbat services. (The first Saturday of the month is a joint service with Or Shalom, led by their clergy.)

Erev Shabbat

1st Friday: Shabbat Shelanu September 4 & October 2

5:45 PM	Tot Shabbat Service
6:30 PM	Catered Main Dish/Potluck Sides
7:15 PM	Family Friendly Musical Service

Shabbat Shelanu (Our Shabbat) is a time to celebrate Shabbat, eat together and highlight the learning of our students. We celebrate together with our friends from Or Shalom and B'nai Emunah! Our Rabbis and song leaders guide us in a fun-filled Shabbat and monthly birthday celebration! RSVP <http://bij.org/events-donations/registration>

2nd Friday: Shabbat in the 'Hood September 11, 7:30 PM in The Sunset October 9, 7:30 PM in Daly City

On the second Friday of each month, we take our Shabbat service "on the road" to different neighborhoods in San Francisco and the Peninsula. Members host the chavurah-style services in their homes, led by Rabbi Danny Gottlieb and Ricki Weintraub. This provides an opportunity for our members who find it difficult to travel at night to attend, and an opportunity to invite neighbors who are not yet members of the BIJ family to meet and engage with us in an informal way. If you are interested in hosting a Shabbat in the 'hood this year, please contact the BIJ Office. ***There will be no BIJ-led service at BIJ, yet all are welcome to attend Or Shalom's service at 7:00 PM.***

3rd Friday: Friday Night Feast



A free, catered Shabbat feast! Welcome Shabbat with tableside blessings, then enjoy delicious fare and each others' company. After *birkat hamazon*, the grace after meals, a special program for the adults takes place; children may retreat to the Fireside Room for supervised activity. Invite friends who have never been to

BIJ! This monthly event is a wonderful opportunity to introduce your friends to our BIJ Community.

Please Note: There will be NO Friday Night Feast or Service at BIJ on September 18.

All are welcome to join our Southside Jewish Collaborative partners at their services that evening:

6:00 pm—Congregation Ner Tamid
7:30 pm—Congregation B'nai Emunah

A "Pink" Shabbat with Sharsheret

October 16, 6:30 PM

The Friday Night Feast in October will be a "Pink Shabbat," supporting Breast Cancer Awareness Month. A local guest speaker from Sharsheret will talk about its services and support opportunities. Sharsheret is a national not-for-profit organization supporting young Jewish women and their families facing breast cancer or ovarian cancer, or who have an increased genetic risk of cancer.

RSVP by October 8 to sisterhood@bij.org. Childcare can be made available if you let us know when you RSVP.

4th Friday: Sacred Hebrew Chant & Drum

September 25 & October 23, 7:30 PM

BIJ is joined by Or Shalom for our unique Sacred Hebrew Chant & Drum service. Our joyful band of vocalists and drummers lead us as we welcome Shabbat in an uplifting evening, layered with harmonies and rhythms, creating a sacred space. A potluck Oneg Shabbat and schmooze follows. Please bring a treat to share.

5th Friday: Shabbat Café at B'nai Emunah

October 30, 7:30 PM

Join B'nai Emunah in the Sunset for a Sunrise Sunset Café Shabbat. Program to be announced! (There will be no service at BIJ.)

Ezra Golani becomes Bar Mitzvah

October 17, 10:00 AM



Ezra was born and raised in San Francisco. He is in 8th grade at Presidio Middle School, where his favorite subjects are math and science.

Outside of school, Ezra enjoys video games and is interested in learning more about coding. He enjoys playing all kinds of sports, especially football and running, and likes hiking as well.

This past summer was Ezra's fifth year attending Camp Tawonga, which is the highlight of his summer every year.

Ezra enjoys spending time with his older siblings and is happy that they'll all be a part of his bar mitzvah celebration. He is looking forward to celebrating with other family members from across the country, and hopes to see his family in Israel again soon too.

Ezra and his parents Lisa and Yehuda rejoined the BIJ community just a year ago, and they are thrilled to be a part of such a warm community. Ezra wishes to thank his religious school teachers, Rebecca Goodman, Rabbi Gottlieb, and Ricki Weintraub for their help and encouragement in preparing for his bar mitzvah, and is especially grateful to have had the opportunity to study with Cantor David Morgenstern z"l.

2015 High Holy Day Services at Beth Israel Judea 5776
A Journey of Repentance and Renewal
Rosh Hashanah

WE WELCOME THE NEW YEAR WITH SERVICES THAT HELP US LOOK BACK AT THE YEAR
 THAT HAS ENDED AND FORWARD TO THE YEAR THAT IS BEGINNING...

Erev Rosh Hashanah, Sunday Night, September 13

8:00 pm Evening Service: An uplifting contemporary musical service, led by Rabbi Gottlieb, Interim Cantorial Soloist Ricki Weintraub and the Nashira Choir.

Rosh Hashanah Day I, Monday Morning, September 14

9:00 am Family Service: This joyful and engaging service is designed for families with younger children, led by Rabbi Gottlieb and Ricki Weintraub.

10:00 am Morning Service: We continue our Rosh Hashanah worship using the new CCAR *machzor* and Rabbi Morris' *machzor*, *Hear Our Prayer*.

10:00 am Children's Program: During the morning service our children have the opportunity to participate in a program of arts and crafts, music, storytelling, drama, deliciously healthy snacks and more. The program includes a visit to the sanctuary to experience the blowing of the shofar with the congregation! Reservation form online at www.bij.org. Reservations must be received by September 1.

*1:30 pm Tashlich Service: At the end of the morning service, we will nosh on apples with honey, and honey cake. Afterwards, we will walk down to Lake Merced for a brief Tashlich service where we symbolically cast away our sins (casting bits of stale bread into the water) and welcome a year of goodness and blessing. *Time approximate.

Rosh Hashanah Day II, Tuesday Morning, September 15

There will be four choices, offered by the Southside Jewish Collaborative. You are welcome to choose the option that provides the most meaningful Second Day celebration for you.

1) **8:45 am Second Day Rosh Hashanah Service**, similar to the one we have held at BIJ in the past. This service will take place at B'nai Emunah, led by Rabbi Mark Melamut and Cantor Linda Semi.

2) **10:00 am Symposium on "The Meaning of Life"** with a presentation by Rabbi Ed Zerim and discussion moderated by Rabbi Moshe Levin. The symposium will take place at Ner Tamid.

3) **10:30 am A High Holy Day Hike with Prayer, Readings and Song**, led by Rabbi Gottlieb and Ricki Weintraub. The hike will begin at the Pacifica Pier.

4) **11:00 am Contemplative Shofar Service** Chant, meditate, and hear the shofar blasts, led by Rabbi Katie Mizrahi and David Cohen-Tzedek. This service will be held at Ocean Beach at Taraval.

12:00 noon Each of these programs is designed to end so that participants may join in a **picnic lunch at Ocean Beach (at Taraval), followed by a 2nd opportunity for tashlich.**

2015 High Holy Day Services at Beth Israel Judea 5776
A Journey of Repentance and Renewal
Yom Kippur

JEWISH TRADITION CALLS UPON US TO REMAIN IN THE SYNAGOGUE THROUGHOUT THE DAY OF ATONEMENT. A VARIETY OF WORSHIP SERVICES AND STUDY PROGRAMS WILL BE OFFERED TO ENGAGE US FROM KOL NIDRE THROUGH TO SUNDOWN ON YOM KIPPUR...

Kol Nidre, Tuesday Night, September 22

8:00 pm Evening Service: Gathering together to hear the powerful chanting of *Kol Nidre*, our BIJ community will begin our day of prayer and fasting with deep introspection, reflection and solemn worship, *led by Rabbi Gottlieb, Interim Cantorial Soloist Ricki Weintraub and the Nashira Choir.*

Yom Kippur, Wednesday, September 23

9:00 am Family Service: Designed for families with younger children, our service will include storytelling and a discussion about how to be better people in the year ahead.

10:00 am Morning Service: Continue our day of prayer and study using the new CCAR *machzor* and Rabbi Morris' *Hear Our Prayer*.

10:00 am Children's Program: See description for Rosh Hashanah Day 1 Children's Program. Yom Kippur program includes a visit to the sanctuary for a special children's blessing on the *bimah* during the morning service. Reservation form online at www.bij.org. Reservations must be received by September 1.

1:45 pm Yom Kippur Study: Stay with us in the synagogue for Yom Kippur study, the first of two programs connecting the morning service to the afternoon Yizkor and Neilah services.

3:00 pm Music and Meditation: Join us in the Fireside Room for a program of quiet music, contemplative readings and silent meditation, *led by Rabbi Gottlieb and Ricki Weintraub*. This program provides rest and renewal for both body and soul as we prepare for the resumption of services in the main sanctuary, which will take us through to sundown and the end of our Day of Repentance.

4:30 pm Afternoon Service: We will resume our worship with a brief Torah service and the chanting of the Book of Jonah. Everyone is welcome to take a moment to stand at the ark and offer their prayers of the heart.

4:30 pm Children's Program: See description for Rosh Hashanah Day I Children's Program. Reservation form online at www.bij.org. Reservations must be received by September 1.

***5:30 pm Yizkor Service:** We remember our beloved family, friends and fellow members of BIJ who have died. As in past years, we will publish a Book of Remembrance.

***6:15 pm Ne'ilah:** This final, introspective service takes place during the waning hours of the day "as the gates begin to close." The ark will again be open for personal prayers, and we will conclude with a final blast of the shofar and a rousing *L'Shana Haba'ah* to another blessed year of life.

***7:00 pm Community Break-Fast:** As we near sundown and the end of The Day of Atonement, a bit of sweet and savory will be provided following the service for those inclined.

*Time approximate

HHD CHILDREN'S SERVICES

FESTIVALS

High Holy Day Family Services

Dynamic and fun Rosh Hashanah and Yom Kippur Morning Services designed for families with younger children; led by Rabbi Gottlieb and Ricki Weintraub. Services are free and open to all. *Our Family Services are immediately followed by separate Children's Programs.*

Rosh Hashanah Family Service

Monday, September 14, 9:00 am

Please also join us for Tashlich (at Lake Merced) 1:30 pm.

Yom Kippur Family Service

Wednesday, September 23, 9:00 am

Children's High Holy Day Programs

Reservations Required

Reservations are required for all three High Holy Day Children's Program Sessions. In order to ensure that we have enough staff to provide for your child(ren)'s safety, requests after this date will be accepted only if space is available. Price & Reservations for Rosh Hashanah and Yom Kippur Members \$18/child/session –or– Non-members \$28/child/session. Reservations must be received by September 1 at the latest. Please contact Rebecca Goodman, Director of Education, with any questions. 415.625.3613 or rgoodman@bij.org

Register online at www.bij.org/events-donations/registration

Rosh Hashanah Children's Session

Monday, September 14, 9:45 am-1:30 pm

Every year BIJ offers a children's program (ages 2–10) during Rosh Hashanah adult morning services. Drop off at 9:45 am in the Mercaz (school building). Please bring a lunch for your child; snacks will be provided. Pick up is 1:30 pm. The day will include: Storytelling * Music * Drama * Arts & Crafts * Snacks * Outdoor Playtime

Yom Kippur Children's Morning Session

Wednesday, September 23, 9:45 am-1:30 pm

Much like the Rosh Hashanah program, but for Yom Kippur (ages 2–10). Don't forget a lunch for your child; see above for more details.

Yom Kippur Children's Afternoon Session

Wednesday, September 23, 4:30 pm-7:30 pm

Pack a light dinner for your child (ages 2-10) and they can join us for an afternoon of fun and continued learning.

Sukkot Program & Sukkah Building

Sunday, September 27, 10:00 am - 12:00 pm

Join us to learn about Sukkot, build our sukkah and make decorations (it's a mitzvah)! It will be a fun and informal day of learning and working together as a community, adults and children alike!



Shabbat Shelanu in the Sukkah

Friday, October 2

5:45 pm

Tot Shabbat Service

6:30 pm

Dinner (RSVP)

7:15 pm

Family Friendly Musical Service

Shabbat Shelanu is a wonderful time for B3 to come together with our friends from Or Shalom and celebrate Shabbat together. On Friday, we ask that everyone bring a side dish or dessert to share with the community. Free, with reservation. (RSVP <http://bij.org/events-donations/registration>)

This year we've added a new element to our Shabbat preparations: communal cooking of the main dish. It's a wonderful way to meet new people and help our community prepare for Shabbat!

Sukkot/Shemini Atzeret Festival

Service with Yizkor

Monday, October 5, 10:00 am

Join us as we celebrate the Festival and remember our loved ones.



Celebrate Simchat Torah

Monday, October 5, 6:30 pm

Simchat Torah is time to celebrate. As Ben Bag Bag says, "Turn it and turn it, for everything is in it." On Simchat Torah we will finish reading the Torah, celebrate its completion and start again! Join us as we dance with the scrolls and celebrate our heritage.



BIJ COMMUNITY

Our Community Participation Plan

For the last couple of years, the Board of Trustees has been grappling with the question of how to get more members of our community involved and engaged. We had plenty of people asking "How can I help?" but too few resources to appropriately respond. The work of our synagogue fell on the shoulders of too few people: rabbi, administrator and president. Not only were they overburdened, but they had too little time to do everything and too little energy to train new people to take on more responsibility. As a consequence, clergy, staff and lay leaders were at risk of burning out, many tasks were not getting properly attended to; and too few people felt engaged enough to step into leadership positions.

Last year, the Board appointed a task force to work with organizational growth expert Jenni Mangel to address how to find ways to increase member engagement and spread out leadership responsibilities. This work helped us identify how to create the infrastructure to ask for and support more volunteer participation. **BIJ's Community Participation Plan 2015-2016*** was the culmination of that work and is the means by which we hope to realize the Board's vision for a community in which we are engaged and supportive of our individual and shared needs.

The way the Plan works is as follows: The Plan identifies four impact areas of our community life: (a) Spiritual Practice, (b) Education, (c) Community Development/Outreach, and (d) Community Operations, and assigns a Board representative as the impact area "team leader." The Plan describes the types of activities and responsibilities that comprise each impact area. The team leaders, after receiving the feedback from our Community Gatherings and in consultation with the remainder of the Board, will set priorities for the next 12-18 months and will recruit members of our com-

munity to help accomplish the tasks. If members of the community have questions or suggestions in a given impact area, the point of contact will be the team leader. The team leaders will not be responsible for doing all the work within an impact area themselves. Rather, the team leader will recruit members to help with individual tasks. The team leaders will monitor progress, answer questions, be the liaison with staff and report to the Board. This shared leadership model is intended to have more eyes watching to see that the essential functions of our community get achieved, help people feel more engaged in the essential work of the community, and deepen our connections to one another.

The Plan is not fixed in stone. Over the summer and during the month of October we are holding a series of Community Gatherings in which all members are invited and encouraged to participate. The feedback we receive from these gatherings will help inform us of the next steps to be taken in the implementation of this vision for community engagement and participation.

We hope that all of you will consider ways in which you can join in the effort to increase community participation. Please use this list of contacts for the areas of interest/concern for you:

- Education.....Lori Ganz, ljganz@yahoo.com
- Spiritual Practice.....Debra Braun, debraun@mac.com
- Community Development.....Deborah Bouck, deborahbouck@gmail.com
- Community Operations.....Gail Harden, grh4@yahoo.com
- Co-President.....Nancy Greenberg, njgraphics@att.net
- Co-President.....Deborah Schweizer, deborah@schweizerlawfirm.com

* A copy of the Plan can be viewed on our website at www.bij.org or obtained from the BIJ Office at office@bij.org or 415.586.8833.

Please Join Us For
Beth Israel Judea Community Gatherings
Get to know each other better...
Share our desires for our community...
Hear about BIJ's new Community Participation Plan...
If you missed the summer gatherings, here are three more opportunities to connect
Thursday, October 8, 7:00 pm - Barbara and Eric Hammel in Pacifica
Thursday, October 15, 7:30 pm - Sue and Blair Horst in San Francisco
Sunday, October 18, 11 am - Deb and Ben Braun in San Francisco

Please RSVP at <http://bij.org/events-donations/registration>
We look forward to seeing you!

BIJ COMMUNITY

Jewish Roots: Journey to Europe & Israel

Led by Rabbi Danny Gottlieb and Ricki Weintraub

June 26 – July 10, 2016

Land Package Price ESTIMATE Per Person: \$3,900



HIGHLIGHTS OF THE TRIP INCLUDE:

Warsaw and Krakow, Poland – The Jewish World That Was

- ✧ Polin Museum of the History of Polish Jews
- ✧ Warsaw Ghetto and Okopowa Street Cemetery
- ✧ Kazmierz Old Jewish Quarter and Krakow Ghetto
- ✧ Auschwitz/Birkenau Concentration Camps

Prague, Czech Republic – Traces of Our Past

- ✧ Old Jewish Quarter
- ✧ Alta-Neu Synagogue
- ✧ Jewish Cemetery and Prague Jewish Museum
- ✧ Prague Castle, Wenceslas Square and Charles Bridge
- ✧ Shabbat at Bejt Simcha Reform Synagogue

Israel – Shared Culture in the Jewish Homeland

- ✧ Touring in the north of Israel – Haifa, Acco and Caesaria
- ✧ Meetings with Israeli Muslims, Druze and Christians working for Peaceful Co-existence
- ✧ Meetings with Jewish and Palestinian Leaders working for Peaceful Co-existence
- ✧ Historical Sites in Jerusalem - City of David, Kotel, South Wall Excavations, Christian Quarter
- ✧ Shabbat in Jerusalem

For information and registration, contact Rabbi Gottlieb at 415.586.8833 ext 22 or rabbigottlieb@bij.org

FILM: *Shalom Ireland*

Sunday, October 11 at 3:00 pm - BIJ

Tuesday, October 20 at 7 pm - United Irish Cultural Center

Who ever heard of an Irish Jew? BIJ and the ICCC Patrick J. Dowling Library at the United Irish Cultural Center are teaming up to host an exciting cross-cultural event: two screenings of *Shalom Ireland*, a documentary film about Ireland's remarkable, yet little known, Jewish community. *Shalom Ireland* chronicles the history of Irish Jewry while celebrating the unique culture created by blending Irish and Jewish traditions. From gun-running for the Irish Republican Army during Ireland's War of Independence to smuggling fellow Jews escaping from the Holocaust into Palestine, *Shalom Ireland* tells the untold story of how Irish Jews participated in the creation and development of both Ireland and Israel.

Sunday, October 11 at 3:00pm at BIJ

Including a special sneak preview clip from the director's soon to be released film *The Long Ride* about the birth of the new Civil Rights Movement for immigrant workers.



Tuesday, October 20 at 7:00pm

United Irish Cultural Center

2700 45th Ave, San Francisco

The screenings will be followed by a panel discussion with Rabbi Danny Gottlieb, filmmaker Valerie Lapin Ganley, and representatives from both the Irish and Jewish communities.

Admission: \$5 includes coffee/tea and popcorn/treats.

For more information visit ShalomIreland.com or contact Johanna Gendelman at 415-652-0474 or Johanna.Gendelman@gmail.com

SPONSORSHIPS NEEDED

As our programs continue to grow, we are looking for sponsors to ensure that we can sustain them in an on-going way. In particular, we are seeking sponsors for our **SHABBAT SHELANU** and **LUNCH & LEARN** programs.

SHABBAT SHELANU is our First Friday evening program, for adults and children of all ages. Shared with Or Shalom and B'nai Emunah, the evening includes an early Tot Shabbat service, followed by a communal Shabbat dinner and a service for adults and older children. Somewhere between 80-100 people attend one or more of these activities, and all of the clergy and educators of the congregations share in leadership throughout the evening. This year, we have added a Thursday evening component where volunteers come to the synagogue for communal preparation of the main course for Friday's dinner.

YOU ARE INVITED TO SPONSOR A SHABBAT SHELANU MEAL for a donation of \$180.

LUNCH & LEARN is our monthly afternoon study, held at BIJ, B'nai Emunah and Ner Tamid and taught by Rabbis Gottlieb, Levin, Melamut and Mizrahi, on a rotating basis. This will be our fourth year of **Lunch & Learn**, and our numbers have grown to between 25-40 people each time. Members have been sponsoring the lunches, but we can always use a few more sponsors.

YOU ARE INVITED TO SPONSOR A LUNCH & LEARN SESSION for a donation of \$50.

Please contact the BIJ Office...

URJ COMMUNITY



JOIN OUR BIJ DELEGATION!
BIENNIAL 2015
 NOVEMBER 4-8 • ORLANDO, FL
 BRINGING CONGREGATIONS TOGETHER



The largest Jewish gathering in North America brings together 5,000 attendees for worship, learning, singing, and community-building that shape the future of the Reform Movement.

Learning sessions, networking opportunities, and plenaries, bookended by morning worship and evening entertainment - all tailored to inspire and empower congregational leadership (lay, professional, clergy, and up-and coming leaders)

Four intensive learning tracks - including strengthening congregations, repairing the world (Tikkun Olam), and translating texts

Spirited worship - the largest shabbaton ever!

Camp at Biennial - Bring the kids with you to Orlando and experience the magic of URJ summer camp at the conference

Learn with the Movement's greatest scholars & thought leaders

Speakers

- Ari Shavit, Israeli journalist and author
- Jodi Kantor, New York Times correspondent and author
- Nicholas Kristof, New York Times Op-Ed columnist
- Stav Shaffir, member of Knesset
- Rabbi Rick Jacobs, President, Union for Reform Judaism

Delegations qualify for group rates and so much more!
Early bird registration deadline is September 10
urj.org/biennial #URJBiennial

SISTERHOOD - THE WOMEN OF BIJ

Monthly Craft & Schmooze
September 27 & October 11, 1:00-3:00 PM



Do you enjoy making friends, making or learning crafts or maybe a little knitting? Then join us for a fun afternoon of schmoozing, crafting, artistic and spiritual exploration. We meet on a monthly basis on Sundays.

Rosh Chodesh Women's Group
October 14, 7:00 PM

The Women of BIJ celebrate the new moon each month. Led by Ricki Weintraub, we begin with a short ritual welcoming the new moon followed by discussions, activities and meditations that help us find ways to connect more deeply to Judaism, ourselves, our lives and each other.



Note: there will be no Rosh Chodesh Women's Group in September.

Upcoming Sisterhood Meeting
 The Women of BIJ
 Sunday, September 27th at 10:30 am

Did you know?
 The BIJ Bulletin is available **in full color** online!
<http://bij.org/news-blogs-a-photos/newsletters>

SISTERHOOD - THE WOMEN OF BIJ

Learning Hebrew

By Sherrie Rosenberg, President

This week I reached a milestone that many of you have already reached and many of you will not even think about for decades. I applied for Medicare with my experienced husband Paul's help because I will turn 65 years old this autumn. This was something that my mother, may her memory be a blessing, was never able to do since she passed away at 50 years old when I was 19. As the years go by, I cherish the opportunities that they are bringing me. I went to Israel with BIJ for my very first trip there last year at age 64. Although my memory is not that of a young woman, I still have a deep curiosity and the capacity to keep on learning.

Being a dedicated volunteer at BIJ, the Anti-Defamation League, and San Francisco Public Schools, with a son, Coleman, who is an adult, I have time to choose to do things that I want to do. What I confirmed for myself through our Nashot Mitzvah studies (I was one of eight women ranging in age from 35 to 75 who had our Bat Mitzvahs together in June of 2011) is that I like learning. It is joyful for me to take classes (and I think they have all been Judaica studies so far) just because I want to. I don't have to. I am not working towards a degree. I am blessed with the time to keep on learning.

This summer, I finally took the plunge and enrolled in USF's Hebrew Ulpan. This is an intensive three-week, 25 hour a week, Hebrew immersion class taught by Israeli Americans. I loved the Ulpan! Even though I have taken many Hebrew classes since Rabbi Rosalind Glazer taught us Read Hebrew America in 2009 at BIJ, I have a hard time remembering vocabulary and grammar. I believe that is a function of my age because, as a child, languages came easy to me. In elementary school I learned Yiddish and a little bit of conversational Hebrew and in high school I learned Spanish and French.

For me it is easy to read and write Hebrew as long as there are vowels. Remembering is a different story. Hopefully, some of what I learned in this wonderful and intensive experience will stick with me. And next time I go to Israel, and I am definitely planning on there being a next time, I will understand more of what I hear and be able to speak more Hebrew with Israelis. My message to myself and others is that learning does not ever have to end and that it is a lot of fun.

L'hitraot (Au'revoir or see you),

Sherrie Rosenberg

sherrie.rosenberg@gmail.com
or 415.902.8293

Hanukkah Fair Opportunities

By Terry A. Levy, Vice President



Sisterhood – The Women of BIJ is looking forward to having a great Hanukkah Fair this year. We are happy to announce the day of our fair will be **Sunday, November 15, 2015**. Hours are currently planned for 11 a.m. to 3 p.m. So save the date! We are expecting and planning for an increase in attendees and vendors. Part of the anticipated increase is that our fair will be held earlier this year, hopefully before people have completed their Hanukkah shopping (three weeks before Hanukkah begins). Additionally, we are looking to collaborate with Or Shalom Jewish Community and will be working out details soon. There will also be live music as in previous years.

Vendors will soon be able to sign up for a fair table or a space and make their payments using an on-line form. They will also be able to download the form and mail it to us with their payment. The form will be located on the BIJ website. We will let you know when it is posted and ready to use. Vendors who sign up early may be listed on our website or in our eblasts so please reserve your table early and be sure to list your websites and business names on the form.

The price for a full table will again be \$20.00. There is a maximum of 2 tables per vendor due to a limited number of tables. If you want to share a table, we ask that you sign up with a friend. We will do our best to pair you up if you can't find someone. If we don't have an equal number of half tables sold, we will provide a smaller individual table for the half table price of \$10.00.

Do you know any artists who would like to be vendors at our 2015 Hanukkah Fair? Please let them know about us and our really terrific fair. For more information or to be put on our email list you may contact Sisterhood – The Women of BIJ at sisterhood@bij.org.

BIJ members, we are planning an expanded raffle and would love your help. If you are able to solicit a gift from a business to use as a raffle prize or if you have something to donate, that would be much appreciated.

We invite you to check out the BIJ website in advance at www.bij.org and www.bij.org/community/sisterhood. We will keep you updated, as more information is available. We look forward to seeing you in November at our annual Hanukkah Fair!

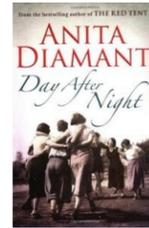
Sincerely,

Terry A. Levy

BIJ Sisterhood VP,
Chairperson 2015 Hanukkah Fair

SISTERHOOD - THE WOMEN OF BIJ

BOOK CLUB



September 30, 7PM, Offsite Location

By the same author who brought us the *Red Tent*, Anita Diamant's *Day After Night* will be the topic of the book club's gathering this September. Named a best book of the year by the Washington Post, *Day After Night* is the story of several young post-Holocaust survivors who land in a British-run internment camp in Palestine immediately following the war.

Please contact Sherrie Rosenberg via her email or phone to verify date, location and other details.

Hanukkah Fair!



**Sunday, November 15
11am to 3pm**

Hanukkah begins this year on Sunday evening, December 6th. Get a head start on your holiday gifts and decorations by attending our annual Hanukkah Fair! Art, food, live music, and fun, including a special Hanukkah "raffle." Purchase your tickets and then place them in your choice of baskets for the prize(s) you would like to win.

Mark your calendars for Sunday, November 15... This should be a fun pre-holiday event! See you there!



Food, Health and Wellness

October 4, 2015 1:00-3:30 PM

Attend a Food, Health and Wellness Workshop at BIJ with our own
Natalie Melendez-Ortiz

and the American Diabetes Association. Join us for a fun afternoon at BIJ, learning more about how to be and stay healthy. The **\$10 fee** includes a food demo, prizes, medical consults, screening tests and much more!

For more information, please contact Natalie Melendez-Ortiz:

natymortiz@yahoo.com

TIKKUN OLAM (REPAIRING THE WORLD)

Southside Jewish Collaborative Tikkun Olam Activities

Through the simple act of packing a sack lunch or making a bologna sandwich, we've helped members of our community not only have something to eat, but connect more strongly to the social workers and volunteers who can help them find a path to other needed services. Spreading peanut butter and jelly may seem like a small act, but it is part of a chain reaction that creates positive change for those who receive the sandwich from a caring, compassionate professional. And your contribution towards making sandwiches is part of that often life-changing chain reaction. We are happy to have the partnership of the San Francisco Homeless Outreach Team, At the Crossroads youth services program, and the San Francisco General Methadone Clinic, who make sure the food that we provide gets to those who need it.

The Collaborative Tikkun Olam Committee continues the work of feeding the hungry with some scheduling changes. Please join us in our efforts to make a dent in hunger in our community. We have a number of opportunities for food preparation that immediately follow selected events in addition to Food Bank Volunteering.

Lunch Sack Preparation following Lunch & Learn

Come join in the Lunch & Learn program at 12:00 or just come at 1:30 to help prepare lunch sacks for the Homeless Outreach Team. October 15 at BIJ. Please note there is no Lunch & Learn in September.

High Holy Day Food Bank Donations

Our annual tradition of collecting food for those in need continues. Please bring your donation of non-perishable food to the food donation bins on Yom Kippur.

Sunday Sandwiches

We will take a break during the High Holidays. Join us on the 1st Sunday of every other month at our new time, 10:00 a.m. on October 4 and December 6.

Food Bank Volunteers

Our volunteer corps will continue helping at the SF Food Bank (900 Pennsylvania Avenue) on the last Sunday of the month from 9:00 to 11:00 AM. Come help prepare food to be distributed to thousands of people in San Francisco. The upcoming dates are September 27th and October 25th. We have a set number of volunteer spots, please RSVP to Lori Ganz (ljganz@yahoo.com or (415) 606-8727) if you are able to join us.



Tikkun Olam

Please join us in our efforts to make a dent in hunger in our community

High Holiday Food Bank Donations

Our annual tradition of collecting food for those in need continues. Please bring your donation of non-perishable food to BIJ's donation bins on Yom Kippur. The San Francisco / Marin Food Bank and Jewish Children and Family Services use these donations to feed people in our community all year long.

Your help is much appreciated!

GIFTS & DONATIONS

Todah Rabah - Thank You!

Annual Fund

Barry and Evelyn Adler
 Ronald and Faith Appel
 Eleanor Aronovsky
 Debra and Benjamin Braun
 Donald and Trude Fineman
 Beverly Flaum and Sharon Duque
 Joshua Goodman and Karen Kerner
 Claire Mikowski
 Ann Morgenstern and Jeffrey Kallman
 Deborah Schweizer and Curt Engelhard
 Garrett and Lori Smith

Care and Concern Fund

Susan Weinstock
 In memory of Doris Talsky

Friday Night Feast

Sisterhood – The Women of BIJ

General Fund

Anonymous
 In appreciation of the hard work and dedication of Sara Heckelman
Kathleen Chaikin Bernstein and Gerald Bernstein
 In memory of Anne Fine Bernstein
Sarah Douglas
Janet Endelman and Marshall Newman
 In honor of Barbara Hammel's 70th birthday
Nichole England
 In honor of Barbara Hammel's 70th birthday
Karen Epstein
 In memory of David Morgenstern
Beverly Flaum
 In appreciation of the Passover Package
Bruce Frager
 In appreciation of Shabbat Shelanu
Stephen Gerard
 In appreciation of Shabbat Shelanu
Amy and Steven Gottlieb
 In memory of Shirley Gottlieb
 In memory of Sy Lewis
 In memory of Joe Bard
 In memory of David Tiegel
Nancy Greenberg
 In memory of Leroy Bronstein
 In honor of the B'nai Mitzvah of Corey and Taylor Wolff
Myra and Alfred Herpe
 In memory of Clare Herpe
Sandra Himmelstein
 In memory of Leroy Bronstein

Donations received after August 21
 will appear in the next bulletin.

Margaret Kaplan

In memory of Reuben Kaplan
 In memory of Ruth Wilkerson
 In memory of Bertha Kaplan
 In memory of Julius Kay
Quentin Kopp
 In memory of Shepard S. Kopp
Susan Levine
 In appreciation of Shabbat Shelanu
Martha Phongpitag
 In honor of Barbara Hammel's 70th birthday
Sherrie and Paul Rosenberg
 In honor of Barbara Hammel's 70th birthday
 In memory of David Morgenstern
 In appreciation of Rabbi Gottlieb and Reading Torah
Richard and Anne Marie Ruben
 In memory of Jonathan Ruben
 In memory of David Morgenstern
Meyer Segal
 In memory of Zali Segal
Lorraine Smookler
 In memory of Michael Smookler
 In memory of Clara Smookler
Barbara Summers and Mark Graham
 In honor of Barbara Hammel's 70th birthday

Martin & Gregg Flaum Library Fund

Beverly Flaum
 In memory of David Morgenstern
 In memory of Rose Duque
 In memory of Lillian Dilberman

Music & Cantor Fund

Geoffrey Rothman and Beth Edwards
 In memory of David Morgenstern

Rabbi Gottlieb Discretionary Fund

Anonymous
Barry and Evelyn Adler
 In memory of Theodore Adler
 In memory of Lillian Siegal
Jeanette Bronstein
 In memory of Sarah Rosen
 In memory of Sidney Bronstein
Henry Chimpky and Janet Dombrower
 In appreciation of Rabbi Gottlieb
Frederick and Cheryl Half
 In appreciation of Rabbi Danny Gottlieb
Corinne and Jennifer Kopatz
 In memory of Walter Kopatz
 In memory of Bertha Steinberg
Howard Lockshin
 In memory of Jeanette Lockshin
David and Marilyn Newman
 In appreciation of Rabbi during the passing of Pauline Smith

OUR VOLUNTEERS

Rabbi Morris Fireside Room

Steve and Melanie Joy Talsky
In memory of Doris Talsky

Youth Awards & Scholarship Fund

Angela Jabbor
In honor of Barbara Hammel's 70th Birthday

Toḏah Rabah to The Women of BIJ!

On the third Friday of each month, members of BIJ and their extended family and friends gather for a very special communal Shabbat celebration. This Friday Night Feast is a central component of our Shabbat evenings at BIJ. Members of all ages join in one community of fellowship. The Feast is an opportunity for individuals who do not have family in San Francisco to celebrate Shabbat as part of our larger BIJ family, and for members to invite friends to a first experience at BIJ. The Feast is free for all who wish to join us. The only "price" is the RSVP, so that we can make sure there is enough for all to enjoy.

The BIJ community is particularly grateful to
Sisterhood-The Women of BIJ,
for sponsoring the Friday Night Feasts in 5775!

***** ***** *****

***THANK YOU to all our VOLUNTEERS,
and a special THANK YOU to:***

Bulletin

Deborah Bouck
Lynne Rappaport
Adam Safford
Reeva Safford
Deborah Schweizer

House

For the ongoing loving care of our building

Gail Harden
Blair Horst
Margo Freistadt
Eric Ruchames

If you are considering making a donation to BIJ, the area most in need is the General Fund.

BIJ Project Day

BIJ and Or Shalom Super-Team

Blair Horst—Captain Extraordinaire!
Elie Aharon
Elias Albertson
Janice Bressler
Betty Carmack
Shelley Eisenman
Deborah Frangquist
Johanna Gendelman
Jake Glassman
Jerel Glassman
Gail Harden
Janet Jacobsen
Jeff Kallman
Rebecca Kallman
Melinda Ruchames
Adam Safford
Andy Safford
Sandie Spacek
Betsy Strausberg
Corey Weinstein
David Zeff

Marketing

Deborah Bouck

Office

Faith Appel
Ron Appel
Judy Bader
Amy Gottlieb
Gail Harden

Sisterhood—The Women of BIJ Volunteers

Sunshine Committee

Edna Egert
Simcha Greenspan
Lynne Rappaport

B'nai Mitzvah Gifts

Sarah Glew

Friday Night Feasts

Barbara Hammel
Lynne Rappaport
Gail Harden
Alannie Santiago-Melendez
Sherrie Rosenberg

Please forgive us if we inadvertently omitted your name.

Congregation Beth Israel Judea

625 Brotherhood Way
San Francisco, CA 94132

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Erev Shabbat Schedule

1st Friday: Shabbat Shelanu (Our Shabbat)

5:30 PM Tot Shabbat

6:15 PM Table Blessings and Catered Dinner

7:15 PM A musical family-friendly service. Rabbis
Gottlieb, Melamut, and Mizrahi are joined by our
song leaders. Potluck dessert Oneg Shabbat
follows.

2nd Friday: Neighborhood Shabbat

7:30 PM BIJ goes "on the road..."

3rd Friday: FREE Friday Night Feast

6:30 PM Tableside Shabbat Blessings & Community
Dinner. Includes program for adults. Please RSVP.

4th Friday: Sacred Hebrew Chant & Drum

7:30 PM Soulful singing, joyful rhythms and
meditative worship. Potluck Dessert Oneg Shabbat
follows - please bring goodies!!

Weekly BIJ Saturday Morning Services

8:45 AM Torah Study

10:00 AM Shabbat Services

Light Kiddush follows

Beth Israel Judea Mission Statement

Congregation Beth Israel Judea is a center for
progressive, egalitarian Judaism located in
southwest San Francisco.

Our multigenerational, participatory community
welcomes all Jews and interfaith families along
with their partners and friends.

We value celebrations of the spirit, Jewish
culture, our children's education, and life-long
learning, music, social justice and Tikkun Olam.



UNION FOR **MEMBER**
REFORM JUDAISM

האיחוד ליהדות רפורמית
SERVING REFORM CONGREGATIONS IN NORTH AMERICA