

KANE YIRBU

A Weekly Publication of Kane Street Synagogue



Summer 2010

Shabbat Matot-Masei
Torah: Numbers 30:2-36:13
Candlelighting 8:11 PM

July 9/10
Haftarah: Jeremiah 2:4-28, 3:4
Shabbat ends 9:14 PM

**Shabbat Devarim/
Shabbat Hazon**
Torah: Deut: 1:1- 3:22
Candlelighting 8:08 PM

July 16/17
Haftarah: Isaiah 1:1-27
Shabbat ends 9:11 PM

**Shabbat Vaethanan/
Shabbat Nahamu**
Torah: Deut: 3:23-7:11
Candlelighting 8:03 PM

July 23/24
Haftarah Isaiah 40:1-26
Shabbat end 9:06 PM

Tisha B'av July 19/20 See below

Shabbat Ekev
Torah: Deut 7:12 – 11:25
Candlelighting 7:56 PM

July 30/31
Haftarah Isaiah 49:14-51:3
Shabbat ends 8:59 PM

Shabbat Re'eh
Torah: Deut. 11:26-16:17
Candlelighting 7:49 PM

Aug 6/7
Haftarah: Isaiah 54:11-55:5
Shabbat ends 8:52 PM

Shabbat Shoftim
Torah: Deut. 16:18- 21:19
Candlelighting 7:40 PM

Aug 13/14
Haftarah: Isaiah 51:12-52:12
Shabbat ends 8:43 PM

Shabbat Ki Tetze
Torah: Deut 21:10-25:19
Candlelighting 7:30 PM

Aug 20/21
Haftarah Isaiah 54:1-10
Shabbat ends 8:33 PM

Shabbat Ki Tavo
Torah: Deut: 26:1-29:8
Candlelighting 7:19 PM

Aug 27/28
Haftarah Isaiah 60:1-22
Shabbat ends 8:22 PM

A Teaching from Rabbi Weintraub

M'nachem Av -- The Consoling month of Av

From Darkness to Light

The fast day of Tisha B'av, the Ninth Day of Av, this year from sundown July 19 to Sundown July 20, is the saddest day of the Jewish year. Tisha B'av commemorates the destruction of both ancient Temples, and other major tragedies, including the expulsion of Jews from England in 1290 and from Spain in 1492. It is a big, national day of hurt. On this day, we allow ourselves to give in to bewilderment and despair. Our prayers and texts question even the presence of G-d and the efficacy of prayer "G-d, You have enveloped Yourself in a cloud, so that no prayer can pass through" (Lamentations 3:44). At night services we darken the room and sit on the floor; in the morning we don't put on our liturgical adornments, Tallit and Tefillin.

Still, on Tisha B'av, even as we taste the dregs of our history, we also move collectively to hope. The special prayer during Mincha, the afternoon service, acknowledges G-d as "M'chachem Tzion U'Voneh Y'rusha'layim" "the One who consoles Zion and rebuilds Jerusalem". The mood changes especially in the seven weeks between Tisha B'av and Rosh Hoshana, each marked by a special Shabbat Haftarah of N'chama.

N'chama is generally translated as consolation, but originally, in the Torah, it had other meanings. The root N-CH-M first appears, dramatically, in Genesis, right after the Creation story. G-d see man's ubiquitous wickedness on earth, Vay'na'chem/ and G-d regretted having made man", saying "Ki Nichamta/ for I have regretted my having made them". (Genesis 6:5,7)

Rabbi Samson Raphael Hirsh, in his Torah commentary, writes, "This root (N-Ch-M) has a peculiar meaning...to comfort...but also: to alter your mind or your decision regarding some intended action".

Consolation is a soothing of the heart, but it is tied to a change of mind. Because we receive consolation, we are able to change our consciousness. We can recognize the painful, internal course which our loss set in motion, and finally start to arrest it. After many tears, we can begin to stay and then reverse the power of the loss. We can move from suffering to possibility. and from crisis to recovery.

When we experience a loss a wound, a deep hole opens up inside of us. Hope and confidence stream out of that hole. We may lose faith in ourselves and in our future.

Gradually, however, if we can receive the love and wisdom that others offer us, purpose and strength can re-enter through the same hole. We have enormous power to change each other's lives. In my Rabbinic career, I have heard hundreds of stories wherein people recall, years after their loss, the "small" statements, gestures, smiles, foods, which people offered during their bereavement. It is precisely at vulnerable moments that individuals and communities can be most creatively changed. Tisha B'av is a reminder that we can re-gain hope and meaning even after the most massive, collective suffering. In our world today, so full of widespread unemployment, national aggression, and ecocidal tragedies, we remember that with G-d's help, and our creativity and resolve, sadness can be turned to joy.

Shabbat Shalom, Rabbi Weintraub

Services

Tisha B'av Services and Fast July 19-20, 2010

Tisha B'av, the fast day of the Ninth of Av, is the saddest day of the Jewish Year. We remember on this day some of the greatest tragedies of our history, including the destruction of the First and Second Temples, and the exiles which followed.

The fast begins Monday night at 8:24 P.M. and ends on Tuesday evening at 8:55 P.M. As on Yom Kippur, eating, drinking, bathing, anointing one's body with cosmetics, wearing leather shoes and sexual intercourse are forbidden. Even the study of Torah, except for sorrowful texts like the Book of Job, is prohibited, since the study of Torah is a joyous activity.

Tisha B'av begins with a sad but beautiful service which will begin Monday night, July 19 at 8:45 P.M. in the Goldman Center Social Hall. We pray the brief Ma'ariv evening services in a hushed tone, and then (if it is physically possible) the worshippers sit on the floor for the chanting of Lamentations and the singing of Kinot (hymns) in an exquisite cantillation special for Tisha B'av. We dim the lights, which reflects our darkened mood, so PLEASE BRING A FLASHLIGHT to follow the texts.

The next morning, we join together for Shacharit Morning services, again with Kinot beginning at 7:30 A.M. and ending about 9:00 A.M. Tallit and Tefillin are not worn but we add a Torah reading and Haftarah, again in the special Tisha B'av Cantillation.

After Tisha B'av is Shabbat Nachamu, the Shabbat of Comfort, July 23 and 24, which begins a seven week period of consolation, self-examination,

recommitment to the community and spiritual optimism, culminating on September 8 with Rosh Hoshana.

Singing Service to continue through the summer

By popular demand, we will be holding three Shabbat morning Singing Services over the summer, on July 10, July 24 and August 14. We gather in the Chapel at 9:30 A.M. and share soulful group singing of Shabbat prayers and niggunim. All are welcome to join.

Tikkun Olam/Social Justice

NEXT Kane Street/Cobble Hill Health Center Sing-Along featuring Kane Street member Shoshana Tubi Silverstein

Join Shoshana and Nigel FeBland for an afternoon of traditional Yemeni-Jewish song and dance, along with our friends and neighbors at the Cobble Hill Health Center. Not to be missed. All ages welcome.

When: Sunday, July 25 at 2:30pm

Where: Cobble Hill Health Center, 380 Henry St. (corner of Congress St.), Meet Nigel in the Dining Room

September Mitzvah of the Month:

Help create a greener Brooklyn on Sunday, September 26th from 11AM-2PM by planting trees with the Gowanus Canal Conservancy. The Conservancy is collaborating with *MillionTreesNYC* (an initiative to plant and care for 1 million new trees across the 5 boroughs over the next decade) and has 40 trees to plant. Get out your gardening gloves and pitch in!

Details: Sunday, 9/26 from 11AM-2PM, location tbd. This event will take place rain or shine (trees like the rain). You must wear closed shoes; the conservancy also suggests that you wear long pants and a long-sleeved shirt. Tools and gloves will be provided but if you have heavy-duty work gloves or specific clean up/gardening tools that you'd like to use, please feel free to bring them (make sure they are labeled with your name). Please bring drinking water for yourself. To volunteer for the September 26th event please email: volunteer@gowanuscanalconservancy.org or call the conservancy at (718) 541-4378.

Volunteers under age 18 must have a parent or guardian on site to sign a release and available to supervise them. Have more questions? Please email Lisa Sack at lisarsack@gmail.com.

B'nai Mitzvah Class Raises Over \$1000 as part of the Kane Street Synagogue Relay for Life Team

The 5771 B'nai Mitzvah students are proud to report that the Kane Street Synagogue team raised over \$1000 for the American Cancer Society Relay For Life. This is phenomenal, given that we found out about the event just a few weeks before it took place. Overall, the event raised \$92,000 for cancer research and to support those

undergoing treatment. Over 100 cancer survivors attended. We thank everyone in the community who generously donated and the families who participated in the Relay. There's still time to give if you want to support the Kane Street Team. Donations are being accepted until August. Donate online at www.relayforlife.org/IKEARedHookNY

Community Volunteer Opportunity

Selfhelp Community Services is looking for volunteers to work with Holocaust survivors in Brooklyn.

If you are interested, please contact: Fran Tarshish, Selfhelp Community Services, 718-633-1300

Community

From member Debbie Polinsky:

The second T.E.A.L. Walk will take place on Saturday, September 11, 2010 in Prospect Park. T.E.A.L stands for: Tell Every Amazing Lady About Ovarian Cancer and is the color for ovarian cancer, as pink is the color for breast cancer. This organization was started by a young woman who was diagnosed with ovarian cancer. She lives in Brooklyn and wanted to see a walk specific to ovarian cancer - there is no other one like it in the NYC area. The proceeds from the Walk will benefit the Ovarian Cancer Research Fund which provides grants to aspiring researchers.

My team is called: "Debbie's Team" - appropriate enough and I invite you to join me, Alan, Ira and Barry on it. Many of you were there last year; we had a wonderful time walking through Prospect Park chatting while it went so easily and quickly. It would be great to have you with us, or if not you can make a donation.

The website for the Walk is: www.tealwalk.org for online registration or donation. You can also mail it in. .

Jewish Meditation and Chair Yoga for Stress Relief

Thursday, July 22

6:30-8 PM

Open to All

Learn how to use gentle chair yoga, Jewish meditation and contemplative techniques to find relaxation, healing and a sense of peace and connection in difficult times. Refresh your spirit in the summer months. Learn tools and techniques to bring home and use in your daily life. All levels of yoga and meditation practitioners welcome, including beginners. Please wear comfortable clothing. Workshop conducted by Susie Kessler, Director of MAKOM Mindfulness Center at the JCC of Manhattan and UJA- Connect to Care partner and Jessica Klaitman, LCSW, Connect to Care Resource Specialist and certified yoga teacher.

HEBREW SCHOOL REGISTRATION

If you have any questions or would like a registration form for your child, please contact Rabbi Valerie Lieber at 718-875-1550 x123 or vlieber@kanestreet.org

KANE STREET KIDS

We have a wonderful Preschool/Daycare Center called Kane Street Kids. For more information, call 718.875.1550, or email kids@kanestreet.org

Website

DISCOVER KSS at www.kanestreet.org

SUPPORT KSS -

Buy Amazon products through Kane Street. The synagogue benefits when you connect through our homepage www.kanestreet.org

Submissions to the Kane Yirbu should be emailed to Kane Yirbu editor Barbara Speregen at KaneYirbu@kanestreet.org by the Monday preceding publication.

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