

HODSHEET



Volume 12, Issue 3

Heshvan 5775

Oct. 25 – Nov. 22

Monthly M&M:

Tefilla

Prayer

Click “VISIT WIKI” from the JEP tab at www.beth-david.org
LIKE “Congregation Beth David Jewish Education Program”!

JEP News Monthly
by Iris Bendahan

OUR JEWISH LIFECYCLE

Congrats to Sonia on new brother!

Congrats to Daria on new sister!

Condolences to Bryan and Carly on
passing of grandfather – Yehi zikhrono l’vrakha.

MAZAL TOV Lia Pickholz Bat Mitzvah – 11/22



Do the Tefilla JAM!

With Heshvan we focus on the 3rd of the 3 “T” themes we explore during the high holidays: Teshuva (which we did in the Elul issue), Tzedakah (Tishrei), and now Tefilla, the Hebrew word for prayer. However, “prayer” doesn’t really do justice to the essence of the word Tefilla which comes from the Hebrew root meaning ‘to judge oneself’. Furthermore, since Jewish prayer services are the off-shoot of the sacrifices we did in our early days, the goals of both endeavors should be similar. The purposes fulfilled in sacrifices were to judge various actions. As such there were sin offerings, peace offerings, and offerings of thanks and appreciation. Sacrificing for these purposes also afforded the Israelites a physical way of getting closer to God. Finally, as most sacrifices were done on a public altar, most importantly the Temple, making sacrifices also gave the Israelites opportunities to meet with each other; certainly on the pilgrimage festivals it was a grand occasion where folks could meet with their family members who had perhaps moved to other areas of the country. And so too today. Our sacrifices are no longer physical, rather we are asked to devote time chanting, repeating (like a mantra) songs, poems, and psalms, written over centuries, and which express actions we might strive to do (clothe the naked), sins we might avoid (gossip), and things we should appreciate (life). In so doing, we come closer to God in a spiritual way. And finally, despite our harried lives, service going gives us opportunities to meet each other. Thus we Tefilla JAM - J-judge our actions, A – come closer too Adonai, M – mingle with our fellow Jews. See back side for ways CBD offers you!

HODESH HAPPENINGS

Haverim (11:00- 12:00)

Nov. 22

Youth Congregation (10:30 – 12:00)

Nov. 1, Nov. 15, Nov 22

JET Shabbat School

Nov. 22 9:30

SME - Shabbat Mishpaha Experience

Nov. 7 6:30; Potluck 7:30

Siddur Presentation to 3rd/New 4th-7th

All School Shabbat School – Nov. 22

PLEASE COME ON TIME – 9:30!

No classes Nov. 23-30

Conferences – Student Program – Nov. 9

JGan/Gan – Regular Program

1st-7th Student Program 9:30 -12:30

1st-6th Parents – See Conference schedule

7th Parents – Intro to LifeCycle JEM PEH – 11:30

FEH: Family Ed Hours

11/1 6th Vav Shabbaton – 10:30 – 6:00

11/2 3rd (new 4th-7th) - About the Siddur – 11:30

11/9 7th Parents – Intro to Lifecycle - 11:30

11/16 – 4th – Tanakh Tour – 11:30

Thanksgiving Break

Nov. 23 – Nov 30

SAVE THESE DATES!

Dec 5 – Special SME: 6:30 SIGD/ New Member Shabbat /Tanakh Presentation; 7:30 Ethiopian Style dinner. RSVP!

Dec 13 - Hanukkah Lights Up the Night – CBD Havdallah & Hanukkah Festival

Dec 14 – JCore Pajama Hanukkah – late start at 10:30 – Latke Brunch & other surprises.

**MITZVAH OF THE MONTH OF HESHVAN – TEFILLA
MANY WAYS TO “JAM” AT CBD!**

SME – Shabbat Mishpaha Experiences

Yes, Friday nights are tough! So transform them! Service prayer opportunities don't necessarily have to be mellow. Come JAM to our upbeat, kid friendly family Kabbalat Shabbat on the first Friday of most months and 'welcome the Shabbat bride' with song, dance and drum. All kids are invited to help lead the service (whether they know the words or not). During each SME we have a special presentation to a particular grade, and we follow each SME with a potluck, vegetarian dinner. Everyone is invited! A sign up sheet will be available in the lobby 2-weeks prior. This year's schedule:

Nov 7 – includes Siddur ceremony

Dec 5 – special event, includes SIGD/new member Shabbat, Tanakh Presentation to 4th graders (+new) and a non-potluck Ethiopian style dinner.

Feb. 6 – Scout Shabbat and Torah Reader's Club Induction (5th +new).

Mar. 6 – Humash Presentation (6th +new)

May 2 – Shma Ceremony (1st- 2nd)

There are no Youth Services the following morning, so transform your Friday night, and JAM with your family (or on your own) at an SME!

YOUTH SERVICES AND YOU!

Sure, our Youth Services are meant to be Tefilla opportunities for our Youth. But if you're new to Tefilla, you'll find that all our Youth Services will reveal different aspects of the Matbeah (see article on right), varying melodies, and different activities which all lend themselves to tefilla JAM. Start with one, and with time figure out which flavor best helps your Judge your actions, come closer to Adonai, Mingle with your fellow Jews.

JAM IN OR OUT OF THE MOLD

More than an 'organized religion', Judaism is an organization of life. We've got the cycle of holidays which organizes our year into seasons with special days, meals and rituals. There is the torah reading cycle, which allows us to organize even our values teachings to our kids according to cyclically repeated bible stories - it makes it harder to miss something important! And there is the Tefilla service cycle. Tefilla is our daily reminder to give time to spiritual and meditative contemplation. We are asked to organize our day so that 3 times we engage in a mini mantra so we don't forget what's important. The Tefilla mold is called a Matbeah (the Hebrew word for mold, or in modern language – coin). The matbeah includes a warm-up message or two; the Barkhu – the official call to prayer; Shma and its 3-4 blessings which recall our history; the Amidah, which includes a list of petitions – (though it says -'God, please make me wise, or follow mitzvot, or bless us with food'...think - how can I make wiser choices, can I add another mitzvah into my life, can I help someone who is hungry etc). The Matbeah helps us organize all these thoughts into a repeatable format, which most people tend to need. The siddur, also from the word 'order', is organized in this way. However, free spirit Tefilla is also welcome, pick and choose only those lines that speak to you, or close your eyes and use your own words. Most of our CBD Tefilla services tend to follow the matbeah; some more strictly (e.g. main service), some in the middle (e.g. Youth Congregation or Haverim), and some just slightly (e.g. PJ Shabbat). Whether in the mold or out, what's import is the JAM. Use the time to Judge your actions and inspire yourself to do better; in so doing you come close to Adonai; and if you're attending a service you're also Mingling with your fellow Jews, thereby strengthening our community.

If you've not yet wandered our WIKI, please take the time to do so. The school WIKI site is the place to get all info! You can reach the site directly at cbdshulschool.wikispaces.org or through www.beth-david.org>learning>JEP. Bookmark it now so you'll where to go for info!