



Voice Photo by Kitty Dadi

## Temple Speaking

Two recent Temple Israel speakers drew large numbers of congregants to their presentations. The Sanctuary was packed last month when American Jewish Committee Executive Director David Harris, above, spoke on "The Jewish Condition Today: Hope vs. Fear." Israeli Deputy Consul General in New York Shlomi Kofman, below, discussed the prospect of peace with Iran at the Men's Club's Opening Breakfast.



Voice Photo by Dr. Robert Lopatkin

## Temple Celebrating Hanukkah Dec. 5th *Lots of Singing, Dancing And, of Course, Latkes!*

Hanukkah will officially be celebrated at Temple Israel on Sunday, December 5, with a joyous party and the lighting of the congregation's impressive *menorah* in the Crystal Ballroom.

Singing, dancing, lots of traditional food, and music by the Temple Israel Band will highlight the celebration, which begins at 5 P.M.

"This is a chance to celebrate Hanukkah with the Temple Israel family," said Rabbi Howard Stecker. "All of the generations of the congregation will be able to come together to enjoy the holiday."

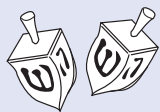
Rabbi Stecker and Cantor Raphael Frieder will lead the lighting of the Temple's *menorah* at 5:30 P.M.

Temple members who have recently joined the congregation have been invited to attend and participate in the candle lighting by the Membership Committee.

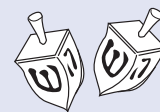
Arts and crafts activities for children will be available during the party. There is no admission charge.

Cantor Frieder will lead the Temple Israel Band in singing and dancing to traditional Hanukkah songs, along with Israeli and Hassidic melodies, before the candle lighting.

To make sure there is enough latkes and holiday *gelt* to go around, reservations are required by December 1. They can be made by calling the Temple office, 482-7800.



*Hanukkah Begins December 1  
Happy Hanukkah from Temple Israel!*



## How to Have a Healthy Heart

By Rabbi Abraham B. Eckstein

**EDITOR'S NOTE:** Rabbi Abraham B. Eckstein's moving High Holy Day sermon is excerpted as this Voice Guest Column.

What sort of a year was this past one for you and your loved ones? Was it one filled with *smachot*, births, *b'nai mitzvah*, weddings, anniversaries, a stock portfolio that went up, delightful vacations and good health? Or was it a year marked by sickness, deaths, divorce, the loss of a job, or estrangement from family members?

*Our Jewish heart  
has always been  
our moral  
compass...*

In all likelihood, it was a year that combined both good and bad, light and darkness, blessing and curse, joy and pain. That is what life is about. Everything can change drastically in a moment. In a beautiful and sensitive way, we are reminded of this ev-

FROM THE RABBI

## Singing for Our Future

By Rabbi Howard Stecker

Deanna and I just returned from "Zamir Chorale at 50," a concert at Carnegie Hall celebrating 50 years since the establishment of the well-known Jewish choral group. In part, we went as proud parents to hear our son perform in the high school division known as HaZamir. But we also knew, given the reputation of the adult and teen ensembles, that we could expect an afternoon of excellent music. Several families from Temple Israel were there, as was Cantor Frieder, and Rahel Musleah who performed with the Zamir Chorale.

The concert was outstanding. The performers presented a wide range of music with artistry and passion. I found various parts of the concert quite moving. I'd like to share a few of the highlights, as well as some thoughts about the significance of Jewish choral singing for the future of our people.

First, some highlights. Theodore Bikel performed a spirited Russian folk song called "Nye Bayuss Ya" with one of the

ery year as we usher in the New Year. Throughout this High Holy Day season, we eat honey to symbolize our hope for a sweet year. Why do we use honey? Why not sugar or candy or Sweet 'n Low? I think it is to teach us an important lesson.

While the honey that comes from a bee is sweet, the bee can also sting. Using honey on the High Holy Days reminds us that while we pray for sweetness in the coming year, we must be prepared for the sting that can come at any time. Or, to put in less delicate terms, one day you can be flying high like a pigeon and the next day you can be the statue.

For me, the past year was one filled with unwanted surprises. I learned that I required open heart surgery, which took place on November 6. When I was discharged from the hospital, I was presented with a packet of literature cautioning me about what to expect during my recovery. One sheet caught my eye. It was entitled: "How to Have a Healthy Heart," and it listed three steps to be taken

—Continued on page 5

alumni ensembles. They started out slowly and gradually increased the tempo for a rousing finish. Elie Wiesel, honorary chairman of the Zamir Choral Foundation, made

*For three hours  
...harmony and  
unity reigned.*

a presentation to the current conductor, Matthew Lazar, noting that his artistic efforts have helped keep the tradition of the Levites alive. The high school choir sang an English and Hebrew version of "L'Dor vaDor" that had me regretting I didn't bring tissues.

So why is Jewish choral singing so important for our future? Well, for one thing, a

—Continued on page 5

## Looking Forward

By Hon. Richard Kestenbaum

As some of you may have heard, we are in the process of re-examining the educational structure of our schools in an effort to find the most effective way of smoothing the transition from Beth HaGan to our high school and to better integrate our schools with our congregation. The committee, led by Vice President Alan Klinger, has studied the issue by making off-site visits, interviewing professionals in the field, reading books and articles written about these issues and by consulting with an expert (over dinner, of course!).

Apart from the advice imparted to us by the expert, what struck me as most significant was her comment that the commit-

*...we are in  
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structure  
of our schools...*

tee members, although not always of the same mind, were always respectful of one another. Well, we don't know any other way of doing things! None of us on this committee or otherwise in lay leadership can imagine getting any meaningful work accomplished with rancor.

It wouldn't be a synagogue if we always agreed, and I wouldn't want it any other way. However, we have learned that better work comes out of discussing and listening to others before making up one's mind. Testing your ideas or having them tested by others limits mistakes and improves the product.

We have also learned, that although Temple Israel is a special place and we are quite capable of original thought, we don't always need to reinvent the wheel each time we encounter an issue. We can learn much from the experience of others and often do. And so we plod on thoughtfully, but agreeably.

### Next Voice, Deadlines

The next issue of The Voice, the Hanukkah issue, will be published on Thursday, November 18. The deadline for that issue is Monday, November 8.

## IN MEMORIAM

Temple Israel extends condolences to the family of:

**MELVIN NAGER**

husband of Annette Nager and esteemed member of Temple Israel

May his memory be for a blessing.

## MAZAL TOV TO . . .

- **Guity and Anoushiravan Rokhsar** on the birth of their grandson, Noah Jared Nerayoff.
- **Pamela and Dr. Bernard Boal** on the *Bat Mitzvah* of their granddaughter, Sydney Elise Boal.
- **Maxine and Terry Bernstein** on the marriage of their son, Bradley, to Dr. Aviva Cohen.

## TEMPLE LITES . . .

- **Rabbi Seth Adelson** is the author of a section in a new publication called "Ramah at 60: Impact and Innovation," published by the Jewish Theological Seminary. Rabbi Adelson's chapter is titled "The Evolution of the Ramah Nature Experience." The book will soon be available at the Temple Israel Library.

## DAILY MINYAN TIMES

*Attend the Daily Minyan!*

Mon. & Thur.	6:45 A.M.	8:00 P.M.
Tues. & Wed.	7:00 A.M.	8:00 P.M.
Fri., Nov. 5	7:00 A.M.	5:30 P.M.
Fri., Nov. 12	7:00 A.M.	4:30 P.M.
Sat., Nov. 6	8:45 A.M.	5:10 P.M.
Sat., Nov. 13	8:45 A.M.	4:00 P.M.
Sunday	8:15 A.M.	8:00 P.M.

## CANDLE LIGHTING TIMES

*Kindle the Sabbath Lights!*

Friday, November 5	5:29 P.M.
Friday, November 12	4:22 P.M.

## UPCOMING EVENTS AT TEMPLE ISRAEL

Nov. 6	"Shabbat Talk": A Kristallnacht Commemoration with Irving Roth	1:00 P.M.
7	Blood Drive sponsored by the Men's Club	8:30 A.M.
12-14	Rabbi Mordecai Waxman Memorial Lecture Weekend	
13	"Shabbat Talk" with Rabbi David Golinkin	1:00 P.M.
13	Midnight Run	7:30 P.M.
18	Temple Board of Trustees Meeting	8:15 P.M.
22	Interfaith Thanksgiving Service Sponsored by the Great Neck Clergy Association	7:30 P.M.
Dec. 1	Erev Hanukkah	
2-9	Hanukkah	
2	Men's Club Meeting	7:30 P.M.
5	Temple Hanukkah Party	5:00 P.M.

# JOIN THE COMMUNITY FOR THE ANNUAL INTERFAITH THANKSGIVING SERVICE Monday, November 22 • 7:30 P.M.

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## IN QUOTES

**EDITOR'S NOTE:** "In Quotes" calls attention to passages from Jewish prayers and writings frequently overlooked or said by rote, but profoundly written.

This issue's quote is taken from Chapter 5 of Pirkei Avot. What's your favorite quote? Send it to The Voice, c/o the Temple office.

*“When love depends on achieving a certain goal,  
love vanishes when that goal is achieved;  
but a love that is not dependent on any goal  
never vanishes.”*

# B'NAI/B'NOT MITZVAH IN OUR TEMPLE FAMILY



**Daniel Torkan**

Daniel Torkan will be called to the Torah as a *Bar Mitzvah* on November 13. He is the son of Karen and Kouros Torkan, and has an older sister, Gabriella, 15. Daniel is an eighth grade student at Great Neck North Middle School and is the recipient of a swimming award. Daniel enjoys playing tennis, ping-pong, boating, and quadding, and also plays the cello and guitar. He is planning to celebrate his *Bar Mitzvah* in Israel next April.



**Maya Emanuel**

Maya Emanuel will be celebrating her *Bat Mitzvah* on November 20. She is the daughter of Drora and David Emanuel and has a brother, Jason, 17. Maya is an eighth grade student at Great Neck South Middle School. She is the recipient of the Junior Congregation Award from the Temple Religious School. Maya is a member of her school's soccer, basketball and lacrosse teams. She enjoys visiting relatives in Israel and says she can't wait to go back next year.



**Brandon Rosenbaum**

Brandon Rosenbaum will be called to the Torah as a *Bar Mitzvah* on November 20. He is the son of Lisa Rosenbaum and Robert Rosenbaum, and has an older sister, Jacqueline, 16, and a younger brother, Jared, 10. Brandon is an eighth grade student at Friends Academy. He is a sports enthusiast and competitively plays tennis, soccer, basketball, lacrosse and squash. Brandon plans to visit Israel in the near future.

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FROM THE WAXMAN HIGH SCHOOL

## Weekend Retreating

By Joseph Pearlman

EDITOR'S NOTE: New Waxman Youth House Youth Activities Director Joe Pearlman reports on the school's first weekend retreat of the year in this school column.

On the weekend of September 25, students from the Waxman High School and Youth House made their way to their annual fall retreat at Camp Ramah in Nyack.

The trip was attended by students Ari Panzer, Ben Hoffman, Allison Rosenbaum, Juliet Freudman, Avir Waxman, Michael Greener, Amy Pourmoradi, Brandon Amirian and Hally Silberg. Rabbi Seth Adelson, along with myself and Education Youth Director Itamar Futterman staffed the event.

Nyack offered peace and tranquility from the hustle and bustle of everyday life, which set the stage for a perfect *Shabbat* weekend full of reflection and activities. The fun began on Friday night with a short *Kabbalat* service to usher in *Shabbat*, and a plentiful dinner provided by the Camp Ramah staff.

The following morning during services, Mr. Futterman began to teach the students new tunes and melodies for familiar prayers in hopes of developing a sense of individuality for Youth House *Shabbatot*. Students spent the afternoon exploring the campgrounds and playing games, but also met for

a thought-provoking discussion led by Mr. Futterman about the *parsha* of the week, Noah, which let the students explore their own ideas about how many days it took for the Earth to be created, and how to make reparations between the scientific evidence of dinosaurs and the spiritual evidence of one God.

To end *Shabbat*, Rabbi Adelson whipped out his trusty guitar for an intimate Havdallah Service, held outside with candles lighting up the dark night and everyone arm-in-arm singing together. Later on that night, the students were bombarded with popcorn and junk food.

Around midnight, "novice astrologer" Rabbi Adelson did some stargazing and fun science factoids with the students under a sky much darker than the one they're used to when Manhattan's lights are much closer to home.

Sunday morning, before returning to Great Neck, everyone took a beautiful walk to the North Nyack State Park, where everyone prayed on top of beautiful park grounds surrounded by nature and a glistening river. It was a perfect sight to close up a weekend

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# Weekend Retreating

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allowing students to get closer and make *Shabbat* a totally different experience from the rest of their week.

"We all had a really great time, and I'm definitely going to the next one," said first-time retreator Amy Pourmoradi.

A lot of the joyous after-meal *benching* the students participated in that weekend was re-peated on October 29 for the Youth House Family Friday Night Dinner. For the first Friday Night dinner of the new school year, attended by students, parents, brothers, sisters, staff and clergy, the Youth House struck gold with a turnout of over 100 people, making it by far their most successful Friday Night Dinner in years.

I would like to single out special thanks to the Youth House parents for their continuous support and for becoming an integral part of our Youth House "family tree."

## Coming Next at the Youth House

Up next for the Youth House is our monthly Shul-In on November 6, a party atmosphere with junk food, Ga-Ga, board games and movies—a very popular overnight in the building itself. There is also a Can Drive being held from November 9 to December 9 and a Sunday trip to The Inn, a soup kitchen in Hempstead, where our Youth House students will be volunteering. We will also be celebrating Hanukkah with a Youth House Party that will be open to the sixth graders in the Religious School and Gahalet, to promote the program they can be in the following year. This is taking place on December 2 at 5:30 P.M.

For 2011, the Student Board is already planning a social with other USY chapters on Long Island. Stay tuned for much more *nachas* the Youth House will continue to be giving us all year long!

# Singing for Our Future

—Continued from page 2

varied repertoire, such as was presented at this concert, can showcase the variety of the Jewish cultural landscape. Ashkenazic and Sephardic, European, American and Middle Eastern styles can all co-exist on the same stage. Moreover, Jewish choral groups often transcend denominations and ideologies. At this concert, some of the singers, including one soloist, had *tzitzit* exposed; some were not wearing *kippot*. I know that our wonderful local choral group, Na'aleh, featuring a number of Temple Israel members, similarly spans cultural and ideological spectra. To the extent that these boundary-crossings can inspire us off-stage, as well, these groups provide a good model for the Jewish community moving forward.

Finally, when you hear good Jewish choral music, you find yourself taken to places, emotionally and spiritually, that are often



Enjoying themselves at the Waxman Youth House Fall Retreat are, left to right in front, Amy Pourmoradi, Ari Panzer, Avir Waxman, Allison Rosenbaum, Hally Silberg, Juliet Freudman, and Michael Greener. In the back are Brandon Amirian, Itamar Futterman holding Hannah Adelson, Rabbi Seth Adelson along with his son, Zev, Judy Adelson, Ben Hoffman, and Youth Activities Director Joe Pearlman.

# How to Have a Healthy Heart

—Continued from page 2  
to achieve that aim.

- Have regular checkups.
- Exercise, and
- Diet.

Being a Rabbi for over 50 years, I instinctively see things with "Jewish eyes." The thought struck me that there must be a way to have a healthy "Jewish heart." Proudly we speak of the *Yiddish hartz*, the Jewish heart, as something distinctively part of our being, something that expresses and symbolizes our traditions and values.

Especially on Yom Kippur, our holiest day, we focus on our heart and its shortcomings

by striking it as we recite the "Al Cheit," the confessional. Our Jewish heart has always been our moral compass since our earliest days.

So, let us address the life and death question of these High Holy Days: how can we have a healthy Jewish heart? We must follow three central guidelines. First, have regular checkups, secondly, exercise, and finally, watch our diet.

Regular checkups: When do we have a checkup on our spiritual health? When have we checked the heartbeat of our *neshamah*, our soul?

God has blessed us with a great gift, these Holy Days. These days challenge us to look deeply into our souls and go through intensive self-examination. Based on what we uncover, we must turn to *teshuvah*, repentance and undertake a different lifestyle which focuses on the good, the noble, the uplifting, the spiritual, the way of Torah.

The second way to a healthy Jewish heart is exercise. Exercise is vital. If you don't use it, you lose it.

The regimen for our Jewish heart is performing *mitzvot*. The *mitzvah* is what keeps our Jewish heart in condition and maintains a good heart flow so that we have a caring and loving heart.

That elation you experience in performing *mitzvot* are the vitamins, minerals and exercise your Jewish heart needs to stay healthy.

It is not an easy thing to do *mitzvot*. They take time, they cost money and interfere with our lifestyle.

The third and final course to a healthy

—Continued on page 7

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Robert Hopp

# From Generation to Generation



Temple Israel Gratefully Acknowledges  
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Charles Gingold  
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Celia Block  
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Joseph Block  
Laurie Frankel  
Max Salit  
Malcolm Salit  
Ruth Gluck  
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The birth of their grandson  
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Nina and Abner  
Ohebshalom

Zachary Leventhal  
becoming a  
*Bar Mitzvah*

Nancy, Michael,  
Zachary and Jacob  
Leventhal

The birth of their  
grandson, Liam Joel  
Levine

Ronny and Robert  
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The marriage of their son,  
Eric Poretsky, to  
Claire Warshavsky  
Susan and Joel  
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*In memory of:*

Bert Goldman  
The Roisman/  
Goldman families

**RABBI ADELSON'S  
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*In appreciation of:*

Rabbi Adelson for his  
kindness and caring while  
officiating at her mother's  
funeral

Anne Hirsh  
Rabbi Adelson's help in  
preparing Zachary for his  
*Bar Mitzvah*

Nancy, Michael,  
Zachary and Jacob  
Leventhal

*In honor of:*

The birth of their  
grandson and their  
30th wedding  
anniversary  
Nina and Abner  
Ohebshalom

**PRAYER BOOK FUND**
*In appreciation of:*

Sherry Husney's help in  
preparing Zachary for his  
*Bar Mitzvah*

Nancy, Michael,  
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*In honor of:*

Barbara and Gedale  
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Kenneth M. Leff

*In memory of:*

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**CANTOR FRIEDER'S  
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*In appreciation of:*

Cantor Frieder's help in  
preparing Zachary for his  
*Bar Mitzvah*

Nancy, Michael,  
Zachary and Jacob  
Leventhal

*In honor of:*

The birth of their grandson  
and their 30th wedding  
anniversary

Nina and Abner  
Ohebshalom

# How to Have a Healthy Heart

—Continued from page 5

Jewish heart is proper diet. I'm not speaking about *glatt kosher* meat. Of course, *kashrut* is a cornerstone of the Jewish home and should be observed. But I speak of an-

*The diet  
our Jewish heart needs  
is one filled  
with Torah...*

other type of diet. You see, diet signifies what we take into our body, what we consume and absorb. Indeed, we are what we eat. There are many items we take into our body that can be harmful and others that are beneficial.

The diet our Jewish heart needs is one filled with Torah, love, hope, sharing, caring, tenderness, justice and righteousness. It is a diet that avoids hatred, pettiness, spitefulness, egotism, malice, cruelty, meanness. But, somehow, these malevolent elements enter our body and soul and infect the Jewish heart.

What sort of diet are we on? What books, magazines and newspapers do we read? What movies do we see and what are their messages and values? We need a diet of goodness and must avoid a menu of mean spirited acts. If you consume the wrong foods, the body responds with indigestion.

My dear friends, we need a healthy spiritual diet. One that is filled with good thoughts,

hopefulness, love, understanding, positive thoughts, focusing on the good and the uplifting.

I recognize that the world is a challenging place and it is not all sunshine, but we have the ability to shut our hearts to darkness and choose to open it only for the light of Torah, to warm and illuminate our hearts.

When we encounter disappointment, let us learn to focus on the good and banish depression from our hearts. Let us assimilate the positive and the uplifting and the spiritual into our being.

A new year beckons. We want a good year and a healthy one. We can guarantee a healthy Jewish heart by regular checkups, doing *mitzvot*, and filling our bodies with kindness and goodness. May God give us the strength to fulfill these New Year resolutions.

## Congregation Thanks Kiddush Sponsors

Appreciation is expressed by the Temple officers and Board of Trustees to members who have generously sponsored and enhanced the Sabbath *kiddush*.

The congregational *kiddush* on October 16 was sponsored by Rachel and Dr. Geoffrey Epstein in honor of the *Bat Mitzvah* of their daughter, Deborah. A contribution toward the *kiddush* was made by Zehavit and Dr. Michael Terrani in honor of the *Bar Mitzvah* of their son, Jonathan.

The congregational *kiddush* on October 23 was sponsored by Nancy Bader Leventhal and Michael Leventhal in honor of the *Bar Mitzvah* of their son, Zachary.

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## D'VAR TORAH

By Rabbi Marim D. Charry

### Toledot

**Saturday, November 6**

In this portion, we follow the events in the lives of Isaac and Rebekah. Twin sons—Esau and Jacob—are born, and their struggles before birth foreshadow later conflicts between the nations they are to found. Although Jacob is the younger, he tricks Esau out of his birthright. Isaac, like Abraham meets a number of challenges and is assured by God that he will have many descendants and possess the land of Canaan. When Isaac feels his end approaching and arranges to pass the blessing of concession on to Esau, Rebekah connives to have Jacob trick his father and receive the blessing for himself. Jacob must then flee to the ancestral homeland to escape Esau's wrath but, before he leaves, Isaac intentionally passes on to him the blessing of Abraham. This action attests that the leadership of the Jewish people depends on God's plan, not an accident of birth.

### Vayetze

**Saturday, November 13**

We follow the fortunes of Jacob as he leaves the land of Canaan to travel to the ancestral home in Mesopotamia, spends 20 years there, and leaves to return to Canaan. In this portion Jacob, fleeing for his life, stops for a night at a place near the border and has a dream in which the angels ascend and descend a ladder to heaven. God confirms the blessing of Abraham for Jacob, and Jacob, upon awakening, names the place Beth El, the House of God. Arriving in Mesopotamia, Jacob encounters Rachel, his cousin, at a well and falls in love with her. He negotiates with his uncle, Laban, for Rachel's hand, is tricked by Laban, and then decides it is time to return home. He leaves with two wives, two concubines, 11 sons, one daughter and much livestock. These events show how Jacob begins to become worthy of the blessing he has been given and of being a successor to Abraham and Isaac.

## SABBATH SERVICES

**Friday, November 5**

Evening Service 5:30 P.M.

**Saturday, November 6**

Morning Service 8:45 A.M.

Weekly Portion: *Toledot*

Genesis 25:19 – 28:9

*Haftarah:* I Samuel 20:18 - 42

Sabbath Service Officers:

Dr. Zina Rutkin-Becker and Shahram Delafraz

*Bar Mitzvah*

HENRY KIRSHNER

son of Malvina and Jeff Kirshner

*Havurah* Service 10:00 A.M.

Junior Congregation 10:30 A.M.

Toddler Service 11:15 A.M.

**Friday, November 12**

N'Rananah/Evening Service 6:30 P.M.

**Saturday, November 13**

Morning Service 8:45 A.M.

Weekly Portion: *Vayetze*

Genesis 28:10 – 32:3

*Haftarah:* Hosea 12:13 – 14:10

Sabbath Service Officers:

Barbara Erlich and Joanna Eshaghoff

*Bar Mitzvah*

DANIEL TORKAN

son of Karen and Kouros Torkan

Junior Congregation 10:30 A.M.

Toddler Service 11:15 A.M.