



TEMPLE EMANU-EL

Providence, Rhode Island | 2017-5777

Parashat Mattot-Mas'ei

פרשות מטות-מסעי

July 22, 2017 | 28 Tammuz 5777

Etz Hayim, Page 941

1st Aliyah	Numbers Chapter 30	verses 2–9
2nd Aliyah	_____	verses 10–13
3rd Aliyah	_____	verses 14–7
4th Aliyah	Numbers Chapter 31	verses 1–12
5th Aliyah	_____	verses 13–24
6th Aliyah	_____	verses 25–41
7th Aliyah	_____	verses 42–54
Maftir	Numbers 31:51–31:54	Page 949
Haftarah	Jeremiah 2:4–2:28; 3:4	Page 973

Minhah/Ma'ariv Service – 8:15 p.m.

Havdalah – 8:58 p.m.

Services this Shabbat

Summer Service

Meeting House Foyer

Rabbi Rachel Zerin

Tot Shabbat

Sisterhood Lounge

Heather Dudley

At Temple Emanu-El, we seek to fashion an atmosphere of peace and tranquility on the Sabbath. To help create this environment throughout the Temple, we refrain from writing, taking photographs, texting, and using cell phones. Please join us in observing these traditions as we make Shabbat a sacred experience for us all.

Announcements

New Temple Website

Be sure to log in to your account on our updated website: **www.teprov.org**. Please add to or correct your personal information on your page. If you have any questions, contact Paul Stouber at 401.331.1616 or by email: pstouber@teprov.org

Visit Temple Emanu-El's Rosen Library

Visit Temple Emanu-El's Rosen Library! New books every month! Open every day. Check out our online library catalog (<http://tee.hl.scoolaid.net>), or contact the librarian (jjasper@teprov.org) for help finding the perfect book for you!

Support Emanu-El

For the month of July, the Temple will receive 2% of all receipts!

Last year we raised over \$2,000 for the Temple!

Did you know you can also support the Temple by shopping on amazon.com? Simply go to **smile.amazon.com**, search for Temple Emanu-El in Providence, RI, and start shopping. There are no added fees!

Tara Watkins – Drop In Hours

Tara Watkins will be having drop in hours this Saturday, July 22 from 11:00–2:00 PM in the Temple Office.

Final Meeting of the Women's Rosh Hodesh Group

July 27th | 7:30 PM

Sisterhood Lounge



Join Rabbi Zerin this Thursday for the final meeting of the Women's Rosh Hodesh Group: New Moon, New You. We will gather for snacks, chanting, candle lighting, and reflective study.

Whether you are new to the group or a regular, we hope to see you there!

The Good and the Bad News Regarding Domestic Violence Bills — What You Can Do

Here's the good news: After years of effort, this spring both the RI House and Senate passed out of Judiciary Committee a bill to keep guns out of the hands of people convicted of misdemeanor domestic violence crimes. These important bills to protect domestic violence survivors were at long last headed to the House and Senate floors for votes by the full membership.

Now the bad news: When House Speaker Mattiello and Senate President Ruggerio had a last minute dispute over the state budget, the General Assembly recessed without voting on the bill, in addition to closing up shop without voting on a state budget. It is crucially important for the General Assembly to reconvene to finish its work this year.

What you can do: Call the key legislators below and tell them, "Current RI law makes it too easy for dangerous domestic violence abusers, including those who are currently subject to protective orders, to access guns. Reconvene the full Senate and General Assembly right away so they can vote to pass House Bill 5510 and Senate Bill 405."

Here's how to contact them:

House Speaker Mattiello

401-222-2466

Rep-mattiello@rilegislature.gov

Senate President Ruggerio

401-222-6655

Sen-ruggerio@rilegislature.gov

Call your RI Representative to the RI General Assembly

To find who your representative is and how to contact her/him go to:

<http://www.rilegislature.gov/representatives/default.aspx>

Call your RI State Senator

To find who your state senator is, and how to contact her/him, go to:

<http://www.rilegislature.gov/senators/default.aspx>

For more information about the details in the bills go to:

<http://www.ricagv.org/ourlegislation>

Thank you! Temple Emanu-El's Social Justice Committee

FROM THE ROSEN LIBRARY

SUGGESTIONS, NEW BOOKS AND A NEW SECTION

Temple Emanu-El Suggests:

In June, many temple members (and some non-temple members) came together one Shabbat morning to participate in our first "People of the Books: A Book Show-and-Tell." Everyone shared one (or more) books that were meaningful to them. By popular acclaim, every so often one book from the event will be shared with the larger temple community. Enjoy.

The Verskin family (esp. Alan) shared the following recommendation: Elijah's Violin and Other Jewish Fairy Tales retold by Howard Schwartz and illustrated by Linda Heller (1983). In his words, this fairytale/folktale anthology gives the "real" folktales. It contains 36 tales, translated into English but with the same demons, witches, emperors, rabbis, playfulness, and slightly adult situations of the originals. The author culled the stories from a wide range of sources and locations: Egypt, Babylon, India, Spain, Eastern Europe and more. Appropriate volume for adults and older children. Located in the adult folklore section (Adult Non-fiction; call-number: 185). In the words of Alan, there are two other anthologies by Howard Schwartz, but this is the best one.

New Books:

Throughout the summer, look in the library for new books. They'll be added to the New Book section as soon as they've been processed. New books include: The Twentieth Century in Eretz Israel: A Pictorial History by Mordecia Naor, Our Haggadah: Uniting Traditions for Interfaith Families by Cokie and Steve Roberts, What is the Use of Jewish History? by Lucy S. Dawidowicz, Essential Torah by George Robinson, and many more! They'll be new additions to the new book section every week!

New Section: Hebrew and Yiddish Books

We now have two new sections! Yiddish Books and Hebrew Books (besides holy books, such as prayer books or the Talmud) will now be shelved in a separate area. We received a very generous donation of popular fiction books in Hebrew (both classic works, as well as translated popular fiction David Baldacci). These sections are intended for native readers of Yiddish or Modern Hebrew as well as advanced students of the language that want to keep up their skill level. As always, translated classic works of Yiddish and Hebrew can be found in the general Adult Fiction section, as well as in the Adult Non-Fiction section in the 500s.

Prospective Family Day at Camp Ramah

July 30th | 10:30 AM - 2:00 PM

Join us this summer at Camp Ramah in New England for our Prospective Family Day from 10:30 am to 2:00 pm on Sunday, July 30, 2017.

Come see for yourself where all of the Ramah magic happens! Check out our beautiful lake, refurbished tennis courts and sports fields, newly designed arts and crafts and woodworking studios, our thrilling ropes and adventure course and so much more. Tour our spacious bunks and see where our campers eat, pray and play! Learn about the unique Jewish education program which enables our campers to learn Hebrew and study their Jewish heritage in an informal setting. Meet the Director, Assistant Director and other key staff who will be there to answer questions and tell you about the extraordinary opportunities that await your child at Camp Ramah.

Camp Ramah offers two-week sessions for children currently in grades 2-3 and four or eight-week sessions for children in grades 3-10.

To learn more or to RSVP, contact Lori Fish Bard at: lorib@campramahne.org.



Navigating the Turns in Life's Road

by Tara Watkins

If there is one thing we can depend on in life, it is that change will happen. No matter how much we might want things to stay the same, or dig in our heels to try and stop our lives from changing - ultimately, we can't stop change.

Over the course of a lifetime, we can all expect to experience a significant amount of transition. In fact, you are likely experiencing a life transition right now. Examples of transitions often perceived as positive and joyous include graduations, moving, starting a new job, or retirement. Other forms of change such as a relationship ending, financial decline, and loss of independence are often considered negative, overwhelming or stressful.

It is not uncommon that while trying to make meaning out of difficult transitions we forget to utilize coping mechanisms developed from years of experience adapting to previous life changes. Sometimes, to help uncover these "lost" skills again we might benefit from reaching out to others, perhaps trusted family members, friends or professionals such as counselors, doctors or therapists.

Stress symptoms often surface when we don't adequately use coping mechanisms to prepare ourselves for life's transitions. For example, a person facing a significant change might experience depression or anxiety, fatigue, headaches, trouble sleeping or change in eating habits. Seeking professional counsel, especially when we find stress impacting our ability to function on a daily basis, may help lessen persistent symptoms.

Stress symptoms should not be considered an inevitable part of adjusting to life transitions. In fact, stress associated with life transitions might actually be preventable. The following tips may help if you are struggling with this issue.

1. **Research and educate.** Stress often develops out of fear of the unknown. By researching an upcoming change before it happens, we increase our knowledge base about the situation and may find adapting to a transition easier to handle.
2. **Recognize the importance of holistic health.** Mind, body and spiritual wellness is linked with how we react to events in our lives. Nurturing this connection may make it easier to cope with life's changes. For example, research has found that sleeping well, exercising, eating nutritional foods regularly, and participating in meaningful religious and/or spiritual practices improve our overall health.
3. **Self Care.** Participating in activities strictly for enjoyment often quiets and relaxes our mind and body. It is very hard, if not impossible, to feel stress when we are relaxed. Thus, remaining calm in the face of stressful life situations may be easier when we regularly practice self care.
4. **Limit the number of transitions you are making at one time.** There is no need to try and implement more than one major life change at a time; in fact, what is most helpful is not starting one immediately after another. Adjusting to significant change usually takes time. When we make multiple changes at once, even small ones, we often do not allow ourselves enough time for an adequate adjustment period, which can cause unnecessary stress.
5. **A temporary change in mood is normal.** Transitions frequently require moving forward into unknown territory and leaving behind what is comfortable and familiar. This departure from our comfort zone may create a feeling of grief or loss, depression or anxiety. If emotions seem to be getting in the way of ability

to function on a daily basis, it may be time to seek professional counsel to help navigate the situation.

6. **Don't get stuck thinking about the past or "what ifs."**
While you may need to acknowledge the loss of what you are leaving behind, it is also important to not allow yourself to get stuck in continually reliving the past. Allowing yourself to become excited about the new chapter ahead in your life's story may help you embrace change.
7. **Don't go it alone.** It's tough to process a major life transition without support. When we are feeling ungrounded, leaning on others may help. Whether a trusted colleague at work, longtime friend, family, or professional, seeking support from others helps maintain a sense of connection and perspective.

When we successfully persevere in the face of change we become stronger, more confident and resilient individuals, better prepared to encounter future turns in life's road.

Please note that if you are feeling stressed or overwhelmed with figuring out how to navigate a recent life event, as the Kesher social worker for the temple I'm available either by phone or in person to help process the situation with you and, if needed, help with information and referrals for more ongoing long term support. My contact information is: tara@jfsri.org or 401-527-7772.

Tara Watkins, LICSW, is the Kesher social worker at Temple Emanu-El. Kesher is the congregational outreach program of Jewish Family Service of Rhode Island, funded by the Jewish Alliance of Greater Rhode Island, and currently active at Congregation Agudas Achim, Temple Torat Yisrael, Temple Emanu-El, and Congregation Beth Shalom.



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