



## **TEMPLE EMANU-EL**

Providence, Rhode Island | 2018-5778

# Parashat D'varim

## פרשת דברים

July 21, 2018 | 9 Av 5778

Etz Hayim, Page 990

1st Aliyah	Deuteronomy Chapter 2	verses 2-5
2nd Aliyah	.....	verses 6-12
3rd Aliyah	.....	verses 13-16
4th Aliyah	.....	verses 17-19
5th Aliyah	.....	verses 20-22
6th Aliyah	.....	verses 23-25
7th Aliyah	.....	verses 26-30
Maftir	Deuteronomy 2:28-2:30	Page 994
Haftarah	Isaiah 1:1-1:27	Page 1000

Ma'ariv – 8:45 PM

Havdalah – 8:55 PM

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*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.*

## Services this Shabbat

### Summer Service

Bohnen Vestry .....*Rabbi Rachel Zerin*

### Tot Shabbat

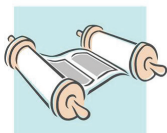
Sisterhood Lounge .....*Alicia Blazer*

### Shabbat Minhah (12:45 PM)

Fishbein Chapel.....*Rabbi Rachel Zerin*

### Ma'ariv & Tisha B'Av Services (8:45 PM)

Fishbein Chapel.....*Rabbi Rachel Zerin*



### D'var Torah Topic

This Shabbat, Joel Gluck will discuss:

*"Metacognition: How often do you look in the mirror?  
A lesson from D'varim"*

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### Mazal Tov!

Mazal Tov to Ronnie Sirota and Linda Flescher on celebrating their birthdays this Shabbat.

### Kiddush Fund Donations – Thank You!

Thank you to Ronnie & Steven Sirota for their donation in honor of Ronnie's birthday, to Harriet Traugott for her donation in memory of Leslie Hamilton-Penn, and to Abe & Larisa Shaprio for their general donation to the Kiddush Fund.

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### Welcome New Members!

Temple Emanu-El welcomes the following new members:

*Gale Aronson*

*Linda Schleifer*

*Murkje De Vries*

*Joanna Myer & Michael Witt*

*Joel & Shana Prohovsky*

## **Announcements**

### **Swan Point Cemetery**

We are pleased to announce that Temple Emanu-El has acquired a second burial section at Swan Point. Our current section is completely full, so this is most welcome news. Plots in the new section will be available for purchase beginning in August. More details to follow. In the meantime, please feel free to contact Paul Stouber in the Temple office with any questions.

### **Summer Services Series – Volunteers Needed**

Our Summer Services Series has begun. Services will be held in the Bohnen Vestry. If you would like to present a D'var Torah on September 8, please contact either Rabbi Franklin or Rabbi Zerin. If you would like to lead any parts of the service, read the Torah or chant Haftarah, please contact Cantor Mayer. We look forward to lively participation by members of the congregation over the summer.

### **Kesher Social Worker-Drop in Hours Today**

Tara Watkins, LICSW (email: [tara@jfsri.org](mailto:tara@jfsri.org) phone: 401-527-7772) will have drop in hours this Shabbat, from 11:00am-2:00pm in the Temple Office. No previously arranged appointment is necessary. Conversations with Tara are kept confidential. All congregants and their families are welcome to utilize this free supportive service available to the temple community.

### **Upcoming *Simhahs*:**

Saturday, July 28 - Aufruf of Susan Landau & Danny Moss



# *Picnic in the Park!*

OPEN TO ALL FAMILIES WITH  
CHILDREN AGES 0-6

**JULY 27**

**4:30-6:30 PM**

LIPPITT PARK  
1015 HOPE ST  
PROVIDENCE



Join Temple Emanu-El's young families for a pre-Shabbat celebration at Lippitt Park! We will meet new friends, sing Shabbat songs and enjoy challah provided by the Temple.

Please bring your own dairy picnic dinner, blanket and anything else you would like! We will meet by the picnic tables.

RSVP to Shosh at: [shosh@teprov.org](mailto:shosh@teprov.org)



# NEW & INTERESTING TITLES AT THE ROSEN LIBRARY

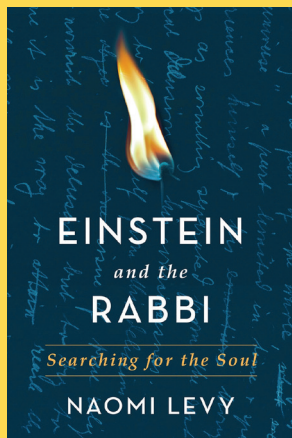
JULY 2019

## WINNER OF THE 2017 NAUTILUS AWARD IN THE RELIGION/ SPIRITUALITY OF WESTERN THOUGHT CATEGORY

A bestselling author and rabbi's profoundly affecting exploration of the meaning and purpose of the soul, inspired by the famous correspondence between Albert Einstein and a grieving rabbi.

"A human being is part of the whole, called by us 'Universe,' a part limited in time and space. He experiences himself, his thoughts, and feelings as something separate from the rest—a kind of optical delusion of his consciousness..." — Albert Einstein

### EINSTEIN & THE RABBI



When Rabbi Naomi Levy came across this poignant letter by Einstein it shook her to her core. His words perfectly captured what she has come to believe about the human condition: That we are intimately connected, and that we are blind to this truth. Levy wondered what had elicited such spiritual wisdom from a man of science? Thus began a three-year search into the mystery of Einstein's letter, and into the mystery of the human soul. What emerges is an inspiring, deeply affecting book for people of all faiths filled with universal truths that will help us reclaim our own souls and glimpse the unity that has been evading us. We all long to see more expansively, to live up to our gifts, to understand why we are here. Levy leads us on a breathtaking journey full of wisdom, empathy and humor, challenging us to wake up and heed the voice calling from within—a voice beckoning us to become who we were born be.

# Why We Must Care About Self-Care

*by Tara Watkins, LICSW*

Many of us would like nothing more than to relax in the great outdoors by ourselves or with loved ones this time of year-soaking up the warmth and sunshine of the summer days. However, all too often we may find ourselves putting this enjoyment on the back burner to prioritize other responsibilities. Perhaps our kids have an extracurricular activity we must bring them to, or our parents need a little extra help, work asks us to put in over-time again, and let's not forget that lengthy lists of "things to do" around the house. With all that each day brings (and I'm sure each of us can think of many other tasks that I have not written here) it may seem all too easy to deprioritize taking time for ourselves.

A recent study found that many parents and caregivers work an average of 98 hours per week, surviving with an average of only 17 minutes of free time each day. (Sadly, I bet for some readers this is even on the low side for work hours.)

How many times do we find ourselves -shaving off hours of sleep, skipping meals, exercise or other activities that promote personal wellness only to find ourselves more lethargic, less clear thinking, and/or developing mood changes such as becoming more irritable or depressed. Simply put, we cannot be there fully for our jobs or loved ones if we do not also take time to be there more fully for ourselves.

To live well requires learning to balance the scale. When the scale is weighed more towards giving to others than nurturing and restoring ourselves symptoms of burnout begin to surface. When we have reached a state of emotional, mental and physical exhaustion (often caused by prolonged stress) burnout has occurred. Burnout involves feeling overwhelmed and/or emotionally drained to the extent that our ability to function on day to day basis is impacted.

However, burnout doesn't happen overnight. It is more of a gradual process. Taking time for a little TLC, or self-care is vital to a healthy life and preventing burnout.

It is not uncommon to feel a little awkward or guilty when we begin to practice better self-care. However, learning to provide more care for ourselves does not mean we are selfish or self-centered. Quite the opposite! Taking time to nurture ourselves deepens our ability to care for others. It also helps us to recharge and be more present with those around us both in our professional and personal lives.

Over the course of our lives we experience periods of calmness -when everything seems to be going well and crisis seems at a low. However, we may also experience times when we feel bombarded with multiple emotionally charged events or difficult decisions all at once. If we have not been practicing self-care during the periods of calm these periods of intense tension or stress are liable to have more negative impacts on our lives and health.

Self-care simply put is doing something we find meaningful that helps recharge us body, mind and spirit. True self-care includes caring for the whole person.

Below are just a few self-care tips to get you started.

1. **Try to live a more balanced lifestyle:** such as being more mindful of sleep, nutrition, and exercise. Perhaps commit to an exercise you enjoy 3x a week or try to go to sleep 15 minutes before your usual time. (if you can include even more time, that's great but if not, 15 minutes is a start.)
2. **Spend more time with those who uplift and support you on life's journey:** perhaps you might prepare and enjoy a meal or two with a loved one each week or engage in a meaningful conversation with a friend. Set more boundaries on those relationships that seem to create more stress and/or negativity in your life.
3. **Release toxic (negative) emotions:** Some find the expressive art forms such as music, movement, drawing, or writing helpful for this. Others find long walks, hiking, swimming or other sports helpful for releasing stress within the body.
4. **Delve more into your spirituality:** Connect more with nature, meditation, yoga, studying the Torah, attending temple services or other programming.



5. **Engage yourself mentally in something you enjoy:** such as reading, exploring a new philosophy other than your own, puzzles, word searches, or attend lectures or workshops.

The list of options goes on and on.

Practicing self-care nurtures and supports our whole being allowing us to return to that “list of things to do” with renewed energy, focus and alertness. Wishing everyone a summer full of activities that engage and rejuvenate you- body, mind and spirit!

(If you think you might be on the road to burnout and/or are struggling with how to make self-care more of a reality in your life the Keshet social worker at your temple is available to help. This free supportive service is available to all congregants and their families.)

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*Tara Watkins, LICSW, is the Keshet social worker at Temple Emanu-El. Keshet is the congregational outreach program of Jewish Family Service of Rhode Island, funded by the Jewish Alliance of Greater Rhode Island and private donors. The Keshet program is currently active at Congregation Agudas Achim, Temple Torat Yisrael, Temple Sinai, Temple Emanu-El, and Congregation Beth Shalom. Tara may be reached at tara@jfsri.org or 401-527-7772.*

#### References:

Front. Psychol., 09 February 2017 | <https://doi.org/10.3389/fpsyg.2017.00163>

<https://www.statista.com/topics/2099/stress-and-burnout/>

<https://www.psychologytoday.com/us/blog/high-octane-women/201311/the-tell-tale-signs-burnout-do-you-have-them>

## **Jewish Alliance of Greater RI Responds to Family Separation Policy With Local Action**

**In response to the Federal Government's family separation and child detention policy being carried out on the US/Mexico border**

100% of funds raised by Rhode Island's Jewish community will be donated to HIAS (Hebrew Immigration Aid Society), a national Jewish agency with more than 130 years of expertise working to protect vulnerable refugees. Funds will be used to provide legal aid to families separated at the border.

Additionally, we are recruiting volunteers to support the Sanctuary work of First Unitarian Church of Providence. To make a donation or for more information on becoming a volunteer, please go to the Alliance website or contact Stephanie Hague at [shague@jewishallianceri.org](mailto:shague@jewishallianceri.org).

# HELP MAKE *a* MINYAN

Having a Minyan twice every day is one of the ways we support each other as a community. These daily services offer those in mourning or observing a Yahrzeit an opportunity to recite Kaddish, and they provide all of us a space for us to come together in communal prayer.

It is occasionally difficult to find ten people who can attend and make Minyan possible. We are turning to you to ask you to consider attending Minyan. Please consider joining us at the following times. We could especially use your help on the weekends! Thank you for supporting this important aspect of our community!



MONDAY THROUGH FRIDAY: 7:00AM AND 5:45PM

SATURDAY EVENING: TIMES VARY; SEE THE TEMPLE CALENDAR,  
WEBSITE, OR WEEKLY E-MAIL

SUNDAYS: 8:00AM AND 5:45PM

## JUNE 2018 DONATIONS

THANK YOU FOR YOUR GENEROUS SUPPORT OF TEMPLE EMANU-EL!

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