



TEMPLE EMANU-EL
Providence, Rhode Island | 2018–5778

Parashat B'Shallah

פרשת בשלח

January 27, 2018 | 11 Sh'vat 5778

Etz Hayim, Page 403

1st Aliyah	Exodus Chapter 14	verses 15–20
2nd Aliyah	verses 21–25
3rd Aliyah	Exodus Chapter 14 & 15	verses 26–21
4th Aliyah	verses 22–26
5th Aliyah	Exodus Chapter 15 & 16	verses 27–3
6th Aliyah	verses 4–7
7th Aliyah	verses 8–10
Maftir	Exodus 16:8–16:10	Page 415
Haftarah	Judges 4:4–5:31	Page 424

Minhah/Ma'ariv – 4:50 PM Havdalah – 5:35 PM

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

Sanctuary Service

Bohnen Vestry

Rabbi Wayne Franklin

Rabbi Rachel Zerin

Cantor Brian Mayer

Minyan Hadash

Fishbein Chapel

Tot Shabbat

Sisterhood Lounge

Marni Thompson-Tilove

Youth Minyan

Rosen Library

Shoshana Jacob

Mazal Tov

Mazal Tov to Alice Eichenbaum on her 90th birthday, and to Bob Pelcovtis on his 64th birthday!

Thank you

Thank you to Howard Eichenbaum, Cary Eichenbaum and Saul Martin for their donations to the Kiddush Fund in honor of Alice Eichenbaum's 90th Birthday.

Thank you to Ruth Paige Levin for her donation to the kiddush in honor of the birth of her great granddaughter, Emma Jeanne Levin, and the engagement of her grandson, Lee Joseph LaMarche to Hillary Rachel Kern.

Announcements

We need more Prayer Books and Humashim

We still need more copies of the Siddur Lev Shalem so that there are enough copies in the Sanctuary when we have celebrations. We also need more Humashim so that everyone could follow the Torah reading. If you would like to donate one or the other of these needed volumes, please contact the temple office at 331-1616. The Siddur Lev Shalem costs \$36 and the Humashim costs \$72.

Greeters Needed for Upcoming Year

If you would like to be a greeter at service for the upcoming year, please email Marilyn Katz at katz288@verizon.net.

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!

Hadassah RI's Third Annual Shabbat Chai

Join Hadassah for a Potluck Dairy Luncheon honoring all of their Chai Society members on Sunday, March 4, 2018 at 12:00 PM.

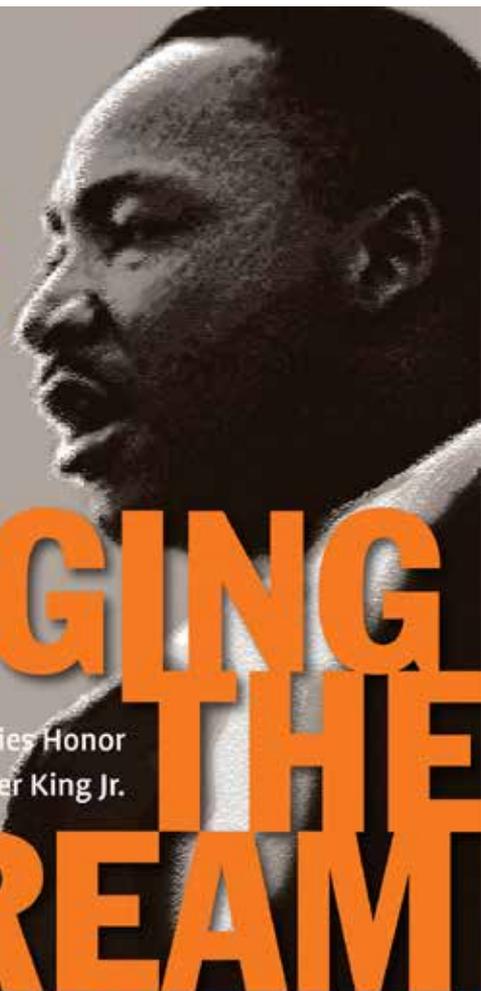
The event will be held at:

Wethersfield Commons Clubhouse
1 Williamsburg Drive, Warwick RI

JOIN US FOR AN
Open Sing!

Sunday, January 28, 2018

2:00–5:00 P.M.



SINGING THE DREAM

Rhode Island Communities Honor
Dr. Martin Luther King Jr.

COMMUNITY VOICES SHARING THE DREAM IN SONG

Central Congregational Church
296 Angell Street, Providence



Guest Conductor
Reverend Lisa Clayton
Director, Voices of Freedom Gospel Choir
University of Connecticut

\$5.00 – Music & Refreshments

REGISTER AT
www.singingthedream.eventbrite.com

Supported by a grant from the Blitts, Gross,
Horowitz Fund at the Rhode Island Foundation

Sponsored by Temple Emanu-El and
Central Congregational Church



Ed Asner in New Bedford

On International Holocaust Remembrance Day

Seven-time Emmy Award-winner Ed Asner and Johanna Day will star in a staged reading of Jeff Cohen's play *The Soap Myth*, at **The Zeiterion Performing Arts Center on Saturday, January 27 at 7pm.** The readings, directed by Pam Berlin and will also feature Ned Eisenberg and Blair Baker, and serve as a tribute to International Holocaust Remembrance Day, also on January 27. This performance is the only New England appearance on a seven-venue tour.

Mr. Asner, who is beloved for the character of Lou Grant and the 2009 feature film *UP*, will perform the role of Holocaust survivor Milton Saltzman and Ms. Day will perform the roles of Holocaust scholar Esther Feinman and Holocaust denier Brenda Goodsen.

The Soap Myth takes place more than a half century after the end of WWII when a young journalist sets out to write an article about a Holocaust survivor and his crusade regarding the Nazi atrocity of soap. The play dramatically explores how a person survives and questions who has the right to write history - those who have lived it and remember, those who study and protect it, or those who would seek to distort and desecrate its very existence.

Tickets are available for purchase at www.zeiterion.org, by calling 508-994-2900, or in person at the box office at 684 Purchase Street, New Bedford, Mass. Zeiterion Box Office hours are Monday, Tuesday, Wednesday and Friday, 10:00 a.m. to 5:00 p.m., Thursday 10:00 a.m. to 7:00 p.m., Saturday 10:00 a.m. to 3:00 p.m., and two hours before each performance.



The Rabbis and Their Legacy: An Introduction to Rabbinic Judaism

Delve Deeper is an adult education initiative that brings dynamic teachers to teach in-depth, university level courses to a diverse group of adult learners in Rhode Island.

All are welcome to join us for our third semester!

What

The Rabbis and Their Legacy:
An Introduction to Rabbinic Judaism

When

Thursdays: February 1, 8, 15, 22
March 8, 15, 22, April 12, 19, 26
May 3 and 10 from 7:00-9:00pm

Where

Temple Emanu-El, 99 Taft Avenue
Providence, Rhode Island 02906

Cost

\$200 for the semester

Note that partial and full scholarships are available! We are very committed to making this course accessible to everyone. Please do not let cost be a barrier!

For more information and to register, please go to www.teprov.org/Institute/DelveDeeper or contact Rabbi Rachel Zerin at 401.331.1616 or rzerin@teprov.org

The Rabbis and Their Legacy: An Introduction to Rabbinic Judaism

Instructor: Michael Satlow, Professor of Religious Studies and Judaic Studies at Brown University

People talk about "the rabbis" all the time, but who were they really? The legacy of the rabbis of antiquity (ca. 70-640 CE) is astounding: their texts, among which are the two Talmuds and many books of midrash, have served as the foundation for nearly all forms of Judaism down to the present day. This semester we will take a close look at the historical context in which the rabbis emerged and worked; their literature; their ideas; and their discussions of proper Jewish practice. The class will involve much close reading of rabbinic texts (all presented in English - no prior knowledge required), and we will devote a session close to Passover on the Haggadah.

Space is limited, so register today!

www.teprov.org/Institute/DelveDeeper

Delve Deeper is a project of Temple Emanu-El's Koffler Bornstein Families Institute of Jewish Studies, in partnership with Congregational Agudas Achim, Congregation Beth Shalom, Temple Sinai and the West Bay Chavurah.



Delve Deeper is made possible through generous support from the Jewish Alliance of Greater Rhode Island's Innovation Funding



HOLLYWOOD HAVDALAH

February 3, 2018 - 5:30 PM

WE WILL BE DOING HAVDALAH, WATCHING THE
MOVIE ZOOTOPIA, AND HAVING PIZZA & SNACKS

PLEASE BRING BLANKETS AND PILLOWS TO MAKE
YOUR MOVIE WATCHING MORE ENJOYABLE!

RSVP ON THE TEMPLE EMANU-EL WEBSITE:
TEPROV.ORG/FORM/HOLLYWOODHAVDALAH-1.HTML

99 TAFT AVE . PROVIDENCE, RI 02906



INFUSING JUDAISM INTO YOUR FAMILY'S LIFE

Do you want to raise your child in a nurturing Jewish environment but don't know where to start?

Are you unsure of how to meaningfully introduce your child to Jewish rituals, practices, and ideas in ways they can understand?

Join us for an exploration of how you can infuse Judaism into your family's life. We welcome anyone who plays an active role in a child's Jewish life. Whether you are a parent or grandparent, single or partnered, Jewish or not, please join us for any or all of the following sessions!



February 4
Infusing Judaism into the Everyday

March 4
Infusing Judaism into Shabbat & Holidays

Babysitting will be provided free of charge for both sessions!

Please RSVP at:
teprov.org/form/jewishparenting



Temple Emanu-El
99 Taft Avenue
Providence, RI 02906
401.331.1616



Special Family First Friday:

COZY SHABBAT

Come in PJs and bring snugly blankets and/or pillows for a family Friday Night Service and Shabbat dinner, complete with a hot chocolate bar!

February 9, 2018 • 5:30 PM • Bohnen Vestry
RSVP at www.teprov.org/form/eks-sign-upFebruary
99 Taft Ave • Providence, RI 02906

COFFEE TALK

CALLING ALL TEMPLE EMANU-EL FAMILIES!

On February 11th we are hosting an open space to gather ideas, feedback and thoughts on the future of family programming for Temple Emanu-El. We want to hear what you have to say! This will be a lay-led session with no clergy or staff present. The goal is to hear what you think and what you want, what you're missing and what you want more of.

Breakfast will be served. Please RSVP to familyfirst@teprov.org by February 9th so we know how much food to prepare.

Looking forward to seeing you there.

FEBRUARY 11

9:00 - 10:00 AM

RIGHT AFTER RELIGIOUS
SCHOOL DROP OFF



99 TAFT AVENUE
PROVIDENCE, RI 02906

SOME SECRETS CAN'T BE BURIED

"A MUST-SEE."

THE NEW YORK TIMES

"BEAUTIFUL."

THE WASHINGTON POST

"COMPELLING."

THE WASHINGTON POST

"INCISIVE."

THE WASHINGTON POST

"GRIPPING."

THE WASHINGTON POST

"A MASTERPIECE."

THE WASHINGTON POST

K 67
Panorama

WINNER
BEST FILM
2015

1945



Temple Emanu-El
Feb 10 – 7:30 PM
99 Taft Avenue
Providence 02906

\$12 – Online Pre-registration
\$15 – At the Door
teprov.org/form/1945.html
Refreshments will be served

Guest Speaker: Dr. Holly Case
History Professor, Brown University

ADULT INSTITUTE LECTURE SERIES

MONDAY, FEBRUARY 12
7:30-9:00 PM

TEMPLE EMANU-EL VESTRY
99 TAFT AVENUE
PROVIDENCE, RI 02906



Two Composers, Three Opinions: What Makes Music "Jewish"?

A LECTURE RECITAL WITH SAMUEL ZERIN

At the dawn of the 20th century, a group of young Russian-Jewish composers sought to develop a uniquely Jewish style of classical music. However, they argued over what could count as authentically Jewish. In this lecture-recital, musicologist Samuel Zerlin will discuss his original research on two competing practices: arrangements of Jewish folk melodies; and new works inspired by Torah chant. He will then perform a small group of piano pieces, which represent these different approaches to creating "Jewish" music.

Samuel Zerlin is a PhD candidate in historical musicology at New York University. His dissertation is simultaneously the first large-scale biography of the Russian-Jewish violinist and composer Joseph Achron (1886-1943) and a theoretical investigation of paradigms surrounding child prodigies and performer-composers. In 2010, he founded the Joseph Achron Society, working together with musicians and scholars to revive the forgotten legacy of this brilliant musician. Zerlin has also worked as a music archivist, creating an online archive of rare Jewish classical scores at the website of the American Society for Jewish Music and cataloguing thousands of manuscripts, scores, and other music documents at Hebrew Union College.

This event is free and open to the public. We ask that you consider making a donation of \$5 per person

RSVPs greatly appreciated. Please visit our website:
teprov.org/form/ZerlinLecture or call the office at 331-1616



Holocaust Survivor Speaks at RIC

Rhode Island College is honored to welcome Holocaust survivor **Eva Kor** to campus on **Thursday, February 15 at 7 pm in Sapinsley Hall at Rhode Island College** (600 Mt Pleasant Ave, Providence, RI 02908). This event is free and open to the public. All are invited to attend as it is a rare opportunity to hear a first-hand account of the Holocaust and Ms. Kor's incredible message of forgiveness. A book signing will follow the program. Below is more information on Eva Kor; you can find further details at <https://candleholocaustmuseum.org/eva-kor/her-story/>.

Eva is one of the few surviving twins sharing her personal account of the medical experiments supervised by Nazi doctor Josef Mengele at Auschwitz. Eva's account of her survival of the Holocaust offers many relevant lessons on the dangers of hate and prejudice, and the consequences of allowing prejudice to persist, unchecked, in others.

In addition to the importance of her account from a historical perspective, Eva's life lessons and message of forgiveness have touched the lives of millions of people. In 1995, Eva chose to forgive the Nazis, after deciding that they should no longer have power over her life. She describes forgiving the Nazis as an act of self-healing, self-liberation, and self-empowerment; forgiveness is not about the perpetrator, not about forgetting. It is one step toward repairing the world by helping victims free themselves from perpetrators and remove anger and hatred. Eva shares her own discovery of the power to forgive so that others may see the possibility to heal themselves through forgiveness. Forgiveness provides a way for people to free themselves from hurt, anger, and hatred, from the pain of victimhood. If people find peace with themselves, the world may also find peace.

BUILDING FROM THE INSIDE-OUT: AN EXPLORATION OF AUTHENTICITY IN THE TORAH, TALMUD, & BEYOND

TEXT STUDY WITH RABBI ELAN BABCHUCK
SATURDAY, FEBRUARY 24 - 12:45 (AFTER KIDDUSH)
BOHNEN VESTRY

Exodus 25:11 instructs the Israelites to build the mishkan's ark with gold on the inside and the outside. But why bother layering the inner ark with gold when so few people would see it? In this session, we'll explore how the Torah and the early generations of rabbis approached the notion of authenticity - from building the Tabernacle to building personal identities.

Please join us in the Bohnen Vestry right after Kiddush (about 12:45 PM) for the second in this year's series of text studies sponsored by Minyan Hadash and the Koffler Bornstein Institute of Jewish Studies.

ALL ARE WELCOME! PLEASE JOIN US!



TOTALLY 80'S PURIM BASH

DANCING, FOOD
DRINKS & FUN



COME DRESSED TO
ROCK OUT TO THE '80S!

SATURDAY, FEBRUARY 24
8:00 PM - MEETING HOUSE

\$18 PER PERSON ONLINE
\$20 AT THE DOOR

TEPROV.ORG/FORM/PURIMBASH.HTML

TEMPLE EMANU-EL - 99 TAFT AVE - PROVIDENCE RI



Place Your Mishloach Manot Orders Today!

Stop by the office to pick up
a form, or register online:
teprov.org/form/mishloach.html



The deadline to place all orders is Tuesday, Feb 28th.
Payment must accompany all orders.

DECEMBER 2017 DONATIONS

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

CHAPEL FUND

DONATIONS BY

Steven & Joan Graff

Moshe & Toby Liebowitz

IN MEMORY OF

Sue Witt

by Mike & Michelle Lucchetti, Fred

& Marilyn Nelson, Evan & Justine

Nelson, Milena & Alana Nelson

Solomon Stein

by David & Deborah Katz

Isaac Kleinman *by Ellen Kleinman*

Abraham Graff

by Steven & Joan Graff

Irving Schwartz

by Harry & Janine Schwartz

Lester H. Goldstein

by Fred & Lori Polacek

Charles Bolotow & Betty

Weinstein Bolotow

by Norman Bolotow

David Schoenfeld

by Polly Wachtenheim

Sue Witt *by Kim Gilbert*

Lynn Markoff

by Ron Markoff & Stephanie Markoff

Lillian Kosch

by Robin & Yoram Ringer

Melvin Goldenberg

by Marc & Debra Page

Claire Bronstein

by Jeffrey & Cynthia Davis

Sophie Samdperil

by Ruth Samdperil

Selma Engel *by Bonnie Ryvicker*

Lila Landau

by Robert & Lesley Landau

Hadassah Davis *by Abby Davis*

Muriel Leach *by Susan Deblasio*

David Eydes & Gita L. Eides

by Alex & Mira Eides

Esther D. Pullman & Barry Levine

by Edward & Barbara Feldstein

Charles Samdperil & Sophie

Samdperil

by Michael & Terry Schuster

Maxwell Kahn

by Charles & Susan Kahn

Jack I. Sragow

by Richard & Roanne Licht

Charles Samdperil

by Ruth Samdperil

Sylvia Bromberg

by Judy & Jay Rosenstein

Loved Ones

by Arkady & Margarita Mamaysky

Daniil Bilik *by Milada Bilik*

Barbara Elman Epstein & Benny
Epstein
by Nathan Epstein

Ida Gozonsky
by Edwin & Dorothy Gozonsky

Morris Kirshenbaum
by Allen & Marsha Kirshenbaum

Sydney Grunberg
by Harriet Grunberg

Florence Weintraub
by Michael & Michael Fink

Sadye Flink *by Alan & Renee Flink*

Marvin Holland *by Zelda Kolodney*

Helen Bloom
by Alfred & Arline Blank

Aidlya Ashke & Gertz Mezhberg
by Leyba & Ennya Mezhberg

Ida Leshinsky
by Herbert Leshinsky

Arthur Greenbaum
by Keith Greenbaum

Charlotte Abrevaya
by Jacob & Maybeth Lichaa

Joseph Sirota
by Ronnie & Stephen Sirota

Slava Vilenskaya
by Jeffrey & Jessica Brier

Hope Iris Finkel *by Morton Paige*

Ruth Fixler *by Arthur Fixler*

Samuel Labush
by Kenneth & Joanne Tolchinsky

Naomi Grueneberg
by Joyce & Larry Wacks

Sue Ann Witt
by Jerome & Marsha Henkin

Rhoda Umansky Chain
by Diane Chain Cochran

Aimee Lichaa
by Jacob & Maybeth Lichaa

Libby Aron
by Fred & Sally Rotenberg

Richard Isaacs
by Michael & Mindy Isaacs

Julius Buddy Levin *by Robert Levin*

Frances Flink *by Alan & Renee Flink*

Isaac Ellman
by Richard & Bernice Kumins

Selma Hanna *by Joan Gadol*

Avid J. Chiron
by Martin & Dianne Newman

Freida Schweber, Beatrice Heimann,
Benjamin Mendelovitz, Sally
Heimann and Jennie Marder
by Sam & Lillian Mendelowitz

Ruth Berkowitz
by Arthur & Judith Bergel

Simon Bronstein & Harold Yoffa
by Marc & Ann Richman

Lucy & Max Spitalny
by Lawrence & Marilyn Katz

Murray A. Cohen *by Sylvia Cohen*

Daniel Podrat
by Donna & Kenneth Podrat

Dr. Herman "Tim" Sugarman
by Shirley Wolpert

Bess Levin *by Cynthia Levin*

Loves Ones *by Abe & Larisa Shapiro*

Barbara Miller *by Dorothy Marcowitz*

Eva Gorman & Sam Gorman
by Sandra Marcowitz

Dora Friedman & Jennie Kaminetsky
by Fredric & Elaine Kamin

Julius Buddy Levin *by Paige Levin*

Sue Witt *by Kim Gilbert*

Alfred Goldberg *by Adele Esposito*

Herman Selya *by Susan Rosen*

Edward & Florence Weiner
by Bernice & Richard Weiner

Helen Miller
by Robert & Luisa Miller

Evelyn Gersten
by Michael & Mindy Isaacs

Frances F. Friedman
by Howard Mandell

Pearl Kaplan Loeber
by Lawrence Kaplan

Barbara Strudler Wallston &
Sue Ann Witt
by Martin & Dianne Newman

Sue Ann Witt
by Jeffrey & Rosalie Wolf

Barbara Bram *by Leon Bram*

Rose Bercovic
by Jeanette Bornstein

Edith Granoff
by Leonard & Paula Granoff

Ruth Bromberg
by William Bromberg

DAVID & BRENDA

KORN FUND

IN HONOR OF

David & Brenda Korn
by Mr. & Mrs. Steven Flammey

GENERAL FUND

DONATIONS BY

Jack & Betty Poljak
Eva & Joshua Gutman
Joyce Nelson
Paul & Roberta Segal
Neil Brafman & Judith Bender

KESHER

DONATION BY *Herman Rose*

JERROLD & BARBARA

LAVINE TORAH TUTOR FUND

DONATION BY

Jerrold & Barbara Lavine

**LEONARD C. MANDELL
MUSICAL FUND**

IN MEMORY OF

Leonard Mandell
by Howard Mandell

**RONALD C. & LYNN C.
MARKOFF FUND**

IN MEMORY OF

Lynn C. Markoff
by Stephen & Mona Poyta

KIDDUSH FUND

IN HONOR OF

Kenny & Leah Hersh
by Holly & David Rothemich

Marilyn Katz
by Martin & Dianne Newman

Miriam Abrams-Stark &
Marvin Stark
by Frederic Reamer & Deborah Siegel

Abigail Bram
by her Grandparents

IN MEMORY OF

John Rothemich, Sr.
*by Kenneth Hersh & Leah Ehren-
haus-Hersh and Marc & Debra Page*

PRAYER BOOK FUND

DONATIONS BY

*Fred & Sally Rotenberg
Miguel & Christine Rojas
Bob & Margie Pelcovits*

IN HONOR OF

Sam Shamoon
by Linda Shamoon

IN MEMORY OF

Monroe & Joann Berrol
by Amy Berrol & Susan Havens

Jay Kaufman
by Sandra Oster

Antonio & Eva Sabella
by Antonio Sabella III

Melvin Asterken
by Lee Frankl

Judith Romney Wegner
by Michael Goldenberg

**RABBI FRANKLIN'S
DISCRETIONARY FUND**

DONATIONS BY

*Steve Blazar
Lee Frankl*

**RABBI ZERIN'S
DISCRETIONARY FUND**

IN HONOR OF

Rabbi Zerim
by Bruce Phillips & Judith Kaye

RELIGIOUS SCHOOL FUND

IN HONOR OF

Miriam Abrams-Stark &
Marvin Stark
by Karen Drucker-Stern

Nicole & Gary Katzman
by Martin & Dianne Newman

IN MEMORY OF

Sue Witt
by Richard & Bethany Sutton

SHABBAT CHAI

DONATIONS BY

*Andrew & Beverly Blazar
Avram & Maxine Cohen
Susan Deblasio
Wayne & Anne Franklin
Joel Cohen & Pamela Gershman
Arnold & Stella Herzog
Sandra Marcowitz
Howard & Janice Shapiro
Lila Winograd
Reva Subar*

IN HONOR OF

Cantor Brian Mayer &
Lynn Torgove
*by Lawrence & Marilyn Katz and
Martin & Dianne Newman*

Penney Stein
by Steven & Libby Peiser

IN MEMORY OF

Sue Witt *by Karen Drucker-Stern*

SOULFUL SHABBAT FUND

DONATIONS BY

Stephen & Ceceley Chambers

*John & Rochelle Landry
Linda Dunleavy
Maria Kasparian
Bonnie Ryvicker
Daniel Kertzner
Bruce Phillips & Judith Kaye
Patricia Raskin
Frederic Reamer & Deborah Siegel
Rebecca & Joanna Kislak Brown*

IN MEMORY OF

Claudia Yellin
by Alan Flam & Judith Semonoff Flam

YOSINOFF TALLIS & TEFILLEN FUND

DONATION BY *Robert Sweet*

YOUTH ACTIVITIES FUND

IN HONOR OF

Ken & Roberta Schneider
by Fred & Sally Rotenberg

Miriam Abrams-Stark &
Marvin Stark
by Robert & Margie Pelcovits

IN MEMORY OF

Sue Witt *by Steven & Donna Goliger*

Kerry Olson
by Lawrence & Marilyn Katz

Esther Levitt
by Lawrence & Marilyn Katz

Peter Wegner *by Dawn Reed*

Come play with us!

Bring your children, ages 3-5, to enjoy our free mornings of fun!

Shake off those winter doldrums
at the Jewish Community Day School of Rhode Island



December 10 - Preschool Hanukkah Hoopla

January 21 - Day of Play

February 4 - Music and Rhythm with Mr. Mike

From 10:30 - 11:30am

RSVP is requested but not necessary.



For more information contact Naomi Stein
• 401.751.2470 or nstein@jcdsri.com
• 85 Taft Avenue Providence, RI 02906

Talking to Yourself Again?

by Rose Murrin, LICSW

Have you ever been caught speaking out loud to yourself? Most of us have. Some of us laugh at ourselves, make jokes about “losing it,” generally try to brush it aside. Others are apologetic. Some just roll with it. But it can feel exposing to be caught talking to ourselves. Why? To put it simply, our private inner thoughts have been observed. While this is not necessarily bad, it can take us by surprise.

Having an internal dialogue is a common experience. We think and often, those thoughts are directed at ourselves, our surroundings, even the thoughts themselves. This inner voice expresses our points of view, positive or negative. It is an important tool in figuring out what we do and don't want to engage with in our world.

When I sit and talk with people, these thoughts come up frequently as they can profoundly impact our experiences. They are also quite telling about the world view from which we operate. This can be particularly important if there is a theme that isn't working. For example, a person might have a frequent thought, “I always mess things up.” Each time a failure is experienced, this thought crops up. It might even get said aloud. These inner themes are common, but they can cast our world in absolutes. In reality, our experiences are rarely so black and white. There are often many facets of a thing we are trying to accomplish. For example, if one is making dinner, one might make a pasta dish, a salad, a dessert. Each of these will require multiple steps- some will go better than others. Perhaps veggies get chopped efficiently and the pasta is perfectly timed. Perhaps the pasta sauce is too runny and the dessert gets overcooked. If the overarching, natural response is, “I always mess things up,” one will look at the meal as a failure which is consistent with one's overall experiences of one's efforts. On the other hand,

if the person's inner dialogue tends toward the positive, "I like to try new things," they may see the success of the pasta texture, the time saved chopping vegetables in a new way. They may even approach the less successful elements with a curious mind- observing that the sauce might thicken better with the lid off or that their oven cooks faster than recipes generally require. The more positive outlook allows for an expectation of improvement with future efforts. It allows for the perception of success.

This is all fine and good, but if you are a person whose thoughts tend toward the negative, what are you supposed to do? There are many ways to address negative inner dialogue, but a simple one to begin with is to try matching a negative with a positive. So, in the dinner example, if one notices the thought, "I always mess things up," one might then actively choose to find a positive thing to say to oneself as well- "I enjoyed trying out this new recipe" or "I made a pretty good salad." Overtime, as you get better recognizing the negative thoughts and matching them with a positive one, you might up it to two positives for each negative. Much like the muscles in our arms, our minds can strengthen in new ways with exercise. In the beginning, it can feel awkward and unnatural, but with practice, it can become a part of your inner experience. If you want support in this practice, you can reach out to friends, family, a therapist, or your Keshet social worker (Tara Watkins 401-527-7772 or tara@jfsri.org). This simple practice can really begin to shift your experience of your life and world. While you will probably continue to talk to yourself, you may begin to enjoy what you hear.



FAMILY FIRST EKS

TEMPLE EMANU-EL'S EARLY SHABBAT
SERVICE AND DINNER FOR FAMILIES
WITH CHILDREN AGES 0-12



November 17 **February 9** **April 13**
December 1 **March 2** **May 11**
January 5

Services begin at **5:30 PM**, followed by a free dinner and activities for children. All are welcome!

To RSVP, please go to the family first website:
www.teprov.org/family-programming

Temple Emanu-El | 99 Taft Avenue | Providence, RI 02906



The Kosher Senior Café
invites you to

Model Community Passover Seder

Join our Celebration of Freedom at:



Temple Sinai
30 Hagen Avenue, Cranston

FRIDAY
APRIL 8, 2016
11 AM -1 PM

For Providence and Pawtucket guests:

Bus leaves Temple Emanu-El at 10:30 and returns at 1:30

After many decades of slavery to the Egyptian Pharaohs, during which time the Israelites were subjected to backbreaking labor and unbearable horrors, G-d saw the people's distress and sent Moses to Pharaoh with a message: "Send forth My people, so that they may serve Me." But despite numerous warnings, Pharaoh refused to heed G-d's command. G-d then sent upon Egypt ten devastating plagues, afflicting them and destroying everything from their livestock to their crops. At the stroke of midnight of Nissan 15 of the year 24448 from creation (1313 BCE), G-d visited the last of the ten plagues on the Egyptians, killing all their firstborn. While doing so, G-d spared the Children of Israel, "passing over" their homes - hence the name of the holiday. Pharaoh's resistance was broken, and he virtually chased his former slaves out of the land. The Israelites left in such a hurry, in fact, that the bread they baked as provisions for the way did not have time to rise. 600,000 adult males, plus many more woman and their children, left Egypt on that day, and began the trek to Mount Sinai and their birth as G-d's chosen people.

Reservations required by April 1st

Please call or email Neal at neal@jfsri.org / [401-338-3189](tel:401-338-3189)



Jewish Alliance
OF GREATER RHODE ISLAND

The Senior Café is generously funded by
the Jewish Alliance of Greater Rhode Island

BLACKSTONE
HEALTH



Temple Emanu-El

Robert Pelcovits

President

Rabbi Wayne M. Franklin

Rabbi Rachel Zerlin

Cantor Brian J. Mayer

Rabbi Alvan H. Kaunfer

Rabbi Emeritus

Paul Stouber

Executive Director

Ronni Guttin

Interim Director of Education

Shoshana Jacob

*Interim Director of Youth
and Family Programs*

Joshua Jasper

Librarian