



TEMPLE EMANU-EL
Providence, Rhode Island | 2017-5778

Parashat Va-yeishev

פרשת וישב

December 9, 2017 | 21 Kislev 5778

Etz Hayim, Page 233

1st Aliyah	Genesis Chapter 38	verses 1–5
2nd Aliyah	verses 6–11
3rd Aliyah	verses 12–14
4th Aliyah	verses 15–19
5th Aliyah	verses 20–33
6th Aliyah	verses 24–26
7th Aliyah	verses 27–30
Maftir	Genesis 38:27–38:30	Page 237
Haftarah	Amos 2:6–3:8	Page 247

Minhah/Ma'ariv Service – 4:10 p.m.

Havdalah – 4:55 p.m.

Services this Shabbat

Sanctuary Service

Main Sanctuary

Rabbi Wayne Franklin

Cantor Brian Mayer

Tot Shabbat

Sisterhood Lounge

Marni Thompson-Tilove

Minyan Hadash

Bohnen Vestry

Family First Service

Fishbein Chapel

Rabbi Rachel Zerin

Thank You

Thank you to Mark Bram and Katya Ginzburg-Bram for sponsoring this week's kiddush in celebration of the naming of their granddaughter, Abigail Regina Bram.

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

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!

Support Emanu-El

Bring your East Side Marketplace receipts to the Temple. We receive 1% of all receipts. Last year we raised over \$2,000 for the Temple! You can also support the Temple by shopping on Amazon. Shop for everyone on your gift list this holiday at smile.amazon.com/ch/05-0259273 and Amazon donates to Temple Emanu-El. There are no added fees!

Kesher Social Worker-Drop in Hours Today

Tara Watkins, LICSW (email: tara@jfsri.org phone: 401-527-7772) will have drop in hours Saturday, December 9, 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.

ROMNEY-WEGNER LECTURE

Sunday, December 10, 2017

YOURS, MINE, OR OURS:

UNDERSTANDING WOMEN'S AUTHORITY OVER MARRIED PROPERTY – PROFESSOR ELISHEVA BAUMGARTEN



10:30 AM BRUNCH

11:00 AM LECTURE

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

This talk examines the ability of married women to make financial decisions concerning money given to charity and business dealings in medieval Europe. It will discuss the ways medieval rabbis found to allow women greater freedom in business and the ways this freedom was taken away from the women at a later date, while leaving options for women's charitable donation. It follows sources from the Talmud through the sixteenth century and ends with a surprising new reading of the Bible.

Professor Elisheva Baumgarten is a professor of Jewish History at the Hebrew University of Jerusalem. Before moving to Hebrew U in 2013 she taught at Bar Ilan University where she was one of the founders of the Gender Studies Program and the Director of the Fanya Gottesfeld Heller Center for the Study of Jewish Women (2006-2011). She is a social historian who specializes in the history of the Jews in medieval Germany and Northern France. She has published articles that discuss medieval life cycle rituals, women in Jewish culture, Jewish-Christian relations as well as children and their education. Her books include *Mothers and Children. Jewish Family Life in Medieval Europe* (Princeton University Press, 2004), and *Practicing Piety in Medieval Ashkenaz* (University of Pennsylvania Press 2014).

This event is free and open to the public.

RSVPs greatly appreciated. Please visit our website:
teprov.org/form/baumgarten or call the Temple Office at 401-331-1616





TEMPLE EMANU-EL HANUKKAH PARTY

*The entire community is invited to celebrate
the first night of Hanukkah with our Religious
School students and their families!*

*A festive supper of latkes, salad and sufganiyot
will be served.*

TUESDAY, DECEMBER 12 | 5PM
COST: \$7 per person | Children 0-4: Free

*Admission will be free for all members of our
Religious School families.*

RSVP ONLINE:
teprov.org/form/hanukkah-celebration



SANCTUARY SERVICES TOWN HALL

HOW DOES YOUR IDEAL SANCTUARY SHABBAT MORNING SERVICE SOUND, FEEL & LOOK?

Whether you're a Shabbat morning regular or not, please come and share your ideas and suggestions about the Shabbat morning service of your dreams at a Congregation Town Hall. We will meet after Kiddush on December 16, in the Bohnen Vestry at 12:45pm.

The clergy have some ideas to propose, but we want to hear YOUR ideas and suggestions.

If you can't participate in person, but would like to offer ideas, please be in touch with any of the clergy, or our President, Bob Pelcovits or Jack Nassau, our Vice President for Religious Activities.

Rabbi Wayne Franklin
wfranklin@teprov.org

Rabbi Rachel Zerin
rzerin@teprov.org

Cantor Brian Mayer
bjmayer@teprov.org

Bob Pelcovits, President
robert.pelcovits@brown.edu

Jack Nassau, Vice President
jnassau18@gmail.com

DONATIONS FROM NOVEMBER 2017

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

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IN HONOR OF

Our 45th wedding anniversary
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Zeev & Dalia Harel*

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Jill Pearlman



HAZAK VE'EMATZ IS
PLEASED TO HOST THEIR

HANUKKAH PARTY

Featuring entertainment by Amy Olson,
accompanied by Christina Crowder on accordion
& Michael Goldberg on percussion

Tuesday, December 19th

12:00PM - 1:30PM

in the Bohnen Vestry

\$3 Per Person

Entertainment, lunch (including latkes
and other Hanukkah treats) are all part
of this fun program!

RSVP by December 15 to Nancy at
401.331.1616 or nwordell@teprov.org



Purposeful Play

at the Jewish Community Day School of Rhode Island

with Ruth Horton

Ruth is an early childhood educator with over 30 years of experience working with children and families.



A 7 week program of open exploration
through our senses with music, art, and play!
For 3 and 4 year olds and their caregivers

Wednesdays from 10:00 to 11:00am from November 1 through December 20
(no class the week of Thanksgiving)
\$15 per class or \$90 for all 7 weeks



To register in advance contact Naomi Stein
401.751.2470 or nstein@jodsri.com
85 Taft Avenue Providence, RI 02906

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



Cookie Decorating & Delivery

Monday, December 25 - 9:30AM

Come join us in thanking our public servants who need to work on Christmas to keep us healthy and safe!

We will be decorating, wrapping and delivering cookies to local fire stations and hospitals. Any families with interested children are welcome to join in on the fun!

This event is sponsored by the Family First Committee. Each family will deliver the cookies they decorate to local public servants so be sure to bring your car!



Please RSVP online so we can be sure to have enough cookies for everyone!

teprov.org/form/ffcookiedecorating



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!

January 5, 2018 • 5:30 PM • Bohnen Vestry
RSVP at www.teprov.org/form/eksjanuary
99 Taft Ave • Providence, RI 02906



TEMPLE EMANU-EL'S NEW RELIGIOUS SCHOOL PROGRAM DESIGNED FOR 3-4 YEAR OLDS

Please join us on **Sunday, January 7th** as we launch our pre-school program designed for 3 and 4 year olds. This program will be taught by Nicole Katzman.

There will be a fun, different theme each week, as well as music. Snacks will be provided.

The class will meet on **Sundays from 11:30AM-12:30PM** and will run from **January to May** according to the **school calendar**. The cost is **\$175** per child.

Questions?

Please contact Ronni Guttin,
Director of Education:
401.331.1616
ronni@teprov.org

REV UP



Homework Help and Enrichment Program

The *Rev Up Homework Help & Enrichment Program* is a free afterschool program, sponsored by the Olney St. Baptist Church, that provides a safe venue for students from the community, grades K – 8, for help with their homework, along with time for practice drills in reading, mathematics, grammar and other activities. This year we plan to expand the program with enrichment projects in science and other key subject areas. This program runs Tuesdays – Thursdays, 3:30 – 5:30 pm during the school year. Snacks, an incentive rewards program and time for games and recreational activities are offered.

How can you help?

Volunteer – donate your time and talents to help with tutoring, reading, games or snacks one or more days per week.

Donations - All donations are welcomed!

- ~ Monetary donations
- ~ Gift cards to supermarkets or stores (Stop & Shop, Staples, Wal-Mart)
- ~ Small gifts suitable for children in support of the incentive rewards
- ~ Food items for snacks (chips, cookies, crackers, juice boxes, water....)

Speed up your success making it to the finish line

For information call Nadine Rucker at 401-272-1024

Self Care

by Amy Small, LICSW

“Self-care” is a buzz phrase that is often thrown around as an antidote to stress or other challenges in life. While this is true, it can feel most difficult to take care of yourself when you most need it. Time, energy, and other resources can quickly become much more limited when dealing with a crisis, change, or stressor. Good sleeping, eating, and exercise habits go out the window. Things we do for ourselves are often the first to get cut when resources are low. How, then, can we care for ourselves when we most need it? Is the answer to drop everything and take a bubble bath or a long walk? Sure, if you feel you can! Sometimes trying to squeeze in what we think of as “self-care” ends up adding more stress than calm though. What can one do with limited time and energy when the going gets tough? A helpful tool can be found in our mind.

Have you noticed what is going on with your thoughts when you are going through a stressful or challenging time? This may be a place where you can get some relief and much needed “self-care.” In considering Tara’s article last month about forgiveness, self-forgiveness is a good place to start. When things get difficult, we can often become critical of ourselves for not doing enough or not doing the ‘right’ thing. If a good friend was going through a difficult time, would you be critical of them and tell them all they were doing wrong or would you be kind and supportive? Oftentimes we treat our friends better than we treat ourselves! One way to impact our thoughts is to offer ourselves forgiveness and kindness when we are struggling. Imagine what you would say to a good friend who you want to offer support and then shift your thoughts to offer the same to yourself. Another name for these thoughts is “self-talk.” “Self-talk” are the things that we say to ourselves in thought. Often, we don’t even notice we are saying them. Noticing and shifting our “self-talk” can be done anywhere, anytime. Shifting to a kind and supportive inner comment takes no more time than a negative comment. The old saying goes “you catch more flies with honey than with vinegar!”

Another “self-talk” shift that can support you during stressful times is noticing when you say “should” to yourself. We often put a lot of expectations on ourselves and the criticism may take the form of telling yourself something you “should” do or be. If we change this small word “should” to “could,” it can make a big difference in how we feel. Rather than a criticism, it turns into a choice that you have control over.

During this time of year when we are often thinking of others, we need to include ourselves in that as well! I’d like to offer another type of “self-care” that only takes moments to do. This is a practice from Buddhism called “loving-kindness.” You can find a quiet place if you are able, but you can also do this while dealing with frustrating traffic, screaming kids, or impossible deadlines. Try sending yourself the following wishes, really connecting to each of them, repeating them, and allowing them to sink in.

“May I be happy”

“May I be healthy, body and mind”

“May I live with ease and kindness”

Once you have offered these to yourself, chose a person close to you to send these wishes to.

“May you be happy”

“May you be healthy, body and mind”

“May you live with ease and kindness”

And then choose someone you are less acquainted with to send these wishes to. You can send these wishes to people further and further from yourself and even to those with whom you are having challenges. Sending these wishes to the person who cut you off in traffic can be a step toward your own “self-care.” Again, back to Tara’s article on forgiveness, forgiveness or “loving-kindness” toward others can contribute to our own well-being as well.

So, as you go through stressful, frustrating, or challenging times, remember that “self-care” is more than a long walk and a bubble bath.

Check in with your thoughts to see where a small shift may help you be kinder to yourself. If you would like support in practicing this or other ways to manage challenges in your life, please reach out to your temple Kesher social worker, Tara Watkins at 401-527-7772 or tara@jfsri.org. All conversations are confidential.

Amy Small, LICSW, is the Kesher social worker at the synagogue. 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 Sholom. Amy may be reached at asmall@jfsri.org or 401-338-8301.



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