

**TEMPLE EMANU-EL**  
Providence, Rhode Island | 2017–5777

# Parashiot Nitzavim - Va-yeilekh

## פרשות נצבים-וילך

September 16, 2017 | 25 Elul 5777

Etz Hayim, Page 1165

1st Aliyah	Deuteronomy Chapter 29	verses 9–11
2nd Aliyah	.....	verses 12–14
3rd Aliyah	.....	verses 15–28
4th Aliyah	Deuteronomy Chapter 30	verses 1–3
5th Aliyah	.....	verses 4–6
6th Aliyah	.....	verses 7–10
7th Aliyah	.....	verses 11–14
Maftir	Deuteronomy 30:11–30:14	Page 1170
Haftarah	Isaiah 61:10–63:9	Page 1180

**Minhah/Ma'ariv Service – 6:50 p.m.**

**Havdalah – 7:34 p.m.**

**Pre-S'lihot Program & Dinner – 7:45 p.m.**

**S'lihot Service – 10:00 p.m.**

## Services this Shabbat

### Sanctuary Service

Main Sanctuary

*Rabbi Wayne Franklin*

*Rabbi Rachel Zerin*

*Cantor Brian Mayer*

### Soulful Shabbat

Fishbein Chapel

*Rabbi Alan Flam*

### Youth Minyan

Rosen Library

*Shoshana Jacob*

### Tot Shabbat

Sisterhood Lounge

*Marni Thompson-Tilove*

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Paul Stouber will be presenting the D'var Torah this Shabbat. His topic is: "5778."

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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.*

## **Announcements**

### **Mazal Tov to:**

Ric Reamer and Deborah Siegel on their 38th anniversary.

Linda and Sam Shamoon on their 50th wedding anniversary.

Thank you to Linda and Sam Shamoon for sponsoring this week's Kiddush in honor of their anniversary.

Also, thank you to the Touro Fraternal Association for sponsoring this week's Kiddush to commemorate their Centiennial Celebration. Located in Cranston, Rhode Island, the Touro Fraternal Association is the largest independent Jewish fraternal association in the northeast. Founded by the honorable Jacob A. Eaton in 1918, Touro continues to offer Jewish men a sense of fraternalism through harmony, friendship and benevolance.



### **New Speakers in the Main Sanctuary**

New state-of-the-art loud speakers have been installed in the Main Sanctuary, just in time for Rosh Hashanah. The speakers deliver amazing, evenly distributed sound throughout the Sanctuary, overcoming the challenging acoustics of our dome-capped structure. Come and hear!!

## **Slihot Dinner & Program**

**September 16 – 7:45 PM**

Please join us for an evening of conversation and prayer as we prepare for the Yamim Noraim, the Days of Awe.

We will watch a half-hour excerpt from the movie “The Quarrel.” Based on a short story by Chaim Grade, the film presents a chance encounter between two old friends at Tashlikh. We will talk about its themes of forgiveness and moral responsibility. John Landry will introduce the excerpt and facilitate the discussion.

All activities in the vestry unless noted.

**7:34 Havdalah**

**7:45 Dinner**

**8:30 Video and discussion**

**10:00 Slihot Service in the chapel**

סליחות

The dinner is free; donations are welcome. Feel free to bring friends!

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## **Temple Emanu-El Sukkah Hop**

**Sunday, October 8 – 7:30 PM**

Visit two sukkot! Enjoy appetizers at the first host home, and desserts at the second.

Host homes are needed for this event. If you have a sukkah and would like host 10 to 12 members of the temple community that evening, please contact Donna Goliger ([dgoliger@gmail.com](mailto:dgoliger@gmail.com)) or Marilyn Katz ([katz288@verizon.net](mailto:katz288@verizon.net)) for additional details.

Be sure to save the date!



**Rosh Hashanah is  
just around the corner!**

To purchase guest tickets,  
stop by the Office or visit our  
website: [www.teprov.org](http://www.teprov.org)

**ROSH HASHANAH**

**All of the information you will need for the High Holy Days is on the homepage of our website!**

In addition to viewing all service times and programs, you may also purchase guest tickets from our homepage.

More information regarding Family First services and Adult Institute programming are enclosed in the packet you recieved in the mail.

**Calling all Shofar Blowers:** Please bring your Shofar and join with others to sound the Teki'ah Gedolah at the end of Yom Kippur in the Main Sanctuary.

## Register your 1-5 year olds now for the High Holy Day Early Childhood Programs!

This year, we are expanding our Early Childhood Programs to offer a High Holy Day experience to more of our little ones, and to enable more parents to have their own worship experience. New this year, we are providing childcare for children as young as 1 year old, and offering extended childcare hours on Yom Kippur.

Our Early Childhood programs are divided into 3 age groups:  
1 year olds · 2 and 3 year olds · 4 and 5 year olds

Each group will benefit from a new curriculum comprised of a mixture of play and educational activities that will introduce your children to the theme and practice of Rosh Hashanah and Yom Kippur. These programs are being created and organized by our **new coordinator, Marni Thompson-Tilove**, and run by experienced caregivers and quality educators.

Childcare will be offered in the Lower Level of the School Building at the following times:

**Rosh Hashanah:** Sept. 21 & 22 - 10:30 AM-12:30 PM

**Yom Kippur Morning:** Sept. 30 - 9:30 AM-1:00 PM

In addition, we are offering babysitting from 2-6 year olds in the Play Room at the following times:

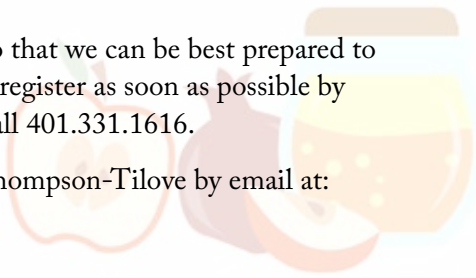
**Yom Kippur Eve Kol Nidre:** Sept. 29 - 6:00-8:00 PM

**Yom Kippur Neilah:** Sept. 30 - 6:00-7:30 PM

*\*Please bring a labeled baggie for each child with diapers and any creams used for diaper changes*

Pre-registration is essential so that we can be best prepared to care for your children. Please register as soon as possible by visiting our website here or call 401.331.1616.

Questions? Contact Marni Thompson-Tilove by email at: [familyfirst@teprov.org](mailto:familyfirst@teprov.org)



## **Announcements (cont.)**

### **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](mailto: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](mailto:jjasper@teprov.org)) for help finding the perfect book for you!

### **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](mailto:katz288@verizon.net).

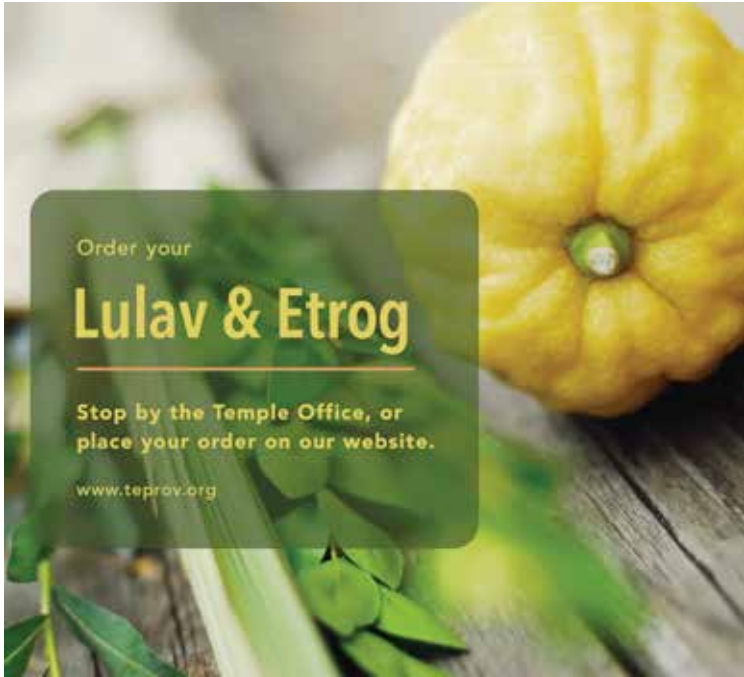
### **Conversion to Judaism Classes**

Do you know anyone who may be considering converting to Judaism? Though classes have begun, registration is still open. Please contact Rabbi Franklin or the Temple Office at 401.331.1616

### **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.com](http://amazon.com). Simply go to [smile.amazon.com](http://smile.amazon.com), search for Temple Emanu-El in Providence, RI, and start shopping. There are no added fees!





Order your

## Lulav & Etrog

Stop by the Temple Office, or  
place your order on our website.

[www.teprov.org](http://www.teprov.org)



**YOU  
HAVE  
THE  
GIFT  
TO CURE  
BLOOD  
CANCER**

**Help Save Chaim.  
Get Swabbed.**

Adults  
18- 45yrs  
of age




**GIFT  
OF  
LIFE**  
MARROW  
REGISTRY

All it takes is a simple cheek swab.

Chaim is 24 years old and recently married with a 7 month old baby girl. He was recently diagnosed with a rare form of cancer. To survive, he needs a bone marrow donor immediately. Please help save Chaim's life.

[giftoflife.org](http://giftoflife.org)

**Jewish Alliance of RI- 401 Elmgrove Ave.**  
September 17th from 9am- 1pm  
Make phone calls for Super Sunday  
and save a life while you're at it!  
for info contact [rnoachkarp@gmail.com](mailto:rnoachkarp@gmail.com)



## Celebrate Sukkot with Junior & Senior USY

(Grades 6–12)

Join us for Shabbat services, followed by  
dinner in the Temple Emanu-El Sukkah.

Afterwards walk over to Shosh's Sukkah  
for dessert and stories!

**Date:** October 6th

**Where:** Meet at Shabbat services  
at Temple Emanu-El

**Pickup:** Shosh's house 40 Emeline St.

**Time:** 5:45-9:00 PM

**Cost:** \$10 per person

**RSVP to Shosh at [shosh@teprov.org](mailto:shosh@teprov.org) by October 2**



## Delve Deeper: A Program of Intensive Jewish Study

# Judaism in the Modern World

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

**Please join us for our second semester!**

### What

Judaism in the Modern World

### When

September 18, 25, October 2, 16, 23, 30  
November 6, 13, 27, December 4 and 11,  
from 7:00–9:00 pm

### Where

Temple Emanu-El, 99 Taft Ave, 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](http://www.teprov.org/Institute/DelveDeeper) or contact Rabbi Rachel Zerin at 401.331.1616 or [rzerin@teprov.org](mailto:rzerin@teprov.org)

### Judaism in the Modern World

**Instructor: Paul E. Nahme, Assistant Professor of Judaic Studies and Religious Studies at Brown University**

How has Jewish identity changed as new communities have emerged and older communities have been transformed? What has influenced the pace of change in various contexts? How have Jews experienced modernization, integration, and the cohesion of their communities? How have religious practices changed and adapted in response?

We will explore the answers to these questions and more in "Judaism and the Modern World." This course is an introduction to and survey of Jewish intellectual, social, and cultural developments in modern Western and Eastern Europe, the Middle East, and America. Throughout the course we will pay close attention to both social and intellectual history and explore the many ways Jewish thinkers have reimagined Judaism in the modern world.

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



Temple Emanu-El



**Delve Deeper**  
A Program of Intensive Jewish Study



**Jewish Alliance**  
of Greater Rhode Island

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

## **Important Alert from Temple Emanu-El's Social Justice Committee**

**September 19, 2017 – 3:00 PM to 6:00 PM**

**Rhode Island State House | 82 Smith Street, Providence**

Join us at the State House on September 19th, as the Rhode Island House of Representatives convenes a special legislative session to finish legislation left in limbo by June's budget impasse, including the Protect Rhode Island Families Act that will disarm dangerous domestic abusers.

The House already passed the bill by an overwhelming margin, but they must return to vote on the changes made by the Senate before recess. If the revised bill passes the House it will go to Governor Gina Raimondo's desk for signature. If signed, it will be the first piece of gun safety legislation passed since the Sandy Hook tragedy in 2012.

Join us to witness history, and be sure to wear orange to show your support for gun safety legislation.

A background image showing several go-karts racing on a track. The karts are in various colors like red, blue, and yellow, with drivers wearing helmets. The track is paved and there are some barriers visible.

## **USY is going to the Seekonk Grand Prix**

**Sunday Sept. 17 | 1:00-4:00PM**

**Join us for Go Karts, Bumper Boats,  
Mini Golf, Ropes Course & Arcade Games  
All USY grades 3–12 are invited!**

**Hebrew School Students:**

Please bring a bagged dairy lunch and we will meet in the youth room after hebrew school at 12:30 PM.

**Everyone Else:**

Please meet at the Shul at 1:00 PM. We will return by 4:00 PM

**Cost:** \$20 if you RSVP by Sept. 10  
\$25 after Sept. 10

**Email Shoshana Jacob to RSVP**  
[Shosh@teprov.org](mailto:Shosh@teprov.org)

# **NERUSY OPENING PROGRAM**

**FOR JR AND SR USY (Grades 6<sup>th</sup>-12<sup>th</sup>)**

# **LAUNCH INTO THE FUN!**



## **LAUNCH TRAMPOLINE PARK**

**570 Boston Providence Hwy, Norwood, MA**

**SUNDAY, OCTOBER 1, 2017**

11 Tishrei 5778

**2:00-5:30 pm**

**NEW LOW PRICE!! ONLY \$20!!**

**(includes transportation)**

**NERUSY has rented out Launch Trampoline Park, an indoor sports and entertainment facility with over 15,000 square feet of connected trampolines forming GIANT jumping surfaces. Your day at Launch includes dodge ball & basketball trampoline courts, jumping courts, a foam pit jump, snacks, and USY Friends! So much fun, you'll be bouncing off the wall!**

**Registration is from 2:30-3:00 and the jumping will start at 3:00pm**

**RSVP DEADLINE: BY Monday, SEPTEMBER 18, 2017**

**RSVP's are required to attend**

**Scholarships available – please contact Shosh at [shosh@teprov.org](mailto:shosh@teprov.org) for more details**

**AS PER REGIONAL POLICY – NO REFUNDS!**

## **Paws for PARL**

### **Katrina Waldmanwerth's Bat Mitzvah Project**

Hi! My name is Katrina Waldmanwerth, and lately I've been thinking a lot about the importance of caring for everyone, even the little guys. Animals are really important to me, and I decided that I would contribute to helping them and organizations that help them. I started volunteering my time at PARL, (Providence Animal Rescue League of Rhode Island), a few weeks ago. Though I'm still too young to clean cages and feed the animals, I am volunteering my time with animal enrichment. (Basically, I get to cuddle bunnies and kittens all day!)

For my Bat Mitzvah project, I am asking for donations to help PARL help even more animals in need. Please take a look at the Everyday Wish List below and see how you can contribute to PARL. Maybe YOU can also visit PARL and cuddle bunnies and kittens! (Fun Fact: PARL had over 60 animals adopted in August!)

#### **Dogs Needs:**

- »Wet dog food  
(*regular & grain free*)
- »Soft training treats
- »Pig ears
- »Hot dogs/ string cheese
- »Poop bags

#### **Cat Needs:**

- »Feliway spray
- »Cardboard scratchers
- »Wet cat food
- »Cat toys
- »Catnip
- »Yesterday's News Paper
- »Cat Litter

#### **Small Animal Needs:**

- »Hay
- »Carefresh
- »Wooden/ plastic chew toys
- »Fresh veggies (*dark greens, carrots, peppers, etc.*)

#### **General Needs:**

- »Towels (*all sizes*)
- »Dawn dish soap
- »Heavy Duty Zip ties
- »Duct tape
- »Blankets
- »Paper Towels
- »Even more needs can be found at:  
[www.parl.org/get-involved/wish-list](http://www.parl.org/get-involved/wish-list)

**There is a box for donations at the Temple Office. Thank you!**



# SIMHAT TORAH ICE CREAM PARTY

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JOIN US AS WE CELEBRATE SIMHAT TORAH  
WITH SINGING & DANCING FOLLOWED  
BY AN ICE CREAM SUNDAE PARTY

WHEN: OCTOBER 12

TIME: 6:35 - 8:30 PM

WHERE: TEMPLE EMANU-EL





# **When Common Misunderstandings of Forgiveness Get in the Way**

*By Tara Watkins, LICSW*

As the High Holidays approach, many of us find ourselves reflecting on the concept of forgiveness. Unfortunately, too often, struggles with knowing exactly what our goals should be hinder our path. Are we accepting an apology, letting go of hurt or anger, and/or reestablishing a relationship?

In their book entitled *Wise Aging: Living with Joy, Resilience, and Spirit*, Rabbi Rachel Cowan and Dr. Linda Thal explore some of the common misunderstandings of forgiveness that may make the process of forgiving more difficult:

- 1) Forgiveness is the same as forgetting. This is not true. Sometimes we do forget, but if we choose, we can forgive without forgetting. We are entitled to remember and it may even be wise to remember to try and protect ourselves from experiencing a similar hurt in the future.
- 2.) Forgiveness is the same as excusing or condoning. Definitely not. We can continue to find a person's behavior inexcusable but still let go of the anger or hurt we feel when we think about it. We can separate our negative judgment about the action from our feelings of being personally injured.
- 3.) Forgiveness makes us vulnerable and weak. This is absolutely wrong! Forgiveness actually makes us stronger. Unfortunately, some people fear that forgiving is "giving in," and also that by forgiving they concede a battle and set themselves up to be hurt again.

According to Rabbi Harold Kushner, true forgiveness really happens only when we are strong enough to let go, when we are able to say, "you because of what you did to me, don't deserve the power to be the ghost inside my head." By taking this first step and acknowledging the "ghost," we remove its power over us and begin to move forward on our path towards forgiveness.

4.) Forgiveness only occurs when there is acknowledgement of wrongful behavior. This belief gives the wrongdoer all the power! If we spent time thinking about what happened as objectively as we can, why do we need to wait for the other person to conclude that he or she was in the wrong? Perhaps it would add to our satisfaction and make reconciliation easier, but we do not need to be held back from our own internal process by the other's disagreement or resistance.

So if forgiveness does not depend upon forgetting, excusing, reconciling, or apology, then how do we think about its essence? Psychologist Robert Enright says that forgiveness is "giving up the resentment to which you are entitled, and offering to the persons who hurt you friendlier attitudes to which they are not entitled."

What an empowering statement. Through forgiveness we release ourselves from the forces that weigh us down. Feelings such as anger, resentment, and powerlessness as well as fantasies of revenge and preoccupations with the past no longer have a hold of us. If we do not allow ourselves to let go of these negative emotions our energy becomes displaced, energy we need to move forward into the future.

Ultimately, when we allow negative feelings and preoccupations to fester within, it hurts only us, no one else, including the object of our resentment. In fact research has shown that long term holding onto resentment and other negative emotions may be detrimental to our physical health. One unnamed person cited in Wise Aging describes the reasons for why we should strive to forgive as: "Holding onto resentment is like drinking poison and then waiting for the other person to die."

I encourage all of us to try and clarify what is getting in the way of truly forgiving ourselves and others. Perhaps some of this article will help you on your path. However, if you continue to struggle with figuring out what is blocking you from forgiving someone in your life, or perhaps forgiving yourself for something in the past, I am available to help work through these challenges with you and also find resources and referrals in the community to help continue moving forward. Please call me at 401-527-7772 or email [tara@jfsri.org](mailto:tara@jfsri.org).

On a side note, I am currently exploring whether it would be appropriate to bring a discussion group focused on the material from Wise Aging to the temple later this fall. If you would be interested in joining the group please call or email me.

Cowan, R., Thal, L., (2015) Wise Aging: Living with Joy, Resilience, and Spirit. Springfield, NJ: Behrman House, Inc.

*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 Sholom. Tara may be reached at 401-527-7772 or tara@jfsri.org.*

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**Tara will be having drop in hours this Shabbat in the Temple Office, as well as during Rosh Hashanah on September 21st and 22nd, from 9:30-12:00 PM.**



**Temple Emanu-El**

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Rabbi Rachel Zerin

Cantor Brian J. Mayer

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*Rabbi Emeritus*

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